

ExRedPill

Top Posts

compiled by /u/dream-hunter

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Top most upvoted posts made in the subreddit /r/ExRedPill in a single PDF file

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Enjoy, and if you are a fan of red pill, don't forget to check my website TheRedArchive.com for an archive of content related to The Red Pill community including many subreddits and blogs.

Best Regards,

[/u/dream-hunter](#)

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Table of Contents

525 upvotes - Red Pill Detox First Aid Kit - Start Here!	35
344 upvotes - Next time you start think of women as sluts or whores... ..	38
333 upvotes - Red Pill sells you one of many possible perspectives for specific behaviours, which can be very wrong...and very destructive.	39
330 upvotes - To incel/MGTOW lurkers: I found the way out	40
330 upvotes - 80/20 is bullshit, women don't have high standards, they aren't that different from us, and they don't care about anything TRP or PUA want you to think they do	41
315 upvotes - Isn't it hilarious how the actual 'alpha' of the planet right now, Volodymyr Zelensky, is nothing like the redpill clowns say an 'alpha male' should be like?	42
282 upvotes - Red Pillers, you aren't single because you're too short, your face is ugly, or because you're not making six figures, it's because your personality is shit	43
258 upvotes - It all comes back to one thing: Sex is overrated	44
241 upvotes - 4 years ago I found the red pill and it warped my perception of women. I'm here to warn other young men.	46
222 upvotes - I drove uber last night for few hours..so many couples	47
221 upvotes - Thoughts from a woman who once had a red pill mentality	48
207 upvotes - Red Pill Coaches are not only TOXIC, but they are FRAUDS and here's why	49
196 upvotes - Women In Their 30's Aren't Lowering Their Standards	51
189 upvotes - Twenty year old chicks do not want forty year old guys...even if they are rich	53
183 upvotes - The red pill targets autistic people	54
173 upvotes - The Red Pill Community in a Nutshell	55
173 upvotes - "MGTOW is disliked by women because the concept of men not putting up with them anymore scares them!" No, it's because you never shut up about how awful women are and how much you hate them.	56
172 upvotes - Redpill ruined the perfect relationship	57
164 upvotes - Andrew tate YouTube removed	58
162 upvotes - "Women peak at 18, men peak at 50" does anyone else find this extremely creepy, delusional, and hypocritical?	59
162 upvotes - Former red pill starter pack	60
162 upvotes - Just a reminder to anyone who hates women: Remember that men are equally as capable of betraying, lying, and stealing from you. Don't be on "team men" or "team women." Both genders can hurt you. One isn't better or worse than the other. (Story of how my best friend tried to sleep with my girl)	61
160 upvotes - Rich COOPER DESTROYED MY MARRIAGE. I HATE HIM AND I HATE ALPHA MALES/RED PILL	63
159 upvotes - My Red Pill Detox has been simply having female friends	64
156 upvotes - What's up with redpill and their distain for black women?	65
154 upvotes - What is Your Opinion About Fresh & Fit?	66
153 upvotes - Redpillers claiming that young (18-29) women are **sexually** attracted to men in their 50s/60s: are they really this fucking delusional???	67

153 upvotes - i dont know if it belongs here but This is what the Red pill community should have been. Without the misogyny and sexism. Just men comforting other men	68
152 upvotes - True Connection with a Human Being	69
152 upvotes - Stop trying to make Alpha males a thing	73
148 upvotes - As an Ex-MGTOW, and I wish you all the best	74
147 upvotes - All red pill taught me was to hate women and I couldn't live with the constant negativity in my life.	75
144 upvotes - I was raised to be an RPW and it was not a good road to travel.	76
142 upvotes - Male rape victim here. Red pill took advantage of my trauma induced insecurities. Feminists have also helped me way more with my ptsd than MRAs and red pillers	78
142 upvotes - Being ugly doesn't give you an excuse to hate women	79
138 upvotes - This might be the hardest thing I'll ever have to write	80
137 upvotes - Just a rant. I really hate Kevin Samuels.	82
137 upvotes - All these redpill vids I used to watch and never once saw a guy blame himself for his relationship problems.	83
135 upvotes - Red pill ruined my relationship and is ruining my life	84
132 upvotes - What are the destruction possibilities of misrepresentation and morality within the Red Pill dating and sex scene?	85
129 upvotes - MGTOW YouTube channels are quite literally just woman hate channels	88
129 upvotes - It's a scientific fact that hypergamy does not exist	90
128 upvotes - What's this obsession with 18-19 year olds?	93
128 upvotes - What red pillers and mgtow guys really look like	94
126 upvotes - All of these groups (MGTOW, incel's, PUA's, Redpill)	95
124 upvotes - I'm an Ex-MGTOW member	100
124 upvotes - Why am I listening to what red pill guys have to say when I've never even had a girlfriend? LOL	101
124 upvotes - Reminder: Just because you've had some fucked up experience doesn't mean you need to go Red Pill	102
123 upvotes - Leaving my red pill boyfriend + some thoughts on his ideologies	103
122 upvotes - Swallowed TRP 2 weeks ago. Today, I'm puking it back out! My story	105
122 upvotes - ExRedPill has fallen down a bit, but hear me out.	106
122 upvotes - I can now see why women don't like men cold approaching	107
121 upvotes - My Red pill friend got a bitter taste of reality.	108
121 upvotes - You guys come here with your very redpill thoughts.. to an ex redpill forum.... And then argue and gaslight people that make sense... but are opposing of your STILL redpill views.	109
120 upvotes - There are men who follow red pill ideologies who think they're strong for being emotionally unavailable but they're actually really weak.	110
119 upvotes - I hate this man. So hypocritical	111
119 upvotes - Who are these women with all these unrealistic expectations that these red pill guys are mad at ?	112
119 upvotes - Murdering with kindness	113
118 upvotes - Took a big step today. Unfollowed all the dating youtube channels.	114
117 upvotes - Red pill is ruining men	115
116 upvotes - Ladies and gentlemen, redpill in a nutshell	116

116 upvotes - Why redpill's whole idea about men being attractive to younger women because they're "fertile" is bullshit...	117
115 upvotes - You Can't Have Healthy Relationship With A Red Pill Man.	118
114 upvotes - It's a hate training, nothing less	119
112 upvotes - You don't know most women /vent post	120
112 upvotes - An Ex-MGTOW, and I wish you all the best. A quick sharing of what I've been through.	121
111 upvotes - The sad reality of MGTOW, What do you think ?	122
111 upvotes - Real MGTOWs exist, but you won't find them on any sub that revolves around women	124
111 upvotes - If Redpill is still convincing to you, despite all reason and evidence to the contrary...	125
111 upvotes - I was played and cheated on by the "trad" women the red pill claimed were the best women to date.	126
111 upvotes - Red pill men like Andrew Tate would probably call him a Simp but this man is a hero to millions	127
111 upvotes - The Red Pill - The Incredible Damage It Has Done To My Life	128
110 upvotes - Why do men fail to see that women are just people and aren't so different from each other?	131
110 upvotes - I'm so tired of hearing about how it's impossible for women to be lonely, how women are always cared about and complimented, how easy it is for us to get attention, etc.	132
109 upvotes - Need to vent... I really regret immersing myself in TRP.	133
108 upvotes - Expecting women have a low body count is hypocritical	135
108 upvotes - The terms Alpha Male and Beta Male in regards to dating originally come from a small segment of a book written in 2007 by a batshit-insane ex-biologist loser who never had any proven success in life. He was comparing humans to gorillas. (LONG READ).	136
108 upvotes - Redpill works, just not on girls you would want	139
107 upvotes - Why do so many redpill channels hate black women?	140
107 upvotes - Being a successful PUA isn't worth it	141
107 upvotes - Red pill guys criticizing women for doing hookups	143
107 upvotes - Internalize that women are humans	144
106 upvotes - A Critique Of The Red Pill By A Guy Who Was Supposed To Be A Model	145
106 upvotes - Boy thinks opening a door for a woman is being a simp	148
106 upvotes - Why I left the mgtow movement	149
106 upvotes - Why do redpillers hate single moms but not hate men who also have children from past relationships	150
105 upvotes - My disturbing experience with a Red Pill man at work	151
105 upvotes - anybody tired of the "high value man/woman" shit ?	152
105 upvotes - Fresh and Fit are clowns	153
103 upvotes - 25F: Baffled for years about mens' dating approaches finally explained	154
102 upvotes - The red pill constantly cherry pick clips of women freaking out and say "HaHa MeMe GeNdEr! ThEy ArE cHiLdReN!" Here's a gif of a man in his thirties who plays	

video games for a living and throws his controller when he loses. ManChilds are real too.	155
102 upvotes - The idea of submissive women is gross to me	156
100 upvotes - I wish there were more women who spoke out against the redpill. I feel like soon I'm about to even though I'll be dehumanized just for being a woman	157
100 upvotes - I'm 15 and I'm glad I never got fully invested into the red pill	158
99 upvotes - How is it "going their own way" when all the post about is women?	159
99 upvotes - I used to date a Red pill guy - untill he dumped me for being "too serious" and "wanting a family" (Directly disproving everything they preach)	160
99 upvotes - These red pill content creators are hilarious	161
99 upvotes - Ask yourself: Do you really have results with TRP?	162
97 upvotes - [CMV] If you're a red pill man sold on "female nature" you're very inexperienced in life and dating	164
97 upvotes - This is terrible..	165
97 upvotes - I'm so sick of hearing RP whiney men bitch about "waiting for sex" or the "male sexlessness epidemic", as if they are entitled to sex to begin with.	166
96 upvotes - People tend to Date at their Station...Red Pill is attractive to people because it makes excuses for their own failings	167
96 upvotes - Relationship should not be about having power over someone	168
94 upvotes - Don't MGTOWs realise that sexism creates shithole countries?	169
94 upvotes - My experience with a Red Pill Man and how to spot one in real life.	170
94 upvotes - Kevin Samuels did nothing of significant value for the Black community.	172
94 upvotes - I wasn't left for Chad	174
94 upvotes - The cognitive dissonance of MGTOW	175
93 upvotes - Women settle for psychopaths, they never seek them	176
92 upvotes - Anyone else realize that Red Pill and PUA tactics attract the very wrong women?	177
92 upvotes - I'm not sure does this really count, but I saw this with title "What women are tired to hear, is what men want to hear". Is there truth to this?	178
92 upvotes - Stuff I learned after quitting the Red Pill (almost one year)	179
92 upvotes - I think I want to cough up the pill	180
92 upvotes - Confessions of a Former Misogynist: My Descent into the MGTOW Pipeline	181
92 upvotes - Regarding the "You guys criticize red pill but don't offer an alternative" criticism	186
91 upvotes - I'm kinda disappointed in Aba and Preach	187
91 upvotes - 23 year old Ex incel/redpill. Got pulled in when I was 15 or 16.	188
91 upvotes - Red Pill men and their HATRED for voluntarily single women	189
90 upvotes - this subreddit is an echo chamber	191
90 upvotes - I feel way happier (in all senses) after quitting the toxic RP.	192
90 upvotes - Ironically, redpillers are pilling themselves out of reality and into a world that doesn't exist	193
90 upvotes - Thanks to this sub, a man and a woman somehow fell in love with each other and we thank you for it existing	194
90 upvotes - I hate being black and male.	195

90 upvotes - I think Red Pill attracts a lot of men who felt or feel that they "Missed out"	196
89 upvotes - Myron Gaines Exposed as a Sugar Daddy	197
89 upvotes - Self-proclaimed "Alpha Male" brags about how great he is at getting sex from barely legal 18 year old girls. Turns out he's a 25 year old virgin. Is anyone surprised? ...	198
89 upvotes - My Realization That Red Pill is Bullshit	199
88 upvotes - Found this on PurplePillDebate... Jesus	201
88 upvotes - You all need to watch/rewatch Disney's Hunchback of Notre Dame.	202
88 upvotes - An interesting title.	203
88 upvotes - Oop	204
87 upvotes - I'm stepping back from Married Red Pill. Here's why.	205
87 upvotes - "I'm a feminist", I said two nights ago for the first time. And it wasn't weird.	206
87 upvotes - I stopped taking advice about dating and how men/women think. Shit will drive you crazy trying to figure it all out.	207
87 upvotes - Obsession with women	208
87 upvotes - Why are women all the same but men are individuals?	209
87 upvotes - Kevin Samuels says domestic abuse/violence doesn't exist meanwhile my brother is a hardcore KS Stan and physically abuses his wife amongst other things	210
87 upvotes - The anime/manga known as "ERASED" is what single-handedly got me out of the toxic RedPiller mentality. I know this sounds ridiculous, but you have to hear me out. ...	211
87 upvotes - MGTOW makes me sad	212
87 upvotes - Is this the support group?	213
87 upvotes - redpill hypocrisy about women being shallow	214
86 upvotes - how mgotw and redpill made me fearful of women and how I got out.	215
86 upvotes - TRPs cult like terminology for women.	217
86 upvotes - Red Pill denies an important truth - we men want closeness with women	218
86 upvotes - I'm done hating women	219
86 upvotes - One of my many experiences of being a Red Piller's "plate".	220
86 upvotes - Red-pill advice on how to attract women is actually textbook abuse tactics	222
85 upvotes - (Rant)I am so tired of how Red Pill men have a double standard when it comes to supporting men who have been sexually victimized by women but not men who were sexually victimized by men and how they can actually support male survivors.	223
85 upvotes - For ex red pill women: Nobody's coming, and nobody gives a fuck	225
85 upvotes - I think my boyfriend is being radicalized	226
85 upvotes - I feel like redpill is a soulless movement	227
85 upvotes - Im married to a misogynistic, redpilled, mgotw narcissist	228
85 upvotes - How redpill videos made me feel insecure as a woman	229
85 upvotes - "Women only want Chad" is sheer projection	230
84 upvotes - IVE FINALLY DONE IT	231
84 upvotes - The Ultimate Goal of MRAs, MGTOW and TRP	232
84 upvotes - After reading the book Secrets of a Passionate Marriage I realized one major flaw with red pill	233
84 upvotes - Just broke up with my red pill boyfriend	234

84 upvotes - Boyfriend has gotten into Fresh and Fit the past year... can this be undone?	235
84 upvotes - The Wall is a joke	237
83 upvotes - Hamza made me miserable	238
83 upvotes - "Holding frame" is dehumanising.	239
83 upvotes - RP's Obsession with Female Fertility is Weird and Gross	240
83 upvotes - As someone who's never been a part of or followed "the red pill", I find the redpill sub-reddit(s) scream of insecurity, trying to over compensate, and just trying to seek approval / attention.	241
83 upvotes - Here is an example of how poisonous the cult dogma is.	242
83 upvotes - TRP Teaches Behaviors Considered by Nearly All Professional Therapists As Toxic	243
83 upvotes - Ex-red sick of the LARP.	244
83 upvotes - Danny Trejo on toxic masculinity	245
83 upvotes - Just wanna say thank you exredpill	246
82 upvotes - The real pill, the one that trumps them all, is realizing there is no pill.	247
82 upvotes - Why do you think MGTOW/Red pill men hate single moms so much?	248
82 upvotes - The stupidest shit I've read in the manosphere	249
81 upvotes - The red pill is about hate and it creates just as much misandry than misogyny.	250
81 upvotes - Oxytocin, pair-bonding and casual sex: does a high n-count impairs women's ability to keep a relationship?	251
81 upvotes - I left r/mgtow recently	252
81 upvotes - A GIRL'S COMMENT ABOUT THE MGTOW THAT NO MGTOW KNEW ANSWER.	253
81 upvotes - What if I don't want a "traditional woman"?	255
81 upvotes - Red Pill only talks about the extreme negative side of female nature.	256
81 upvotes - Men, you need female role models in your life	257
80 upvotes - Why is it so difficult for RP/Incels to understand that attractive women like attractive men?	258
80 upvotes - When you're emotionally and mentally unhealthy, you will only attract other likewise unhealthy people	259
80 upvotes - RP appeals to your insecurity, that's why it's so difficult to forget once you've learned about it	260
80 upvotes - Theory: it's not "all women," you just dated a BPD/NPD	261
80 upvotes - Seeing redpillers describe women makes me wonder what kind of women they seek out.	262
79 upvotes - Ditched the redpill after 6 months .Thank you!	263
79 upvotes - If Something/Someone Claims to Have ALL the Answers, Run. They Don't.	264
79 upvotes - I have a decent audience on youtube and made a short 3 min video how Red Pill is toxic to try to help steer my viewers in a healthy direction. It's creating lots of drama. ... 265	
79 upvotes - Anyone else cringe at red pill terminology	266
79 upvotes - Why the red pill is bashing single mothers and sons from a single mom household?	267

79 upvotes - Reminder: The Red Pill is Stolen Material	268
79 upvotes - The Redpill is collapsing.	269
79 upvotes - Women as scapegoats	270
79 upvotes - I am scared that Andrew Tate will make the RP mindset mainstream	271
79 upvotes - Why women shouldn't be upset about the red pill and rather see it as a blessing (older man's perspective).	272
78 upvotes - I did it	273
78 upvotes - Most people aren't unattractive or ugly instead they just don't take care of themselves	274
78 upvotes - The red pill makes relationships sound extremely unappealing.	275
78 upvotes - I might be wrong but I've come to the conclusion that red pill is actually a political movement. Set up to recruit more young people to have right wing views.	276
78 upvotes - "A key that opens many locks is a master key, but a lock that opens to many keys is a shitty lock"	278
78 upvotes - Theory: Most of the Red Pill Community and the Broader Manosphere are Incels.	279
78 upvotes - Do you really want to spend your entire life thinking about this stuff?	280
78 upvotes - How toxic rp made me question what I felt during a break-up.	281
77 upvotes - Redpill made me hate being a woman	282
77 upvotes - Anyone here ex-Red Pill Women? Just found out that sub is moderated by mostly men	283
77 upvotes - That didn't go well for Frest & Fit... ..	284
77 upvotes - I realised that people don't hate me as much as I think and some people actually loves me.	285
77 upvotes - Lots of talk about visual attractiveness lately, was hunting for this to post. I've found it to be completely true; you can see and smell depression or malice on someone, but a magnetic personality and wholesome mentality makes all the difference.	286
77 upvotes - All 'pills' when it comes to dating are GARBAGE created by dudes who don't leave their room.	287
76 upvotes - Do you have any positives which came from your experience with the red pill?	288
76 upvotes - Men are willing to take the "redpill's harsh truths", but refuse to accept any other truths that counteract it. Why?	289
76 upvotes - I bet some of you can relate... (just thought this was funny)	290
76 upvotes - Redpill need to stop the traditional vs modern women debate	291
76 upvotes - After discovering Red Pill, I became an incel... Isn't that crazy?	292
75 upvotes - Why do red pillers act as if hypergamy is the absolute norm and standard.	293
75 upvotes - I came across this comment and thought it belonged here	294
75 upvotes - had to post this here lol	295
75 upvotes - It's a common sentiment within the Red Pill and Pickup communities to idealize Eastern European as "traditionally feminine" and "submissive" in contrast w/ feminist Western women. What these guys are totally oblivious to is that this veneer of "trad. femininity" is informed by a culture of violence.	296
75 upvotes - Men who are attracted to TRP ideas are because they don't have close female friendships	297

75 upvotes - Why do RP reduce men to being providers and then complain endlessly about it?	298
75 upvotes - My advice to you	299
74 upvotes - Girl I was seeing for two months told me I was a distraction, I said "okay" and left	300
74 upvotes - Men who suffer abuse usually do so in silence. Together we can change that. Link in comments.	301
74 upvotes - The Red Pill lead me down a dark path and I don't like the person I've become	302
74 upvotes - A MGTOW Christmas	304
74 upvotes - How TRP nearly made a rapist. My experience following The Red Pill	305
74 upvotes - what redpill needs to learn most	308
74 upvotes - Made this little thing	309
74 upvotes - Husband just turned redpill, what do I do?	310
73 upvotes - Curious to know what y'all think of this statistic?	311
73 upvotes - Dear Men: most girls are just as weird and insecure as you	312
73 upvotes - Is it me or is the internet the worst place to get dating advice as a man	314
73 upvotes - incels are wrong in saying that being goodlooking would make you happy and solve all your problems	315
73 upvotes - It's happening guys. The Red Pill is starting to be criticized on YouTube. The red pilld guy they're reacting to threatened legal action against Aba and Preach's fair use content.	316
73 upvotes - RSD Tyler ruined my life.	317
72 upvotes - BRUTAL! My red pilld normie friend was bragging about his Tinder game then this happened! This woman was not turned on, she was actually disgusted and played along to bait him lol.	318
72 upvotes - after I started dating women I begin to understand why I was wrong and why redpill is bullshit.	319
72 upvotes - Do you think the "bad boy"(good looking but cruel, selfish etc) argument goes both ways?	320
72 upvotes - All "Pills" are a waste of time. Spend your limited time and headspace productively and interact with women offline.	321
72 upvotes - Accidently Went On A Date With an Asian Red Pill Guy	323
72 upvotes - AWALT is BS. What is really means is, "I have bad judgement, I make poor choices and act selfishly, and I'm confused as to why all women eventually betray or leave me". If people keep treating you a certain way, they're not the problem, you are	325
72 upvotes - One of the tenets of theredpill is having no clue what Toxic Masculinity really is	326
72 upvotes - My Ex Redpill Boyfriend Killed My Self Esteem...but I'm Healing.	327
71 upvotes - I don't hate women for being casual sex-havers anymore.	328
71 upvotes - Some hope to any ex-TRP men still skeptical	329
71 upvotes - It seems like red pilld men only care about male survivors of sexual and domestic violence from females but not male survivors of other male. Why do you think that is? ...	330
71 upvotes - Where did the love go?	331

71 upvotes - The idea that men don't like overweight or ugly women is a misogynistic, misandrist Red Pill myth.	332
71 upvotes - My redpill induced misogyny led my ex to leave me, and rightfully so.	333
70 upvotes - AWALT Debunked (based on science) - No, not all women are like that!	334
70 upvotes - What convinced me that red pill was toxic	336
70 upvotes - Man the red pill really fucked me up..	337
70 upvotes - Why do so many men get so angry when they see another man in a committed relationship with a single mother?	338
70 upvotes - Has the RedPill Turned into an incel Movement?	339
69 upvotes - Having a job and being dependable doesn't make you "beta"	340
69 upvotes - Does anybody think that TRP are thirsty simps?	341
69 upvotes - Why do people listen to Coach Red Pill? He's a fool.	342
69 upvotes - The Redpill has two doctrines that make ppl stay there: Blame yourself for EVERYTHING, and tha you can control others ppeopl's minds with your actions. That is insane and stressful. And since it make your fail, you come back. It's a cycle scam.	343
69 upvotes - TRP says that the Tinder match gap proves that women only like 20% of men, but numbers tell a different story	345
69 upvotes - Only having friends the same sex as you are is boring	346
69 upvotes - The truth about the red pill	347
69 upvotes - For the love of god what is even the appeal of JustPearlyThings	348
69 upvotes - My redpilled brother ended up in the mental hospital	349
69 upvotes - RPW advice never worked for me, so I went back to being a quirky weirdo, and I found a good bf	351
69 upvotes - Women aren't the problem.	352
69 upvotes - mgtow is a community of resentful, misogynistic and hypocrites	353
69 upvotes - Its not redpill but mgtow	354
69 upvotes - The one fundamental flaw that always caused me to doubt "Red Pillers"	355
68 upvotes - The Solution	356
68 upvotes - My ex is becoming consumed on redpill ideology and it is taking over his life. I think his mental health is compromised	357
68 upvotes - Andrew Tate got banned from Facebook and Instagram	358
68 upvotes - I've noticed a lot of red pill men tend to blame their shortcomings on bs dating statistics.	359
68 upvotes - The Red Pill Community has Destroyed My Relationship with Father A Retrospect of Now	360
68 upvotes - Looks being important is not a new discovery or a novel idea...	362
67 upvotes - Screw RP dating advice . Reality is a lot different and doesn't work like that.	363
67 upvotes - When I saw this subreddit I loved it	364
67 upvotes - Science, n-count and divorce risk: when the red pill abuses statistics to further its narrative	365
67 upvotes - What an Alpha Male Chad really is	367
67 upvotes - Every since exploring at new content outside of the red pill...I've come to terms with how unintelligent the red pill really is	368
67 upvotes - The quick n' dirty guide to the logical fallacies of TRP	369

67 upvotes - For those of you who are still straddling the fence -	371
67 upvotes - What turned me off the red pill	372
67 upvotes - My boyfriend is a Red Pill and it's ruining our relationship.	373
67 upvotes - There's a lot of redpillers lurking in this sub	374
66 upvotes - Ex red pill men. Have a read of what the general population are thinking. Outside of red pill circles.	375
66 upvotes - The red pill isn't even anymore about helping men, it is about trying to groom young men into being these artificially masculine uber-chads	376
66 upvotes - I became a RPW for like a week and it really hurt me.	377
66 upvotes - Do y'all hate when men use the words "female" instead of women?	378
66 upvotes - "Men/women are disposable" sentiment is HORRIBLE and needs to stop immediately	379
66 upvotes - RP has an overly simplified, black-and-white view of people, interpersonal relationships and the human condition	380
66 upvotes - The Fresh & Fit fan base has to be the worst RP fan base I've ever seen.	381
65 upvotes - As a Red-Pilled Guy, I had no Idea it was this Bad, and My Story	382
65 upvotes - Yesterday A Man Verbally Attacked Me	384
65 upvotes - What do you guys think of sexual market value?	385
65 upvotes - I hate how fucking stupid a lot of black men have become, because of Kevin Samuels.	386
65 upvotes - I finally mustered up the courage. I'm going to see a therapist ☐	387
65 upvotes - The red pill is a cult	388
65 upvotes - "The wall" men vs women. A rant.	389
65 upvotes - Why do men think that leaning into a mindset that is misogynistic will help them get what they want?	390
65 upvotes - "MGTOW Monk" Spends WAAYYY Too much time looking at women on TikTok	391
64 upvotes - Red Pill, I'm Calling You Out.	392
64 upvotes - Redpillers finally discover women prefer attractive males their age ☐	393
64 upvotes - Why The Red Pill Will Kill You Inside (x-post from r/everymanshouldknow	394
64 upvotes - Reposted from r/IncelTears . Once again proves their hypocrisy.	398
64 upvotes - Toxic "Manosphere" types shouldn't be censored but highlighted, challenged with facts and openly mocked.	399
64 upvotes - The red pill is the opposite of masculinity	400
64 upvotes - Men who were Red Pill, but are not anymore, what was the single most important, hard lesson you learned that led to you leaving?	401
64 upvotes - Men hit their wall too, at least most men.	402
64 upvotes - Red pill and incel related sites/blogs will only fuck you up, even give you nightmares. All it does is make you bitter and can even destroy your personality.	403
64 upvotes - Realizing the endgame of Red Pill	404
63 upvotes - "Women don't desire stable guys and only go for them in their thirties"	405
63 upvotes - Anxiety over my (36F) upcoming wedding and my red-pilled brothers (41M &38M)	406
63 upvotes - If the wall is undefeated...doesn't that apply to wives too?	408

63 upvotes - My husband is ready to divorce me over TRP beliefs	409
63 upvotes - Both people being strong isn't in anymore. Being a power couple is sooo last year. Take The Red Pill! /s □	410
63 upvotes - Problem with this sub.	412
63 upvotes - Boyfriend is red pill and childish	413
63 upvotes - This red pill video has 300k likes on Tik tok. Is it safe to say that the majority of people these days are red pill?	414
63 upvotes - (Casual) Sex really is overrated and job prospects are shockingly underrated around here	415
62 upvotes - How is Darius M even allowed to be on YouTube?	416
62 upvotes - Where does this idea that men get better as they age?	417
62 upvotes - I can't be the only one who loves strong women	418
62 upvotes - I don't want just fuck hot women anymore, I want to pair bond.	419
62 upvotes - You are an actual MGTOW when you don't participate in MGTOW	421
62 upvotes - Update: Someone please help me I don't wanna be "incel" anymore	422
62 upvotes - Trying to figure out what happened to the Red Pill culture and drove it to insanity?	423
62 upvotes - I think my boyfriend is turning red.	424
62 upvotes - TRP, marriage, and divorce: a rant.	425
62 upvotes - I discovered that my brother is deep In the incel/ mgtow movement and don't know how to help.	426
62 upvotes - DO RED PILLERS NOT UNDERSTAND THE CONCEPT OF CHEATING!!!□	427
61 upvotes - Dealing with regret over past misogynistic behavior	428
61 upvotes - The Red Pill creates its own demand. Here's a list of reasons how.	429
61 upvotes - Truly "going your own way" without pills and acronym cults... ..	430
61 upvotes - Gotta respect the Pick Me hustle	431
61 upvotes - exposing myron gaines from fresh n fit. why hes the most delusional.	432
61 upvotes - I've hurt a lot of people because of the redpill	433
61 upvotes - Best advice I ever received when it comes to women from my therapist	434
61 upvotes - Fresh and Fit fanbase write off woman who was raped saying they don't have time for a woman's emotional baggage. Is this how the red pill community feel about rape or is it just that fanbase?	435
61 upvotes - How industrial PUA ruined my teenage dating life	436
61 upvotes - Why I left the Red Pill	438
61 upvotes - I've become a misogynist, and it needs to stop	439
61 upvotes - If you're still believe in Alpha male and don't know how to fight/physically weak, then don't try to be badboy asshole alpha male.This is for your safety.	440
61 upvotes - Do women really have that many options ?	441
60 upvotes - My gf recently told me that men who are "Hoes" are dicks and don't respect women but at the same time I wonder why those men have such high body counts if women don't like men like that.	442
60 upvotes - "Divorce Rape"	443
60 upvotes - I have misogynistic views and I want to change	444
60 upvotes - The Red Pill makes men MISERABLE	445

60 upvotes - Please!! How to save my 23 year old brother from this toxicity	446
60 upvotes - Glad I left the "manosphere" when I did (rant)	447
60 upvotes - I so shocked and saddened by what TRP did to me	448
60 upvotes - How the hell is Red Pill content so popular?!	449
60 upvotes - I don't understand how there is RedPillWomen.. Actually in a way I do, if yiu mean you want traditional relationship dynamic, but I do not understand how woman could agree eith ideology rhat tells them they are all certain way. Any ex-red pill women out there or do you otherwise know why there are?	450
60 upvotes - The problem with expressing your emotion isnt the backlash, it's that no one cares	451
60 upvotes - I might have ruined a really good relationship.	452
59 upvotes - I'm out now my mind is my own.	453
59 upvotes - Red Pill advice is mediocre because it's the kind of advice that is as likely to succeed as it is to fail	454
59 upvotes - Did any of you guys here have a final straw that made you abandon TRP or start to question it?	455
59 upvotes - About Fresh and Fit vs Aba and Preach... A&P gained 10k subs in one day while F&F lost 10k. Can't say they dont deserve it.	457
59 upvotes - Red Pill guys are so funny. A woman can literally tell you her behaviors and they'll say "NO! THAT'S NOT TRUE! LET ME TELL YOU THE TRUTH!"	459
59 upvotes - So what if I want a career oriented women??	460
59 upvotes - My RP friends obsession with teenagers is creeping me out.	461
59 upvotes - Currently detoxing from the redpill. I unsubscribed from all the YouTubers I used too follow. Unfollowed all there social medias aswell.	462
59 upvotes - Thank you for changing	463
59 upvotes - Women who have dated redpill, what are the red flags?	464
59 upvotes - My journey of unlearning the Manosphere	465
59 upvotes - I feel like this post would be beneficial to a lot of guys here.	467
58 upvotes - Husband is reading TRP and MRP subreddit and following it 100%	473
58 upvotes - I forgot how to be a human	475
58 upvotes - HYPERGAMY IS IN DECLINE LOL (DATA AND STUDIES)	476
58 upvotes - Everything Wrong With Red Pill	479
58 upvotes - The studies that “prove” women are hypergamous don’t replicate. After conducting his own follow up study with a larger sample and more rigorous methodology, one of the original authors of the dual-sexuality theory declares that it probably isn’t true.	480
58 upvotes - I was a virgin, naive virgin who came across RPW and it ruined my life	481
58 upvotes - The redpill ruined my last relationship	482
58 upvotes - The Red Pill Mindset is destructive to a Healthy Relationship and Emotional Intimacy. Showing Vulnerability and Talking about things is a more sustainable way. ... 483	
58 upvotes - Coach Red Pill only goes after women under 25 and you should to lol.	485
58 upvotes - I don't believe in HYPERGAMY, but if it was real this is what it IS! (last post was ignored because of title)	486
58 upvotes - Take a shot for every time they use the words masculine, feminine and submission	487

58 upvotes - Women and female characters can be attractive without sexualization.	488
58 upvotes - I hate how prevalent the red pill/ incel community is in the black community.	489
58 upvotes - I'm a guy who's just so sick of Redpill lies that I did something I thought I would never do	490
58 upvotes - If redpill is what women want, then why do RP men hide that they are RP?	491
57 upvotes - I recently found out that a guy I'm talking to has a high body count and I am repulsed	492
57 upvotes - Red pill friend went full psycho	493
57 upvotes - Just left the red pill yesterday	494
57 upvotes - The Red Pill is rape culture	495
57 upvotes - Is there a shit test to see if red pillers are too far gone?	496
57 upvotes - Hypocrisy in the "women are only emotionally driven people" statement.	497
57 upvotes - I deserved to be sexless and single for almost a decade. Because I was a rude and disgusting misogynist	498
57 upvotes - Redpill side effects include... ..	499
57 upvotes - Having genuine female friends (and generally being around open-minded people) really changed my perspective on how I view dating, relationships, women and people in general.	500
57 upvotes - Play stupid games, win stupid prizes.	501
57 upvotes - Evolutionary Psychologist who popularized "Ovulatory Cycle Shifts" on which TRPrs (claim to) rely on to justify their crap theories admits it's all BS. Mandatory Read.	502
57 upvotes - Leaving the red pill	503
57 upvotes - men having to pay for 100% of dates + expensive stuff is not true.	504
57 upvotes - My father is on the red pill and losing his mind.	505
57 upvotes - My (Woman's) take as an observer of the red pill	506
57 upvotes - i have escaped the redpill and black pill communities	508
57 upvotes - Lost the love of my life to the red pill.	509
57 upvotes - Do Women Love Entirely Different from Men? An Analysis of TRP's Claim	510
57 upvotes - You guys are on the journey to real success	512
56 upvotes - Red Pill Rage Makes No Sense To Me	513
56 upvotes - Why do Red Pillers think almost every woman has Borderline Personality Disorder?	514
56 upvotes - Sadness, depression & loneliness is fine. Hate and bitterness is where you should draw the line	515
56 upvotes - It's just sad	516
56 upvotes - It would be hard to name a more certain sign of poor self-esteem than the need to perceive some other group as inferior.	517
56 upvotes - TRP ruined my relationship and I'm not sure if it's repairable	518
56 upvotes - I [28M] am trying to leave nine years of RP beliefs behind	519
56 upvotes - The number one reason for leaving red pill	520
56 upvotes - The impression I got from talking to a redpilled guy for the first time (as a woman)	522

56 upvotes - I don't think this sub is the place to quit redpill anymore. I see more women here to humiliate redpills than men who want to get off the redpill now. This place no longer looks like a safe space.	525
56 upvotes - I'm so sorry I hate Kevin Samuel so much, instead of complaining about Modern women, why not teach men to be men, there's a rise in rejection killings apparently, mostly towards poc.	526
56 upvotes - There are worse things than dying alone.	527
56 upvotes - If its alpha to be direct, then why all the redpillers I've met are one the most indirect , flip flop people I knew?	529
56 upvotes - My husband is taking on his best friend's negative views of women. Is there anything I can reasonably do?	530
55 upvotes - A large part of rep pill Content is just finding women to argue with on the Internet, because that's the only way most of them could ever talk to women	531
55 upvotes - I like a transgender woman.	532
55 upvotes - Kevin Samuels did nothing but create more incels.	533
55 upvotes - Just banned from a Redpill Subreddit. It is a badge!	534
55 upvotes - Woman who is sinking to red pill philosophy. Help.	535
55 upvotes - Feminism Addresses Many Insecurities TRP Manipulates	536
55 upvotes - Is r/FemaleDatingStrategy just the female equivalent of Red Pill ideology?	539
55 upvotes - Andrew Tate arrested on sex trafficking charges	540
55 upvotes - What is the red pill community's obsession with women with 'daddy issues'	541
55 upvotes - I legitimately hate men now and am heartbroken	542
55 upvotes - I am disturbed by the RedPill	543
54 upvotes - Losing a husband to RP	544
54 upvotes - Someone please help me... I don't wanna be "incel" anymore	545
54 upvotes - Following TRP made me socially awkward	547
54 upvotes - How to avoid becoming red pill/mgtow	548
54 upvotes - I need serious help	549
54 upvotes - How to communicate weakness or vulnerability to women	550
54 upvotes - Something my husband and I discussed, wanted to know if you all see this as well... ..	551
54 upvotes - Redpill made me forget women can have feelings	552
54 upvotes - Husband redpilled, or at least he thinks he is...help?	553
54 upvotes - the red pill will make you a loser	554
54 upvotes - Why you shouldn't be scared of leaving the Red Pill	555
54 upvotes - What they call independent is basic survival	556
54 upvotes - Don't be fooled- leaving the red pill doesn't mean you are blue pillled	557
54 upvotes - What the red pill got right...	558
54 upvotes - 2 years after leaving RedPill - in my happiest relationship lasting a little over a year now.	559
54 upvotes - I used to be a red piller. Just logged into my account after years and I'm cringing looking at the posts I've upvoted.	560
54 upvotes - Can I get my husband to leave TRP?	561
54 upvotes - Randomly approached by a hot girl, and she gave me her number	562
54 upvotes - Redpillers hate western women	563

54 upvotes - I'm slowly realising my ex was redpill and I think it was starting to turn into emotional abuse	564
54 upvotes - If You're Lonely, Stay Far Away From TRP	566
54 upvotes - About women who support red pill	567
54 upvotes - The Importance of Platonic female friends	568
54 upvotes - I almost lost my two year long relationship due to red pill theory	569
53 upvotes - How do I humanise men again?	570
53 upvotes - You don't need girl friend.	571
53 upvotes - Hatred of Single Moms and Right Wing Nut Jobs	572
53 upvotes - My Red Pill abyss	573
53 upvotes - I was a red pill woman, it wasn't what you think	575
53 upvotes - Learning how to spot redpillers is pointless	577
53 upvotes - How redpilled guys become exredpilled	578
53 upvotes - If women want their male partners to be more vulnerable, why is it that there are so many stories of men who opened up and were ridiculed/dumped/cheated on soon after? ...	579
53 upvotes - I'm 28F, and have really internalised the idea of "The Wall" to the point it's making me unable to enjoy life or do day-to-day tasks or feel motivated. Any support or similar experiences?	580
53 upvotes - my experience with a red pill ex	581
53 upvotes - Where the red pill leads everyone eventually	584
53 upvotes - I'm 23, finally letting this crap go after getting into it at 19. What I learned/my takeaways	585
53 upvotes - Reminder: Red Pill Women is not a women-run group. It is being run by men and has been for quite some time. Ex-RPW are welcome here as well to detox. Please report any harassment to the mods. RPW tend to get quite a bit of it if they're found out to be women. Stay safe, ladies!	588
53 upvotes - I think one reason why a lot of men go into the red pill is because they genuinely do not know what makes a man attractive	590
53 upvotes - Today I realized I have a problem	591
53 upvotes - Glendon Cameron is the perfect example of the type of filth and disgust the red pill promotes	592
53 upvotes - Important Message	593
53 upvotes - Current Red Pilled men, what is one problem you face(d) that only Red Pill had a solution for?	594
53 upvotes - My Red Pill Story	595
53 upvotes - You know why most men don't get sex? Because they spend the day in their computers! There has never been the need to join a cult and read tons of crazy material. If you GET a social life and you are put yourself out there, you will have a natural sex life . (Obviously Covid Warning included)	596
52 upvotes - What irks me about the whole Red Pill thing	598
52 upvotes - Red Pill Detox First Aid Kit - Start Here!	599
52 upvotes - When they think they know something but they don't	601
52 upvotes - This video really helped me step away from the redpill as it showed me that both men and women are equally capable of love and hurt.	602

52 upvotes - Not Everyone Is Right For You	603
52 upvotes - Do red pillers ever have any female friends?	604
52 upvotes - What turned me off the red pill	605
52 upvotes - Redpill is Confirmation Bias!	606
52 upvotes - Bad boys are not confident but give off the illusion of society's definition of and attractive and confident man	607
52 upvotes - An alternative to MGTOW, incels, redpill and MRA: The Men's Shed Movement	609
52 upvotes - Post-redpill	610
52 upvotes - Why is everything about being so primal?	611
52 upvotes - There's no guide telling men to watch out for, and that hurts our views towards women	612
52 upvotes - As an ex red pill woman, I still feel like I'm unworthy, slowly becoming infertile on the basis I'm still not married with kids (24F)	613
52 upvotes - I (23F) entered the suffocating grasp of an abusive relationship after becoming red-pill obsessed.	614
52 upvotes - Found out my (f23) bf (m26) was into red pill	616
52 upvotes - You heard about "Pickup" and how it's said to help men get laid. These guides are man-hating themselves, even when written by men. General	617
52 upvotes - I just realized how useless looks are	619
52 upvotes - Forrest Gump is the bane of the Redpill Community	620
52 upvotes - A happy stable life is the ultimate cure for TRP	621
52 upvotes - Do Red Pillers live fake lives	622
52 upvotes - It's a hate training, nothing less	623
52 upvotes - Why do some red pill men spend their time talking smack about women and other men online?	624
52 upvotes - The trap of using others for validation and mood boosting	625
52 upvotes - Why do redpill guys spew their views on potential dates and end up blowing their chances?	626
51 upvotes - Sadly, this is from the shooter in UK. Please, please, please take care of your fellow Red Pill/MGTOW homies. Come on, we can do better. ☐☐	627
51 upvotes - There needs to be a body positivity movement for men.	628
51 upvotes - As a woman, I paid money for a red pill coach for at least 6 months	630
51 upvotes - Is the 'bar' really on the floor for men?	631
51 upvotes - How do I get rid of the toxic and hypocritical mentality that women are less valuable because of their sexual history?	632
51 upvotes - Trying to leave TRP behind me as a woman	634
51 upvotes - RedPill and Coronavirus... these guys are so damn pathetic	635
51 upvotes - Meditation and learning Buddhist teachings changed by view completely	636
51 upvotes - Red pill will make you think that's how life really works and I'm over it.	637
51 upvotes - Post of woman who went through a devastating break up, because her husband left her for a younger woman. Proof that hypergamy is stupid, and toxic people exist in both genders.	638
51 upvotes - If you would not stop a women being assaulted you don't deserve to call yourself a man	639

51 upvotes - How Kevin Samuels Fooled 1.5 Million People	640
51 upvotes - Arguments that will destroy Red Pill's AWALT forever	641
51 upvotes - Why do Redpill/MGTOW lifestyle coaches encourage men you only have sex with women under 25?	643
51 upvotes - Labeling people alpha or beta is so stupid	644
51 upvotes - You are who you put yourself around: rant	645
50 upvotes - Do redpill men have mother issues?	646
50 upvotes - My 30th birthday is this weekend	647
50 upvotes - Men who're good at Red-pilling aren't actually good with women, but these people are unaware that they're narcissists ,so this ideology is appeal to their liking.	648
50 upvotes - DAE finds MGTOW lame ?	649
50 upvotes - Let's be real with the redpill.	650
50 upvotes - Why do people believe and give Coach Red Pill so much validity?	651
50 upvotes - I think we should normalize the idea that people have standards when it comes to dating.	652
50 upvotes - No, your girlfriend doesn't want to cheat on you with a "more alpha guy" (based on science)	653
50 upvotes - MGTOW has been quarantined	655
50 upvotes - the key to freedom from all types of pill ideologies (red-pill, blue-pill, etc.) is realizing that women are very very similar to men when it comes to their brain.	656
50 upvotes - One of the latest studies on the outcomes fatherless families, shows that what matters more are positive male role models more than a mere father at home.	657
50 upvotes - Attacking a man because of the medicine he takes is literally a part of toxic masculinity.	658
50 upvotes - I never understood red pill's hatred towards single mothers.	659
50 upvotes - Kevin Samuels died	660
50 upvotes - A Deep-Dive into Red Pill Claims, and why they are False	661
49 upvotes - I was super red pill	662
49 upvotes - Alpha / beta philosophy is designed to make you suck with women and here's why	663
49 upvotes - The Prevalence of Red Pill/Incel Subs Shows That Danger is Lurking	664
49 upvotes - holy fuck	665
49 upvotes - Mgtows actually think things were better 'back in the old days' (1950s-60s)	667
49 upvotes - I became addicted to prostitutes after 2 years of red pill	668
49 upvotes - What led me away from Red Pill philosophy	671
49 upvotes - Fanfics in r/TheRedPill	672
49 upvotes - What was the thing that was easiest to recognize as BS when you left TRP	673
49 upvotes - RedPill prevents you from ever finding true love	674
49 upvotes - Someone was asking where shitty redpill culture came from and old Maxim mags were surely a part of it.	675
49 upvotes - I feel like RP is the worst thing I discovered.	676
48 upvotes - Ex-redpiller here. I think I have quite a bit to share.	677
48 upvotes - Do redpill cult leaders and pua coaches actually believe what they say or it's all about scamming inexperience naive gullible men?	679
48 upvotes - Male Sexlessness Is Rising, But Not For The Reasons Incels Claim (Article)	

.....	680
48 upvotes - This is what Red Pill guys look like to me (His YT channel is mostly political satire)	681
48 upvotes - How do you go from casual hook ups to a relationship?	682
48 upvotes - If you wonder why feminism hasn't helped you with dating or hookups... ..	683
48 upvotes - Dread Game: Making Others Insecure So I Feel Safe	684
48 upvotes - Study suggests that not knowing how to flirt is the main reason behind involuntary singlehood.	685
48 upvotes - So how come there are so many depressed good-looking people ?	686
48 upvotes - Why does RP like to make blanket statements like men and women all think the same?	687
48 upvotes - I gave up on my best friend of 20 years. He's part of the collective now.	688
48 upvotes - Donovan Sharpe EXPOSED: Play deceitful games, watch your house of cards tumble.	692
48 upvotes - Ex red pill woman here- I feel like I am not human	693
48 upvotes - Here's why red pill destroys lives	694
48 upvotes - Why is the RP community so against being friends with woman?	695
47 upvotes - Any hope for older incels?	696
47 upvotes - Why Do Red-Pillers Hate Monogamy?	697
47 upvotes - Do women truly prefer men with high body counts or who have been with alot of women?	698
47 upvotes - Redpill is simply patriarchy	699
47 upvotes - ExRedPill's Purpose - Bashing incels or rehabilitation?	700
47 upvotes - Anyone else's marriage ruined by their spouse being red pillled?	701
47 upvotes - is my therapist right that women do like feminine looking men?	702
47 upvotes - "People don't date who they are attracted to. They date whoever would impress their friends and family" - Seth Stephens-Davidowitz	703
47 upvotes - A friendly reminder to stay away from crabs in a bucket and other toxic communities	704
47 upvotes - Thanks to this community, I'm going on my first date after spitting out the Pill!	706
47 upvotes - Redpill is ruining young men.	707
47 upvotes - FEMCELS	708
47 upvotes - The brain rot has set in so deep that instead of saying "Feel better about yourself to attract people" they title their videos this... ..	710
47 upvotes - My story : swallowing TRP as an overthinking introvert - need for recovery	711
46 upvotes - Redpillers like to project THEIR insecurities on woman and that's why women leave Redpillers	712
46 upvotes - I feel weird knowing my SO used to be redpilled	713
46 upvotes - Womyn r stupid thots. For sex *only*	714
46 upvotes - Part 1: The Traits in highly attractive and successful individuals.	718
46 upvotes - As a woman looking to leave red pill concepts behind me: FDS isn't the answer to my problems	720
46 upvotes - "Holding frame" is about being an emotionless misogynist.	722

46 upvotes - I'm very happy about how much I've grown!	723
46 upvotes - "Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering." -Yoda	726
46 upvotes - Dangerous Black Pill YouTubers	727
46 upvotes - "Men love Romantically Women love opportunistically"	728
46 upvotes - The rise of Andrew Tate?	729
46 upvotes - If I'm to be frank, I think a certain selection of people here do not host an environment that's helpful for Red Pillers to detox.	730
46 upvotes - Theses are the red pillers. Old men trying to radicalize the younger generation.	731
46 upvotes - What are redpill fathers like? Do they treat their kids as badly as their wives? Saw this post in another sub.	732
46 upvotes - Incelexit has been deleted.	733
46 upvotes - Red pill only attract deluded broken people	734
46 upvotes - I'm a 30 y.o. man and haven't dated ever (or done anything sexual) due to trauma issues from childhood. What sort of reactions could I expect to this if I do start dating? ...	735
46 upvotes - Redpill men are men who can't move forward	736
46 upvotes - My Thoughts a Year After Leaving The Red Pill	737
46 upvotes - Contradictions of body count policing	739
46 upvotes - My Experience with Redpill Ideology as a Young Man	740
45 upvotes - Andrew tate's delusions is destroying our men	741
45 upvotes - A vital key to detoxing from Red Pill is to become self-aware. Self-awareness is on a global decline though. Here's how you can improve yours:	742
45 upvotes - I wanted too say I love this community and what it stands for and everyone in it helping each other out. The redpill is toxic garbage nonsense! Thank you everyone	743
45 upvotes - MGTOW are hyper focused on the minutia of affairs of women, FDS for their faults have some perspective - the crux of the problem with redpill ideals	744
45 upvotes - Rant: the Johnny Vs. Amber situation annoys the fk out of me	745
45 upvotes - Red pill coaches advice was detrimental to my personality	746
45 upvotes - I think I'm beginning to get sucked into the red pill mindset. Any Thoughts/advice?	747
45 upvotes - Redpill confuses all of media, for all of reality	748
45 upvotes - How Red Pill messed me up and how I dodged the self destruction bullet	749
45 upvotes - I want to let you all know about a sub I just found out about. /r/MensLib. I know what you're thinking, but it's nothing like /r/MensRights. In fact, it was created specifically as a place for people to discuss men's issues in an environment free of misogyny, anti-feminism, and vitriol.	751
45 upvotes - No such thing as living amorally	752
45 upvotes - Can we ban the use of the word "females" instead of women on here?	753
45 upvotes - Things I learned from a year with a "red piller dude"	754
45 upvotes - Be honest with yourself, seriously	755
45 upvotes - Something about the men of TRP and MGTOW that almost no one mentions.	756
45 upvotes - My final goodbye to trp. The chord has been cut. Read this to unplug from the fake	

unplugging	757
45 upvotes - Don't wanna be red pillled but dating is really breaking me	758
45 upvotes - Aba and Preach starting to call out fresh & fit. People are waking up.	759
45 upvotes - I have been waiting for someone big to call out these frauds that's dangerous to our society!	760
45 upvotes - Why do so many Red Pillers have a chip on their shoulders about not having been able to get with younger women when they were that age?	761
45 upvotes - Had a date, still terrified of her	762
45 upvotes - questions from a woman for ex-red pill swallowers	763
45 upvotes - Try not to say "Women".	764
45 upvotes - For those that might be struggling with how they got so wrapped up into the toxic sides of Red Pill, this is a good cheat sheet. It's hard to accept, but these coaches have no loyalty to your well-being. As they say, you need to vet everything and cross-reference info on outside sources as well.	765
44 upvotes - As a woman that's not into casual sex I'd like to weed out sexist/redpill men. How do I nicely explain to a date that I'd rather wait?	766
44 upvotes - There is nothing more beta than... ..	767
44 upvotes - Turns out, not even wolves have an "alpha" in their group.	768
44 upvotes - My thoughts on why TRP is bad for your mind	769
44 upvotes - TRP was filling a void	770
44 upvotes - A really overlooked aspect of dating apps	771
44 upvotes - The red pill is toxic bigotry pushed by insecure men who are trying to prove their worth based on how many women they can objectify.	772
44 upvotes - What made you leave the Red Pill behind?	773
44 upvotes - No longer redpillled!	774
44 upvotes - What does "dread game" mean and what does it do to the relationship and other person?	775
44 upvotes - Types of Redpillers	776
44 upvotes - Addressing the whole "80% of men are below average" clam: It's likely complete horeshit.	777
44 upvotes - My experience with redpill	778
44 upvotes - Anti black, black redpill content creators	779
44 upvotes - Rich Man and "High Value Man" being allowed to Cheat	780
44 upvotes - Why Kevin Samuels Delivers Toxic Messages to Both Men and Women - Personal Experience	781
44 upvotes - How Much of The Red Pill Is Just A Grift Meant to Take Advantage of Vulnerable Men?	783
44 upvotes - An example of a toxic red pill guy who's about to lose his girlfriend. What an idiot.	784
44 upvotes - im fucking done with these people part1	785
44 upvotes - I'm pretty angry about how bad I've been duped.	787
44 upvotes - Red pill lacks empathy.	788
44 upvotes - F18. M36 Redpill ex ruined my life. I feel worthless.	789
43 upvotes - I was banned at asktrp for pointing at hypocrisy of the community leaders	790
43 upvotes - Does the alpha/beta male classification actually have any validity to it or is it just	

BS?	791
43 upvotes - what can we do to pull men out of / deter men from the redpill?	792
43 upvotes - Rollo MyAssy doesn't read what he post	793
43 upvotes - The online popularity of redpill is just weird and kinda creepy	797
43 upvotes - society always talks about nice guys? but never nice girls.... ..	799
43 upvotes - Working on a YouTube channel to combat TRP and similar philosophies... need some advice.	800
43 upvotes - Looks matter definitely	801
43 upvotes - Red pill opinion on men	802
43 upvotes - "What's so wrong with bettering myself?"	803
43 upvotes - When red pill men say "genuine desire" is the most attractive trait in a woman it reeks of unresolved trauma or childhood loneliness	804
43 upvotes - To create healthy and good alternative spaces to the red pill, one thing we should learn to do is to not invalidate men's experiences. Instead, engage in the toxic conclusions they can draw from it.	805
43 upvotes - I'm so glad that my redpill kick didn't last that long	806
43 upvotes - Just recently gave up the fake world	807
43 upvotes - Help detox a self aware 20 year old from the red/blackpill	808
43 upvotes - Lost an acquaintance to rp and am pretty mad about it.	809
43 upvotes - Hi! I'm a psychologist and I took a stab at explaining why Tate's ideas about women are so harmful to men in the dating world. It was mostly viewed by redpillers as displayed in the vids comment section. What content/ideas did you come across that shifted you away from the redpill community?	810
43 upvotes - "Just start a business, bro"	811
43 upvotes - MGTOW make me lose hope in humanity	812
43 upvotes - YouTuber Alexander Grace Here - Looking For Someone To Tell Me I'm Wrong	813
43 upvotes - Self Esteem vs Self Compassion	814
43 upvotes - What are they leading?	815
43 upvotes - I hate that Red Pillers expected me to submit and take care of family matters, but simultaneously lorded the relationship over me and making me fear being dumped off on the streets constantly if I didn't do as they expected. The worst part being that expectations would change constantly.	816
43 upvotes - Women aren't hypergamous, they have more options for sex, while simultaneously having lower libido	818
43 upvotes - She should be treated like a child, you say? Where have I heard this before? <input type="checkbox"/>	819
43 upvotes - Redpill Does Not Hold Men Accountable When it Comes to Sex and Pregnancy	820
43 upvotes - How I feel about the "wall" as a girl.	821
43 upvotes - People on YouTube whom helped detox me from the redpill nonsense.	822
43 upvotes - Regarding this sub	823
43 upvotes - Seems like the type of guys we discuss here. Thoughts?	824
43 upvotes - did everyone just forget how intrinsically linked TRP and alt-right idea was?	825

42 upvotes - RedPill stole my years of love	826
42 upvotes - A post about the redpill who claims he makes his wife cum on command	827
42 upvotes - The cock carousel - a red pill fantasy?	828
42 upvotes - Red Pill left me with a deep mistrust of both men and women - more so men.	829
42 upvotes - Red Pillers aint who they say they are	830
42 upvotes - I was a former redpill, AMA	831
42 upvotes - Parody Song of "If You Wanna Be My Lover" Criticizing the Redpill. Its Pretty Accurate.	832
42 upvotes - How to go to a restaurant as a sex god/red pill alpha male breeder	833
42 upvotes - Redpill seems to ignore the concept of "gender" completely.	834
42 upvotes - My ex red pill experience, amazing choice	836
42 upvotes - How the red pill harms male survivors of Domestic and sexual violence	837
42 upvotes - Red Pill is trash	839
42 upvotes - My Journey with TRP and its end.	840
42 upvotes - Random thought: Where did all the good men go?	841
42 upvotes - The red pill works - but not as they intend it	842
42 upvotes - How do I detox from red pill as a woman?	843
42 upvotes - if people were open and understanding in a lot of these young guys would not go to these communities	844
42 upvotes - I wish I could make amends to those I harmed while being brainwashed.	845
42 upvotes - The best part about the red pill is spitting it out.	846
42 upvotes - Why do red pill men keep talking about this idea of "only 10-20 percent of men are having sex"?	847
42 upvotes - This sub is literally life saving. Thank you so much.	848
42 upvotes - Any Positive female influences (preferably on youtube) I can follow. Talking about women's problems, worries, struggles, and their perspectives. I don't want to demonize them anymore.	849
42 upvotes - Why are a lot of red pillars dishonest ?	850
42 upvotes - Blaming mens actions on women, but not the other way around	851
42 upvotes - Has social media and dating apps ruined dating?	852
42 upvotes - I'm addicted to seeing escorts. I need advice.	853
42 upvotes - Turns out that kindness and companionship is the biggest turn on for men and women	854
42 upvotes - HOW ON EARTH do I, as a girl, stop seeing as every man on this planet as horrible monsters with dark desires?	855
41 upvotes - Holy Moley	856
41 upvotes - You all have convinced me. I'm 100% over Red Pill relationships. I was blessed to have a non-Red Pill man come into my life and dropkick all my trauma-based beliefs into healthy and positive thinking and it rocked my world. I want more of it! □	857
41 upvotes - Should we normalize men feeling fulfilled in life despite not having success in dating?	858
41 upvotes - How I escaped The Red Pill and the Manosphere Part 1: The Appeal	860
41 upvotes - I dumped my long term girlfriend because of TRP	862
41 upvotes - Just need to rant.	863

41 upvotes - TRP Community thinks Trump is the last masculine president in forever?	865
41 upvotes - YOUTUBER VAUSH CALMLY DISMANTLES RED PILL PHILOSOPHY	
"Hating Women is the Bedrock of The Red Pill"	866
41 upvotes - What do women see in redpill?	867
41 upvotes - What Hypocrisy in the Red Pill Annoy You the Most?	868
41 upvotes - What Do You Think The Main Reason Is For There Being Incels?	869
41 upvotes - It's always this type of Alpha master PUA seductive bad boy asshole ladies man player who spent all their time flexing on the internet everyday 24/7 when you take look at their profile.	870
41 upvotes - The female dating strategy and the red pill have subreddits have a lot in common	871
41 upvotes - Confusion about the 'traditional' family.	872
41 upvotes - A Red Puller's Valuation of Women	873
41 upvotes - I'm addicted to escorts.	874
41 upvotes - The social ineptitude of the advice given in The Red Pill	875
41 upvotes - Trying to understand what is so appealing about RP to men and if some men are more susceptible to it	876
41 upvotes - Walter Weekes of Fresh&Fit on Sugar Daddy Website	877
41 upvotes - i know understand why mom told me to stay away from internet and don't believe what everyone says on the internet since i was a kid	878
41 upvotes - When they say women have it easy, it makes me laugh	879
41 upvotes - The hypocrisy of single fathers critiquing single mothers	880
41 upvotes - Something red pull ignores: women are individual people just like men are.	881
41 upvotes - Red Pill Men will knowingly present themselves as animals (Saying things like "Men can't help but be sexist and to assault people. It's in our biology!) yet they get so upset when women want to treat them as animals.	882
41 upvotes - Child Support Arguments Are Stupid	883
41 upvotes - Bad RP dating mantra: The woman is acting like an asshole because you're not assertive/masculine enough. Her shitty behavior is on you, somehow.	884
40 upvotes - @femininitydoc on IG says "that salary can't suck your toes" ☐☐ I'm sick of these female version of RP that are leading other women to slaughter!	885
40 upvotes - How The Red Pill uses cult tactics like Scientology to indoctrinate members	886
40 upvotes - glad i found this sub. some thoughts on MGTOW	887
40 upvotes - A few fundamental pieces of advice for ex-red pillers, but pretty much anyone else too.	888
40 upvotes - I think people realize you can go through years of self-improvement and still end up with nothing.	890
40 upvotes - Women and men.	891
40 upvotes - Confessions of an ex redpill robot	892
40 upvotes - Redpill/Blackpill is a fraud.	893
40 upvotes - I just want to tell everyone here how much I appreciate you	894
40 upvotes - Success (and wealth) can actually worsen your dating experience as a man	895
40 upvotes - Why are men in redpill are obsessed with women?	896

40 upvotes - The manosphere played themselves (US politics)	897
40 upvotes - Women do not engage in hypergamy. If anything they're probably worried about men doing it.	898
40 upvotes - When meeting old acquaintances that knew during the time I was heavy in the RP	899
40 upvotes - Interested in being an ExRP	900
40 upvotes - For the men in this group, what was the turning point in making you leave the redpill? When did you wake up and how long did it take?	901
40 upvotes - Redpill standards for women are a joke	902
40 upvotes - Male improvement communities that aren't red pill.	903
40 upvotes - People have the right to live alone for the rest of their lives but... ..	904
40 upvotes - Isolation deteriorating my mental health in my early 20's	905
40 upvotes - "My wife gave birth to my kids and helps raise them. She adds value to my life and if she died or left me for someone lesser(cause I'm the best) then oh well game goes on. Game never ends until you die." Reply on /r/redpill to a guy asking about relationships ...	906
40 upvotes - I am a recovering MGTOW/TFLer	907
40 upvotes - Isn't some red pill theory kinda strange?	909
40 upvotes - I'm getting bitter about my lack of dating.	910
40 upvotes - I'm never going to be in a relationship, which is okay I guess, what ways are there to enjoy life regardless?	911
40 upvotes - Now I understand why I was unsuccessful with women - it all started with my mom	912
40 upvotes - I think the lack of a father figure throws young men into the redpill culture.	918
40 upvotes - What made you stop watching the Fresh and Fit show? What was your breaking point?	919
39 upvotes - 24 (f) redpill ideology has left me confused and scarred by past relationship	920
39 upvotes - Do older men really find younger women attractive or try to get with them?	922
39 upvotes - Does a man with a high body count impresses you?	923
39 upvotes - Why I don't think TRP works on some if not most women and why you don't need to turn to it.	924
39 upvotes - Biggest loser Red Piller Youtubers?	925
39 upvotes - Why 'body count' is so important in TRP culture?	926
39 upvotes - "The Boy and the Park": A metaphor for the making of a toxic man	927
39 upvotes - Go ahead: Ask a Woman anything	929
39 upvotes - Is Female Dating strategy repackaged redpill?	930
39 upvotes - Told blue collar men weren't suitable to date	931
39 upvotes - Don't do it.	932
39 upvotes - Women, is the whole "women love dominant alpha males" thing a myth?	933
39 upvotes - When you realize how simple TRP's strategy is, it's easier to move on from. [vent]	934
39 upvotes - The falsity of Red Pill	935

39 upvotes - In an attempt to be more "Alpha" I lost myself	937
39 upvotes - Guys I think I need your help. I've been accidentally redpilled all my life and I need to reverse it.	938
39 upvotes - My therapist has helped me understand the issues that can come from Red Pill/PUA strategies and how it can be claimed to be sexual misconduct in some form. Hope this very informative write up helps some of those who may be struggling with the abundant "false accusations" propaganda. Hope it helps!	940
39 upvotes - "Why would he want you? He can get younger."	941
39 upvotes - If you feel you could have an underlying condition that is affecting you, see a psychiatrist.	942
39 upvotes - Are Redpillers on the rise? Has it completely gone mainstream?	944
39 upvotes - "Take a hard stance for once"	945
39 upvotes - redpill/incel chatfishing	946
39 upvotes - Mindhunter (TV series)	947
39 upvotes - The manosphere has ruined my dating life	948
39 upvotes - Red Pill Husband	949
39 upvotes - The redpillers I sympathise with and the ones I don't	950
39 upvotes - How the redpill temporarily affected my perception of masculinity	951
39 upvotes - Is it just me or redpill tactic only seems to attract people with inferiority complex?	952
39 upvotes - Does anyone personally know these Red Pill personalities?	953
39 upvotes - Red pill men love to talk about how women are weak and cant handle criticism... ..	954
38 upvotes - A warning to all loners. A challenge to people who think they know what women want	955
38 upvotes - EVERYONE HERE NEEDS TO READ *The Laws of Human Nature by Robert Greene* IN ORDER TO DE-PROGRAM FROM THEREDPILL	956
38 upvotes - TW - Male Suicide Research	957
38 upvotes - Why do redpill men hate when they see a successful man date or marry a single mother	958
38 upvotes - A GOP Lawmaker Has Been Revealed As The Creator Of Reddit's Anti-Woman 'Red Pill' Forum	959
38 upvotes - Ex redpill woman here.	960
38 upvotes - TRP turned me into a living, walking, breathing douche bag... ..	962
38 upvotes - The "red pill" only made me live miserably through the lives of unsuccessful men.	963
38 upvotes - Stopped using 4chan a month ago but still very racist and sexist, how do I stop this and become a decent person?	964
38 upvotes - Ever notice how TRP/MGTOWS think that women are all the sudden different in the current year.	965
38 upvotes - Red/blackpilled induced obsession and depression, stop before you go too far. (Rant)	966
38 upvotes - Healing from a short relationship with a red piller. It was only 6 weeks, and I pushed some concerns aside at first, but it got to be too much.	968
38 upvotes - Former Repiller. A few of you guys/girls here on Reddit actually gave me the idea	

to start my No Pill Youtube channel, so we can have a more visible place to discuss things as a community, instead of just on Reddit. I'm dropping my first real video on that channel tomorrow.	969
38 upvotes - Just found this sub and I want to say I'm so proud of all of you	970
38 upvotes - The Texas Anti-Abortion Bill has made me infuriated and I'm extra glad I got out of the Red Pill cult.	971
38 upvotes - why/how do bad people get into relationships/have sex?	972
38 upvotes - I'll be honest I'm a loser	974
38 upvotes - How to stop becoming an incel?	975
38 upvotes - Obsession with being seen as desirable	976
38 upvotes - "She's toxic."	977
38 upvotes - TRP isn't about men's hatred towards women, its about hatred toward their own vulnerability	978
38 upvotes - The red pill ruined my mental health and has nearly ruined my relationship	979
38 upvotes - In my opinion, TRP robs you of enjoying yourself	980
38 upvotes - It's finally time for me to let go of the pill-sphere in general.	981
37 upvotes - Honesty goes a long way..	982
37 upvotes - Law and Order SVU, season 20 Episode 4: "Revenge"... a group of MTGOW Incels go on a rape and killing spree.	983
37 upvotes - RedPill's popularity is showing the unresolved childhood emotional and developmental traumas on a societal level	984
37 upvotes - So I watched "The Matrix" for the first time in several years after giving up TRP.	985
37 upvotes - What happened in your life to make you rethink TRP?	986
37 upvotes - The red pill fucked my life up	987
37 upvotes - More thoughts on TRP (19M)	988
37 upvotes - I lose respect for girls with high bodycounts.	990
37 upvotes - Are redpillers actually incels in disguise?	991
37 upvotes - This one page from Eckhart Tolle's new earth perfectly explains why the red pill community exists in the first place	992
37 upvotes - Just wanna share with you guys real quick	993
37 upvotes - Against Dread Game (Based on Science)	994
37 upvotes - How to fight red pill in marriage?	996
37 upvotes - Damn, I've been lied to this whole time?	997
37 upvotes - Young male teetering on the brink of incelism/blackpill. Relationship/gender subs like /r/purplepilldebate and /r/trp are depressing but I can't help but feel like they're right. Please convince me otherwise.	998
37 upvotes - What do you think of r/malementalhealth group?	999
37 upvotes - I have trouble accepting a womans sexual past	1000
37 upvotes - Update on the fake former redpill guy!	1002
37 upvotes - And they wonder why the real world doesn't take them seriously. They act like radical Twitter feminists and convince themselves they're not the same.	1003
37 upvotes - Advice from someone who has been married for almost 20 years... ..	1004
37 upvotes - hasanabi saved me from Redpill sh*thole	1005
37 upvotes - The Manosphere is Misandrist, Actually	1006

37 upvotes - I've accepted the fact that I'll never be the same again after leaving TRP, PSL, and the Blackpill	1007
37 upvotes - The Mask You Live In - Trailer - a documentary about masculinity and how it's taught to young boys	1008
37 upvotes - Idiot on trp talks about "women's desire to be controlled" this guy sounds like he took a time machine from the era before women had the right to vote to 2020 and he's spewing his old fashion straight-out-of the early 20th century misogynistic worldview ...	1009
37 upvotes - The other side of the story. How women feel about the discussions of gender on Reddit.	1010
37 upvotes - It's so immature	1011
37 upvotes - I've grown tired of "MGTOV". I wish there was just a HappyBachelor community.	1012
37 upvotes - Red pill plays to people's biggest fears	1013
37 upvotes - Men are not the prize; Not even women.	1014
37 upvotes - Why dating strategies rarely work	1015
37 upvotes - Women either like you or they don't. How is it any other way?	1016
37 upvotes - What were the most damaging aspects of the Red Pill teachings to you?	1017
37 upvotes - Why FDS women frequent this sub?	1018
37 upvotes - Am I the only one who has noticed that Redpillers, MRAS, MGTOV Men, and Incest are super hypersensitive to any criticism?	1019
37 upvotes - Red Pill normalized a lot of abusive and dysfunctional traits. Dating has become so toxic that it's unbearable for a lot of people.	1020
37 upvotes - I bought into the 'male promiscuity is good' lie and it burned me	1021
37 upvotes - Red Pill made me feel isolated and unattractive	1022
36 upvotes - The irony about the "red pill" name	1023
36 upvotes - I think I am slowly becoming a misandrist	1024
36 upvotes - Ex-Red Pill Guru doing a 180 (and how it almost killed my marriage)	1025
36 upvotes - A personal story that might illustrate what (some) women are actually interested in	1027
36 upvotes - Men claiming they're "a good guy but ignored" are usually not good in actuality	1028
36 upvotes - Just threw up TRP? Read Models by Mark Manson.	1029
36 upvotes - Thinking For Yourself	1031
36 upvotes - No Turning Back	1033
36 upvotes - How I cracked (and a hello too)	1034
36 upvotes - sexual market value is a narcissistic concept	1036
36 upvotes - I'm on antidepressants and my sex drive is at almost 0% and it feels good for some reason!	1037
36 upvotes - [Long Post] 99% of dating advice is BS. Red pill or otherwise.	1038
36 upvotes - TRP has ruined my opinions of men since age 17. I've tried detoxing, but nothing works.	1042
36 upvotes - Thank you so much guys, I just found this sub and I can feel how it is literally saving me!	1044
36 upvotes - I still don't trust women	1045

36 upvotes - Volcel and Incel arguing with each other. Ibz(volcel), who is a youtuber with 150k subscribers thinks that porn turns men into incels. What are your thoughts on pornography? I don't know why Volcels and Incels hate each other. You can find both of them on communities like MGTOW.	1046
36 upvotes - Why do Red Pillers hate western women?	1047
36 upvotes - I hate being a man	1048
36 upvotes - Throwing up the redpill for good!	1049
36 upvotes - You guys need to self improve or do individual women have certain preferences for individual men	1050
36 upvotes - The worst thing redpill made me do	1051
36 upvotes - The matrix was a metaphor for being trans	1052
36 upvotes - Do women really have a bunch of orbiters waiting in line for their chance to get with her?	1053
36 upvotes - From woman hater to trans woman.	1054
36 upvotes - Harmed others because of rogue Red Pill teachings? Learn to forgive yourself so that you can move on. You were tricked too and it's not your fault, but it's your responsibility to try and fix. This is an essential step in most recovery programs.	1055
36 upvotes - I think Red Pill Ruined my Relationship	1056
36 upvotes - Researcher seeking interviewees	1057
36 upvotes - RedPill women	1058
36 upvotes - My experience with men who struggle with sex and long term relationships	1059
36 upvotes - A cruel and harmful idea of the RedPill (Rollo Tomassi)	1061
36 upvotes - MGTOW banned me	1063
36 upvotes - What is up with "Small dick energy," and why is that ok?	1064
36 upvotes - why do Red pill men try to pick up women and do it by listening to men instead of women?	1065
36 upvotes - Hate will rot your soul (and eventually life)	1066
35 upvotes - Alternatives to redpill? I want to learn how to approach women. I also get told when I stop looking it happens but what's that mean, stop talking to women?	1067
35 upvotes - Isn't Hamza literally this jerk from Madagascar? (hope this sub allows a bit of funnies, haha)	1068
35 upvotes - How do redpillers justify sleeping around if they diminish the worth of women?	1069
35 upvotes - I wrote an article about people from this subreddit	1070
35 upvotes - Im sick and tired of being perceived as cute and non-threatening	1071
35 upvotes - Sister dating a dark triad scared for her life	1072
35 upvotes - How the hell do you meet people?	1073
35 upvotes - Since I left the redpill, it's been extremely harder to be in a relationship.	1074
35 upvotes - Ladies of exredpill, do you like the strong, sensitive type of man?	1075
35 upvotes - How do I stop this way of thinking? Have I been brainwashed?	1076
35 upvotes - Women caused the fall of Rome.....?	1077
35 upvotes - Chances are "he motivated so many people to go to gym" is used to defend a YouTuber	1078
35 upvotes - I've poisoned most of the sexual/romantic relationships in my life and driven	

myself a bit crazy	1079
35 upvotes - I believe most people in RP groups are lonelier and have masculine hobbies.	1080
35 upvotes - How to master empathy	1081
35 upvotes - Best articles I've read on 'TRP' and codependency	1083
35 upvotes - The story of my awakening from MGTOW	1084
35 upvotes - TRP Missed the Mark: Why Some Women "Love" Bad Boys	1086
35 upvotes - I have been conditioned to believe that no girl could ever love me for who I am	1087
35 upvotes - What's your opinion on Elliott Hulse?	1088
35 upvotes - Started a YouTube channel, please let me know what you guys think! (Two episodes in so far...)	1089
35 upvotes - TRP/PUA caused me to have an unhealthy obsession with sex that ruined my childhood.	1090
35 upvotes - Red Pill coaches	1091
35 upvotes - How do I overcome shame over my past involvement in PUA and associated behaviors?	1092
35 upvotes - Toxic Shame / Core Wounding	1093
35 upvotes - Red pill: a search for dating advice turns into radicalization	1094
35 upvotes - The Rise of Bullying: the true cause of incels	1095
35 upvotes - Thank you all	1096
35 upvotes - You cannot convince anyone to like you. RP used to make me believe you could.	1097
35 upvotes - Probably some Rapepill	1098
35 upvotes - When chasing Younger Girls go completely wrong	1099
35 upvotes - I feel so stupid for being brainwashed into the RP community, but it is what it is. I'm glad I caught it early	1100
35 upvotes - Why does RP focus so much on hypergamy? What's the point of emphasizing this?	1101
35 upvotes - Red Pill YouTubers are bad. So who should I watch then?	1102
35 upvotes - did you ever feel like you lost genuine connections with women because of red pill ideology?	1103
34 upvotes - We should remove Redpill/Blackpill terminology from our vocabulary entirely.	1104
34 upvotes - TRP didn't "change your life" let alone saved it and thinking otherwise is a mere sign of pure brainwash	1105
34 upvotes - Is it just me or is there an influx of posts that are barely not redpill?	1106
34 upvotes - Why do people praise players?	1107
34 upvotes - Idolization of Dark Triad Personality Types	1108
34 upvotes - Theory: TRP followers are just codependents who got burned	1109
34 upvotes - Who came up with the idea that women like douchebags?	1110
34 upvotes - Grew up in a RedPill household, am beginning to realize this may be why I can't hold a relationship	1111
34 upvotes - Why taking the pill was one of the worst moves I have EVER made (story inside)	1113

34 upvotes - Andrew Tate exposed in court.	1114
34 upvotes - About the Discord support group here... ..	1115
34 upvotes - Brazil in Redpill.	1116
34 upvotes - I hate that Red Pill has made me feel ashamed of attracting men that make a lot of money. I now have a strong desire to reject them solely based on their income to avoid being seen as a "gold digger" even though I know I'm not one just to continue to "prove" myself. I'm over it.	1117
34 upvotes - in your opinion, what are the general characteristics in a man who whole heartedly believes in the red pill movement?	1118
34 upvotes - Befriending women has made me less misogynistic but more red/blackpilled.	1119
34 upvotes - What do you think of Kyle Prue? Perhaps this is the only effective way to challenge TRP.	1120
34 upvotes - Stop looking up "research, studies and statistics"	1121
34 upvotes - Is dating easier if you're white??	1122
34 upvotes - I still don't understand how the punishment and abuse tactics are justified	1123
34 upvotes - I feel like shit	1124
34 upvotes - The talk of "dropping frame" says red pill to me. Is this really how red pill guys think? Why does the concept of giving pleasure not factor in? Why such a zero-sum game mindset?	1125
34 upvotes - I think I know why I want a virgin girlfriend	1126
34 upvotes - Why is intimacy declining?	1127
34 upvotes - I had a realization where felt like the Red Pill has possibly brainwashed me, and given me a warped view of women and has stunted my personal growth. How do you know who is right, what the reality is?	1128
34 upvotes - a noticeable trend between history of abuse and red pill acceptance/indoctrination	1130
34 upvotes - Aren't men as selfish and unpredictable?	1131
34 upvotes - My red pill journey, why I fell for it so easily, and how I realized it wasn't right.	1132
34 upvotes - Getting past the constant feeling of putting pressure on yourself to be both an attractive successful man and a good person; over-riding the feeling that female friends see you as inferior to other men and failure to produce value=abandonment	1133
34 upvotes - My year-long experimentation with The Red Pill (Story and Discussion)	1135
34 upvotes - Simp Gets Red Pilled (Satire) by Cer Spence	1137
34 upvotes - Uncovering the Root of Insecurity	1138
34 upvotes - Why are TRP Men so emotionally invested into Red Pill Ideologies?	1142
34 upvotes - How do you feel about guys referring to women as pussy?	1143
34 upvotes - Why do redpillers think people who don't talk and act like them can't get laid?	1144
34 upvotes - What an alpha male actually is	1145
34 upvotes - I'm ex red pill but the silent treatment really does test me	1146
34 upvotes - Detox	1147
34 upvotes - I made a video explaining why blackpill (or any pill) is like a cult. Hope this helps!	1148

33 upvotes - An Update from a former MRP/TRPer	1149
33 upvotes - RP advice is mostly about gaming trauma dynamics - agree or disagree?	1151
33 upvotes - Ex RP Woman. Don't repeat my mistakes, please.	1152
33 upvotes - Mod-approved - Male Suicide Research (Men who have attempted suicide, 18+, based anywhere)	1154
33 upvotes - Why are single red pill men angry at single mothers?	1155
33 upvotes - Do not adopt the defeatist mindset that redpill promotes	1156
33 upvotes - men need to be taught how to discern red flags in women as well it's not just going after the first woman that likes them	1157
33 upvotes - Why Red Pill is a Cult - Part 2 (Based on Mark Manson's writings)	1159
33 upvotes - Found my husband's red pill readings- how do I build trust again?	1161
33 upvotes - My personal experience with the Red Pill mindset.	1162
33 upvotes - Thank you and farewell	1164
33 upvotes - My bf and friends discovered the redpill and MGTOW	1165
33 upvotes - Ex redpill detoxing and enlightening	1166
33 upvotes - The Alt-Right Playbook: How to Radicalize a Normie	1167
33 upvotes - This Redpill shit is like Corona virus God! damn!	1168
33 upvotes - New Hampshire State Rep Who Created Reddit's 'Red Pill' Resigns	1169
33 upvotes - Are red pill men just desperate for a way to get women to like them?	1170
33 upvotes - When the woman loses the divorce, the manosphere loses empathy.	1171
33 upvotes - "Men without women is school shooters"-The roommates podcast	1172
33 upvotes - Lol there are REALLY people that believe the red pill junk....or is it just a serious cope?	1173
33 upvotes - It often happens that I read or hear stories of how a guy used flattery or was so nice and sweet with a girl that she slept with him because of it, then I always think about the redpill, which instead promotes being "toxic" (whatever that means btw) and treating women bad, and it just doesn't add up	1174
33 upvotes - How can I stop feeling resentment and jealousy towards women?	1175
33 upvotes - Hypergamy has my mind all messed up. How much of a battle really are you in with other men to get women?	1176
33 upvotes - My birthday is today, and have no friends or family to celebrate with.	1177
33 upvotes - 'It's a slippery slope': How young men fall into online radicalization Reid Brown says YouTube started showing him problematic content when he was 13	1178
33 upvotes - There is one thing that I don't even understand about matt cross	1179
33 upvotes - A lot of red pill men seem to think women are into bad guys, but they also forget if you're an average or ugly looking, fat neckbearded dude using asshole behavior to compensate for in the looks department, that will be just as off turning as being a shy timid nice guy	1180
33 upvotes - If someone has doubts if this subreddit actually helps or if it's just switching to a different poison... ..	1181
33 upvotes - Red pill is literally ruining my marriage	1182
33 upvotes - How do I get my brother out of the red pill?	1183
33 upvotes - I think redpill broke my brain.	1184
33 upvotes - My best friend of 20+ years is regurgitating the most caustic parts of red pill. How do I get him to stop hating women so much?	1186

33 upvotes - There's no game	1187
33 upvotes - Red Pill Is Toxic For Relationships Becuase It's A Wrong Interpretation of Game Theory (defections are the norm instead of exceptions)	1188
33 upvotes - How to get over a red piller	1190
33 upvotes - Red Pill "abundance" is not abundance.	1191
33 upvotes - Wife of TRP/MGTOW Husband (Trigger warning, sexual assault)	1192
33 upvotes - Men who have left Red Pill, what was the first falsehood you recognized that led to you starting to doubt the rest of their claims?	1193
33 upvotes - I see myself with low "smv".	1194
33 upvotes - Keep Up The Good Work!	1195
33 upvotes - Redpill thinks women nowadays are not worth dating because higher education turns them into feminists	1196
33 upvotes - Just a rant about life and female perspective on being exredpill	1197
33 upvotes - I want you Red Pillers to look at this come back and tell me if women are naturally made to be submissive and constantly stay in the home and live as a sex object for man ...	1198
33 upvotes - These guys need help	1199
33 upvotes - Betabuxing is literally splitting up your money, being the sole provider.	1200
32 upvotes - Male Dating & Sex Struggles: A Problem In Plain Sight	1201
32 upvotes - this man's channel is about narcissists and psychopaths,talks about BOTH feminists and redpillers	1202
32 upvotes - How to not be brainwashed by the red pill	1203
32 upvotes - Why alpha and beta concept is so popular?	1204
32 upvotes - It's funny how the RP thinks everything is black & white	1205
32 upvotes - I don't know what to say about this	1206
32 upvotes - Darius M exposed himself on live	1207
32 upvotes - Why do men who can't hold a relationship for more than a year always feel so inclined to give me advice?	1208
32 upvotes - Andrew tate is a complete utter joke	1209
32 upvotes - WhY wOmEn ChEaT	1210
32 upvotes - I am an ex-RPW who used to date a red piller(ex-red piller now?)	1211

Red Pill Detox First Aid Kit - Start Here!

525 upvotes | July 9, 2020 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Welcome! Whether you feel like Red Pill has brought you more harm than good or you simply wish to question Red Pill views you're on the right place. This post is composed by a collection of scientific and rational posts from different authors, both in reddit and other websites, to help former red pillers (men and women) to recover from red pill.

Through this series of posts you're gonna find scientific and reasonable arguments with the aim of at least making you start questioning what you "learned" on TRP. Open discussion is encouraged, as long as it's respectable and (also) backed scientifically and/or logical (no pseudoscience). Please, note that i do not really wish to "disprove" TRP nor forbid you to follow it: Actually, i believe that everybody is entitled to believe and follow the path they wish to, even if they chose the path that we, former TRPers, personally disagree with and don't advise to anyone. Rather, i desire to raise skepticism on you and make you start questioning what you believe, with science, reason and empathy. But in the end, **you're free to chose your own path**, to see what you agree with and decide what's right or wrong in both TRP and our arguments.

Your friend,

Red Pill Detox

Posts from reddit:

- [Ask yourself: Do you really have results with TRP?](#)
- [AF/BB logic questioned by science](#)
- [No, your girlfriend doesn't want to cheat on you with a more alpha guy \(based on science\)](#)
- [AWALT debunked \(Based on Science\) - No, not all women are like that](#)
- [Against Dread Game \(Based on Science\)](#)
- [Red Pill and Cultic Behavior - Why TRP is a lot like Scientology, Heaven's Gate and other cults \(based on Science\)](#)
- ["Game" doesn't really work](#)
- [The end of the Bad Boy Mystique - Largely overlooked reasons of why bad boys actually get laid \(based on science\)](#)
- [Why Red Pill is a Cult - Part 2 \(Based on Mark Manson's Writings\)](#)
- [Fallacies in Red Pill \(Part I\) - The Biological Determinism Fallacy \(Based on Science\)](#)
- [True Connection with a Human Being, by Graineon](#)

Posts on the web:

- [The Myth of the Alpha Male, by Scott Barry Kaufman, PhD](#) - This post, written by Scott Barry Kaufman, an evolutionary/positive psychologist who co-wrote "Mating Intelligence Unleashed", tackles the Alpha vs Beta distinction from a scientific point of view. He believes that being dominant and aggressive isn't really attractive except to some people or on certain contexts, and that being a prestigious person who can be both confident, assertive but also kind

and compassionate is a much better strategy. He also believe that people can't be divided in neither alpha or beta, because kindness and dominance can co-exist in the same person, leading him to conclude that being a person with both "beta" and "alpha" qualities is what ultimately will make someone attractive. He bases his data on psychology studies, studies on tribes worldwide and animal behavior.

- Butchering the Alpha Male, by Mark Manson - In this remarkable post, Mark Manson, author of "Models: Attract women through honesty" shows how the "Alpha Male" term is illogical and unreliable, how it is actually counter-productive in the long term and exactly what is there to learn that is positive about this alpha male stuff
- My Life as a Pick Up Artist, by Mark Manson Although this post is specifically targeting Pick Up Artists, i can safely say that what it's said here it's also valid for Red Pill. Regardless TRP admits it or not, it converges in 90% of their beliefs with Pick Up Artists. This post, by Mark Manson, is about his story as a former Pick Up Artist, specifically, how having lot's of sex won't necessarily make you happy and how tieing the idea of sucess with sex and being alpha will lead you to nothing but depression.
- Reclaiming Manhood: Detoxifying Masculinity, by Dr. Nerdlove - Here, famous author Doctor NerdLove explains what is toxic masculinity and why is bad. Toxic Masculinity is a set of beliefs about men and women, that is promoted by movements like The Red Pill, and bases men's self-worth on how dominant, aggressive and sexually conquering he is. The author very eloquently explains why this set of beliefs is bad and how one can overcome it: Stop viewing women as enemies, stop assuming the worst about men and don't allow yourself to be an asshole just to prove yourself and others that you're a man.
- What's wrong with taking the Red Pill, by Dr. NerdLove - This post is about the sister of a Red Piller talking about her brother's experience with the Red Pill and her perspective on it and reaching Dr NerdLove for help. It gives us insight on how the people you love view you when you take the Red Pill. It also gives us insight on how the Red Pill can go massively wrong. Doctor Nerdlove does a well-thought criticism of Red Pill.
- A New Masculinity, by Mark Manson - In this wonderful post, Mark Manson tackled the myth of Masculinity as being a universal construct based on the work of respectable anthropologist David Gilmore. The main premise is that manhood is something to be proven in virtually all cultures in the world, but the way masculinity is asserted differ from place to place. In the west, masculine role models used to be finacially succesful men who could support their wives. But nowadays women can support themselves and now men are confused. The conclusion? A new masculinity is needed. And this masculinity should be rooted in traditional values like financial success and assetiveness but also empathy and love.
- How America Became Infatuated with a Cartoonish Idea of 'Alpha Males' - Jesse Singal, New York Times journalist, explains how the Alpha Male term has increasingly became popular in the last century, particularly in the last 3 decades, and how that have been influencing pop culture. He proceeds to explain how over-simplistic and exaggerated the whole term is.
- Is the Human Species Sexually Omnivorous, by Patrick F. Clarkin - If you heard about "hypergamous women", how women are "hard-wired to exploit your for your money once they reach 25" or "How men are hard-wired to cheat", fear no more. This post about REAL evolutionary psychology explains just how much human "sexual strategies" are highly flexible

and different or, in other words, how humans are "sexually omnivorous". Some people are promiscuous and gonna fuck whoever. Other people are monogamous and don't care about partying around. Others are indeed perfect pictures of red pill. Regardless, one thing is clear: Different people and different situations lead to different "sexual strategies" and one can't really generalize about how "all women are whores" or anything similar. Even if it has a grain of truth, it is dependent on way too many factors.

- Why having a dominant partner is linked to being unhappy in a relationship, by Dr. Lisa Hoplock - According to Dr. Lisa Spock, a relationship researcher, Dominance is linked to lower relationship satisfaction because a partner's dominance can make one feel unhappy and less autonomous. Try to share the power in your relationship. Perhaps this is one reason why people in egalitarian relationships tend to be happier in their relationships (and life). This is obviously contradictive of TRP, that advises dread game (as in, being dominant), to deal with women "Hypergamous ways" and who think women want to be dominated at all times.
- Is the drive to be masculine hurting your Mental Health, by Jeremy Adam Smith - This post reviews recent meta-analysis (a meta-analysis is a combination of dozens of studies), that concludes that being masculine is bad for your mental health. More interestingly, wanting to have power over women, basing one's self-esteem on how many women one can get and hostility towards gay men were the biggest predictors of lack of well-being. The article also cites other studies related to how masculinity may be bad for one's mental health and very clearly says that the reason why this happens is because connecting with others and searching for intimacy are very important for happiness, something that traditional masculinity doesn't allow.
- How much Sexual Experience are you comfortable with your partner having, by Dr. Justin Lehmiller - In this article, Dr. Justin Lehmiller, a sex researcher, reviews a recent study that aims at finding out how many past sexual partner people are generally comfortable with their partners (long term relationship partners or short term flings) having. Results show that both men and women have a "virgin penalty", that is they are less likely to date virgins, in comparison to people who have had 1-6 partners. 7-8 partners is as desirable as being a virgin. Something very important however, is that up until 14 partners, ratings are above midpoint in the scale, meaning that only 15+ partners tends to be a deal breaker (in other words, up to 14 past partners, people are more willing to engage in a relationship rather than the opposite). As for short term relationships, the results appear to be somewhat mixed, but generally speaking both genders are willing to tolerate an higher number of sex partners in short term relationships, men more than women. Men also appear to be slightly more willing to tolerate an higher n-count in women for long term relationships. The TRP idea that women crave the playboy guy with an high n-count or that men are "hardwired" to find virgin women or women with low n-counts attractive is therefore sort of a myth. You can also read the authors comments [here](#).

Note: This post is constantly updated

Next time you start think of women as sluts or whores...

344 upvotes | August 25, 2020 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)

Ask yourself how easily you would accept a woman's sexual/romantic advances towards you.

Ask yourself why Tinder is a sausage fest now.

Be real with yourself, how much porn do you watch?

Think about it, if you call her a slut simply because she turned you down... this doesn't even make sense. How does not wanting sex make someone promiscuous? It goes against the very definition of being promiscuous.

Ask yourself why men are more likely to cheat on their spouse.

Seems to me that slut shaming is largely projection!

It makes me think of one particular group of people who love to slut shame: highly religious people. And it's no secret that a lot of those people are closet perverts. They shame people for what they want themselves.

(I am aware that this is probably a controversial opinion.)

Edit: lol it's only been 2 hours and this post has already brought out the women haters. Thanks for proving my point!

Red Pill sells you one of many possible perspectives for specific behaviours, which can be very wrong...and very destructive.

333 upvotes | September 2, 2022 | by [UncouthCupcake](#) | [Link](#) | [Reddit Link](#)

I tested this out with most of the Red Pillers in my life once I learned what was going on and what they were doing to me. Dread Game was the most frequently used strategy that was used on me by all of them in my life, even though I was dating none of them. Red Pill had been utilized on the women friends of Red Pillers too as non-consensual practice.

There was very little regard to my actual feelings, intentions, and thoughts. Over time I experienced these men then trying to "call me out" or spread hurtful and destructive gossip for behaviours of which they firmly believed they were "right" on, despite not having a firm grasp on the *complete* knowledge of human behaviours, mental illnesses, and personality disorders of which they were learning about (and the many many nuances in between).

I started to dismiss their feelings and explanations and exchange them for my own very limited knowledge and the response was intriguing. I started to be called a "narcissist" more and more, despite me only mirroring what they were doing to me first. If I cried because I was struggling with something in my life, they assumed and accused me of being "manipulative". If they did, it was for justified reasons.

If their reasons for crying, like missing someone they had bonded with, wasn't validated, they would lash out, punish, smear, etc. But that could not be my reason too. We could not share the same reasoning. My reason would be exchanged for something like me "lying" and being "manipulative" rather than me missing my bonded pair as well. I allowed them to gaslight me like this for years, which hurt a lot, but held a "truth" I needed to see.

They were unable to comprehend that when I did the same behaviours they did, that I might actually be doing them for the same reasons. If I cried, it was assumed to be due to a "mental illness" or "personality disorder", but if they did it, it was because they were sad about something that had happened. This is literally the Fundamental Attribution Error that I tried desperately to teach many of them about in a quiet and compassionate way, but was unsuccessful with many.

Inevitably I chose to leave even though I had been friends with many of them for well over a half a decade. It was not my job to therapize them, take their transferences, listen to their deepest darkest traumas and secrets (without warning or permission mind you), or teach them how this system was not totally accurate, and yet it became their default expectation, like I was their Mother. Then I would be punished for not meeting those expectations...and very harshly.

They attacked my reputation online and in real life, they sought out my friends and family to tell degrading stories about me, they sent strangers to my home to intimidate me, they blackmailed me, and I even spent years being deeply affected by multiple threats of violence and death. All because I did not meet their unstated expectations of being their Mother.

To incel/MGTOW lurkers: I found the way out

330 upvotes | May 7, 2020 | by [throwRA2829](#) | [Link](#) | [Reddit Link](#)

I bet you think you're right? That you know the "truth". You think you're in a "special group". Better than people who "date"?

Grow up. It's embarrassing and pathetic.

I came to this realisation a few days ago and I've felt much better since:

a) Women are humans. They're just people! They are not all bad. Some are really good, some really bad, most somewhere in between! EXACTLY like us. Yeah, they're a little different in some ways, but by and large we are quite similar. Stop thinking women have to be perfect little angels. Are you? Are guys? No. Also stop thinking so low of women when they do the EXACT same things we do such as promiscuity and cheating... we do those things just as much!

b) Stop relying on women/sex to change your life, make you happy! This is very, very important... like I said above, girls are just people. Having sex or having a GF can make you less lonely, and bring you happiness, but to be honesty they aren't the end all be all. You need to be happy on your own! I think a lot of "incels/MGTOW" think women need to come and "save" them, or that girls and sex are the gateways to happiness, thus, these guys feel betrayed and left out because they aren't experiencing that. However if you see women as just other people, and sex & relationships are fine, but not the end all be all - you'll be much happier and not think that way anymore.

I'm in my late teens, I'll probably never get laid or a nice relationship. It's fine! I'm not entitled to anything, no one is. If girls want to have sex with successful and attractive guys - guess what!? That's their choice! You should just accept it. I want to love and respect women, be happy and have a healthy mindset REGARDLESS of my sex/love life. So I might never have sex or anything, and guess what! I'm gonna be happy nonetheless. We ain't entitled to ANYTHING, girls are just people, like us and they aren't responsible for our happiness.

I am on the path to become a better person. I have got quite a few messages from self proclaimed "incels" once they saw my posts. This sub has a lot of "lurkers" this is for them, please guys for your own sake and for the sake of those around you, take my advice. I already feel much better, I am posting this to spread positivity!

80/20 is bullshit, women don't have high standards, they aren't that different from us, and they don't care about anything TRP or PUA want you to think they do

330 upvotes | July 14, 2020 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

All this bs that people in the wider “manosphere” community tell you to do is done to make their influencers money and likes, women don't want “hypermasculine men” or some ultra confident hunk, go outside and look at the men with girlfriends, do they all look and act like Christian Grey or Arnold to you?

Or they'll say you need money, which is bs. High schoolers don't have jobs, most college students live on student loans and eat food on plastic plates with their ten roommates, yet they hook up all the time

All this stuff they claim women need is false: confidence, charisma and everything else. GO OUTSIDE, the men with gfs aren't confident or rich or muscular or fit or whatever, most men are talentless meek people, and the average guy not only gets laid in high school but also gets married probably several times

Women's standards, just like men's, is low, they are horny just like us and are more similar than anyone wants to admit

Isn't it hilarious how the actual 'alpha' of the planet right now, Volodymyr Zelensky, is nothing like the redpill clowns say an 'alpha male' should be like?

315 upvotes | February 28, 2022 | by [IuliaValentina](#) | [Link](#) | [Reddit Link](#)

The man who has the whole world in awe of his courage and dedication looks like a regular man, not insanely tall and muscular, he used to do dancing competitions (even dance wearing heels), act and dress like a buffoon to tell jokes on stage. His wife, while of course pretty, is also a regular woman, not a supermodel, she's 44, the same age as him (oh noes ☹️, pOsT wAll) and is professionally accomplished in her own right, having met him when they were both in college. Zelensky is the anti-thesis of the 'alpha male' masculinity caricature, yet he is the most respected and admired man on the planet at the moment. Unlike Putin, who just so happens a lot of manosphere losers praise, he did not have to stage photo shoots riding shirtless, shooting guns or perform any intimidating acts ~~nor initiate a fucking war and then hide like a little bitch in an ivory tower while sending 19-year-old kids to fight and be slaughtered~~. By every definition of the red pill clowns, he qualifies as 'beta', yet he has shown more bravery and strength than any of these 'masculinity' gurus could ever muster. And I'm just saying, but I bet that if war came knocking on their door, they would be the first ones to flee chanting 'Women are low value, us high value alpha males take priority! Single mothers and their bastard spawn shouldn't be refugees, they destroy society! I can't fight, I'm a podcaster not a soldier' ☹️ meanwhile approximately a quarter of Ukraine's army are women while other brave civilian women are voluntarily taking arms and staying in Ukraine to help by making Molotov cocktails.

Let this global tragedy be a lesson in what healthy masculinity looks like and it's not what these idiots are selling.

Red Pillers, you aren't single because you're too short, your face is ugly, or because you're not making six figures, it's because your personality is shit

282 upvotes | January 26, 2022 | by [Imper000](#) | [Link](#) | [Reddit Link](#)

If they could all just realize this they wouldn't need to be spending thousands of dollars on boot camps and coaching

It all comes back to one thing: Sex is overrated

258 upvotes | November 25, 2019 | by [GCWanderer](#) | [Link](#) | [Reddit Link](#)

I need to get a couple of disclaimers out of the way before getting into the meat of this post, largely because people tend to lose their shit when you say the three words "Sex is Overrated". First of all, I'm not some religious zealot trying to tell you what you should or shouldn't be doing. In fact, I'm a stone cold atheist. I'm not saying sex is "wrong" or "bad", or that you'll go to hell if you have it. Secondly, I'm not some incel trying to make everyone else feel bad. I've wasted time and money chasing (and paying for) sex in 10 different countries.

I've done everything I ever wanted to do sexually, yet if I had to relive the 50 strongest orgasms I've had in my life, I'd expect that at least 45 of them have come from my own hand. More than that, however, none of those encounters (whether with other people or with myself) have ever added anything of any real value to my life, or made it better in any meaningful way. In fact, within 15 seconds of each of them, I've been thinking something along the lines of "yeah, now what?" Let me be clear: This is not some misogynist MGTOW "women are worthless" post. I love women. It's just that the best times I've ever had with women were with women who I didn't even pursue for sex - largely because we just had better things to do.

For me, the desire for sex has brought absolutely nothing positive to my life at all. In fact, if I could go back in time and choose the sexuality of my younger self, I would choose to remain asexual so I could focus on other things that are more rewarding (both for myself and other people). Honestly, I get more satisfaction from a gym workout, or from riding my bike up a mountain, or taking a hike in nature, than I ever got from an orgasm. Sex might be a useful way to pass the time between these other activities, but that's about all it will ever be.

For all that, the majority of men (and a lot of women as well) are obsessed with how they are perceived by the opposite sex. Men will go to bars and drink themselves dangerously stupid, draining both their bodies and their bank accounts on the pursuit of women who have wasted a lot of time and money (and probably drink themselves just as dangerously stupid) in pursuit of an outcome that will not only disappoint them if it doesn't happen, but is just as likely to disappoint them if it does.

If The Red Pill wasn't so obsessed with getting laid, it would actually be a useful tool for men. I discovered that sub in a dark period in my life, and a lot of the material about improving one's self was extremely valuable in helping me to turn things around. Unfortunately, it was the desire for sex that led me to become a porn addict and go down that dark path in the first instance. I think the reason a lot of the guys on TRP seem so bitter and angry is precisely because they made a lot of changes to their life in pursuit of sex, and ultimately found that it didn't make them any happier.

Then you have MGTOW. On the surface it seems like a sensible movement, one I felt like I identified with for quite a while. Wouldn't it be great to belong to a group who had moved on from this desire to get laid and have found better things to do? Unfortunately, a lot of those guys seem even more bitter than the red pillers. Some time ago I asked a question on MGTOW sub about it, and got a lot of answers that suggested most of those guys hadn't moved on from society's conditioning that suggested they should be chasing sex all the time. Indeed, a quick read through any MGTOW sub/board/whatever will show 90% of the posts to be about women and sex.

Then at the bottom of the food chain we find the black pill/incel guys. These people are so obsessed

with sex (or their lack of it) that many of them overlook the fact that they actually have decent lives. A lot of those guys are pampered middle class boys living in the most prosperous economic era the world has ever seen. They could be traveling the world, learning another skill or language, or working on a business idea, but they sit at their computer complaining about their lack of sex. It's sad. Even among the post on this sub are a lot of people complaining about their lack of sex. The thing is, we live in a time with the longest life expectancies we've ever had, the most material wealth we've ever had (Seriously, you currently have access to material things that even billionaires didn't have 50 years ago), and the most personal freedom we've ever had, and people are worrying about how they are perceived by the opposite sex? "But I'm so lonely" you say? Then go outside, participate in some hobbies and make some friends.

In conclusion, sex might be of some value to someone who is looking to have a child in the next nine months. However, as I'm not one of those people, it really doesn't have any value or use to me at all. I suspect this is the case for most people. Stop obsessing about getting laid, as it really won't make your life any better. Go and find something better to do, and there are lots of better things out there.

4 years ago I found the red pill and it warped my perception of women. I'm here to warn other young men.

241 upvotes | January 8, 2020 | by [cozyknickers](#) | [Link](#) | [Reddit Link](#)

I'll try to keep this as brief as possible but I could write pages about my experiences.

I was 21 years old and in college. Like any other healthy young man I was interested in women and wanted to attract them into my life. The problem was that I was socially awkward and nervous around girls. I would befriend them, hang out with them for months, and then finally ask them out only to get rejected or "friend zoned." I had no idea what I was doing. After a series of rejections I grew angry and bitter. Why wouldn't any girl date me? Why did I keep getting rejected? I needed answers.

I began to do research online and found the red pill. I quickly absorbed as much information as I could and began to be brainwashed by their dogma. "Women are hypergamous", "modern women are whores not fit for marrying", "don't ever get married because you will get screwed over by the woman and the state", "society caters to women and not men."

Things really changed when I read a book called *The Manipulated Man*. I was emotionally vulnerable, hurt, and lonely and this book began to cement my already negative perception of the opposite sex. I had no role models and I needed someone, something to guide me. *Women just use men, women are stupid while men are smart, women turn men into slaves. Women wear masks and don't show their true selves, women don't enjoy sex and just use it to get what they want. Women aren't capable of feeling true love, only men are.* I took everything I read as gospel.

I stopped talking to women for a while. I told myself I'd never get married or have a girlfriend. When I talked to women it would only be to try and manipulate or "game" them into sleeping with me (it never worked). I was angry and more isolated then ever before. I began to hate women, hate what they are. I generalized every single woman I came across. I really believed that all women were the way they were described in the *Manipulated Man*.

But you know what the most harmful thing was that I learned from the Red Pill? That the problem was with *all* women and not with *me*. I didn't need to change, women didn't like me because there was something wrong with women. Society is all fucked up not me. Women were privileged and got what they wanted, men were the ones who got screwed over.

Only years later did I realize how wrong The Red Pill was. How swearing off women and trying to manipulate them only hurt me and didn't help me. How not all women are the same, not all women are hypergamous sluts that just use men for their selfish gain. How society wasn't pitted against men. That being in a relationship with a woman can be a beautiful thing. How women can love just as men can love. That the problem was never with **ALL** women, but with me.

To other young men thinking of swallowing the red pill, I have some advice for you. I encourage you not to read TRP, but if you do; **QUESTION** everything you read. Not just for the red pill but for everything you read on the internet. Be careful about making generalizations. There are billions of women on the planet, do you really think all of them are the same? Lastly if you are having trouble with women, look inward before you try and blame all women for your failure. The problem most likely lies within yourself. If I can help just one man (who is emotionally vulnerable as I was) avoid being brainwashed by TRP, I will consider this post worthy of writing.

I drove uber last night for few hours..so many couples

222 upvotes | February 15, 2022 | by [No Lifeguard_7053](#) | [Link](#) | [Reddit Link](#)

The redpill will tell you that "only 10 percent of men" are getting all the women..definitely not true

All of the couples were regular people. Average in height and looks

Glad to see that real world data>>>> the trash rolo spits out

Thoughts from a woman who once had a red pill mentality

221 upvotes | March 30, 2020 | by [willow_tangerine](#) | [Link](#) | [Reddit Link](#)

A year ago I was in the park reading a book and was approached by a bunch of red pillers trying to hit on me for a youtube video on picking up women "in the wild."

This was very ironic to me as I was very awkward growing up and had a tough time with the opposite sex. I lived mostly in my head and idealized certain people and created elaborate fantasies without ever talking to them. I experienced a lot of rejection. It didn't matter that I was a conventionally attractive woman. In my confusion, I approached the problem from angles that felt safe to me: mathematically and scientifically. Perfecting hip-to-waist ratio, face symmetry etc. Reading studies about what is attractive to men. It got me nowhere. Sometimes men would be interested in me from afar, because as I said, I was attractive, but in actually talking to me they would be repelled. Everything I said was meta, everything was a "neg," all out of self-consciousness. I hated them and I wanted them.

I became sour and jealous of friends that had an easy time with men and came up with weird and cruel theories about why they were succeeding and I was failing. I felt sorry for myself a lot. I was convinced if anyone took a chance on me I would be the best girlfriend of all time (wrong, being a good partner takes practice and work). I felt a lot of despair. Panic and shame about not reaching life milestones like a first kiss, let alone losing my virginity. People that were able to actually have relationships were like a foreign species. Basically, by 20 I had hit all the major red pill stops.

The single best piece of advice I ever got was by a man who took pity on me at a party as he watched me ogle another boy from across the room: "Just go talk to him." I rolled my eyes and probably said something sarcastic. It's the most cliched advice in the world. But I did it. And I learned it's the only thing that works. It was awkward, of course, but over time I improved socially and was able to act more genuinely and show who I really was, and people were drawn to that. Over time, I lost the scarcity mentality I had towards romance and forgot all the weird theories I had once obsessed over.

In my opinion, the single most important thing when it comes to connecting with the opposite sex is **believing there is no difference between men and women**. It doesn't matter whether or not this is scientifically true. It's just the best way to actually form a connection with another person. I realized that I had never really spoken to a man without thinking the whole time "*I am talking to a Man*" in my head. Deciding whether or not they were attractive. Deciding whether or not they seemed attracted to me. Evaluating them and everything they were saying purely from this one angle. You can tell when someone is doing this to you.

I could tell, sitting on that bench, talking to the red pillers spouting pick up lines, and it made my skin crawl. I wanted to have a real conversation with them about what they were doing but I could tell there was no way; we were trapped in this limited form of interaction like characters in a video game.

Once I started treating men the same way I did my women friends everything changed. I'm posting in this subreddit because I still feel like that awkward teen inside and I often wish there was some way to communicate with the men out there that are struggling and overthinking this stuff. Forget the studies, biology, evolutionary psychology, the media, whatever — once you start believing we're all the same inside these weird body suits life gets one thousand times more profound, complicated and interesting.

Red Pill Coaches are not only TOXIC, but they are FRAUDS and here's why

207 upvotes | March 22, 2021 | by [GeorgeWashingtonKing](#) | [Link](#) | [Reddit Link](#)

It's bad enough that these red pill guys spew bullshit that poison the minds of impressionable men and even some women. What makes it even worse is that not only do they not practice what they preach, they often practice the OPPOSITE. Let me explain.

Donovan Sharpe:

- Claims his girlfriend is in her late 30s (actually 44)
- Despises single mothers and says a man should never raise another mans child (adopted his niece because her mother has drug problems)
- Claims a man needs to take the leadership role and be dominant in the relationship (his girl runs his business and wears the pants in the relationship)
- Tells men to never get married (secretly married his girl, who is now his wife 2-3 years ago)

Rollo Tomassi:

- Says you should never date a woman who's younger than you, especially if they're past the "wall" which is around age 30. He married his wife who is 4 years older when he was 30.
- Often claims that what makes a woman valuable is her fertility and her looks (at the time they got married, his wife was not as fertile as she once was, and in my personal opinion she's not very physically attractive)
- Says that a man in his 30s is at his peak SMV and thus should be dating women in their early to mid 20s which is their peak SMV (married an older women as stated earlier)
- Claims to have had a lot of success with women back when he was younger (people who know him personally say he's very awkward and socially inept, which brings this claim to question)

Richard Cooper:

- Frequently makes videos bashing single mothers (has frequently dated single mothers and provided for their children even after being divorced initially, which he claims was his red pill moment)
- Claims to be an authority figure in dating (only dated single mothers after being divorced, and has no evidence of him hanging out with women, let alone beautiful and young ones which red pillers always claim they can do)
- Charges men \$2k/hour for consultation calls for dating/business advice (a former associate has claimed that he overheard him read the Iron Laws of Tomassi from the Rational Male verbatim during one of his consultation calls, then when confronted by his associate he laughed it off and said it was true)
- Runs a business for helping men with debt (the website uses fake testimonials and stock photos from Google to represent the people in the fake testimonials)

TL;DR These red pill coaches are not only feeding men toxic bullshit, but they don't even believe it or follow it themselves. It's all one big cash grab to take advantage of the insecure and traumatized men who stumble upon this content to begin with.

EDIT: If you guys would like links to videos that support these claims, please just let me know and I will provide them!

EDIT 2: Wow! 60+ likes on my first post on this sub. Thanks for the support guys. Wish you guys would comment more, I'd love to destroy these guys even further in the comments with you ☐

Appreciate the support though. These red pill frauds are getting exposed more and more and people are waking up and realizing the lies and toxicity that permeate that sphere.

Women In Their 30's Aren't Lowering Their Standards

196 upvotes | July 13, 2022 | by [hippy_speed_ball](#) | [Link](#) | [Reddit Link](#)

They are changing their standards.

A lot of red-pill/black-pill guys claim that in their 30s women "hit a wall" and they can no longer "pull" attractive men. According to them, they have to lower their standards and seek a less attractive or lower status partner.

This isn't what I've seen in the real world. In my experience many women just have more knowledge and wisdom in their 30s if they are single. Many, though certainly not all, have the wisdom to realize things like emotional stability and being emotionally supportive are really important to relationships. In their 20s status and looks might have been enough, but now they realize that it's not everything. In their 20s an emotionally mature guy who made decent but not great money and who was cute but not hot might have lost out to a guy who was really hot and made a lot but was emotionally immature. In their 30s they start to prioritize the emotionally mature guy even if there are guys around who are better looking or make more money. Of course some guys have it all: looks, money, and emotional maturity, but they tend to get snatched up into long term relationships very fast.

This isn't universal. Some women live their whole life chasing hot dudes. Some women are actual gold diggers. Some women figure out they value emotional maturity in their teens. It's just a fact though, that as they get older people tend to learn more about themselves and others and adjust what they are looking for accordingly.

So when a young guy in his 20s is a incel or blackpilled, or starting the red pill, etc. they often worry that women will only be interested in them once they've established themselves and the women have hit "the wall." They worry that they will be a afterthought choice for women who have aged out of better choices.

Second choices aren't always worse choices. Sometimes early choices are mistakes. Some people get lucky with their early partners. They happen into great partners. Others have to learn from their mistakes.

But, by entering into either the bitter angry mentality of the blackpill, or the controlling sleazy mentality of the redpill young men end up stunting their own emotional development. They never grow out of being interested in young women, partially because they never learn to value anything besides looks and perceived innocence.

Even if these guys do eventually find a partner, the vast majority of the time the relationship is terrible. They treat their partner terribly, because of their bitterness, or with manipulative red pill tactics. They don't have the emotional skills to maintain a healthy relationship. And often times they find either a vulnerable partner who also doesn't have emotional health, or they find a manipulative partner who uses them.

This is how I see it anyway. When I was in my teens I was nerdy and shy and was bitterly jealous of attractive guys who were getting attention. When I went to college I ended up getting taken advantage of by some really shitty young women. In my mid 20s I entered into a red-pill-like mentality because I didn't know how to deal with the trauma caused by those women. I was only in my late 20s/early 30s that I realized I needed to find a better way. I needed to stop seeking validation from "success" with women, and try to learn how to be a healthy partner and how to seek a healthy

partner.

It's from this perspective that I look around and see my younger guy friends in real life and guys on this sub struggling, and I wish they would start focusing on their communication skills and emotional skills. In other words, focusing on improving their personalities. Not just so that they can "pull women" but because long term it's their best chance at finding some happiness. I look around now at who is happy and healthy in their 30s and 40s and it's people who have these skills mostly. Even if their not in relationships. Some of them are happy with short intense flings. Some of them are happy on their own.

I wish guys were taught these skills a lot earlier. Girls are taught to communicate and navigate emotional conflicts so much better than boys. They are expected to be empathetic in ways most boys aren't. Of course not all women are master communicators and emotionally supportive partners, but the building blocks are offered to them in way that just aren't available to most boys.

I wish guys were taught to be more selective and have caution around women. When I was a teen it was drilled into me that girls had to watch out for predatory men. As a young man it was far more important to not come off as predatory than it was to look out for predatory women. You were expected to just try to attract the most attractive woman you could, never mind what she was actually like as a person. Then I got into a sexually and psychologically abusive relationship that I had no way to see coming. After that I got sexually assaulted when I was drunk at a party by a different woman. If I could spare any men these experiences I would.

I hear men complain about women having an easier time finding interested men. Their implication is usually "why can't women be more interested in a wider variety of men?" For me I think of it the opposite way. Why are so many men so willing to be with anyone who will take them? Why are we pressured so much to seek sexual validation that we are willing to hook up with or date any woman that gives us the time of day? Not all of us, of course, but so many men have this mentality. The irony is that the skills it takes to be more selective are the same skills that might improve their chances at finding a great partner (for either long term or hook-ups). Knowing how to find someone who is going to treat you with real respect coincides with learning to be someone who knows how to treat others with respect. Being selective, even when you don't have many options to choose from, can actually make you much more attractive long term.

Anyway, I know that was long, but those are some of my thoughts for people on this sub to consider. Especially the young men who are inexperienced and have toyed with the red pill and the black-pill.

Twenty year old chicks do not want forty year old guys...even if they are rich

189 upvotes | January 20, 2021 | by [SnooMachines7712](#) | [Link](#) | [Reddit Link](#)

I promise I remember being a twenty year old chick.

I liked dudes my own age.

I know I don't speak for everyone but at that age I had so much hope and life.

A sugar daddy was a quaint idea but I wasn't desperate. I was going to have a great career and even if I didn't my parents were still alive.

It took the death of my entire family and the death of all my dreams before the thought of marrying for money started to look like a good idea. Even then it was just desperation. That type of thinking is often the product of fear.

I dated guys my own age, the sex was outstanding and the red pill wants to shame me for being a normal college kid.

They think I should have sold my soul and my brief little stint of happiness so that I could be sitting in a big house near my husband's nursing home today.

Let me tell you, I don't regret it.

I might agree with the red pill in that I'm not as hot now as I was when I was younger..aging happens to everybody.

Seems to me their ideas only reinforces to me that I was right to have as much great sex with people my own age while I still fn could.

According to TRP at this stage in life I ought to be euthanized...but I'd hate to break it to most of the red pill men

Miss twenty something doesn't find them as hot as they think she does. A lot of the time she's going to feel creeped out and imposed upon when dad's friend comes creeping around.

The red pill targets autistic people

183 upvotes | April 3, 2021 | by [exredpillwoman](#) | [Link](#) | [Reddit Link](#)

Knowing how to socialize doesn't come naturally to us. Many of us don't relate to other people in a typical fashion and we tend to get our ideas about life from celebrities, movies, TV, other forms of entertainment ect. We also have a tendency to over analyze things.

The red pill preys on autistic people who don't know how to relate to others. It fills in those gaps with the 'red pill'.

Most of it is just autistic men and a few autistic women sperging about evolutionary psychology which in itself is contraversial and if true is only partly true at best.

Most autistic people are used to rejection and difficulties in their interpersonal relationships. Autistic men in particular actually start to believe that there is this chad minority that is having all the fun with women when it's just that they don't get along with most women because of their autism.

On the other hand the red pill also teaches autistic men that they can get any woman they want with 'game'.

Autistic women start to believe in some magical time in the 1950s and they are taught to fetishize and mimic performative femininity because it doesn't come naturally to them.

The Red Pill Community in a Nutshell

173 upvotes | August 26, 2021 | by [GeorgeWashingtonKing](#) | [Link](#) | [Reddit Link](#)

**a woman broke my heart
once and i haven't healed**



Me too



**Let's start calling
ourselves alpha males**



"MGTOW is disliked by women because the concept of men not putting up with them anymore scares them!" No, it's because you never shut up about how awful women are and how much you hate them.

173 upvotes | October 13, 2022 | by [uuuggghhhhhh9](#) | [Link](#) | [Reddit Link](#)

MGTOW would not be controversial if it were what the title implied - men who disregard romantic relationships to focus on themselves. But it's not. I made a post here a few months back about how MGTOW YouTube channels are pretty much just woman hate channels, and I was not exaggerating. Go on any of them - and I really mean any of them - and it's entirely bashing women, talking about how evil and manipulative they are, how stupid or vapid they are, how lazy or worthless they are, etc. These channels are dedicated to either pointing out women's shortcomings, or reveling in their misery. (I mean those channels that literally just upload video after video of distressed women that "hit the wall" and the comments are filled with borderline masturbatory glee over their sadness)

Some of the older or most recognizable figures in the community like TFM (who's slogan is literally "take women's rights away", which he means unironically) or sandman have built their audiences on videos just complaining about every conceivable thing women do or about how allowing women to vote and work has destroyed civilization. It's pathetic. These are the same guys who talk about how feminists are "man-haters who unfairly generalize men" when again, one of their slogans is literally "all women are like that" (manipulative, incapable of love, money hungry liars.) Not to mention, the average MGTOW account I see on twitter is openly anti-women's suffrage.

The subreddit was a prime example of this. It was banned because if you take away the name, it was literally a subreddit wholly dedicated to hating women. If you went on there, 95% of the posts would be ranting about women, or just complaining about tiny trivial things about women, like their interests. Some of the most upvoted posts on the subreddit were saying women shouldn't be able to vote, or work, or saying women are inferior to men. I once even saw a post saying marital rape should be legal, and then a post celebrating the fact that suicide rates for teenage girls are going up.

So no, MGTOW is not hated because you're focusing on yourself instead of providing for women. They are not panicked or threatened by your existence. There are billions of men on earth, and I can guarantee that the average one still very much wants a romantic relationship with a real woman. Your "movement/philosophy" is incredibly, *incredibly* tiny in the grand scheme of the internet. You're hated because you're vile misogynists who sit on their ass and whine and complain all day about the opposite sex and entirely blame them for all of societies's ills. A good portion of you literally call to strip women of their rights. That's not leaving women alone. It's an "ideology" that has become based entirely on misogyny.

Redpill ruined the perfect relationship

172 upvotes | March 4, 2022 | by [getzy131620](#) | [Link](#) | [Reddit Link](#)

I tried so hard to be an alpha and be aloof that I made an amazing girl feel neglected and she ended it. I never showed her comfort at the chance of being a beta because in my brain she would break up with me then. Never texted first, never told her how I liked her. This is my first time in this sub. It's gonna be so hard to unlearn the stuff in the redpill. Years wasted on learning it. Just needed to rant.

Andrew tate YouTube removed

164 upvotes | August 23, 2022 | by [skon7](#) | [Link](#) | [Reddit Link](#)



“Women peak at 18, men peak at 50” does anyone else find this extremely creepy, delusional, and hypocritical?

162 upvotes | June 28, 2022 | by [uuuggghhhhhh9](#) | [Link](#) | [Reddit Link](#)

The entire manosphere all parrot this rhetoric about how women peak in their late teens and early 20's and hit “the wall” around 30, whereas men “age like wine” and become most attractive in their middle ages.

I find the thing about men peaking in their 40's and 50's to be laughable, narcissistic, and delusional, and the thing about women peaking in their late teens and early 20's to not only be extremely creepy, considering your frontal lobe doesn't even fully develop until age 25, but extremely sad? Do these men seriously believe that they'll only be attracted to their partner for 5 years, and then she becomes a dried up unattractive hag? Is that why they justify men sleeping around and cheating?

And back to the creepiness aspect, their justification for this is always “men are attracted to youth and fertility!” I've even seen a decent amount say the average man would rather have sex with a FIFTEEN year old girl than a 35 year old woman, and any man who denies it is lying. This just goes to show that they truly have a lower opinion of men than most radical feminists.

First of all, the “fertility” excuse for being sexually attracted to underage girls is horseshit. At that age your period hasn't even fully regulated yet, and just look at the death rates for teen birth. These men want young girls because they want someone who's easy to manipulate and doesn't have the life experience to know they're a scummy creep. Even ages 19 to early 20's, this applies. What does a 21 year old woman have in common with some two-time 45 year old divorcee?

And finally, about the hypocrisy aspect... It makes me laugh they've lost their shit for YEARS about the 80/20 graph and based their whole worldview on it, using it as definitive proof that women are shallow and unfair, but you pull up that study about how aging women prefer men their own age yet aging men prefer 20-year-olds their whole lives, and they just say “too bad men prefer youth and fertility and women age like milk.”

So, let me get this straight: Women preferring attractive men is proof that women are shallow, horrible, unfair, and hypergamous, but 50 year old men exclusively wanting girls fresh out of highschool is natural and I need to stop being a jealous bitter prude?

Also, I'm just speaking for myself here, but as a 19 year old female, the idea of interacting romantically or sexually with a man more than twice my age triggers an involuntary gag reflex. I am not attracted to you in any capacity, so don't flatter yourself. And I don't have jack shit in common with you, and I barely feel different from how I did when I was 14, to be honest.

The idea that to these men, I'm already living my peak when my life has literally just begun (and my adult life hasn't even started yet) and in a few years I'll be an ugly post-wall hag nobody wants infuriates me.

Former red pill starter pack

162 upvotes | December 24, 2019 | by [pandamojia](#) | [Link](#) | [Reddit Link](#)

If you are looking for
an image, it was
probably deleted.

Just a reminder to anyone who hates women: Remember that men are equally as capable of betraying, lying, and stealing from you. Don't be on "team men" or "team women." Both genders can hurt you. One isn't better or worse than the other. (Story of how my best friend tried to sleep with my girl)

162 upvotes | June 11, 2020 | by [CanadianTurt1e](#) | [Link](#) | [Reddit Link](#)

The problem with a lot of MGTOW guys is that they're on "team men." What they don't realize is that MOST men are not on "team men." Most men are out for themselves.

I'm going to give a personal story/experience that forever changed how I viewed both sexes. I once had a close friend that I viewed like a brother (we will call him Rocky because I don't want to use his real name). Rocky was a close buddy that I trusted. He was the closest thing I felt to having a 2nd family. I trusted him with my life. I met him during my final year of highschool and was friends with him all the way through my 3 years at college. We hung out at least twice per week. I shared some of my deepest and most embarrassing secrets with him and vice versa. I talked to him about my darkest and most depressing moments of my life and he gave me awesome advice that I still use to this very day. This guy took time out of his day to drive me in and out of the city when I needed surgery. He looked after me like family. **So I never expected him of all people to try and sleep with my girl behind my back.**

Rocky was a decent looking guy. He had no problems getting girls. He had girls that he was seeing at the time. So it's not like he was some frustrated virgin. He HAD options. When my girlfriend at the time told me about how he was trying to hit on her, my reaction was: *"LOL, Rocky said that to you? Get outta here with that shit. There's no way XD"* My girlfriend at the time was very paranoid and she thought literally every guy that spoke to her was trying to hit on her. So that's why I thought she was exaggerating about Rocky too. I should've believed her, but I didn't. I could never imagine Rocky doing something like that. It wasn't until it happened again, but this time it happened in texting. She showed me the texts. The first thing I did was check the numbers to see if they were the same person. I confirmed it was Rocky's number. I'm ashamed to admit this, but the first thing I thought *"this has to be one of Rocky's pranks. I've seen these types of things on Youtube."* **I know this sounded stupid, but you have to realize, THAT's how much I trust him.** But then I came to my senses and thought, *"wait a minute, what the fuck am I saying? My girl is genuinely bothered about this. She's not acting. I have to speak to Rocky about this."*

I confronted Rocky. At first, he tried to worm his way out of it, but I eventually got him to admit the truth. I was fucking devastated. A part of my soul died that day. Even as I write this, it gets me fucking fuming. I asked him *WHY? Why the fuck would you do this?* He couldn't even give me a decent answer. He couldn't justify or give some sort of reasoning as to why he sent those messages to my girl. He even laughed/smirked a little and gave a half-ass apology. I was fucking baffled, especially the next day when he acted like nothing happened. I asked him *"were you trying to break our friendship? what the fuck were you thinking?"* His answer was *"Sorry man, I know it was dumb. I just thought she was cute and I wanted to get with her. Sorry man."*

I cut ties with him soon afterwards. I apologized to my girlfriend about not believing her. Me and her

stayed together for the next several months.

I hope anyone that reads this can learn from my experience. Due to this experience, I see both genders as equally capable of being shit. This experience is what got me out of "team men" mindset. The betrayal I felt was worse than anything a woman has done to me in my life. To this day, I've never had a woman hurt me the same way Rocky has. And trust me, I've been rejected, betrayed, used by toxic women. But what Rocky did was on a whole 'nother level. It forever changed my relationship between men and women. Nowadays I view both genders as equally shit.

Rich COOPER DESTROYED MY MARRIAGE. I HATE HIM AND I HATE ALPHA MALES/RED PILL

160 upvotes | July 26, 2022 | by [Shot-Cellist9635](#) | [Link](#) | [Reddit Link](#)

Tonight I've finally decided to leave my husband. I havent told anyone. For now, I will only tell my best friend, she and I have been close since school. When I married my husband it was a fairy tale. I adored him and thought he was the most amazing capable man on the planet. He cherished me and treated me like a princess. We were so in love. We were young and broke but the world was ours. during covid things were hard for us. I took an extra job when he lost his. I wasn't going anywhere. He was my husband and I always expected we would be buried side by side someday. But he found Rich Cooper's youtube channel. Soon, he was a monster. An absolute animal. I slowly fell out of love with him I begged him and told him I wanted my husband back, the man who was loving and kind. But the more he watched those videos the crueller he got. I always loved that my husband was a leader and I trusted him to get us through the worst times but eventually, it hit me, why am I devoting my life to a man who has grown to hate and mistrust me? why? and the dread nonsense. we vowed til death do us part forsaking all others. he psychologically mind effed me to a point where I barely could take care of myself. I quit bathing. it didn't matter, when we made love he was cruel and cold so why bother looking beautiful anymore. everyone who knows us thinks I should go to the doctor, they think im seriously physically ill. HE speaks to me in such a rude way and yells and insults me and Im not allowed to cry even. If i start to cry he makes me sleep in the garage. I know hate is a sin but I hate my husband. I hate that whatever I do, its viewed as hypergamy. I married him knowing wed never be rich but together anyway. he was angry that I stayed after church last week for a potluck. Im going to leave him and he will say its some type of hypergamy issue but really, I devoted my best years to him. I am more educated than he, I will financially be fine. Im not sure I could ever love again after this. I would rather be alone than spend another day with a man who treats me like a dog. I once thought he was the greatest man on the planet. I was blown away by his vision of the world and how it could be. but now, the idea of his hands on my skin makes me want to vomit. he had a wife who loved him deeply and madly, and he threw it out for rich cooper. Im traditional and I've not interested in feminism but I hate the red pill community and I hate alpha males. Im absolutely scared and broken but if I stay one more day I swear Im going to quietly hang myself in the backyard because I cant take the pain another day. to have the love of your life step on you repeatedly for two years with no mercy. God it hurts so much.

My Red Pill Detox has been simply having female friends

159 upvotes | August 7, 2019 | by [iwishyoustopstaring](#) | [Link](#) | [Reddit Link](#)

A little over a year ago, I moved with my (now ex) GF to a country in Eastern Europe that happens to have a higher ratio of women>men.

After we broke up, I decided to stick around and realized right away that I was the "hot chick" here. Being educated, tall, well-mannered, and from the US were all giant pluses for me.

Having been a TRP lurker and semi-buying into their BS for quite some time, I thought it was a ripe opportunity for me to "spin" many a plate. My problem was that I was actually far too successful with it. I began to realize that, although I never lied to anyone and never said that I'm not sleeping with anyone else, I hurt many people. Now, because I am not a sociopath and can actually empathize with other human beings, this didn't sit well with me.

Because of the by-product of the fact that women here are far more likely to speak English and befriend foreigners than men, I befriended many women (platonically).

The TRP view would have been that these "friends" are simply women I have not yet fucked, and that to deny it would be to deny my nature. But deep down inside, I had plenty of opportunities to meet my sexual desires, and really desired true friendship. I cannot express how happy I am that I maintained so many non-physical friendships with women.

Beginning to see them as people, with needs, desires, virtues and flaws like myself has made me appreciate much more profoundly that they have value - not "market" value (reproduction value) but intrinsic human value. Building a friendship with a woman is indeed quite different from a friendship with a man, but I've come to appreciate their viewpoint far more. The kind of shit that they have to put up with on a regular basis is beyond what I had ever imagined.

I have made male friends here as well, but interestingly most of these guys are only interested in getting drunk and picking up chicks together. I had some problems with translating documents a few months back - and only my female friends helped me. When I had financial issues, it was a girl who wired money into my bank account without even asking. For my birthday, all the girls planned this huge party for me with a cake, balloons, and a \$200 bottle of Scotch (they know that I'm a whiskey fan).

This post is not to shit on guys or raise women on a pedestal, but to recognize that people are people - there are shitty individuals and awesome individuals. The idea that men and women are intrinsically the same is patently false, however, the Red Pill philosophy that helps to promote the idea that we should only have women around for their sexual value is not only toxic and damaging to society, but to ourselves as well.

What's up with redpill and their disdain for black women?

156 upvotes | July 12, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

I'm seeing a lot of the black redpill guys always talking about black women in such a horrible light and it's disgusting. I know earlier this week Kevin Samuels was even saying that domestic violence against black wasn't real and that black women are not being abused. When studies show that they are the most abused. Why do they hate black women so much? Especially the ones with her own money and has an education.

What is Your Opinion About Fresh & Fit?

154 upvotes | July 11, 2021 | by [redpillnonsense](#) | [Link](#) | [Reddit Link](#)

I first came across Fresh and Fit when they had less than 10K subscribers. As you all know, they've have blown up when they began having young women on their channel (onlyfans, Instagram models, porn stars, and random women from Miami). But when watching their videos, I realized that while it can be entertaining at times, it lacks substance. Severely. People make some of the most basic points and some guests clearly lack life experience and knowledge to combat dubious talking points.

And when they invite Red Pillers like Rollo Tomassi, it's a prolong discussion of inaccurate history and pseudo-evolutionary science.

I also find it problematic that they talk to young woman in their early 20s in Miami and portray them as representative of women nationwide. Red Pillers, such as The33Secrets and Donovan Sharpe, often frequent Miami and Las Vegas, both major tourist destinations and party cities, and pretend as if those experiences informed them about dating.

Redpillers claiming that young (18-29) women are **sexually**** attracted to men in their 50s/60s: are they really this fucking delusional???**

153 upvotes | September 3, 2022 | by [Available-Ad-9338](#) | [Link](#) | [Reddit Link](#)

Most young women don't want to fuck old grandpas, not even for money. The minority who are willing make serious cash working as sugarbabies and escorts.

Redpillers claim that young attractive women want Chads (tall, fit, muscular, handsome, relatively young men) but also claim that young women are attracted to bald, overweight, paunchy men with serious health issues? So do women want Chad or not?

i dont know if it belongs here but This is what the Red pill community should have been. Without the misogyny and sexism. Just men comforting other men

153 upvotes | March 27, 2022 | by [Mysterious-Zone-334](#) | [Link](#) | [Reddit Link](#)

Crosspost "Crying is like making a stomachache stop. Once it's over you'll feel relieved" from /r/wholesomememes:

Posted by iriasu-_- | 25 March 2022 | [Link](#)

True Connection with a Human Being

152 upvotes | July 7, 2020 | by [Graineon](#) | [Link](#) | [Reddit Link](#)

During my TRP days, I always thought that sex was the 'ultimate' goal. It was like the holy grail of all experience. All of my behavior, my entire thought system, revolved around doing what would make me have sex consistently and be more sexually desirable.

I didn't realize at the time what I was truly seeking was an intimate connection with another human being, and sex was the only way I thought it could come.

Having beautiful intimate connections with other human beings

Relief is the word I'm looking for here. Life seems to be an uphill battle. We work, push, work, push, and through sex, we experience this momentary feeling of blissful release.

Look at it this way though: this *feeling* of release, relief, beauty, and bliss is what we truly seek. And sex is the 'way' through which we achieve that feeling.

Throughout my entire life, it never occurred to me that you can actually experience a blissful and satisfying feeling without having sex. I had never experienced it. It was only a couple of years ago that I actually understood that this was a possibility and saw what was preventing me from experiencing it.

When I really considered it, I look back on my previous relationships, I remember having many non-sexual moments of pure intimacy and love. For example, my current girlfriend, a couple of years ago, made me a little book with pictures of us with art she made detailing all of our adventures we went through. It was so beautiful I nearly broke down crying with gratitude.

At that moment, I felt the love she had for me. When I experienced that feeling, I knew instantly that I had found what I had been looking for my whole life. But I didn't know 'what' it was - it was just a feeling.

Consider this: these beautiful intimate experiences we share with one another are the default. Whenever we aren't caught up in our personal judgmental thoughts, we experience this intimate feeling in the presence of another.

When you stop playing the role of being someone you're not in order to attain something. When you set aside your agenda, and choose instead to set the intention of just sharing a moment of eternity with another human being, you step into that space of intimacy immediately.

You step into what can be called 'Presence', meaning just being present with someone, here and now, not caught up in personal thoughts and judgments.

So I realized that my whole life searching for sex, to achieve a feeling a deep intimacy, was actually a search to step out my personal thinking and experience of a moment of intimacy with another human being.

Since then I've had beautiful experiences with all sorts of different people.

I was once at an airport on a 1-hour layover. I went to get some food at a restaurant. There was a girl sitting there by herself. I asked her if she would be willing to hang out while we ate. She said sure. Keep in mind I was dating at the time. I had no intention of getting her number, sleeping with her, or

anything. My intention was purely sharing in the joy of connection.

Turns out she had a boyfriend too. I knew that the love they shared was just like the what I shared with my girlfriend. I was curious about their relationship and wanted to hear about how much he meant to her. So I asked questions, about their first dates, about her favorite moments with him. At one point she began to tear up and started to cry.

She felt so much love at that moment she couldn't contain her tears.

I remember being with her, being present, feeling blessed that she felt comfortable being herself with me, and just feeling pure heartfelt happiness.

That's Presence.

There was a time when I would have approached that situation as a 'Oh look, it's a pretty girl, let's practice my skills and see if I can get her number'.

I left with no number, just pure love, happiness, and joy in my heart.

Would you rather be someone who gets numbers and occasionally gets laid or someone that is present with someone to the point where their heart cracks open and love flows through?

Presence requires no words. 'Love is in the air', as they say.

Going deeper

You can end reading here if you want, I'm going to talk about some spiritual stuff now. If you'd like to take this to the next level then read on, friend.

In the last bit, I spoke about a feeling. A feeling of connection, love, and intimacy. I explained how sex wasn't the only way to experience that feeling.

You can see this connection, this feeling, as a particular state of mind. A channel you're tuned into. How you feel is an indicator of your state of mind.

So for example, when it feels like something is upsetting you, that means you are in an upset state of mind. When something pisses you off, you are in a frustrated state of mind. When it looks like nobody is there for you, it's because you are in a lonely state of mind.

Your experience of life is colored by the state of mind you are in at any given moment. Thought determines your state of mind at any moment.

Here's the thing: because your thinking can shift, your state of mind can freely move. You can shift from happiness to loneliness to sadness to frustration to bliss to upsetting and then back to happiness. How you feel is never 'locked' by any circumstances.

It's actually your state of mind at any moment that creates your perception of circumstances, which becomes your experience.

In a heavenly state of mind, everything you perceive is beautiful. You look at the beauty in everything.

Let's look at sex from a 'state of mind' perspective.

Every time you've had sex, you've tapped briefly into a state of mind. The sex didn't cause the feeling, you *allowed* that state of mind during sex.

That state of mind is available outside of sex. I've made it clear that it's available when you have a

deep connection with another human being, but I want to make it abundantly clear in this section that this state of mind is **always available, at every moment, without exception.**

Heaven is Now

Every great religion points to a state of mind, a place, as Rumi calls 'a field'. Heaven, Nirvana, whatever you want to call it.

There's a state of mind you can tap into where you see the beauty, connection, intimacy, with everything around you. It's easy, and natural. It's your spiritual birthright. There's only one thing that can get in the way of experiencing that beautiful state of mind: **thought**.

You naturally gravitate to this heavenly state of mind when you allow your judgemental or personal thoughts to pass.

We have personal thinking, judgmental thinking, and it gets in the way of our unbreakable connection to a Higher mind (God/Infinite Mind/whatever).

You might think of your mind as a radio tuner. You may have been tuned into the personal/ego for your whole life, but the moment you let go of control and allow the energy of life to take you over, your radio tuner naturally gravitates back to pure thought from Infinite Mind.

The goal isn't to change your thoughts. This is what so many people get caught up in. They spent their whole lives trying to update their thinking to be better.

In order to experience this heavenly state of mind you have to *wake up from out of your thinking*.

If you've ever lost yourself on the dancefloor, it's that 'losing yourself' that opens up space for Heaven to come rushing in, and with it, a beautiful feeling.

When you dance (truly dance, not dance to pick up girls), you momentarily drop out of your own personal dream of thought, and you fall into the beautiful intelligence of your higher mind and let it move you.

Now listen carefully because I'm going to bring you right to the door.

No matter where you are, no matter what you're doing right now, let your thinking settle. Imagine your mind is a snowglobe, and you're letting the thoughts settle.

Let your thoughts come in and out naturally. Don't force anything. Don't make anything up. Just let it be as organic and as natural as it wants to be.

Eventually, you will naturally stumble upon a nice feeling. When you find that nice feeling, that's what I call the 'White Rabbit'. Just be with that feeling and let it consume you.

That nice feeling is your home. It's your eternal resting place. You can visit it at any time. It's also the birthplace of beautiful thoughts. As you spend more time in this feeling, you'll begin to see the world differently. You'll begin to act differently. It will transform you from the inside-out. You'll begin to walk, act, and be in the world as pure loving being you are deep in yourself.

This is true spiritual evolution. You're not changing yourself, you're *allowing* your Higher self to come through. You can allow it or stop it at any point.

The **only** thing that can ever get between you and that beautiful feeling is your own thinking.

Understand the convincing nature of your own thoughts, and you got it.

Your judgmental/ego thoughts look and feel real to you. They look like circumstances.

Let them go anyway, let them slip away. Stay with the beautiful feeling and you'll experience an abundance of happiness and wellbeing.

Your happiness and wellbeing is **never** more than *one thought away*. It's your true nature. It can be obscured by thought but never lost.

Stop trying to make Alpha males a thing

152 upvotes | November 12, 2022 | by [alexbrove](#) | [Link](#) | [Reddit Link](#)

Crosspost "Stop trying to make Alpha males a thing" from /r/MurderedByWords:

Posted by beerbellybegone | 11 November 2022 | [Link](#)

As an Ex-MGTOW, and I wish you all the best

148 upvotes | June 16, 2022 | by [SuicidalAutist](#) | [Link](#) | [Reddit Link](#)

Just a reminder to anyone who hates women: Remember that men are equally as capable of betraying, lying, and stealing from you. Don't be on "team men" or "team women." Both genders can hurt you. One isn't better or worse than the other.

Next time you start think of women as sluts or whores... Ask yourself how easily you would accept a woman's sexual/romantic advances towards you.

Ask yourself why Tinder is a sausage fest now.

Be real with yourself, how much porn do you watch?

Think about it, if you call her a slut simply because she turned you down... this doesn't even make sense. How does not wanting sex make someone promiscuous? It goes against the very definition of being promiscuous.

Ask yourself why men are more likely to cheat on their spouse.

Seems to me that slut shaming is largely projection!

All red pill taught me was to hate women and I couldn't live with the constant negativity in my life.

147 upvotes | July 18, 2020 | by [deleted] | [Link](#) | [Reddit Link](#)

All they talk about is how evil women are and never even look at themselves and blame themselves for problems in their relationships. It's pretty immature. Red pill taught me to be a dick towards women and treat them like objects which really fucked with my head.

I'm learning to see women now as human beings which is how it should be. Living life in harmony and treating everyone with love and respect is the way forward for me and I'm so glad leaving the red pill nonsense allowed me to do this.

I was raised to be an RPW and it was not a good road to travel.

144 upvotes | October 11, 2019 | by [Puzzleheaded_Judy](#) | [Link](#) | [Reddit Link](#)

My mother is a trophy wife. The one that actually owned the 'collector', instead of the one being discarded by him when she is old.

She never worked a day in her life. Dad is wealthy, I grew up with maids, cook, gardener and chauffeurs. The only lesson my mother ever taught me was to marry a successful man early (right after highschool or early 20s) and be the best housewife and make your husband be dependent on you for socializations. Have kids early and make sure that he is the type of a man that cannot live without seeing his children everyday. Let him think he is in control, that he is the captain, but control him instead.

Keep up a sexy and youthful appearance, cheerful (no crying in front of him, except happy cry), using coercion instead of openly pouting to get what you want if he says no, at the earlier chances, make his friends and family love you, so that they will believe you more than him if they have to take sides.

And the most fucked up one is that be prepared for his cheating and use that to your advantage (more leverage). For my mom, marriage is a battlefield where you have to strategize and always try to get ahead, else you will lose domination.

My dad did cheat several times and everytime it was payday for my mom.

I was taught that mutual love is a concept, but not reality. The reality is a mutually beneficial arrangement. That's marriage or co-habitation and raising kids together.

So I did marry a wealthy man when I was 20. He was 28, came from a rich family and was already established himself. I met him at a private party my dad's country club. My mom personally screened him and his family history. No divorces in his family, my mother in law was SAHM too, family was tight knit.

8 years after the wedding, my ex-husband was diagnosed with BPD, comorbid with several other problems, one of those schizoaffective disorder. He is in and out of inpatient programs, even to this day. We got divorced because he cheated with fellow patient, which was a scandal. My mom found out that there was no leverage that one could get from my ex-husband cheating, so she asked me to divorce him, and I did. We never had kids together despite trying two years after the marriage. I thank my lucky star every single day for this.

She was ready with another 'suitable rich man' for me to marry, not even two years after my divorce. I just could not do it anymore, so I decided to move with my aunt who lives in another country.

It is a tiring way of life. You have to act and pretend. If you were helming a ship, it will be like a constant struggle for the steering wheel. I never had the normal experience of just getting to know someone and see what develops after.

Sex was more of a sport performance to show that you are still the best athlete and still worth of medals and sponsors, rather than seeing sex as something intimate to be shared.

Nowadays I try to undo her teaching. I live anonymously and in solitude. I still write back and forth several emails to my ex, hence from where I know about his conditions. We are sort of old friends who lives two continents apart to each other now and I am fine with that.

What about relationship? I think I will never be ready again for that.

I did try to get into relationship about four or five years after my divorce, but I ended up acting up my role again. You see that in their eyes. When they say that they are the luckiest man in the world, to have a girlfriend so kind, understanding, patient, smart, supportive. Of course you'd think that, this is what I've been taught and what I've been training for. I could not live like that and broke up the relationship.

Male rape victim here. Red pill took advantage of my trauma induced insecurities. Feminists have also helped me way more with my ptsd than MRAs and red pillers

142 upvotes | September 25, 2021 | by [Cool_Breath1182](#) | [Link](#) | [Reddit Link](#)

So I've been thinking. I got into TRP for a rather unusual reason that had nothing to do with women whatsoever, in fact I have always gotten a lot of positive attention from girls, I just didn't realize and take advantage of it and red pill played a role in me making misogynistic excuses to not go on dates with women who were interested in me but didn't meet my arbitrary standards. Anyway I am 19 now. When I was 16 I was raped by a fellow classmate at a boarding school that had been grooming me for months. As a defense mechanism in order to not be overwhelmed with pain I suppressed the memory, but it still was very much in my unconscious mind and aspects of it regularly surfaced. Most notably, the hypervigilance, I used to think it was my fault that it happened to me for trusting this other boy who was so friendly for the longest time so I wanted to prevent it from happening ever again and I wanted to stop feeling weak. I became obsessed with bodybuilding and martial arts, I even for a long while experimented with potent performance enhancing drugs when I was only 16 and still growing, I probably hurt myself and damaged my health. Ultimately I didn't feel like a man and felt like my right to even call myself a male was revoked for letting this happen to me, I became so paranoid and every time I left the house I felt fear of getting jumped and gang raped and had panic attacks, I spent all my spare time training martial arts, I overstrained and took a class every day, I even trained with needless archaic weapons like swords and pikes and other medieval weapons that I wouldn't need IRL. The exact memory of it was still repressed but I found red pill when looking for answers on how to be a man and even though I never had trouble with the ladies I believed I did and that my masculinity truly was under siege and post modern Marxist feminists were going to bring about the end of the world. It was a confirmation bias and set me back from healing. Eventually I started to work through this and became more accepting of my self but completely lost it and smashed my computer and kicked several holes in the wall when I opened up about this on a red pill discord and was called beta several times and was told it was my fault. That made me hate what I had gotten myself into and realize that feminists have done more to help me with my demons than any of the manosphere. They helped me find resources, they helped me feel more secure. You can actually go on and on and find countless instances of how feminism addresses many men's issues. Honestly the way people in the manosphere gripe about the struggles of the dating game is childish to me compared to what I went through. Some people aren't attracted to you, get a grip.

Being ugly doesn't give you an excuse to hate women

142 upvotes | May 9, 2020 | by [throwRA2829](#) | [Link](#) | [Reddit Link](#)

Being ugly is hard. Nobody wants you, you get no attention from anyone, you could literally commit suicide and nobody would care. It's very, very hard. I get it because I am ugly... I'm still a virgin, probably always will be. I see girls getting my friends, dating & flirting, I see girls asking other guys out - almost every guy I know has girls in their life. I don't, and for so long I projected that onto girls, thinking they're awful and terrible... but in reality they're not. They're just people. Hating girls is wrong, because they're just like us guys. Some good, some bad but most are in between. Girls can go for cute guys if they want! They don't have to like ugly guys, I mean, do guys like ugly girls? No!

It's not a gender thing. Being ugly is one of the worst fates you could ever have when you're born, but it's just the way it is. It DOES NOT give you an excuse to hate on anyone.

I am posting this for the "incels" who messaged me complaining and disagreeing with me. It sucks, but you gotta just accept it. Hating girls ain't cool.

This might be the hardest thing I'll ever have to write

138 upvotes | November 9, 2019 | by [PM_ME_UR_1ITIS_SNAP](#) | [Link](#) | [Reddit Link](#)

The Red Pill has turned me into a complete asshole who is incapable of having a secure lifestyle or female friends for the last five or six years. The only reason I stayed in the movement so long was because if I admitted to myself that I was wrong, there would have been a massive sunk cost fallacy involved.

Without going into specific details, I drunk texted a fantastic woman last night in an attempt to one up one of my male friends, who I perceived to be some type of "alpha." I had drunk texted her several times in the past, and when my name shows up on her phone, I know she's not happy to see it. We had very similar personalities and have had to face similar struggles in the past, and we had similar senses of humor. She was truly an asset to my life and I didn't realize it until she finally wouldn't accept my hungover apology. I'm disgusted.

I had several posts on the sub with over 700 upvotes, and the truth is, I lied in every single one of them. None of my advice had worked for myself, and was honestly a way to throw out my opinion and see if people agreed. But I lied for the ethos. I suspect many "EC's" and "one or two pointers" also lie when giving real world examples. With people who tend to think in hierarchies, you will find they will lie and do anything to be one of the most validated members of the group.

One of the most toxic aspects of the Pill in my opinion is that there will always be someone who has more "alpha" traits than the piller. This means they will never be considered "good enough" to themselves and creates a recurring loop of insecurities.

To fix these insecurities, I would "larp" just about every day. I would try different types of alpha and attempt to emulate some of my favorite "alpha" celebrities. As a result, my true personality hasn't developed since 9th grade, when I found trp. I am immature and only seek physical pleasures.

The most exhausting part to me, however, is that instead of just having a good time and then forgetting about it, I would always be overanalyzing how I'm doing. "Am I acting like an attractive guy? Was that a good agree and amplify?" This is incredibly cringy behavior and I'm devastated because I know people have picked up on me trying too hard and not told me about it.

All my friends I'm either "better than" or see them as secret enemies. I hate myself for being so toxic, especially to the women my male friends are friends with. I can't apologize to them because, to be blunt, they wouldn't be alone in a room with me.

Furthermore, I found that I took myself extremely seriously since the 9th grade, and as a result I have missed out on six years of having fun and learning social skills naturally. Instead, I let people who have poor social skills tell me how to emulate them. The better I got at playing their game, the more I would be out of touch with society. I found out one of my best friend's parents were getting divorced, and internally I was happy because it would prove some points I made to him about marriage. I never explicitly mentioned "fight club," but had hinted to it on a macro scale.

I suspect I'm on the spectrum, and might be mildly autistic, or it could be due to the fact that I simply found the ideology at such an early age. But today I start the journey of learning how to act like a normal human being when my peers have six+ years on me.

It's going to be a long road ahead with plenty of setbacks and relapses. I'm going to try to make amends with whoever I can but the hardest part will be dealing with losing someone who I only now

consider a good friend.

Just a rant. I really hate Kevin Samuels.

137 upvotes | July 24, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

I never took him serious but the more I see videos of him disrespecting women the more I think this guy is just a jackass. A lot of the women that come on are pretty undesirable but that's the thing, he only has crappy black women on his channel. He obviously is trying to portray black women as the scum of earth. It's easy for him to shit on these women and anybody could. It's possible these women go on his youtube channel on purpose. Every woman should know they're about to get roasted.

Then he tries to look all cool, calm, smart, collected, wearing suits, condescending, playing music in the background like he's some big time player. Ya it is kind of funny to see him roast these undesirable women but you can't just pick on certain women all the time and expect me to think you're legit.

All these redpill vids I used to watch and never once saw a guy blame himself for his relationship problems.

137 upvotes | June 30, 2020 | by [AUfan36](#) | [Link](#) | [Reddit Link](#)

I just think it is crazy how all these redpill guys never talk about how guys can be just as manipulative or trashy as women. All these guys talk about is how if you want companionship, just get a dog because women aren't loyal, but I have known some disloyal ass guys too. These guys just talk about how all women are out to screw you over and how women over 25 have a low sexual marketplace value, which is bullshit. Many women over the age of 25 are very good looking and have more to offer than their pussy or their looks. I'm just tired of how bitter these redpill guys are and how they don't blame themselves for choosing these shitty women that they complain about.

Red pill ruined my relationship and is ruining my life

135 upvotes | June 12, 2022 | by [IAMSUPERVEGETA-](#) | [Link](#) | [Reddit Link](#)

I [23M] used to be such a happy and sweet guy. All I would do is be obsessed with soccer, video games, and being with my partner. A few years ago I got into the manisphere and red pill fandom by watching Alpha Male Strategies. Then it grew to Oshay Duke Jackson and fresh and fit etc etc. That's when I began cheating on my girlfriend because they promoted so much about how monogamy is a fool's game and you're only setting yourself up to lose being loyal. Ultimately I started spinning plates, lying, and trying to impress those that don't even give a fuck about me. I started drinking way more and my mood changed from this happy go lucky kid to this short tempered asshole that has lost everything. I don't have any real friends barring one, I lost my girlfriend, and none of the shit I bought is worth it now.

I doubt anyone is seriously going to read this, but I'm somewhat glad I've hit rock bottom now instead of seeing where this horrific lifestyle was going to take me. I can focus on getting back in shape, being happy with my life as is, and regain my old hobbies while becoming sober again. I tried so hard to impress those that didn't even like me and I'm so ashamed of myself. I just want my smile again.

What are the destruction possibilities of misrepresentation and morality within the Red Pill dating and sex scene?

132 upvotes | August 1, 2022 | by [YourFavouriteCupcake](#) | [Link](#) | [Reddit Link](#)

A little [Red Pill](#) wisdom from a former Red Pilled woman and Wifey.

The other day, I came onto the sub to have a decent conversation with a few people who could not wrap their heads around someone being over 200 pounds and 5'4", but not be morbidly fucking obese like Fat Bastard and still wear size 10 jeans. □ Like, I get it, it doesn't make sense if you don't have the knowledge to make it make sense, right? Totally understandable. I'm a freak of nature with several "rare" conditions that make life a bit annoying to live with. I mean shit, even my blood type is rare. But does it mean I deserve to be doxxed and bullied everywhere I go with misrepresented quotes? Nein.

For those who actually want to fucking learn a little something and gain some clarity about women, there is a .5" (1-2cm) difference between both the waist and hip for every size up in women's jeans. So, let's take Red Pill's "perfect" size 6-8 and use real life info. This would fit women with a waist size of roughly 28.5"-30.5" (~72cm-78cm) and 38"-39.5" (97cm-100cm) hip measurement. Not bad size wise, but definitely shouldn't be used as a major factor in determining a person's "health", right? I mean most of us have heard of "skinny fat" or, you know, skinny meth heads... □

So now for my example: I wear a size 10 normally or a 12 on bloated days (that's when our bodies swell up a bit around our periods, for the extra curious). That means in I'm roughly 30.5"-32.5" (78cm-83cm) in waist and 40"-42.5" (102cm-108cm) in hips, but with a little math side by side with facts, you get the difference of □ maybe 6" or so (counting extra for buffer). The average female model is about 5'9" (175cm) and the average female is about 5'5" (165cm). I'm 5'4"

But wait, I'm over 200 pounds. How the fuck?! How the Hell is that fat lulcow doing that black magic fuckery?! And her stomach is flat? Where does she hide it?! She dOeSn'T hAve CaNkLes EiThEr?! Dafuq? For reference, [this](#) is my rough shape. I'm shorter though.

I was born with these anomalies. I can't control them, spent my entire life beating myself up for them, got bullied for them **a lot**, gotten broken up with because of them, I've starved myself because of them, and now, couldn't give a rat's ass about them after I got the info from a real trained and educated doctor. A doctor, not the male version of the type of women that spends all day on forums like what is seen on r/ShitMomGroupsSay.

That's basically what some of these guys are, by the way, they're a male version of the new Mom who tells you that you can cure a bad infection if you put a little breast milk on it. 'Oh wait, it's necrotizing, well shit, mix breast milk and probiotics and apply for 2 hours 4x per day!' And yes, this shit is said alllll the time in places like that. □ Is the male version any different?

There probably is *some* truth to that, but what are they not saying that could make it dangerous to someone who is younger and not as well trained as an older Red Pilled guy? "Not my problem" I'm sure you're thinking. I mean, if their dumb ass does it, then they probably deserved it right? That's what one of the Red Pill's Gods say, right? Machiavelli was such a weird dude. To each their own on who they chose to follow and worship. Doesn't become my problem until they're creating lies from my words. Well, now it's my problem... □

A couple of days afterward, a friend sent me a link to where that conversation had shown up on

another sub. We were just talking about it! "Isn't this what you were just talking about the other day?!" Well...yup, sure is. The funny part being that it was on r/MorePlatesMoreDates. I mean, it's whatever, it is what it is, but as I looked at the way this chucklefuck presented the actual conversation to a sub of 105,000 followers, I was reminded about all the other times amoral Red Pillers have come into my life and utterly destroyed things by presenting things not truly as they were.

Or at very least, the **vital** part of the conversation. You know..."reality", or the Red Pilled version, or like the **main** part of the conversation. It's a very scary common trend within Red Pill groups. Nope, this dude decided to only present enough for the cool fake internet points and fake flair. Pfffft. ☐ ☐ Sadly, that's not the first time I've discovered that most of the Red Pillers I come across are fake and who will lie for whatever causes their brain to push out those feel good chems. This guy was no exception. What parts he decided to share was, and I quote, before it gets deleted, was "I just recently argued with a chick on Reddit who claims to [be] healthy at 5'4" and 200 lbs. Has "heavy bones." Did ya, Stan? Is that what happened? ☐ Tell them all of it!

The fun part is how he deliberately left out the **core** of that info which was that there is a real genetic mutation called "LRP5", which is a protein that helps regulate bone mineral density (measure of the amount of calcium and other minerals in bones). The minerals give the bones strength, making them less likely to break. This mutation also works in the other direction too and can make your bones easier to break and weigh less. I have this mutation and another one that significantly contributes to my "obese" frame.

Now, despite his stupid mockery, I am indeed "healthy". I'm thicc girl healthy, but no doubt, I'm not "obese" "healthy". Maybe not the same as someone who weighs less or is a daily runner, but comparatively my blood pressure is great, my heart is healthy, all major organs are good and have no issues that would lead to an earlier death, I'm not diabetic or even close, and the list goes on. The only thing it seems that he knows about me and chooses to bully a person over is my relationship with gravity and my lack of legs long enough to get things high up without a step ladder. But that's what my 6'0" (183cm) Viking Hubby helps me with.

Like, Bro...Dude...Homie...I literally told you the info, gave you the name, even shared a link so your lazy ass didn't have to do any work, and you still chose...this? To date, I've counted hundreds of examples of Red Pillers only sharing partial information. Which, on Reddit, who cares, right? Reddit is a massive forum full of lies with mostly heathens, trolls, and chucklefucks, like myself, but what happens if that info gets shared externally and it could be linked to someone IRL? ☐ ☐

What happens if someone ends up seeing that misrepresented info and then shares it to that person's real life social network thinking that they're facts? That a person actually said that? What if now not only their friends and family see it, but also their boss too? What if that info gets out and they get socially ostracized in their entire town and it's all just creative lies from someone who can't be bothered to tell the whole truth and who *chooses* to lie over just saying, 'Huh, cool info. Thanks for sharing homie.'? Or, you know, nothing... ☐

What if you doxx her with misrepresented screenshots or whatever and it made it back to her real life career? If it was destroyed, would they then be responsible? I mean, this example is whatever, I've been made fun of my entire life from just being a dorky girl who loves Star Wars and video games. A few fat jokes here and there won't kill me, but what if you were to create an online belief system for abused and vulnerable men who struggle with connecting with women and it starts spreading and wrecks havoc in your life before you realize that it's mostly a load of misrepresentations and cherry-

picked facts?

How badly do you think you could hurt someone? Does it even matter? What if it's your own homie doing it to you? ☐

MGTOW YouTube channels are quite literally just woman hate channels

129 upvotes | April 29, 2022 | by [uuuggghhhhhh9](#) | [Link](#) | [Reddit Link](#)

Have you ever noticed that MGTOW's, despite wanting absolutely nothing to do with women, are easily the most hyper-fixated on women out of all the other manosphere communities?

Every other manosphere group occasionally posts content that isn't related to women. I've seen this on Twitter, too. Pick-up artists, who's entire shtick is about seducing and manipulating women, still post about self-improvement stuff like lifting or dieting. Same with the basic tradcon redpillers who are obsessed with looking for tradwives. Even fucking incels sometimes talk on their forums about anime and video games that they like and use to cope.

You'd think MGTOWs, being all about not giving a shit about women and having all the time in the world to focus on themselves, would be all about self-improvement and finding ways to be happy by yourself. But no. Go on their YouTube channels and see that every single last fucking video is about how awful, slutty, dangerous, useless, or manipulative women are. Literally just 100% bitching and complaining about the opposite sex. It's not just YouTube, the subreddit was notorious for this too.

Sandman, for example. I went on his channel and he regurgitates the same shit over and over every single day, I honestly don't know how he does it. I went on his channel a few minutes ago and here are some of the titles from the last few weeks: "Finding a good woman is like finding Bigfoot" "When will women's madness end?" "Why women destroy nations" "Take women's rights away?" "The problem with women today" I am not kidding. All from the last month.

Hell, some of these are completely random stories that have nothing to do with the evil of the "modern western" woman. For example, he posted about how a woman in the military crashed an expensive jet, and then a video about how lesbian couples have higher divorce rates than gay men, and then a video about why he hates alt girls despite not being interested in women... What has any of that got to do with MGTOW? It's literally just bitching about women or trying to prove how inferior they are.

Better Bachelor and Taylor the Fiend are also obnoxious offenders. They both comb through the internet looking for anecdotes or stories of women being bad, and slap "THIS is why MEN are LEAVING THE GAME!" on the title while they just sit there recording themselves complaining. Holy shit, they all make the same videos over and over. They all make videos about how "MGTOW is SPREADING and women are PANICKING!" I am not even exaggerating, they've all made that exact video, at least five times.

They severely overestimate the reach their community has. They're obsessed with women noticing them leaving and it clearly gets under their skin that the average woman doesn't even know what MGTOW is, so to compensate they make these dumbass videos stating that women are worried about MGTOW or sex robots or whatever. It's pretty laughable that they still obviously crave women's attention in that way and fantasize about them crawling back begging on their knees.

The comment sections on these videos... Christ. If you think the videos are full of bitching, whining, and generalizing, the comment sections are even worse. Just festering hellholes of pure unfiltered misogyny. Hundreds or thousands of likes on these comments outright stating all women are evil, all women are lazy, all women are bitchy and manipulative, with zero sugarcoating. I went on Better

Bachelor's latest video, here are some lovely top comments (yes, it's another video entitled "THIS is why men are starting to AVOID WOMEN!) : "There are a few good women, but the vast majority I've met are not" (700 likes) "The phrase good woman is an oxymoron" (400 likes) "The further away women get from the patriarchy is proof they need it" (600 likes)

It's absolutely pathetic. This isn't even an inch of the comments on these videos either. I once saw a comment outright say "I hate women" in the middle of ranting about them and it had 500 likes. Yeah, going your own way, to bash women and obsess over them endlessly. If you were really going your own way, you'd just fucking do it, women would rarely cross your mind. You wouldn't create or follow a channel that posts constant updates about how bad women are. I could go on and on, but this post has gotten long enough. It's so unbelievably toxic.

It's a scientific fact that hypergamy does not exist

129 upvotes | January 16, 2021 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Hypergamy, simply put, is the idea that women only want to date men who are "above their league", so that a woman whose overall "value" is a 6 will only date men who are 7+ and so on. This idea, however, is bullshit and there's an overwhelming amount of evidence on this. Recently, i reviewed genetic and anthropological evidence showing that women did not in fact evolve for hypergamy as made up by red pill, which you can check here. I'll now quote more studies debunking this prevailing myth:

- **FACT 1: People will date similar others in many domains, including overall "mate value" (ex.: 7's date 7's).**

Quoting [Conroy Beam et Al \(2019\)](#)

Humans mate with self-similar partners across a wide array of dimensions. For example, mated partners tend to be improbably similar to one another in terms of education (Mare, 1991), intelligence (Bouchard & McGue, 1981), and physical attractiveness (Feingold, 1988). One critical dimension of assortative mating is that for "mate value," or overall desirability as a mating partner (Sugiyama, 2015). To the extent that all individuals vie for the most consensually desirable partners on the mating market, those highest in mate value tend to have the greatest power of choice and use that power to select high mate value partners (Kalick & Hamilton, 1986). Mated partners consequently tend to have correlated mate values (Shackelford & Buss, 1997). Such assortative mating for mate value creates "cross-character assortment": correlations between mated partners on otherwise independent traits (Buss & Barnes, 1986). Consider a scenario in which humans mate assortatively for mate value and mate value is determined by just two preferred characteristics: kindness and intelligence. All else equal, a kind person will be higher in mate value and will tend to attract higher mate value partners. These high mate value partners, relative to randomly chosen partners, are disproportionately likely to be intelligent. Assortative mating for mate value will therefore pair kind people with intelligent partners at above-chance rates. Such crosscharacter assortment does occur in married couples for specific traits; for instance, physically attractive women tend to marry men higher in status and resources (Buss & Schmitt, 2019; Elder, 1969).

simply put, people will end up with those who are similar to them in many characteristics, including "mate value" (ex.: A 6 dating a 6, an 8 with an 8, and so on). Because men and women may differ in priorities in what they want in a partner (ex.: Women prefer status more so than men, and men prefer beauty more so than women) there's also an observable crosscharacter assortment (ex.: A woman dating a man whose social status is proportional to her own level of beauty).

Also Quoting [Taylor et al, 2011](#)

Walster, Aronson, Abrahams, and Rottman's (1966) matching hypothesis posits that when initiating romantic relationships, individuals seek out partners whose social desirability approximately equals their own. When choosing a partner, individuals in the dating market assess their own "value" and select the best available candidates who, upon making a

similar assessment, are also likely to be attracted to them. Thus, they actually opt for partners of similar social desirability because by selecting partners who are “in their league,” they maximize their chances of a successful outcome. (For a similar argument, see Murstein’s [1970] stimulus-value-role theory.)

- **FACT 2: People date partners of similar value not just because more attractive people select between each other living less attractive people to select among themselves (Ex.: "settling for someone") but because there's also a tendency for people to naturally like those who are at their own mate level.**

When choosing a date, it's not just that people need to date in their league because more attractive people tend to choose each other. It's also because people are naturally drawn to those at their level already. Taylor et al (2011), showed that:

We also found that even in a populous online dating environment, individuals voluntarily selected similarly desirable partners from the very beginning of the dating process. Individuals’ own popularity was correlated with the popularity of the people with whom they communicated through the online dating site in Study 4, and women’s self-worth predicted the popularity of the men whom they contacted and who contacted them in Study 3. Importantly, we found that this was the case for both the lowest self-worth women and the highest self-worth women, showing that low-selfworth individuals will voluntarily select undesirable partners.

- **FACT 3: There's further evidence that women aren't more choosy than men. Rather, it's men that are less choosy than women**

In 2 different studies, Kenrick et al, 1993 evaluated the overall criteria that both men and women employ for different levels of involvement (ex: Serious dating, one night stand, marriage...).

In both studies they found a very statistically significant difference in choosiness for one night stands (with women being considerably more choosy for one night stands). For a Sex Buddy relationship, there were both a very significant and a marginally significant difference between genders, depending on the study (again, women being more choosy for sex buddies). For serious dating, there was also mixed evidence, with one study showing a marginally significant difference while another showing no difference in the choosiness of genders. And for marriage neither study found significant differences in choosiness.

The overall conclusion is that men relax their standards immensely for casual relationships as in comparison to women, while for more serious levels of involvement, differences in choosiness are small to none.

- **FACT 4: Women who date down don't divorce more often**

Quoting Esteve et Al, 2016

Do relationships suffer in societies in which wives have more education or earn more than their husbands? Evidence from the United States suggests they do not. Prior to the 1980s when men clearly had more education than women and hypergamy was the norm, men who married women with more education were more likely to divorce. However, as the situation

reversed and wives now have more education than their husbands, the association between wives' educational advantage and divorce has disappeared. Among marriages formed since the 1990s, wives with more education than their husbands are no more likely than other couples to divorce (Schwartz and Han 2014). A similar trend is observed for couples in which women earn more than their husbands (Schwartz and GonalonsPons 2016). This suggests that, at least in the United States, couples have adapted to the changing realities of the marriage market. A recent study of marriages in Belgium in the 1990s found that those where the husband has more education than the wife are more likely to dissolve than marriages in which the wife has the educational advantage. In line with the American findings, the same study also found that the latter type of marriage is more stable in regions and municipalities where they are more common (Theunis et al. 2015). The implications of the growth of hypogamic unions for fertility are more difficult to establish since there is virtually no research that measures whether women who marry men with less education than themselves bear more, the same, or fewer children than women married to men with the same or more education. A recent European study showed that couples in which women have as much or more education compared to men tend to have higher fertility than couples in which men have more education than women (Nitsche et al. 2015).

What's this obsession with 18-19 year olds?

128 upvotes | February 26, 2022 | by [SadBox4529](#) | [Link](#) | [Reddit Link](#)

I have a red pill friend who occasionally rants about women. For some reason the only girls he's able to take on dates are girls around his age(30)*surprise-surprise*. One thing that bothers me is that he keeps obsessing over 17-20 year old girls. He's angry at the girls his age because they are "difficult" so he constantly talks about hooking up with young girls and how easier they are(yet has never been with one). It's reached the point where the guy talks about how sexy girls graduating high-school are.

What red pillers and mgtow guys really look like

128 upvotes | August 17, 2020 | by [Nightlife811](#) | [Link](#) | [Reddit Link](#)

If you are looking for
an image, it was
probably deleted.

All of these groups (MGTOW, incel's, PUA's, Redpill)

126 upvotes | October 2, 2019 | by [Trustedflipper8](#) | [Link](#) | [Reddit Link](#)

Rule 1 : Delete social media...ALL of it.

This is ironic coming from the guy making a post about 5 rules to keep you're head straight while also using reddit at the moment arguably the biggest source of information on the internet but it's something I recently decided would be better for me to do. I don't care if it's facebook, instagram, snapchat, twitter, reddit, Omnicore, discord, YouTube, or any of these combinations combined, GET THEM OFF YOU'RE PHONE. This is something I've done recently and it's helped me a lot ! Almost immediately after getting rid of all of those apps it was like a burden was lifted off my shoulders. I know what you're thinking "why would i do this all i do in my spare time is spend it with my drug of choice social media" but it helps you. Most of the redpill and MGTOW philosophy can be found in all of these places (snap chat excluded) and it's designed to keep you going down a rabbit hole of self despair and self pity. You can't worry about the trivial things MGTOW talks about if you can't access it. It's amazing how my world view has changed after deleting my social media and getting away from the internet for a little while. You'll find that the real world is just that...THE REAL WORLD. If you filter everything through the red pill and MGTOW philosophy than it taints you're view of women and all people in general. Plus if you have to be at you're computer as opposed to easily being able to blurt out whatever you feel in that moment with you're smartphone it actually makes you THINK a little harder about what you're typing as opposed to having to sit down at a laptop or desktop and manually login and type out what you want to get across. Think of it as a filter for you're emotions. Another thing i should point out is that MGTOW in particular loves to claim the MILLION'S of men around the world are going MGTOW and taking the red pill but the truth is that outside the internet MGTOW is nowhere to be found. The reason MGTOW make's claims like this is to get more members involved and to make you feel like you are part of something. It's all designed to make you feel "special" and "different" but the reality is most people who take the red pill are basically the same, all bitter and hurt men who went looking for help and got a cult instead.

Rule 2 : No, It's not a philosophy anymore it's a cult and a movement and if you disagree prepare to be insulted.

MGTOW and Incel's alike love to claim that it's "philosophy" is just that, a philosophical way of thinking but that's wrong. Incel's use words like uprising and revolution and MGTOW uses words like Philosophy to sell you on their way of thinking. The truth is, as someone who was stuck in this way of thinking for 5 years i can honestly say that MGTOW has not only become more militant in it's beliefs but also has become even more closed off to new concepts than ever before. I'm sure most of you have experienced the backlash of being called a ""cuck"" or a ""bluepilled man"" or a "simp" or any other number of insults these guys will throw at you if you begin to question the MGTOW way of life. MGTOW and the manosphere don't like it when you begin to point out flaw's in their movement (gasp dirty word) and all they can throw back at you is insults like the ones i mentioned above. This comes from that ever familiar concept of feeling "special" because you took "the red pill" it's all designed to boost you're ego and make you feel superior because you already feel small and hopeless so why not be told that you're special and that you're way of life is the superior one. The truth is that out in the real world there is more than one way to skin a cat and MGTOW likes to

believe that somehow because they decided to take a different approach that they are suddenly better than everyone else. This is not only sad but it's meant to isolate you and trap you in your own "superior" way of thinking separating you from the outside world more and more while everyday people continue to go about their lives. A lot of MGTOW and incel groups love to complain about how they're so tortured and offended that they have to be around "lower IQ people" and take pride in their IQ scores. How sad is that ? Most people who are smart are smart enough not to brag about it and are usually very doubtful of their intelligence and abilities. However those who tout their IQ and take too much pride in themselves are usually the stupid ones. (Look up the Dunning-Kruger effect and you'll see what I'm talking about) Obviously these guys are dumb enough to be sold on the whole MGTOW , incel, blackpill, redpill, phenomena. I can't tell you how many YouTube channels that show off their "superior MGTOW way" try way too hard to sound wise and intelligent. I've come to the conclusion that you can't reason with someone once they've gone off the deep end these types of philosophies are meant to keep you stuck. Consider yourself lucky you were able to see the red flags and walk away.

Rule 3 : MGTOW, Incel's, Blackpill/Redpill groups never blame themselves.

The one thing I notice across all of these ideologies is a trend of self pity and blaming society for that particular group's problems. For Incel's it's genetics and being born with the wrong set of cards and for MGTOW's it's Gynocentrism and the divorce courts. Although MGTOW claims to go its own way it certainly spends a lot of time complaining about how unfair the system is or how everybody was being lied to before they took the redpill. I read an analogy once about MGTOW that I really liked this person basically stated "MGTOW is the equivalent of men saying I'm taking my ball and going home and then peeking out the window to see who notices" this is a perfect analogy of how that subculture carries itself and I am guilty of doing the same thing. When I would hang out with people I could never shut up about the magical redpill and how screwed over I was before joining the group. I'm sure it got repetitive and annoying at times but I thank my buddies for staying with me and pushing through it when I went through my red pill phase.

One huge thing I notice about MGTOW Dad's in particular is how they never seem to be able to blame themselves for their mistakes in the marriage it's always the women's fault, it's always Gynocentrism or Hypergamy or Monkey branching or whatever convoluted term they can think up next. When my parents split there was obviously things on both sides that BOTH of my parents could have done better. MGTOW and TRP however can never seem to take any kind of self blame for the actions and choices they make every day. Same with incels. Incels are worse because unlike MGTOW which is motivated by self improvement and a sense of arrogance when it comes to greater society incels will give up without even trying. The biggest thing I notice with a very small minority of Incel's who decide to go through with shootings and mass attacks of any kind is they usually don't have it as bad as they think they do. Inceldom and MGTOW FEED on the victim mentality.

Let's take Elliot Rodger for example (and then we'll talk about Alek Menasian) I want to bring up Elliot first because for a while I used to praise him like he was a god...literally...I would go out on the anniversary of the shooting every year and go to Starbucks and order a vanilla latte with an extra shot of espresso and then post it on 4chan for everyone to see. Why did I order a vanilla latte ? because in his autopsy report it was shown that an elevated level of caffeine was found in his system before the attack. I also read "my twisted world" eight times on my kindle because I thought he was such a "revolutionary" when in fact he was not only a spoiled rotten brat but also had a pretty good life !

Think about it, his dad was a movie producer, he had money, he didn't look half as bad as he thought he did, he couldn't have failed even if he tried. He never had to work a day in his life ! I would kill at the opportunity to get the luxury of living in a dorm room and having mommy and daddy pay for everything he had EVERYTHING most of us could only wish for and he threw it all away because someone on the body building forums fed him so many lies that he decided to kill people with his car and attempt to shoot up a sorority. Again, these movements FEED on self pity and despair and a lack of self awareness.

Now, let's move on to Alek Menasian the Toronto van attack shooter who got into the news last year (2018) for killing innocent civilian on the street with a van he rented. When that interview was finally released to the public a few day's ago i watched it and cringed at the familiar mindset I used to have. "Chad and Stacy" does not exist it is simply another set of lables these groups give to society and the people in it as a whole. Much like MGTOW'S "beta male" and "cuck" labels they give anybody who doesn't agree with their mindset. Alek also had it pretty good and was also brainwashed by much of the same ideology Elliot was only this time it had evolved into a much uglier thing. I've seen many cultural changes on 4chan over the last couple of years. Alek and I went on the same forums and where fed the same nonsense the only difference between me and him was that i made the conscious choice to stop feeling sorry for myself and actually make a change and question my outlook on the world. Alek, sadly did not. He was about to Graduate THAT Saturday ! He was going to be a CS degree holder ! As someone who's worked in both IT and CS for a few years now i can't tell you how big of a mistake alek made. He was looking at the short term if he had waited even another year he'd be making bank ! I've worked on some interesting projects over the past 3 years and i get paid handsomely for my contributions and I love what i do. Alek threw all of this away for a stupid ideology he found on the internet.

If either of them had just taken a step back for a second and realized that besides being awkward with women they could have had a great life they would probably be further ahead today then they where in that moment of time. Instead they got caught up in all the bad stuff all of these groups promote and got stuck. Again all of these movements are designed to keep you STUCK.

Rule 4 : It's NEVER enough / he who has the highest subscriber count has the most authority

I know, i cheated a bit on this one but let me explain how these two things correlate with one another. Back when i had gotten out of incelism and the black pill and began my self improvement journey the red pill claimed that if you were fat or nice or timid that you where a ""beta male"" and so because i didn't want to be a ""beta male"" I began hitting the gym...HARD seven days a week hard. However for most of the redpill and a majority of the MGTOW it's never enough you are ALWAYS SELF IMPROVING. For a while it worked, I went from 240lbs down to 165lbs in the course of a year. I had written off my father because he struggled with his weight and labeled him a beta male chump when in reality he ran his own business and saved countless lives and a nurse and i cut all contact with him. There's another secret to this weight loss, because i was so afraid of being fat I ate 500 calories a day for 3 year's and went to the gym for the wrong reasons anything i ate i threw up and i used dipping tobacco the take the edge off the hunger because i was SO DESPERATE FOR SOMEONE TO LOVE ME. I dipped and used cigarettes (a nasty habit) which ended up with me having a seizure and ending up in the hospital because they found so much nicotine in my blood that i had literally poisoned myself. That on top of not having nearly as much food as i needed to keep my body healthy ended with me having a very horrible relationship with food. I gave up food and women for the chance of maybe being loved one day and maybe being "alpha" enough to contend with my

peers who were getting women and i wasn't. You'd think this was my coming to Jesus moment but it wasn't. I was hitting the gym almost two hours a day every day with 500 calories or less in my system and it's done irreversible damage to my immune system and my heart and my metabolism not to mention my teeth and gum line. I was losing weight for the wrong reason, I wanted to use game so badly i almost killed myself. Women did notice me, I did walk more confidently however i was a shell of the person i once was full of pessimism and anger and hate towards the opposite sex. Not only that but MGTOW's relentless promotion of self improvement had me thinking i was never enough either way. I was obsessed with my weight at all moments of the day. I became afraid of food all because of a stupid ideology i found on the web somewhere.

This leads me to the concept of "he who has the most subscribers has the most authority" You'll notice that most people in the MGTOW community only seem to follow a certain group especially on YouTube. I've seen MGTOW channels rise and fall over my five year stint as a "redpilled man" but the one thing i notice is just how much influence these guys have over their audience i would watch certain youtubers every day like clockwork and it only made my descent into this hellish rabbit hole even worse. I won't name any of them because you can probably guess who they are. I also began reading a lot of books during this period related to MGTOW and the redpill philosophy and you can probably guess who they are as well. Notice how a lot of older men in the manosphere are so quick to ask for a donation or make you pay for a book that is supposedly ""free knowledge"" across communities like MGTOW. In other words MGTOW has turned into a get rich scheme for predatory older men who want to prey on younger men. its the blind leading the blind.

Rule 5 : You'll never be the same even after leaving all the negativity.

These groups are right about one thing, you sure as shit won't ever be the same after leaving these groups and it will take a lot of time to realize how you've been used to push someone else's agenda. I know i still struggle sometimes with the type of brainwashing these little groups try and indoctrinate you with. Sometimes it comes out in small ways like when im walking around a mall or at work my mind will gravitate towards those labels i used to find so comforting back when i was lost and feeling sorry for myself. Most of us here were either damaged or felt the need to feel superior. We fell for the lies these groups fed us and ate it up without even questioning it. I have problems trusting women and I have problems trusting people in general. it's left me even more emotionally scared than i was before i knew any of this stuff existed and honestly, i wish I'd never come across any of it in the first place. My perspective has permanently been altered and its going to take some time to get those toxic ways of thinking out of my head. This is why i suggest just cutting off the bad fruit now and getting off all social media or anything related to any of these groups that claim to have the answers for your problems...it's not genetics, it's not women, its not gynocentrism, its not hypergamy, its not the betas or the alpha's, its not feminism...the answer is a simple one...and it took me 5 years of finding my way out of the redpill ...we can blame all these outside forces for our problems but the truth is (and you probably knew this was coming) the problem is YOU. Like most people here who've left any kind of philosophy like the redpill or MGTOW or Inceldom or the blackpill we've realized the problem is us. The problem was me and my attitude toward the world around me.

So heed my warning, don't take any of these so called enlightening "pills of truth" truly go your own way and don't let other people tell you how to think...if you do you'll just end up lost like i did. Wasting hours a day on issues and problems that didn't even really exist. Don't go down that rabbit hole, free yourself, free your friends, and come to your own conclusion about life on your own terms. Deep down we all know what this is about, we always knew what these movements were

about. It's just blaming other people for our own problems, it's lost, hurt, people, looking for answers in the wrong places.

Thank you.

I'm an Ex-MGTOW member

124 upvotes | August 31, 2020 | by [Lick-My-Nipples](#) | [Link](#) | [Reddit Link](#)

Oh boy where do I start..I was a MGTOW member for many years. It distorted my way of thinking towards people in general, but of course especially women.

It lasted for many years, I hated women with a passion because of their "promiscuous nature". When I would date a woman, I felt the need to treat her like shit.

It came to the point where I started hating my own mother with a passion and disrespecting. I couldn't even look at the cashier who was a woman when I went to the store without feeling some level of disgust.

I think MGTOW/ Redpill movement is just another movement to separate people from each other. Just another brain washing tool probably created to slow down the growth of the human population.

I know I'm being extremely vague, but I'm just very happy that I found this page.

Why am I listening to what red pill guys have to say when I've never even had a girlfriend? LOL

124 upvotes | July 30, 2020 | by [StopBullyingIncels](#) | [Link](#) | [Reddit Link](#)

Seriously? Why am I living my life through these miserable men who got divorced? I can't believe what I heard the other day from Rollo Tomassi, the author of the Rational Male. He said, on the topic of "holding frame", that a man must not cry beside his girlfriend after his dog dies because it makes him less alpha. That is dehumanising. It's okay to cry when something you love dies.

I wish I never got sucked into this "red pill" crap. These guys are SO arrogant and think they have all the answers when they don't. None of us do. There's good things and bad things to be taken from all the pills. Just be careful people.

Reminder: Just because you've had some fucked up experience doesn't mean you need to go Red Pill

124 upvotes | October 9, 2020 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Lately, there's been a surplus of people sharing some messed experiences they've witnessed that allegedly proves TRP points and made them feel disturbed. Things like:

- "my sister is dating a tall chad type on the back of her rich beta boyfriend"
- "I saw a celebrity saying that men below 33 are useless"
- "My ex cheated on me while we were both waiting for each other to lose our virginities"

And so on.

The then obvious conclusion is that TRP is real and these guys are going back to TRP or keep being a TRP. Which makes sense because you then have a framework to cope with shit like this to avoid heartache but here's the thing:

Just because you're going red pill doesn't mean you're safe for being burnt in dating. Fucked up experiences in dating are a given in life.

Red pill simply gives you the illusion of control over dating, but the reality is that you're still gonna be implicated in fucked up dating drama throughout your life no matter how hard you try.

You're still gonna be rejected by dates, manipulated by dates, used by dates, have fights and altercations, lose dates to competition, suffer heartache, have periods of incelism, be on emotionally empty relationships, be cheated on or maybe even be the cheater. No matter how hard you try, these things can still hit you and will hit you. Sometimes hard, sometimes not, but chances are you'll still suffer some of these things despite being a TRP.

And that's fine because that's life.

Likewise, you will be on emotionally fulfilling relationships, share intimacy with someone special, have great sex, find emotional support on your SO, have meaningful conversations and feel butterflies in your stomach.

Because good things are also part of life.

One of the worse collaterals of red pill is close your heart to love under the notion that good women or love don't really exist and relationships are simply based on pretenses and mutual manipulation which conversely will lead you to never be able to actually find someone good and be on an authentic relationship.

So... know this (TL;DR):

- Just because you're TRP doesn't mean you won't be fucked over a lot;
- Don't close yourself to the real possibility of a good loving relationship

Leaving my red pill boyfriend + some thoughts on his ideologies

123 upvotes | July 30, 2022 | by [Far_Vermicelli3705](#) | [Link](#) | [Reddit Link](#)

My boyfriend (M26) and I(F24) have been together for over 8 months, and I think it is finally time that I leave him. Over the course of our relationship, he has become more and more open about his red pill ideology. He has voiced his opinion on several topics such as: men of high value can sleep around with multiple women as long as he comes home to his woman and she is only allowed to be loyal towards him, women lose their desirability in the dating market as they age, single moms with kids are undesirable to most males as many men want to build an empire with their own “seed” not the seed of another man, etc etc.

He believes that men are the fundamental structure to our society as they have built everything around us, and that men can exist without women as women serve to birth children but beyond that a man takes control. Women should not sleep around but men are allowed to.

Without being said, I am fed up with his beliefs. I am a woman who does like a man who can protect and who can provide, and I have no problem nurturing my children if I had any, but his ideologies completely neglect the world as it stands today.

I believe that while a lot of these red pill ideologies stood true during times of survival of the fittest. Women preferred a man who is tall, strong, a provider because it increased the chance of their survival and a man preferred a woman who can take care of children because it increased the survival of his offspring.

We have reach a point in humanity where humans can provide and secure their chances of survival without the opposite sex and therefore much more attention should be focused on how we as humans connect with one another. I have not heard a single TRP argument about satisfying a woman’s emotional needs and vice versa. Hardly any relationship “guru” nowadays talks about the love, tenderness, compassion, communication it takes to successfully cultivate any relationship. If you ask any couple who has been married over 25 years what made their marriage successful, 99% of the time they will speak about the emotional connection they have build, never some TRP bs.

My boyfriend watches some F&F podcasts, alongside Kevin Samuels and a few others and it is astounding to me the way these men talk to women and interrupt them without any regard. What’s ironic as well is that many of these podcasters are not in successful, long term relationships themselves.

TRP followers talk about how it goes around their moral and biological standing to wife up a girl who has had multiple sexual partners yet at the same time happily exploit women (or “hoes” as they say) who sleep with them? It shows to me that their “morals” only apply when it’s convenient to them.

I have also noticed that a lot of TRP men discuss relationships how they used to be in the olden days as if women were 100x happier and that’s why divorce rates were down. This argument completely neglects the fact that in the past, it was a taboo for women to get divorced. Furthermore, women couldn’t get jobs that were high paying and therefore a lot of them had to stay with their husbands for the financial security. Out of the couples in the past who truly were happy, once again it never boiled down to abiding by TRP relationship rules, it boiled down to respect and love for your partner.

Where is the division of podcasts that discuss communication, understanding and respect in a

partnership regardless of who brings home more money, who is more nurturing, etc.

Just some food for thought. I know I may not have expressed some points as best I could've but I hope the point got across nonetheless.

Swallowed TRP 2 weeks ago. Today, I'm puking it back out!

My story

122 upvotes | October 18, 2014 | by [brightskies2094](#) | [Link](#) | [Reddit Link](#)

Hey everyone,

I'm glad I found an ex-TRP subreddit. In a nutshell, I swallowed the infamous RED PILL 2 weeks ago. Why? Because I got cheated on in my 3rd relationship. Excuse me. For the THIRD TIME!!! That means, 3 consecutive relationships where my heart got shat on. And man, swallowing that pill felt good. It made all the sense.

It was all the answers I needed to hear. Women always cheat (AWALT), AF/BB, hypergamy, blah blah. Man was I raging. I opened up a Tinder account and started acting like some weird alpha douche. It worked, to be honest. But I wasn't happy. And I didn't want to be not happy. I was in a deep, dark place where I was bent on inflicting revenge onto these women, "spinning plates" and breaking their hearts.

Then I took a step back. I remembered something my ex said (the cheater):

"....it sucks being cheated on. R***** cheated on me after 2 years of dating. I kind of became a feminist after that"

cough cough how did I miss that red flag? That was my fault. But I realized that I was going down the same path. I was becoming a "masculinist" or Red Piller. I had gotten cheated on, and so now I was going to cheat on girls. It's a vicious cycle. More importantly, after analyzing my past, it's apparent that I had always gone for the INSECURE GIRLS!!!! Why? Because I WAS INSECURE! I STILL AM INSECURE! And this is my problem. It's not a problem with the women in this world.

The truth:

Just like men are diverse, some are players, some are genuine, some prefer monogamy, some polygamy.....women are diverse too! I remember this one girl....Lauren....from college. Outstanding character, pretty, very strong to her morals and values, smart, disciplined, huge heart, loved volunteering and helping the poor. I've seen guys try to "game" her with the alpha, cocky, bs but she was above all of that. Like some supreme female. She ended up dating (and is now married) to this really cool, genuine guy. He embodies a lot of the characteristics I wish to embody. Strong, smart, confident, yet honest and helpful etc. Really an outstanding guy, who landed an outstanding girl.

So basically, like attracts like. And if you are going to be an insecure RP'er, you are only going to validate the things you believe in. For me, my enlightenment has been realizing that women are humans, they are just as diverse, and while some may be "hypergamous" etc. that's not applicable to the whole gender.

Have a good day everyone.

TL;DR: Women are diverse

ExRedPill has fallen down a bit, but hear me out.

122 upvotes | July 5, 2020 | by [HeartbreakHotline](#) | [Link](#) | [Reddit Link](#)

I might get downvoted, but this is coming from a past where exred was a subreddit for ex red piller, who had hope and wanted to improve their lives, for people whom transcended the pill and wanted to become greater.

But nowadays it's just filled with wanna be black pills, and sorry if this sounds too tough, but incels too, nothing wrong in them posting their experiences and ideologies, but they're not ex red pillers, they're not looking for improvement, they're just posting negativity and going further down the rabbit hole, they aren't willing to improve like some of us ex red.

This is bringing our community down with negativity and not giving actual usable knowledge or hopeful / usable experience, which well, defies the premise of exredpill:

“For all former red pillers to discuss their brainwashing and subsequent realization that they've been brainwashed.”

Not saying these self proclaimed incels or black pills don't deserve better, but their negativity is plaguing our water, plus it's a bit against the original premise.

Don't get me wrong, everyone deserves better, but our community is going to darker spots with the non ex red pillers, incel type posts, I'd *love* if there was more “success stories!” Or “why I spit the pill, great choice!” Or “my relationship have been the most meaningful” Or “tips to be a great person!” Or “the noble “alpha”” Or stuff like that, I want hope I wish for positivity not a void of venting hopefulness, what do we, both the black piller and us gain from that?

Well that's all. Take care my men and enjoy life

I can now see why women don't like men cold approaching

122 upvotes | April 1, 2022 | by [Pomeranian111](#) | [Link](#) | [Reddit Link](#)

Last weekend a dude confronted my mom at the casino, from what my mom told me the man's mannerisms were completely off from the beginning.

He was extremely blunt and lacked boundaries, following my mom and grandma super close, even in circles which at the time my mom actually laughed because it looked like something out of a scooby doo episode.

Well eventually they both found my grandmas boyfriend, unfortunately Dave "The cold approacher" was still closely by them both, like a lost puppy "My Mom's words not mine".

My grandmother's boyfriend now got introduced to Dave, which again my mom found hilarious at the time, just of how weird this guy was and how funny this situation was in general.

Dave never took a hint the entire time, even leaving and coming back to the casino again to tell my mom he needs a phone card for his phone...

At this point my mom wanted out as this was 12:30 at night and this dude wouldn't leave her alone. She had my grandmothers boyfriend escort to her vehicle.

Any feelings of this situation being funny have also taken a turn for the worst, my grandmother later called a week after and told us when they both went back into the casino after escorting my mom, Dave was watching my mom's vehicle through the lobby window.....

My mom goes to the casino all the time and has never seen or met this man before, his complete lack of boundaries, shame, embarrassment, among other things make this dude some sort of crazy.

This guy just ruins cold approaching for others. This might be a big reason why I've never got a compliment from a woman before, they would be afraid I take the compliment as sexual interest or something like that.

I totally get womans fear of dangerous men after this, this reconfirms that meeting through meetups and friends is the best bet barring college.

Not that every cold approacher is bad or anything, but imagine approaching a woman who has dealt with stuff like this in the past, giving her minor ptsd while she just wants to grab some coffee.

I believe cold approaching works best in places where women actually want to be met in this way.

For every thoughtful guy who just wants to find a friend or partner, there's a Dave.

My Red pill friend got a bitter taste of reality.

121 upvotes | January 23, 2022 | by [SadBox4529](#) | [Link](#) | [Reddit Link](#)

I have a friend who went deep into the RP rabbit hole after I showed him a some YouTuber whom I thought was a level headed individual(big mistake). Well all my friend ever talks about is pumping-and-dumping females for the sole purpose of sex and has a particular hatred for single mothers. He started talking to some girl last week on Bumble who agreed to go on a date with him. He told all his friends(including me)how he was going to “destroy her in bed like the pornos”. Well she did go on a date with him and made him pay for the drinks and food(well over \$100).As soon they reached his place she called for an UBER and texted hours later saying that he wasn’t her type. He’s now going through a mini depression and is the laughing stock of the friend group. Morale of the story: Don’t take RP to the extreme or you’ll hurt yourself.

EDIT: it was \$200 that’s why he’s so enraged.

You guys come here with your very redpill thoughts.. to an ex redpill forum.... And then argue and gaslight people that make sense... but are opposing of your STILL redpill views.

121 upvotes | May 10, 2022 | by [No-Recording-8670](#) | [Link](#) | [Reddit Link](#)

Let me try to explain better. You bring your red pill thoughts to an ex redpill forum and then get mad at, insult, and gaslight people that have ex redpill views.

People that make sense and have comments that you may not want to hear because you're not as ex redpill as you thought, and you're not ready to hear them.

Don't you think if you were truly ex redpill, you wouldn't be so triggered by some of the responses? You'd agree? You all get on these things and act like you want advice but then when someone's got a response that isn't "awe poor baby it's okay to be short or it's okay to be whatever your insecurity is" When people aren't coddling you.... You get defensive. Which again.... Is your insecurity attacking the truth. You don't want advice or you'd be open to all of it. You want coddling. You don't want the solutions people offer, you want a pity party and self loathing and you wanna argue. This isn't ex redpill it's redpill gaslighting.

There are men who follow red pill ideologies who think they're strong for being emotionally unavailable but they're actually really weak.

120 upvotes | May 24, 2020 | by [CharlesManson_exe](#) | [Link](#) | [Reddit Link](#)

I hate this man. So hypocritical

119 upvotes | January 3, 2022 | by [electronicfusionz](#) | [Link](#) | [Reddit Link](#)

If you are looking for
an image, it was
probably deleted.

Who are these women with all these unrealistic expectations that these red pill guys are mad at ?

119 upvotes | January 27, 2021 | by [Manifestationsdude](#) | [Link](#) | [Reddit Link](#)

They talk about women as if ALL women look like IG models and are only looking for men to use and abuse then leave. The generalizations are astounding. Who exactly are these women? I watched a video of Darius M and he spoke about how a man should never date a woman in her 30s for all these ridiculous reasons. It seems to be that most of these guys have underlying trauma and have no idea on how to manage negative emotions so they just jump to extremes.

From my experience most men and women are average (not stating this like it's a bad thing) I'm average myself and are looking for a partner that they can connect with. Of course there are people that look to use and manipulate others, unfortunately that's the world we're living in but it comes from both men and women,

I feel like most of these guys have serious self esteem issues or personality disorders.

Murdering with kindness

119 upvotes | December 27, 2022 | by [alexbrove](#) | [Link](#) | [Reddit Link](#)

Crosspost "Murdering with kindness" from /r/MurderedByWords:

Posted by beerbellybegone | 27 December 2022 | [Link](#)

Took a big step today. Unfollowed all the dating youtube channels.

118 upvotes | May 22, 2022 | by [Grappleheart](#) | [Link](#) | [Reddit Link](#)

Hey guys. Today I finally put my foot down and unfollowed the roomates, Alpha M, Stephistoocold etc. Recently going through this subreddit, I learned that most online dating advice tries to make you sit at home and not actually go outside and make learn how to talk to women and strangers. I am committing to making my own mistakes and learning from them through experience versus wasting hour of my life consuming shitty RP content. Thank you for all the support.

Red pill is ruining men

117 upvotes | October 17, 2021 | by [SadBox4529](#) | [Link](#) | [Reddit Link](#)

I used to passively listen to red pill content(AMS, Kevin Samuels, Steph is Cold and F&F) for about a year and half. I had a friend who broke up with his girl about the time, he was a good dude but like most young men in this day and age, he was hurt and angry. I recommended AMS and some other red pill content creators coz I thought it would help him out. Well, he went full red pill and is now borderline misogynistic. He had a good girl he was seeing not too long ago but he humiliated her for not giving him sex and she broke up with him. Every time we talk he always complains about her and her church calling the men who go there simps. I'm writing this because dudes who need serious help are being given toxic advice on the internet and it's creating a pandemic of angry lost boys who are trying to use sex to compensate their hurt ego.

Ladies and gentlemen, redpill in a nutshell

116 upvotes | January 5, 2021 | by [Potato-Psychological](#) | [Link](#) | [Reddit Link](#)

If you are looking for
an image, it was
probably deleted.

Why redpill's whole idea about men being attractive to younger women because they're "fertile" is bullshit...

116 upvotes | June 30, 2022 | by [FellasImSorry](#) | [Link](#) | [Reddit Link](#)

The best predictor of whether a woman will deliver a healthy child is having delivered a healthy child before.

By redpill logic, the most sought-after women should be single mothers.

But they clearly don't feel that way.

You Can't Have Healthy Relationship With A Red Pill Man.

115 upvotes | November 28, 2019 | by [CorruptSoulGem](#) | [Link](#) | [Reddit Link](#)

Red Pill philosophy and healthy relationships are a complete contradiction to each other.

My ex is and was a Red Pill PUA. I dated him for a year and it was hellish. I always felt disrespected and even completely dehumanized at times. If I knew how toxic this whole RP thing/he was I would have never dated him. I knew he had insecurities and issues when I started dating him but I thought he was just in a bad place at the time and just needed some emotional support. Instead he just never came away from it and the stuff he put me through just wore me down psychologically.

The things he'd say eventually ended up resonating with me in really negative ways, I even started buy into some of the mind warping stuff he'd say constantly, which in turn only ended up feeding into my own insecurities and made me slowly feel resentful towards him.

He made me feel like once got older I'd no longer have any value to him and I'd be discarded of for someone younger. He also made me feel like I only had value to him because I provided sex, which was very much expected of me regardless of how I felt, and that kind of made me feel sexually repulsed towards him and lose interest in doing it all together.

He didn't have any respect for my personal boundaries ether. He went through my phone multiple times and he messaged any guys that ether liked or left a comment one of my photos and ask if they were having sex with me. I found that really humiliating because then everyone thought the guy I was dating was really insecure or abusive. He accused me of cheating on him almost every day, despite absolutely nothing leading him to this concussion, because he already went though my phone and knew I wasn't.

The worst thing was when he would remove the condoms during sex, I broke down eventually and he stopped doing it, but I found it really traumatic, I never had any intention of not using one.

Every time things started to be "okay" in the relationship, meaning that we were sexually active, we weren't having problems/fighting and things were clam. It wouldn't last, because he'd end up finding something, seeming out of nowhere to start a fight from, he'd always be testing me and things would regress back into me being repulsed by him.

I still have no idea what was up with this guy though out this whole relationship. I feel like his PUA friends/roommates were heavily influencing him as well. Fights and breakups would happen when his one of his friend was in town. Someone suggested he probably did this so he could go be single and party with girls.

I feel like he was cheating on me too because I found used condoms in his room, he said they belonged to his roommate, but who knows?

This whole relationship has left me reeling and I'm probably going to need a lot of time to recover from it.

I just wanted to share in hope that anyone reading this will come away choose to be a better person and focus on having healthy relationships instead, and to make sure you only surround yourself with good people who respect you.

Sorry for any typos, I'll probably delete this later.

It's a hate training, nothing less

114 upvotes | May 1, 2020 | by [EverybodyIsMyBro](#) | [Link](#) | [Reddit Link](#)

It's a hate training, nothing less

1,580 points•[75 comments](#)•submitted 1 month ago by [EverybodyIsMyBro](#) to [r/bropill](#)



You don't know most women /vent post

112 upvotes | January 13, 2022 | by [Yaya199](#) | [Link](#) | [Reddit Link](#)

I am a black woman, 23, It bothers me “a lot” of black men are stuck in their toxic masculinity and “red piller” ways. I am currently dating someone and they sometimes watch influencers such as Kevin Samuels. Men like Kevin Samuels utterly send rage down my spine and throughout my body. Kevin speaks A TRUTH but not the TRUTH. Yes, there’s a lot of hypersexuality, people who need to get their stuff together, and downright awful women. BUT he never speaks about the underlying issues or psychological reasoning. The dude doesn’t even normalize people going to a therapist. All he does is sit, criticize, call women fat, and tell them how she’s gonna die alone. He wants to “heal” the black community but never speak on why “many” black women are “hyper sexual” or single mothers. I’ve probably met more black women who’ve been adultified and molested as children than those who haven’t.. And I can also say out of those who were molested and adultified most were called “fast” or even slut shamed. If he cares so much why not look at the bigger picture. Sexual abuse and assault is something most people will never get over without healing process and professional help. Samuels literally only focus on how women are convenient to men and if you don’t fit his “standards” are trash. It pisses me off someone so closed minded and hypocritical... How can you turn around saying how “sluttish” but say “high value men” do cheat and how you should just accept it ... Kevin has motivated me so much to make my own money(I never would use anyone for money in the first place) and teach my future daughters to never depend on a man for money ... He confuses “high value” with “high paying”. Then have the men and pick me wrapped around his fingers because he makes those men feel as if having money is a personality trait and he makes those pick me feel as if being a doormat is a way to keep a good man. Before I end my Ted Talk, why are they even listening to a divorced twice guy who argues with women ... Isn’t that the opposite of what “Alpha” men do

An Ex-MGTOW, and I wish you all the best. A quick sharing of what I've been through.

112 upvotes | June 24, 2021 | by [xxxtemptation365xxx](#) | [Link](#) | [Reddit Link](#)

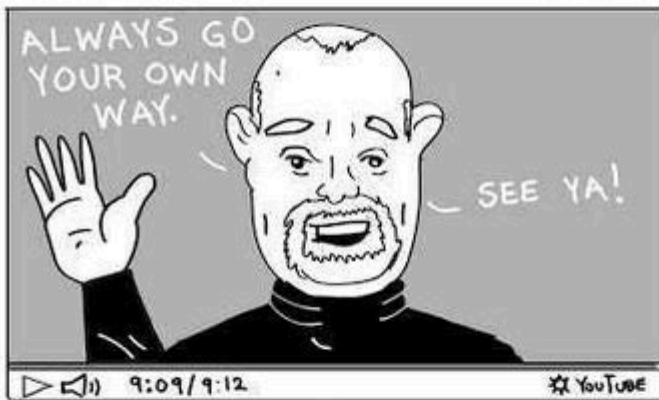
- Long story short, I've been deep in TRP's holes for a few years. I've succumbed to MGTOW so-called 'philosophy'. With confirmation bias from trust issue I had for so long, emotional trauma and all, it got worse. AWALT, Alpha fuck beta buxx yadda yadda, and all of those catchphrases.
- But one day (you may call it luck or fate, but I believe it's my own effort), I decided to get to know this one woman, and everything started to change.
- Before you misunderstood or anything, back when I was still brainwashed, I've set a certain criteria of woman that I want to get to know, and it's totally unrealistic (in my country because of religion, culture, and all). I thought that kind of woman (or my dream girl) didn't exist. But I found her. She exists.
- We started to know each other (I was still skeptical because she is heavily tatted up - mind you, if you ever been in the TRP community, they told you to stay away from girls/women who have tattoos due to impulsive decision-making they said). But she's not impulsive. She's into tattoos for artistic and aesthetic values.
- But as we know more about each other, we share the same POV, we have the same belief, she is what my past-self (before MGTOW) ever dreamed of. We bond easily, the chemistry flow effortlessly, our level of understanding is on par with each other. And there, the revelation came. My eyes were opened. I've been blinded by psychological biases to cope with the fact that I haven't been searching hard enough for the woman of my dream.
- This girl I'm currently dating (and hopefully would be my future partner in life) is helping me with all my issues. May I remind you that she also come from a broken family (TRP would say that you should only date girls from stable family etc) but she's willing to lend a hand. She's a healer and a keeper. Her past or family doesn't dictate her future and her self-worth.
- Last but not least, I've learned that everyone wants to be treated like a human. We are not objects, trophies, scores. What we project onto the world is what we truly are, internally.

I wish you all the best. May you find the life you're looking for.

The sad reality of MGTOW, What do you think ?

111 upvotes | July 1, 2021 | by [South-Law-6211](#) | [Link](#) | [Reddit Link](#)





Real MGTOWs exist, but you won't find them on any sub that revolves around women

111 upvotes | January 7, 2021 | by [tiposk](#) | [Link](#) | [Reddit Link](#)

Think about it. Do you spend countless hours talking about cricket when you don't care about it? No! Do you subscribe to communities dedicated to celebrities when you don't care about them? Of course not! When you don't care about something you don't talk about it. Men who aren't interested in forming relationships with women don't sit before their screen complaining about them. MGTOWs are men who for one reason or another failed to develop healthy experiences with the opposite sex and use the community as a means to rant and vent. They've never gone their way, no matter how loudly they try to convince you to the contrary.

If Redpill is still convincing to you, despite all reason and evidence to the contrary...

111 upvotes | September 2, 2020 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)

It's because Redpill did not convince you based on reason, logic, and evidence. Even if it seems so. Redpill is meant to reach out to your inner desires and insecurities. It spoke to you on an emotional level. It gives you an answer when you are lonely and lost and wanting physical attention.

All of the science behind it is really just pseudoscience, and any actual studies are taken out of context and misconstrued. (If it was really based on science... then why aren't all therapists, doctors, sociologists, psychologists, ect using Redpill methods? But that's another rant.)

Redpill spoke to you on an emotional level. If you really want to get rid of Redpill thoughts once and for all, you have to dig down to that emotional level. You have to heal those wounds, those insecurities, that emptiness. I won't give specific advice on how to do that, because it depends on the person. I will say it's not easy, because it's not easy for anyone to do. Especially men, who have been told their whole lives to suck it up and forget their feelings. The best and first solution is definitely therapy.

As the old saying goes, *"You cannot reason someone out of something he or she was not reasoned into."*

Edited

I was played and cheated on by the “trad” women the red pill claimed were the best women to date.

111 upvotes | October 26, 2022 | by [goatliverfan](#) | [Link](#) | [Reddit Link](#)

A common narrative amongst red pillers is that non religious women with tattoos, dyed hair, “slutty clothes” or piercings have mental issues and are terrible partners. I stupidly believed this when I was younger because I had just got out of a bad relationship. It wasn’t that these things were unattractive; it’s that I believed that girls who were like that would cheat on me or abuse me. I just didn’t want to get hurt again.

But then it dawned on me that my ex was a Christian, dressed modestly, had no tattoos, no dyed hair, or any piercings and she abused me and cheated on me anyway.

I now realize that the red pill just preys on broken men and scams them with their bullshit. I see now that I simply just needed someone to help me after my breakup from my abusive ex. I needed good friends, not a envious red pill jerk.

I know now that it’s someone’s character that matters not what they wear or if they’re “trad”. I feel so stupid for thinking that a girl dressing a certain way or not being religious would automatically lead to her cheating on me.

Red pill men like Andrew Tate would probably call him a Simp but this man is a hero to millions

111 upvotes | January 13, 2023 | by [alexbrove](#) | [Link](#) | [Reddit Link](#)

Crosspost "thank you Internet's dad" from /r/awesome:

Posted by ThoumasTurbando | 13 January 2023 | [Link](#)

The Red Pill - The Incredible Damage It Has Done To My Life

111 upvotes | March 27, 2020 | by [Supersubie](#) | [Link](#) | [Reddit Link](#)

I am making this post in the hope that someone here thats browsing this sub trying to work out whether the Manosphere and Redpill ideologies is actually helping them out or causing them to repeat the same destructive patterns of behaviour that is making them miserable. This is my story and I hope you get a sense of the damage I have managed to do to myself.

TLDR - The Issues I Need To Unpick

- Believing that every woman you are in a relationship with is going to pull down her panties and fuck someone behind your back - This belief is going to repeatedly make that the truth as your behaviour drives them into the arms of others
- Thinking that every guy in her life is someone she has put there on purpose to monkey branch to - this belief is going to make you a controlling asshole that her friends will encourage her to drop
- Thinking that all marriages end in divorce - Every woman in my family life is in a long and happy marriage... and yet I laugh at anyone I know who gets married because its 100% going to end in divorce rape
- Telling your friends that they should get a paternity test when they have kids - this one is going to make you look really weird in your social circle. Its so paranoid its unreal
- Thinking that every time you have sex you need to be rough, dominating and hard - sometimes your girl just want nice loving sex, sometimes she wants a spanking. Go with the flow but don't be driven by the idea that if you aren't destroying her every time you are doing it wrong. This will lead to arguments and is probably more a reflection of people learning what they think is good sex technique from porn.
- Blaming women for all of your own personal shortcomings and fuck ups in relationships - you cannot blame everything on everyone else. You need to realise that if you are in relationships that keep burning and failing its probably you thats doing something wrong.

The Beginning

Attention seeking loud and seemingly confident child brought up with 3 sisters and a brother and Mum and Dad still together. We were a poor family but grew up close with my sisters often tasked with taking care of me when we were younger as Mum and Dad both had to work.

Growing up, if you saw me you would think this kid is confident but the reality was that I had no confidence at all. I got all of my selfworth from the opinions of others and external sources.

The First Girlfriend

Fast forward to 18 and I am now in art college, going out with my friend who had recently read The Game not knowing what I was doing and not really caring. We were having fun, peacocking and being the weird artists on a night out. Whilst wingmaning for my buddy I met my first girlfriend.

This relationship lasted 5 years, all the way through university. It had a lot of ups and downs and quite frankly I acted like a twat to this girl. I cheated on her through the entirety of our relationship but also didn't care wether she stayed or left. I had girls that were always interested in hooking up and the only reason I stayed is because she had unknowingly to me became a safety net that I could go

back to when times got rough.

The relationship ended when we moved into a flat together. Whilst checking for a recipe on her computer as I cooked a meal, a message popped up from a guy she worked with. Telling her not to be stupid and not to feel embarrassed about last night, he likes her to. I finally felt what it was like to get cheated on.

I was at rock bottom, no career going on, wasn't in good shape and had no goals. I was single for the first time in 5 years. I spent that month crying and googling to try and find answers. Where did I go wrong, what can I do to fix it, how do I make myself feel better? I completely neglected to take the time to realise, that this was what I really deserved for my behaviour to this poor girl.

This is where I found the book of Pook. It seemed to provide answers. I wasn't wrong, women were just shit. Go get yourself fit, go spin plates, women aren't worthy of your full attention. Set goals get a good job go slay you are the shit go get it.

The Decent Into The Manosphere

I read the entire sidebar, I read the rational male books, I read stoicism, I read work out books, I read sales books. I spent day and night reading TRP subreddits. It felt good, probably the first time in my life I had heard a lot of this common sense advice from other men. I was too happy that my life was moving in a good direction that I couldn't see the changes in my attitudes to women. I wasn't questioning what I was consuming and just in full on gorge mode.

I was on a rampage, I was flirting with everyone (got my head kicked in, in a pub because a guy's wife was flirting with me in front of him and I stupidly turned it up to 10) I was sleeping with a lot of the girls I knew from uni, even the ones that had boyfriends. This caused massive amounts of arguments within that social circle as they all tried to lock me down and jealousy ran rife. I caused break ups, I caused heart ache and this eventually led to me losing nearly all of these friends who were very dear to me. (You can't be friends with women right? If you aren't fucking them they are of no value to you).

I went traveling with my friend around Europe. I was sleeping my way through hostels and it felt great. Fuck my ex all these women want me and life is great. This initial success led me to question my interactions with women less and less. I was getting what I wanted so why should I care if I am causing a lot of pain to the people around me?

The Second Girlfriend

Through my plate spinning I met an incredibly beautiful girl. I am on fire with my confidence and manage to get back to her hotel room and have a great night. This develops and I start falling for her. She's stylish, highly educated, successful and from a really rich family. I had never met someone like this before. You can say I had no abundance but I was sleeping with 4 women actively at this time and I just felt a strong connection with this girl. Over time my plates fell away as I gave them less attention and we moved in together.

The relationship turned sour real quick. This confident, successful guy she has met actually turned out to be an insecure, jealous and suspicious person. All of the material I had read about how women will cheat on you at the drop of a hat, how you need to set crazy boundaries on their actions led me to constantly be in a place of fear. I was pretending everything on the outside was okay, but I hadn't processed the fact I got cheated on. I was very aware how many women I had slept with who had boyfriends and I was so afraid of this happening again I tried to actively prevent her from being in

situations where she could.

I drove her away and right into the arms of another man. Here I was again, at rock bottom having been cheated on again. At this point I really fucking hate women.

The Redpill As A Safety Net

I know what I need to do here. All women are unworthy, move on fast get back to being the guy you were. I am working out, I get promotions at work. I set goals to change my career. I am spinning plates again really fast. I am causing a lot of emotional pain to the women I am meeting. I am going on so many dates that I had a bar routine and the bar staff knew who I was and we would have jokes about me having a new woman every week. I felt great again, but I was burying all of my emotions. I was actually broken that this relationship had fucked up. I would bump into her and nearly have a heart attack. I had blocked her out of my life and was pretending as if she never existed.

My relationship with the women in my family was pretty much non existent now. I hated them, even though they have all been in stable long term relationships. They are all happily married with kids, they run businesses and they are kind generous people. At this point my Dad is found out to have feelings for a young girl he works with, this breaks my mother. I TOOK MY FUCKING DADS SIDE DURING ALL OF THIS.... This has really burnt some bridges with my family which I have managed to repair somewhat.

This period of my life led to some really awkward situations that my friends and I laugh about now but I know for a fact this has given me a bad reputation with the women in this social group. I was fucking 18 year old freshers as a 27 year old. I was driving my housemates mental always having new girls round, they were getting confused and using the wrong names for each girl causing drama. I was using work networking events to pick up and pull even more women.

Girlfriend Number 3

I had no intention of being in a relationship ever again. Life throws at me a beautiful and intelligent woman and we click. She spends 4 days at my house from the time we first met (not on a date but a work meeting). We ended up having a 2.5 year relationship that was going well until I moved in. This ended recently for the same reasons as the last. I was so paranoid about being cheated on. I never dealt with those emotions and trust issues. I would let her go out but be in a shitty mood the next day causing bust ups. I drove this one away as well. She would eventually leave me in the middle of this lockdown. In truth, its entirely my fault and this is the first time in my life that I have accepted the fact that I had a huge part to play in it breaking down. It isn't just that women are bad, it was that I was an incredibly shitty partner because of my belief system.

I beg anyone embarking on this journey not to descend into the woman hating madness that is TRP. It will bring you temporary relief, it will give you good advice that you can just find in nearly any self help material. It will cause you to ruin good relationships again and again. It will cause you social embarrassment, it will make you feel guilty about the devastation you cause to those around you and ultimately its going to make you a sad lonely old fool thats bitter and twisted and thinks the world is out to crush him.

Why do men fail to see that women are just people and aren't so different from each other?

110 upvotes | October 4, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

Some people like to portray men and women as coming from two completely different universes.

While there are some biological differences we really aren't that different.

I think this is more of an issue if you fail to see women as humans and just objects. Really all you have to do is treat them like humans but men think its this game you need to figure out. Anytime I see dudes complain or fail with women I usually can tell its them.

I'm so tired of hearing about how it's impossible for women to be lonely, how women are always cared about and complimented, how easy it is for us to get attention, etc.

110 upvotes | September 16, 2022 | by [uuuggghhhhhh9](#) | [Link](#) | [Reddit Link](#)

I'm autistic 19F, almost 20, never had a boyfriend, no guy has ever shown any modicum of romantic interest in me, never been complimented by a guy, I've never even been catcalled. And yes, I know that's a good thing, but it just goes to show that literally no one acknowledges I exist. I don't have any friends to lean on either, no girls have ever shown platonic interest in me since I was a small child. I spent middle school and high school sitting by myself in the corner, no one even knew my name. I rarely even opened my mouth at all when I was in school. The only people in my phone contacts are my parents. They're the only people I talk to in life.

I constantly hear about how women live life on easy mode, how they get compliments every single day that they take for granted, how they can never know true loneliness, how we can't comprehend the concept of no one giving a shit about us. The one that infuriates me the most is when they say the "looksmatch" of mediocre looking autistic guys still get showered with compliments and romantic opportunities, and it's so frustrating for me to hear that, because it just feels like my crushing, soul destroying lifelong experience of excruciating loneliness just keeps getting invalidated over and over again.

I've also noticed that whenever a woman says something like this online, she gets bombarded with bitter messages like "well now you know how the average man feels" and assumptions like "I bet this isn't true and she actually had 3 boyfriends and dozens of friends in high school, female loneliness is different from male loneliness". I saw a meme where it said that lonely men haven't spoken to someone in 2 weeks, whereas women who say they're lonely just can't get "Chad" to notice them. It just makes me sick how they genuinely believe women as a whole are just a hivemind of spoiled Stacies who don't know any kind of hardship, as opposed to individual human beings with different lives and experiences.

And look, I understand that my experience is much more common for men. But I'm still sick and tired of hearing about how I'm not really lonely because I can go on Tinder and get a billion matches or some shit like that, or how women are unable to sympathize with, let alone experience, being lonely.

Need to vent... I really regret immersing myself in TRP.

109 upvotes | August 22, 2016 | by [Mushy_is_C12H17N2O4P](#) | [Link](#) | [Reddit Link](#)

I'm 25. About 2.5 years ago, I discovered TRP. I had never been successful with the opposite sex so it immediately appealed to me and gave me many satisfying answers.

About 8 months ago, I met a girl at my job and we hit it off really hard, really fast. The entire relationship has been wonderful. I've never been so relaxed around another human being. Constant laughs since the day we met. Amazing sex 3-7 times / week since about a week after we met and hasn't slowed down. Both of our families and friends think we're a great couple.

The only thing TRP has helped me with is not being timid about escalating the interaction. I went from walking up to her, asking for her number, setting up 1 date, then sex the next time we saw each other.

Beyond that, TRP has only hindered me and threatened a beautiful relationship for no fucking reason whatsoever.

Like 1 or 2% of the content on TRP is helpful, yet common sense stuff that wasn't originally conceived by TRP anyway. The usual advice: stay fit, don't be dependent, have a thing/hobby, don't be boring, dress decent etc. People have been saying this shit forever, and TRP gives shallow advice anyway. There's tons of personal development material out there that will give you much better advice without the unnecessary, dubious, anecdotal, insecure redpill shit shoveled on top of otherwise good advice.

I wasted so much fucking time on TRP reading and contributing to the circlejerk. When I look at TRP now it's so cringey some of the stuff that gets posted there. I don't even care that it's misogynistic, or false, or whatever, it's just straight up embarrassing and cringey.

It's often said on TRP that redpillers "hate how much TRP works". What if I told you that after a good 2 years reading that garbage the only field report I can provide is that TRP doesn't work and I am now a bluepill beta cuck?

Anytime I tried to use any advice from TRP/asktrp, it ended up backfiring. The beginning of the relationship was slightly rocky which was entirely my fault and I almost ruined something good due to my insecure manchild behavior.

Anything positive I may have learned from TRP was cancelled out by the additional insecurity and overcompensating behavior that comes with a subscription.

I struggle with mild anxiety and depression. I remember one time a few months ago I was having a very bad episode and I broke down crying in front of her while we were in bed. She just held me and told me she loves me and she'll always be here for me and petted me to sleep. The next day she went out and fucked Chad because she realized she was dating a huge pussy.

Actually that didn't happen. She initiated sex in the morning and again that same night. Weird.

"There are no unicorns. AWALT." I always cringe when I read "AWALT". Shut the fuck up kid, holy fuck.

It's fucked up how TRP thinks your significant other is going to instantly leave you and/or break your trust because you're a human being. This causes you to bottle up a lot of things and take on a fake persona instead of learning how to be comfortable with who you are right now. It causes you to create

an unnecessary wall between you and your significant other, preventing you from reaching deeper levels of emotion and connection. It causes unnecessary anxiety and fear that will affect your relationship by creating problems where there aren't any. Then of course you're going to "hamster" it by saying, "Yep, TRP said this would happen. AWALT."

Just looking back at these past 8 months. It's amazing how forgiving and loving my girl has been. One bad habit I used to have is overthinking and overanalyzing small things she did because I was *expecting* her to be shitty because AWALT and relationships between the sexes are inherently antagonistic right? And I would ignore a lot of the good things about her and our relationship.

Sometimes I simply tell her when she does something or says something that bothers me, and she changes her behavior. I do a lot for her (beta bux amirite?) and she recognizes that, so when I ask her to do something, she does it because she loves me and she wants me to be happy.

I wish I could go back and trade in all that time I spent reading TRP and manosphere material for classic personal development material or just actually doing something productive instead of wasting time on the internet attention whoring with morons.

Expecting women have a low body count is hypocritical

108 upvotes | May 7, 2023 | by [ChanceRadish](#) | [Link](#) | [Reddit Link](#)

According to red pillers, a “high value” woman stays a virgin until marriage, while a “high value” man has a lot of casual sex. If you think about it, in their ideal world, if every woman saved her self until marriage, then who will men have casual sex with? There’s no woman to engage in casual sex with because we’re all trying to remain “pure.” How are you going to shame women engaging in casual sex, but praise the men doing it with them? It makes absolutely no sense. Men like Andrew Tate shame women for having casual sex and raising their body counts....while being the same men raising their body counts. If men were really serious about preserving a woman’s chastity they’d avoid having sex with women in order to maintain that. But they don’t. The more I think about it, the more brain cells I lose.

The terms Alpha Male and Beta Male in regards to dating originally come from a small segment of a book written in 2007 by a batshit-insane ex-biologist loser who never had any proven success in life. He was comparing humans to gorillas. (LONG READ).

108 upvotes | June 12, 2020 | by [CountVP](#) | [Link](#) | [Reddit Link](#)

At age 16 i was good looking and charismatic and never had problems with dating, but i wanted even more, i wanted to build a harem of women (the things you think about at 16 lmao) and one day, this weird prophet-like dude comes into my virtual life telling people like me he discovered the secret of getting pussy.

He did not look like a life coach or a guru. He looked like someone who knew his shit.

Being a young and impressionable dude i started diving into his ideas, reading his blog and ultimately landed on the "manosphere" community (that evolved into the Red Pill sub)

What ended up happening is i became obsessed with the redpill RELIGION. I started getting worried i was not enough and i was failing myself as a man, i started becoming socially awkward and weird, i cheated and ultimately lost my girlfriend. I went from young casanova into a total creep.

I didn't leave my home for ages, trying to read and codify the red pill theory. Even when i went out to party i started getting rejections when that was previously not my normal.

I legit went crazy and started to think every girl was smarter and meaner than the soviet KGB. That every move i made was a mistake and the girl in question would not want to sleep with me. As most self defeating mentalities go, i was becoming what i was trying not to be, a creep.

That's when i started to feel "Beta". Because i was failing at acting as an "Alpha" (the redpill has such an unrealistically definition of alpha that no followers could get there, and those that claim to be are full of shit).

I sunk 4 years of my life into this ideology before i started to question it. First time i did it i was called a beta, second time i did it they permabanned from the redpill sub. An ideology so truthful you cannot question it...

Much like the second half of FIGHT CLUB, the man behind the movement (the prophet from the beginning of the post) had vanished. Apparently he got into deep trouble and decided to quit the life. But the redpill and his followers and the whole operation he started kept going. Even more cultish.

So i started to investigate the prophet. All of his life. He is the author of some 10 books, some of which have been taken out of every single library service and you cannot find them anywhere that is not a free pdf archive. (and subsequently one of his books is on the silencing of free speech, without realizing his books are harmful and full of shit)

The Prophet had a very interesting lifestory. He apparently was the nerdy weirdo in high school, entered biology school in a college nobody knows which and probably got his degree. Then he went on to latin america to study some species of frogs, or birds.

Somewhere along his early biology career he had an epiphany, decided quit his job and started to

travel south america is search of becoming the god of pussy. This book on his travels in south america reads like a joke. The guy set out to fuck the whole continent and instead gets fucked every step of the way by the locals.

Then somewhere in the future the prophet decides to write a book and by some weird miracle publishes it.

"The most controversial book in the world" the marketing slogan read.

In that book our hero argues that attraction is a science, and he has decodified the scientific method by which an unattractive man can get a super hot female.

He uses a mix of common sense with absurd statements and by the third chapter writes a comparison between humans and gorillas.

It's then that he argues that the Alpha gorilla gets all the female gorillas because he is aggressive and doesn't give a fuck, while the Beta gorillas are afraid and only get the leftovers of the Alpha.

Therefore you can study attraction the same way he studied animal biology to become the ultimate Alpha human!! And he knows the formula already so don't bother getting your own conclusions.

This obscure passage of this obscure book, written in 2007 by a total loser, is the begging of ALL this redpill shit.

The entirety Red Pill community, affecting and destroying the life of hundreds of thousands of people around the world and damaging relations between men and women worldwide, is based around relations between gorillas...

The sheer power of an idiot....

Today you will see and hear the term alpha and beta male everywhere. The entire redpill doctrine is built around this concept. Even your grandma knows this shit. why? Because of the prophet who sold this idea to someone and gathered believers and it became a huge snowball effect.

The saga of the prophet continues. He writes a lot more books, most of them show him failing hard at picking up girls.

He goes on to live in a bazillion countries in search of pussy and makes hundreds of vlogs from these countries telling his cult about his life. In none of the ones i watched he is seeing getting on with a girl.

Something is weird tho, in every vlog, in every video, in every production and public appearance the guy looks like a HOBO. He appears as some neck-beardy, unhygienic wierdo shown to eat a crazy diet, super dooper skinny and extremely shy and unconfident.

He does not even look like the "Alpha" male. He does not practice what he preaches. It is weird to watch his videos. Some of them have disappeared, but you can find some of them still i bet.

By then our guy has left his community and guess what??

HE BECAME AN ORTHODOX CHRISTIAN NUTJOB.

Guy does a 180% and shuns the community and his blog starts to preach gospel about his past sins and the shitty mentality he has and the wonders of traditional marriage. He also attributes EVERYTHING to the work of Satan..

So, not the most mentally stable guy right??

But this weird man, this shitstain on humanity, created one of the most toxic and cruel cults of the 21st century that is still going strong, without the adepts knowing the life story of the guy that created

it all.

And he gets to walk away and be a nutty chirstian in Ukraine or whatever the fuck he is while the damage has already been done.

If you haven't gotten the memo yet. The prophet's name is ROOSH V.

Beware of what you buy into, sometimes the all powerfull mage of oz behind the curtain is just a tiny little sad man...

Redpill works, just not on girls you would want

108 upvotes | November 4, 2021 | by [SharpPasta](#) | [Link](#) | [Reddit Link](#)

I've been following this sub for a while after being addicted to redpill content for years out of insecurity and obsession with social dynamics. Figured I would share my story.

I first got into redpill after pursuing a girl who accepted my invite for a date and then started to make up shitty excuses but still sent me sexually explicit messages. At the time, I was on anti anxiety medication and through my uninhibited state I developed strong feeling for her. In my confusion over the mixed messages, I started looking up the situation I was in and fell down the rabbit hole. First it was Corey Wayne, which I should have stopped at since he isn't half bad as far as I'm concerned, but then I found more like MJ Getright, AMS, and Better Bachelor and started to grow very bitter towards 'female nature.'

Anyways, I was still pursuing this girl during the time but stopped messaging her all together after our interactions were reduced to keeping up a snap streak. A couple weeks later I messaged her again and got a story about how someone did something unconsensual to her and her friends left her because apparently they think she was at fault for it. I provided emotional support for a bit but was pretty heartbroken at the implication to the point that I ghosted her.

The takeaway I got from this combined with my redpill knowledge was that she was stringing me along to use for attention while she got with dudes that passed her 'shit tests.' In fact, this was the truth. However, this girl was the type that would post pics with captions like "I'm ugly" or "I'm fat" to bait complements which should have been seen as a red flag.

After 4 months of no contact, I got a rogue text message from her acting as if nothing had happened. Armed with my new redpill knowledge, I managed to get a date with her.

During this date, I witnessed every single shit test that AMS talked about happened and I was able to pass most of them. That wasn't all she did though. I noticed she would lie about past events if I brought them up and eventually started to say there was something wrong with my memory. This tripped a red flag in my mind from learning about gaslighting and narcissism and then I started to see a more full picture of what was going on.

Pretty much every part of our interactions was littered with love bombing, future faking, hoovering, and other buzzwords for narc manipulation tactics.

I'm pretty sure those things aren't 'tests.'

Anyway, I broke things off when I realized this and since then have dated girls who don't do this kind of shit, or at least only do it to a minimal extent.

Conclusion/TL;DR

Red pill tactics seem to be most useful if you want to get with abusive people. I know a lot of people here discredit the idea of testing or 'shit tests,' but I have seen testing behavior from women who aren't psychos so I don't think there's absolutely 0 credibility to them. I do think the amount and extent someone will test you is correlated with their level of narcissism. In general, I've found that women you get along with and treat with love and respect whilst having your own boundaries and life will react well to you.

Why do so many redpill channels hate black women?

107 upvotes | August 4, 2021 | by [sheuvvie](#) | [Link](#) | [Reddit Link](#)

I'm a black woman and I noticed that many redpill channels are starting to say black women are masculine and aggressive and the least attractive race, especially other black men.

Kevin Samuels for example. There was a black woman who went on his show. She said she makes around 100,000 a year. She stated that she wanted a man who made basically the same amount of money as her (literally not MORE, the SAME AMOUNT as hers). Kevin told her that it was impossible to want that because she's not attractive enough

Black men in his comment section saying that black women are all delusional. As a black woman this makes me really side and is making me question if black men like us

My brother said he only dates outside his race cause he doesn't like BW

Also any reason BW are viewed this way by others? Is there anything we can do to change it?

Being a successful PUA isn't worth it

107 upvotes | September 14, 2020 | by [Cosmoglio](#) | [Link](#) | [Reddit Link](#)

You think you want to become a player so you can have lots of sex? Think again.

I made a comment about this in another thread, but I believe it's worth mentioning to people who might be tempted (back) by the PUA lifestyle. I've been a reasonably successful PUA in my days; irregularly so, it came in phases, but at times enough to see a few girls every week.

It's common for PUAs to claim 1) they love sex, 2) they love the company of women, and 3) they want high-quality women. It's generally what the gurus say and the followers repeat it religiously because it makes them look cool and it validates their efforts. However, quite ironically, even a competent PUA doesn't get that much sex compared to someone in a relationship, and less satisfying sex at that. So let's review those 3 points. Note that I will use the emotionally detached language of PUAs, which I now despise, for clarity of information.

Maintaining a consistent abundant sex life as a PUA demands consistent efforts. Let's say you want to have sex 3-4 times a week, here's the work required. You go out often, you approach on the daily, you spend a lot of time on dating apps, you get some one-night-stands, you manage to convert some of those in fuck buddies, now you think you can finally relax. Think again. Fuck buddies bring some regularity to your sex life, but you also end up spending hours texting, making plans. When you see them, it's not like you fuck instantly, you hangout with them all evening, do activities, spend the night over. Repeat that 3 times a week and the amount of work required is equal to a part-time job, time you could've spent on hobbies. Before you know it, it seems your whole life revolves around fucking. It's tiring as shit, and it seems you can never catch a break. In truth, this is because most of the results from your efforts are unrenewable.

Eventually, your fuck buddies get tired of your shit. They always do, when they realize you're an immature mess who has no intention of commitment. So you have to keep doing all the PUA stuff (approaches and dates) to maintain a regular rotation. Add it to the pile: on top of your 3 nights a week with fuck buddies, you're also spending 1-2 evenings going on dates, and a lot of free time on Tinder. All this has diminishing returns: the more you work on maintaining the machine running, the less interesting you become because you have few time for yourself. In turn, this sabotages your efforts making you work even harder.

Worst of the worst, spending so much time to have sex makes you much more results oriented and impatient. You start developing a "let's just get on with it" mentality with your fuck buddies. This is something I experienced myself and many "naturals" I spoke with experienced as well. You stop enjoying the company of women, like the PUAs claim to do, because hanging out seem like a chore. This also has diminishing returns, making you work harder.

Meanwhile, the "simp" is having sex daily with his girlfriend, yet he doesn't have to consistently "work" for it. Obviously, regularity of sex varies from couples to couples, but from my observation the average couple in their 20s has more sex than the average competent PUA. Plus the sex is better. So really, PUAs don't do it for the love of sex. They do it for the love of social capital amongst bros they get from being perceived as players. Stop lying to yourself. Address the real issues: poor self-esteem mixed with a culture that states men's value based on the amount of sexual partners they have. No bullshit, right?

I'm not advocating for a puritan lifestyle. Casual sex can be great. There are many women I find attractive (not just physically, but in terms of matching interests and personalities), it's only natural that, given I'm not in any exclusive relationship and they're not, I would wish to share intimacy with them. But the keyword is intimacy. Great friendships can arise from healthy fuck buddies, but in this case, sex is sort of a feature of the relationship, the tool of intimacy, compassion and love (not necessarily the exclusive monogamous type of love). Western society has made love a bigger deal than it is. You can love your casual sexual partners, you can love friends.

As for "high-quality women", that's simply ridiculous. What exactly defines the quality of an individual? For PUAs, a high-quality woman often refers to a certain standard of beauty and certain personality traits (mainly ambition). These values often become prescriptive; I've seen many novice PUAs try to spend their time with women they have no business with because they were brainwashed into believing said women were high-quality. Obviously, you should have a good idea of what values you personally desire. Find out your own "high-quality".

Red pill guys criticizing women for doing hookups

107 upvotes | July 12, 2020 | by [AUfan36](#) | [Link](#) | [Reddit Link](#)

I have noticed a lot of these redpill guys expect to get sex from a woman without having to date her and without commitment, but they also criticize women who do hookups or casual sex as whores and sluts. But then they also get mad at women who don't put out easily too. It's like they have such unrealistic expectations of women . That's one reason why I stopped consuming redpill content

Internalize that women are humans

107 upvotes | January 28, 2022 | by [julianbeing](#) | [Link](#) | [Reddit Link](#)

This is the single biggest step you can make to get your life back.

When I was younger, women always seemed so mysterious and so aloof. I didn't understand them one bit.

I've dated a lot in the last few years and used to have very open conversations with the women I spent time with. I finally realized that they all got their own life, their own problems, and their struggles. Many female humans are good people. Life is difficult and they are trying their best to live theirs. They want to do the right thing and sometimes circumstances get in the way.

I am not saying that you should tolerate behavior that is damaging to you or others. What I am saying is that there is often an explanation for this behavior that is rooted in insecurities or trauma.

Once you become more compassionate about the problems women face, you will realize that it's so much easier to be with them or attract them.

A Critique Of The Red Pill By A Guy Who Was Supposed To Be A Model

106 upvotes | April 9, 2021 | by [RedPillReformed](#) | [Link](#) | [Reddit Link](#)

What's up, everyone.

I am Red Pilled. And to be honest with you I'm slowly rewiring my brain to think a bit differently. A lot of the stuff I've read is true, most of them are not, in my personal experience.

Who am I?

I'm a guy who had a bit over 900 matches on Tinder.

I'm a guy who was contacted by a couple of modeling agencies to become a model but didn't want to go that path.

I'm a guy who has had over 50K followers on Instagram and basically a local celebrity in my city.

Was it always this way?

Nope.

I'm a guy who weighed 265lbs when I was 15 years old (that's a bit over 120kg for my euro folks).

I'm a guy who got rejected by most girls.

I'm a guy who got bullied.

The funny thing?

I had sex for the first time when I was 15 and fat. I had a relationship that lasted 2 years.

Guess what... I broke up with the girl.

I lost weight.

I went to the gym.

I learned how to fight.

Did it increase my opportunities?

Absolutely.

Did Red Pill tactics help with that?

Not really.

Didn't know about Red Pill till about 4 years ago (I'm 24 now).

Was I Red Pilled before that?

Absolutely not.

Did the Red Pill help me sleep with more girls? Did it help me attract more of the opposite sex?

No.

Didn't make a difference at all.

Girls wanna have fun.

People in general just wanna have fun.

We all know that.

If you're a guy, lift, learn a bit of the game (which is 90% having unshakeable confidence) and love

yourself. Be good by yourself.

You don't need any tactics.

You don't need to hate women.

You don't need to think women can't love you.

You don't need to think women are always cheating behind your back.

Girls just wanna have fun.

Be fun.

The girl I'm dating now thought I was too "serious" when we were dating non exclusively at first (because I was too red-pilled).

And to be honest, you can't be fun when you're all in your head thinking about hypergamy and how you have to portray this image of an alpha male that makes a ton of money and doesn't care about anything else.

Ironic right?

Be yourself.

Be a bit more confident.

Lift some weights so you're not just a slob that eats chips and watches TV.

Read some books.

Learn to love yourself.

Learn that a woman having sex with a guy is not bad.

Learn that none of this shit that the red pill is preaching matters.

Sex? Doesn't matter.

A girl sleeping with too many guys for your liking? Doesn't fucking matter. If you don't like it, leave. Let her do her own thing. We all have to go through different experiences to learn shit in life. She'll find someone who can accept it and you'll find someone who you vibe with more.

Getting cheated on? Doesn't fucking matter. It's not your fault anyway. If a person is fucked up enough to cheat, it's not you, it's them. Fuck it. It hurts, yes. Betrayal hurts even if it's from the side of your own gender. We move on. We grow stronger. We grow better. And that's life.

All of this is made up, man.

It doesn't fucking matter.

At the end of the day...

Why listen to random guys, which you don't even know, which have nothing to do with you, in a subreddit that think getting laid once every two weeks (supposedly, cause most of them can't prove that) with random girls is the achievement of a lifetime? Not to mention that's low. Not to mention that if you learn basic game you can do way more than that if that's your goal. Not to mention that there are a thousand things in life more important than your body count.

Not to mention, they're supposedly fighting the "female imperative" yet completely live in it by constantly sharing "strategies" to get women to like them.

The acceptance phase they all talk about? You reach that when you understand that none of this shit matters.

Forget all that shit.

"Life can be so much broader, once you discover one simple fact, and that is that everything around you that you call 'life' was made up by people who were no smarter than you. And you can change it, you can influence it, you can build your own things that other people can use." - Steve Jobs

Wishing you the best.

Boy thinks opening a door for a woman is being a simp

106 upvotes | July 18, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

If you are looking for
an image, it was
probably deleted.

Why I left the mgtow movement

106 upvotes | March 1, 2020 | by [zakmo96](#) | [Link](#) | [Reddit Link](#)

I quit the mgtow movement as I completely opposed their revenge fantasy of women hitting the wall when they turn 30 and also I disliked the hatred they had for single mothers, they were celebrating other peoples misfortunes, mothers who were struggling financially and were struggling to find love, I couldn't with good faith be part of such a movement, also many of the mgtow content creators were dealing with females behind the scenes, they had girlfriends and wives but would tell their viewers being a relationship is awful. I couldn't accept their hypocrisy.

Why do redpillers hate single moms but not hate men who also have children from past relationships

106 upvotes | April 11, 2021 | by [Main_Classroom](#) | [Link](#) | [Reddit Link](#)

The hypocrisy amongst red pillers when it comes to single moms is astounding. I never heard them say a man is undeserving of love because he has children from a previous relationship

Edit: I responded in the comments with this comment but also what to post it here for context

I'm speaking in regards to the countless posts and videos that I've seen. For example let's use Russell Wilson and Ciara. There are countless videos by red pillers that say Russell Wilson is a simp for marrying Ciara because she had a baby by the bad boy(Future). They're upset because Russell "saved" Ciara and now she can't learn from the consequences of actions.

Wouldn't learning from her past actions be not dating the same type of awful man over and over again?

Furthermore if a man had a child by a woman that had a questionable character and made his life a living hell, and he decided he didn't want to date that type of woman anymore so he went for a more "submissive and modest woman"(I'm using these terms for arguments sake because they often use the terms submissive and modest as a standard for What they want) do they feel that the woman shouldn't date him because he chose a woman of questionable character in the past? Would they feel like the woman shouldn't put herself in a position to "save" a man from his past poor choices and raise his children or deal with the drama that he may have with his child's mother

My disturbing experience with a Red Pill man at work

105 upvotes | March 16, 2023 | by [SnooPeripherals4229](#) | [Link](#) | [Reddit Link](#)

TW: sexual assault Months ago I (f23) started a retail job, and I met this guy at work. I'm naturally a very quiet person. Keep in mind that I identify as a Christian and in my early teens, I decided to wait until I was married to have sex. Now, I'm still celibate more for emotional & personal reasons, not religious ones.

We start talking at work over the course of a couple weeks (he initiates conversation) and he hints the fact that he watches Red Pill content on YouTube. He randomly made an unrelated joke "you don't submit do you?" and "I bet you submit only If he's tall, has money, etc" I had no words to say because I was shocked. He also said I'm too soft (bc I'm soft spoken) and people would take advantage of me.

He asked me questions because he wanted to get to know me and he INSISTED that I was hiding something and that I was lying about being a virgin. He asked me who's your "side dude". In reality I recently JUST got out of a relationship, the only relationship I've ever had and I never "dated" or talked to anyone else. He INSISTED that I was lying. In reality I stay away from dating culture and go with the flow in life (if I so happen to meet the love of my life at a grocery store then okay! Im not actively seeking)

One day he told me actually really liked me and was falling for me and I told him "I'm not looking into a relationship at all with anyone, so I'll take a step back so you don't get the impression that I'm leading you on." so proceeding that I gave him distance. I'm naturally a very friendly person and many interpret that as entertaining others. So I stopped talking to him often, I stopped initiating contact and tried avoiding him because he made me feel uncomfortable.

Fast forward he tells me he wants to talk to me one day and I agree. He looks pissed off and says "you DONT see what you're doing? You treat guys like sh** you've been ignoring me and avoiding me" and again, I tell him the same reason I decided to pull back. He also tried kissing me at work many times and has touched me inappropriately. He thinks I'm this horrible person who lies and sleeps around with men. It makes me so angry now. I'm happy for this sub and that more men and women are becoming aware of this DANGEROUS and disturbing community. It's heartbreaking and makes me sad.

anybody tied of the" high value man/woman" shit ?

105 upvotes | March 13, 2022 | by [meteoriness123](#) | [Link](#) | [Reddit Link](#)

I get it, there are some ways we measure a person (education, status, etc) but it's such a cringe-worthy way of assessing yourself and others.

Why not just identify as somebody who likes to do things you're interested in, that's it.

Fresh and Fit are clowns

105 upvotes | August 17, 2021 | by [Kr7731](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=aC1AXC4om5k>

<https://www.youtube.com/watch?v=-BOew04B458>

Enough said. I had some respect for them, but they stood really low. Aba and Preach destroyed them.

25F: Baffled for years about mens' dating approaches finally explained

103 upvotes | February 22, 2021 | by [whocleans4you](#) | [Link](#) | [Reddit Link](#)

For about 3 years now I have been baffled by men. I could not understand their game or approach but there was always a common theme. I'm from a smaller Midwest town. I knew this common theme in a small area could not be a coincidence but it was utterly baffling.

Many would literally only attempting to "logistics only" message me, or briefly chat until they offer up a last minute house date request (of which I refuse nicely and suggest a drink/activity out which they almost never follow through with). Or, they'd quickly attempt to begin a sexual conversation. Never did the dating apps thing. Finally, about a year and a half ago, I found the answer on Reddit. They were all operating on hard Redpill mode as best they could.

I'd just like some advice on how to actually get to know men who have all seemed to take their Reddit philosophy way too seriously to make any real human connection.

That's what (real, adult) humans all crave. Genuine human connection. Where'd it go?

Even in many in-person encounters I've finally recognized from the past and present situations many men around my age have been too preoccupied trying to be "stoic" and "maintain frame" to have any real, interesting, conversation with depth. *YAWN

I'm just sad.

A Note for the Exredpill disbelievers:

We all have internet access. We're learning the tactics. You're not getting shut down by 6's because they think they deserve 10's. Let us know when you want to be human again.

The red pill constantly cherry pick clips of women freaking out and say "HaHa MeMe GeNdEr! ThEy ArE cHiLdReN!" Here's a gif of a man in his thirties who plays video games for a living and throws his controller when he loses. ManChilds are real too.

102 upvotes | July 31, 2020 | by [StopBullyingIncels](#) | [Link](#) | [Reddit Link](#)

<https://i.redd.it/chuaghриз5e51.gif>

The idea of submissive women is gross to me

102 upvotes | September 8, 2021 | by [KindKitten25055](#) | [Link](#) | [Reddit Link](#)

Incellers and Redpillers alike talk about asian women a lot and how "Submissive", they're. A small women that lives in the kitchen, has a meager voice and let's you walk all over her, basically a pet..... That as an idea has to be one of the most unattractive common found things I've heard online from a man's perspective.

I want a woman with her own personality and dreams and ideas! If I forget to pickup milk from the grocery store or start a house fire in the kitchen because I really fucked up the meatloaf, I want her to get mad about it, I deserve some backlash from those dumb things I did, not "Ok Honey, Just grab the fire extinguisher, no big deal", as her hair is literally on fire or something. The idea of basically wanting a sock puppet as a partner is such a turn-off.

I want a partner, but just as important a friend, not a fucking maid haha.

I wish there were more women who spoke out against the redpill. I feel like soon I'm about to even though I'll be dehumanized just for being a woman

100 upvotes | January 18, 2021 | by [goldthefo](#) | [Link](#) | [Reddit Link](#)

Just scrolling through tiktok redpill categories seeing these men saying "dm for a 1 on 1 consultation" because they think they're gurus on manipulating women is just sickening.

Yes, women have issues on how they treat men, but I'm seeing of a plethora of narcissistic, entitled men who want to use and abuse women on Reddit and Tiktok and its left me speechless.

I didn't realize how many men in the world dehumanized and despised women until I scrolled through the internet more. I want to help other women avoid this fate with these horrible men if I can. It's sad because I know women will always fall for these psychopaths and fuckboys, but I want to help people move away from this evil mindset.

I don't understand how anyone can look at redpill and not think its absolutely evil and corrupt.

Men like to go on about "female nature" and how we lie and cheat or whatever fallacy argument they have then ignore the stats on:

Women raped vs false accusations Male murders committed vs women who murder Corrupt politicians who are mostly men

I don't think all men are evil and I don't think all women are evil. But this pill stuff is corny and disgusting as fuck. And if you try to question these people you get called a "simp" , "beta" , or whatever term they've made up in their fantasy world.

I'm 15 and I'm glad I never got fully invested into the red pill

100 upvotes | August 10, 2020 | by [gmc_nxtman](#) | [Link](#) | [Reddit Link](#)

Long story short, when I was a high school freshman I read a lot of red pill content and I was angry and miserable all the time because I thought that everyone, especially women, was out to get me. I assumed the worst of others and drove everyone away. Thankfully I got out of that phase. Having female friends (something they think is scientifically impossible) really helps.

Ultimately I think the red pill has some good advice such as to work out and not be a pushover but they take things too far. Sexual market value is a way of dehumanizing men and women, and AWALT is simply a self-fulfilling prophecy; if your strategy is to manipulate people and act emotionally unavailable, then of course the people you attract will have attachment issues and be repulsed when you show the slightest emotion.

I don't really want to spin plates anyway. I have no moral objections to people who do so, but I honestly just think it's not for me. Of course if I were to say that they'd call me a blue pill beta in denial, but that's what they say to anyone who questions it.

I think the cure for the red pill is to get out into the real world and not treat every human interaction like a negotiation or a competition. I encourage anyone who isn't sure about the red pill, or who feels lost and confused, to do just that, even if you are awkward and make social mistakes. It's a hell of a lot better than trying to be a one-dimensional image of masculinity.

How is it “going their own way” when all the post about is women?

99 upvotes | March 17, 2021 | by [vial_of_music](#) | [Link](#) | [Reddit Link](#)

This is just a question by observation. In most spaces such as MGTOW and TRP, it's supposedly about men bettering themselves (right?). I know TRP the basis is men bettering themselves which honestly i'm all for, like making yourself feel better and confident, developing hobbies and habits that strengthen good virtues for your life. That is all fine. But they are just obsessed with women!!!! The content is 98% hating women/how to get women. But it's almost like the second they do have the chance, they would spend their time with a women. Can someone who has been there explain their experience to provide a bit more context? I am super curious on the logic and self awareness on this.. thanks!

edit: when i first made this post, i was really wanting to hear from people who were in that space before, how they got out of it and what types of steps they took to do that, etc

I used to date a Red pill guy - untill he dumped me for being "too serious" and "wanting a family" (Directly disproving everything they preach)

99 upvotes | April 27, 2020 | by [_Crazy_Luck_](#) | [Link](#) | [Reddit Link](#)

I used to date a guy that was obsessed with 4chan..so that's why I know everything about the red pill etc...all of their theories about women.. I even got a bit brainwashed and started believing him.. Not just about the pill but everything else that they believe on 4 chan/pol..

I think I've been a pretty good girlfriend..loyal, madly in love with him, did all the housework, I love cooking and baking, got along with his friends and family, big boobs, always wearing dresses and makeup.. fulfilling all of his sexual fantasies even though most of them hurt me and I really didn't enjoy them.....you name it.. I was basically the "red pill fantasy girl"

I even made sure we split the bills equally, eventhough he earnt more money than me..

You know what happened??

This "Red pill" "traditional" man, was the one that dumped me! And you know what was his reason??? That I'm "too serious".

In his words precisely: "I know you want to settle down, and have kids in a couple of years..and I'm not ready for this" (he was in his late 20s / almost 30 if that matters)

So here you have a real life example of the Red pill men..

I loved him, was willing to drop everything for him, settle down, have a family. And he's the one that wasn't ready..

Red pill is the worst thing that has happened to me... I can't believe I fell for it...I lost almost all of my friends over it as well, because I defended my ex and his beliefs about genders / race...

Until that happened...and I realised it was all bullshit...I can't believe he's still a part of that community after what he's done to me...

All of this has pushed me in a hardcore depression... I'm starting to doubt men are even capable of having feelings...

Anyway...just wanted to get this off my chest.....this was my wake up call...and now I'm trying to fix years of being brainwashed..

TL; DR: A red pill man dumped me for being "too serious", and "wanting a family" sometime in the future..

These red pill content creators are hilarious

99 upvotes | August 4, 2020 | by [512fm](#) | [Link](#) | [Reddit Link](#)

The majority of them and their followers constantly talk about how they don't need a woman. They're too busy working on themselves etc yet all they ever discuss is hypergamy and female nature. Where's the self reflection? It all comes off so whiny.

Ask yourself: Do you really have results with TRP?

99 upvotes | April 13, 2017 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Let's be honest here, guys.

I don't mean to hate on TRPers who get laid and frankly if you do get laid due to TRP and are happy with your life then i feel happy myself for you.

But there are many guys in TRP who don't get laid and even those who do don't look very happy about it. They don't look happy at all.

I've contacted with many TRPers and i am a former one. All TRPers seem to have in common just how much thankful they are to have discovered red pill because it "works" and they are getting "results". Yet, for more than once i've seen guys claiming they are having "results" to simultaneously say they are virgins (and those are just the ones who admit it). So what are these "results" these guys are talking about? And i, myself, was saying that i was getting results even though i had to approach literally hundreds of girls to get one that wasn't even that hot or pleasant to start with.

Again, i don't want to sound jealous, but i gotta tell a little truth. Let's put it like this: The goal of red pill is to become a playboy. A guy who gets laid a lot. If you don't get like a girl each week, red pill is not working. On the very least, if you haven't laid an abnormal amount of women simply because you joined and implemented the advise from red pill, it is not working for you.

Plus, if you're good looking, already had an high status job, travel through famous sexual tourism spots, drop your standards to frankly sad levels or have a success rate of less than 10% in your approaches, you can't say that red pill (game, negging, dread...) is fully working with you either.

I've noticed that virgin guys and others who claim to have results count as results very "superficial" things. Things like making women laugh and reacting at you because of your cocky attitude or intimidating other guys into talking with their girlfriends a whole night in the club, or managing to be the center of attentions at a social group or improving their physique. These are all awesome (except the intimidation bit, that's just douchy). But these aren't really "results". You can preety much understand that for a guy who used to be very socially awkward who's biggest achievement in live was to get a level 80 gnome warlock at World of Warcraft things like having women react to you can be "life-changing", hence a devotee to TRP is born. But these aren't really results.

In some cases, i've seen guys who have failed completly "moving the goal poasts" and rationalize their success as a great victory. For example, guys at MRP who get into red pill to save their sexless marriage yet end up divorcing their wives, but somehow are "successful" because they now "lift" and have a "abundance mentality". No, you're not successful. You used red pill tactics and your wife left you, which is the exact opposite of the original goal. You actually failed miserably.

The point is: Red Pill frames success as getting laid. You don't get laid, you're not having success. Period.

But there's something bogus in this idea of getting "laid = results".

Something so obvious and so ignored that it's shocking how it's never mentioned.

getting laid is not success. Being happy is.

There's no way to argue against this logic. It's simple and obvious. And most TRPers have such a negative view on life and bitterness that under this definition of success i can say that TRPers are all

failing. Hard. Likie "epicfail.com material" hard.

If you join a filosofy that only made you resent everything and everyone you're not happy. Hence you fail. It's important to realize this. Because this is a first baby step at detoxing from red pill. So, next time you log on some red pill forum or site just ask yourself:

Do you really have results with TRP?

[CMV] If you're a red pill man sold on "female nature" you're very inexperienced in life and dating

97 upvotes | August 28, 2020 | by [TrollinTRP](#) | [Link](#) | [Reddit Link](#)

- If you didn't lay at least 6 women from minimally varied social backgrounds (whether it's college girls, older women, single mums, religious girls, party girls, shy girls, foreign girls, etc) in different relationship lengths (serious dating, hook ups) and contexts (girls from your social circle, girls from dating apps or approaches) you're too inexperienced to subscribe to red pill shit.

On the very least you need a couple of 2+ years of healthy long term relationships.

If you're experienced and you're still red pill then there's something wrong with you because there's simply no way you won't see that red pill is heavily biased and exaggerated. If you're experienced you're gonna see that there's also a lot of good qualities in women and that they are not the narcissistic manipulative bitches red pill points out.

If you started fucking a lot after becoming red pill your views are still skewed and under confirmation bias because if you're honest with yourself you're gonna be sure that there's a lot of positives in the ways women have treated you too and there's a lot of red pill rules that don't stick.

There's simply no way y'all be fucking a lot and all the women you land are shit, and that's why i say that if you're a firm supporter of red pill, you're a virgin or just overall inexperienced.

This is terrible..

97 upvotes | January 18, 2022 | by [electronicfusionz](#) | [Link](#) | [Reddit Link](#)

If you are looking for
an image, it was
probably deleted.

I'm so sick of hearing RP whiney men bitch about "waiting for sex" or the "male sexlessness epidemic", as if they are entitled to sex to begin with.

97 upvotes | November 13, 2022 | by [Available-Ad-9338](#) | [Link](#) | [Reddit Link](#)

Redpillers constantly bitch and whine about "slutty women", but they also whine if they have to wait a few measly weeks/dates for sex. Why are red pillers so fucking stupid and incapable of logical thinking? Men love to slutshame women for "having too many partners" or "having sex too early", therefore women are 100% justified in waiting for sex until she's ready. Men don't have the right to slutshame women and expect the benefits of sexual liberation. I genuinely believe that most redpillers are narcissists. They want a virgin/low N count woman who is willing to have sex ASAP but rejected all other men before them.

I don't care if a woman has had sex "too early" before. If a woman has had sex on the first date in the past and regretted it, what is the point of constantly having sex on the first date if women are expected to keep their N count as low as possible? If you make a mistake once, you aren't obligated to keep making the same mistake in the name of consistency.

If a man can't wait 1-3 dates for sex, he only ever wanted hookups to begin with. Waiting for sex weeds out men who only ever wanted casual sex.

People tend to Date at their Station...Red Pill is attractive to people because it makes excuses for their own failings

96 upvotes | September 10, 2020 | by [mc0079](#) | [Link](#) | [Reddit Link](#)

In my observation, most people tend to date and co mingle at their station or at least in their Ball Park.

You'll see some exceptions, but usually the High Priced Lawyer is not going out with the 7/11 Night Cashier. The Super Active Gym Rat is not going out with the overweight Video Game shut in. Rich people date other rich people, middle class date middle class etc...

Again it's a spectrum. Don't get to hung up on this. Their are Wonderful and loving exceptions to this. All the power to them.

So when a person is not dating who they "think" they deserve, they search for answers. The Hard Answers are internal, introspection self improvement, self realization and self actualization.

The Red Pill has a small sprinkling of those...but really it's the Easy Answer. Women are harsh, AWALT, Chad's Staceys...basically it's NOT YOUR FAULT. IT'S THEIR FAULT

People go for the Easy Answers, especially ones that absolve them of fault.

There are dozens of other reasons people might fall for TRP, but I think this is one of them.

Relationship should not be about having power over someone

96 upvotes | June 6, 2021 | by [xBlackguard](#) | [Link](#) | [Reddit Link](#)

The most common phrase I've heard from red pills is "Whoever cares less is the one who holds the power in the relationship." They promote emotional manipulation and strategies to make the other person "submissive." Playing with people's emotions and trying to get them attached for the sake of having power over them or getting something out of them is narcissistic and disgusting, no matter what gender is doing it. I can't stand the fact that using people has become so prevalent in the dating world today.

Don't MGTOWs realise that sexism creates shithole countries?

94 upvotes | April 8, 2020 | by [Baghdadincoming](#) | [Link](#) | [Reddit Link](#)

Seriously. Every shithole country on earth has a big, institutionalised power imbalance between men and women. Countries that are so and so are 2nd world, and countries that give equal freedoms to both sexes are the happiest places in the world.

It is a 100% correlation. If women cannot hold the same jobs as men and compete with them they can't contribute much to the economy. And there will always be women out there who would be better at doing an important job in society such as being a doctor than taking care of children, and vice versa for men.

If you don't let both sexes be free to innovate and follow their calling then you have a shithole country.

My experience with a Red Pill Man and how to spot one in real life.

94 upvotes | August 24, 2022 | by [Dismal-Reading2512](#) | [Link](#) | [Reddit Link](#)

I have thought about making this post for while and felt this an appropriate subreddit to post to. Before I even knew red pill was a thing, I dated a guy briefly ~ 2 1/2 months~ who was obviously RP looking back on it now. I left because I thought he was abusive but it was obviously much more than that. Some 10 things I encountered:

- 1) Has a bad relationship with his mother. This guy would make condescending comments on the regular on how he tells his mom "shut up women" and other gross things.
- 2) When talking about his previous relationships, he would refuse to take any real responsibility for them ending. He admitted that a lot of women had left him because of his "jokes" and behavior. He played it off as them not meeting his standards.
- 3) He made misogynistic jokes on the regular and he genuinely believed they were funny. He will say hurtful things to you, then claim it was just a joke. They will then make fun of you for being upset stating it was just a joke.
- 4) They talk about women like they are a different species. Calling women "females". I remember how he used to talk about the power turning after a women had sex with men. That the power shifts to the man once a couple has sex. In other words, they see women and men in very black and white terms.
- 5) He will try and violate / push your boundaries and act as if your are crazy for having them.
- 6) He will be extremely critical of your appearance pushing you to dress or do your makeup a certain way.
- 7) He will have a a general conversation about what he expects in a relationship, what he expects from you as his girlfriend. Again talking to you like your a different species.
- 8) They will ask very early on what your body count is. This guy started to ask me questions as early as the second date how many people I've been with. He also very openly would talk about how he has taken girls virginities in the past. Like women were just a conquest.
- 9) He was emotionally stunted. He really did act like a teenager. Stating how he missed college and those were his "golden days" I felt that I was more mature than him at the time despite the age difference.
- 10) He will make it abundantly clear that they are not really interested in you. I started noticing how this guy would ONLY talk about himself after I left. He never took any real interest in knowing my life and the details of it. Conversations were always centered around him. He actively downplayed my goals and accomplishments as insignificant or not important because they threatened him.

It's obvious why RP men go for young and naive women. Women 25+ / or those who just have life experience are more likely to see through the BS. This guy told me (about 1 date before I left) that women and men in his age range were not interested in him. The latter that he didn't have friends his own age. He was 9 years older than me. What really set me off is when he pushed a physical boundary so I just pretended things were ok after he "apologized", left and never came back. He had "apologized" for other comments / things in the past. I had simply reached my limit with his nonsense

and come to the realization he was never going to change.

A lot of you may ask why I dated him, I felt bad for him tbh. I also didn't have a lot of relationship experience at that point so I didn't know any better. I was thinking that maybe he was just "misunderstood" and that's why he had no success with women. That's what he was trying to sell to me on the first date. That it wasn't his fault so many women rejected him. It became VERY apparent why he was single. How many women would be able to put up with this type of behavior long term? In all seriousness, these men are not capable of cultivating healthy / long term relationships.

Kevin Samuels did nothing of significant value for the Black community.

94 upvotes | May 6, 2022 | by [SunnyWays8](#) | [Link](#) | [Reddit Link](#)

Kevin Samuels death does not change anything in the Black community. He is only influential in that he helped to bring attention to the Black manosphere/red pill space. YouTube channels were created in response to his rhetoric. Black men created channels that acted as an echo chamber. Channels were also created that encouraged divestment and leaving Black men to their own devices.

I feel like he was a race hustler. I don't see any difference between him and Cynthia G. Preying on FBA's. I noticed a surge in channels that seem to pit Black people against each other under the guise of helping the Black community.

I would read the comment section and never see any harmony. Bring Black people together? Sure (insert eyeroll).

I see Fresh and Fit's rhetoric about Black women. "Ghetto and not submissive. They are not our preference. There were men who actively agreed with the sentiments of Fresh and Fit. They would bring up Fresh and Fit in conjunction with Kevin Samuels.

Oshay Dukes Jackson, Tommy Sotomayor, Cynthia G, Fresh and Fit...Do white people talk about their own like this? These people are race hustlers.

Kevin Samuels talked about the facial symmetry of Black woman in one of his videos. How is that helpful?? What about the facial symmetry of Black woman is going to improve the experience of FBA's? How is that not anti-Black rhetoric? Comments like that told me everything that I needed to know about him. You can't call Malcolm X your hero but in the same breath quote Kevin Samuels. This man discussed the facial symmetry of Black women and compared it to other races. But in the same breath Malcom X said that "Black women are the most disrespected".

People are upset about people bringing up his failed marriages but that was THE first thing he did when people would call in. "Why did your marriage fail? Why are you divorced?" Why is he allowed to hold other people accountable but when other people do the same to him people lose their minds. It reeks of hypocrisy.

So its okay for him to analyze other people's life choices but he's absolved? He may have died alone. We don't know the details. If he had stayed married to the mother of his child he wouldn't have died alone. He would have said the very same to one of his callers. He would tell women you're going to die alone with your cats. But the very same thing may have happened to him. Without the cats.

Also his obsession with "high value". Black men who work blue collar jobs who make average income are not high value. According to him. They are considered "Average", his words not mine. High value to him was a 6 figure income. He literally said that you are not high value unless you make a certain amount of money. So the men who work hard everyday to make sure that our highways are built, cars are functioning, buildings are structurally sound are "average"?

Why is it okay for HIM talk about Black men in that way?? But then call out some Black women for the very same thing he was doing. His rhetoric around blue collar men being "average" and not high value is not encouraging Black women to date "average men". If anything it discourages them from seeking out an "average Joe". But wait!!! He was committed to bringing Black men and women

together!!!

Average Black men were partially responsible for building Black wall street from the ground up. They helped build America. In 2022 these Black men are now considered "average" because they don't make 6 figures because our society devalues blue collar work. From what I've read/seen African men in the diaspora who build and create in their communities are considered high value.

Why was a man in a Tom Ford suit who made content with Future telling us that men who do Blue collar jobs are average?

Future is the male equivalent of the baby mamas Kevin Samuels talks about. But he brought him on his platform. What was the purpose of that? Is Future high value because he makes 6 figures? Future is somehow better than a Black man who works an average job and is committed to one woman? Who has children by one woman? White America thinks Black men are Future. And Kevin still brought him on. Literally helping to perpetuate that narrative. Kevin used to work the very same jobs that he's calling out "average" men for doing.

RIP to him. But I believe he did nothing of value for the Black American community. I mean he did tell people to workout to get a partner. That's a significant contribution. Health is wealth!

I'm sorry to hear about his passing. No one deserves to lose a father/brother/son. I still believe that his message was more harmful than helpful.

I wasn't left for Chad

94 upvotes | April 14, 2020 | by [Midwesthermit](#) | [Link](#) | [Reddit Link](#)

I wasn't left for Chad. I was left for a guy who wasn't an asshole. He's fatter than me, makes less money than me, and plays video games a lot more than I do. I think he might be two inches taller, so hardly relevant. He is a cool nerd or something along those lines. Disturbingly, he looks like me back when I gained a bunch of weight.

She blew off my attempts to reconcile to date this guy. He's just a normal, nice guy with his life together. Definitely not the gym rat, man whoring, pompous ass I became in our time apart.

It's been a learning experience for sure. Fuck red pill bullshit.

That's all.

Edit: I agree with the RP ideas about knowing yourself, knowing your purpose, pursuing your goals and only compromising or changing them when you really want to.

This used to be the societal norm for men. It kept us happy and kept our natural aggression in check. Now we have a bunch of sad guys with no goals, no purpose, and in America, open access to large amounts of firearms. Its a bad combination.

RP has a tendency to create insecure, overcompensating men. I went down this road for a little while and it poisoned my mind and my approach toward dating.

Plus side is I am jacked now. Time to dial the attitude back to something more reasonable.

The cognitive dissonance of MGTOW

94 upvotes | November 7, 2020 | by [the_C_Atheist](#) | [Link](#) | [Reddit Link](#)

I'm a bit confused by the gurus of the so-called 'Red pill' MGTOW (men going their own way) movement, which seems to operate on some bizarre cognitive dissonance.

On one hand, these fellows (like Coach Greg Adams or Red Pill Men's Health) say that they are walking away from women and eschewing dating and marriage, right? Because apparently, they don't need women in their lives, and can do without. Ok - fine and dandy. There isn't a law which says you have to marry or date. Same applies to women as well - some women are just happy being single.

Yet on the other hand, they keep making videos warning women about the dreadful fate they will suffer if they choose not to get married and have children when they are in their 20s.

And what are the five words that really REALLY TRIGGER these blokes?

"I don't need a man"

Then they will start going on some morally sanctimonious lecture on why a woman needs a husband and children in her life, and must be a mother and wife, or be relegated to the fate of a lonely old □ lady.

If these men and their like-minded brethren really were 'going their own way', then why would they be so concerned about what women do with their lives, now?

Women settle for psychopaths, they never seek them

93 upvotes | March 15, 2022 | by [ghettobutmellow](#) | [Link](#) | [Reddit Link](#)

I've always known that one of the greatest ways to understand women (besides being friends with them) is to consume the media they largely consume. The TV show Euphoria ended recently, and since I've been watching it some analysis videos popped up on my youtube recommendation. This particular one on the character of Nate Jacobs and what makes him "terrifying". It was in the comment section of youtube that I found this particular gem of a comment which, besides highlighting what makes the character of Nate terrifying, it highlights WHY women go for, or rather settle, for dark triad personality types. The comment reads:

"To me, one of the scariest things about Nate is how his worst traits are twisted versions of good traits. Being smart and strategic becomes manipulation. Drive becomes ruthlessness. Strength and protectiveness become domination. So if we praise someone's apparently good traits, how do we know that we're not encouraging something twisted?"

Obviously, women want smart, strategic, ambitious, strong and protective men, but these traits are more apparent in those who show a dark triad personality. You cannot be machiavellian if you're not intelligent, you cant be unempathetic towards reaching your goals if you never had ambition in the first place, you cannot hold yourself in disproportionally high regard without having positive self-esteem.

Women aren't people who love villains (well the majority aren't) they settle for villains because they have toxic versions of traits that are inherently positive. The Dark Triad personality isn't attractive because of its dark traits, it is because of its positive traits.

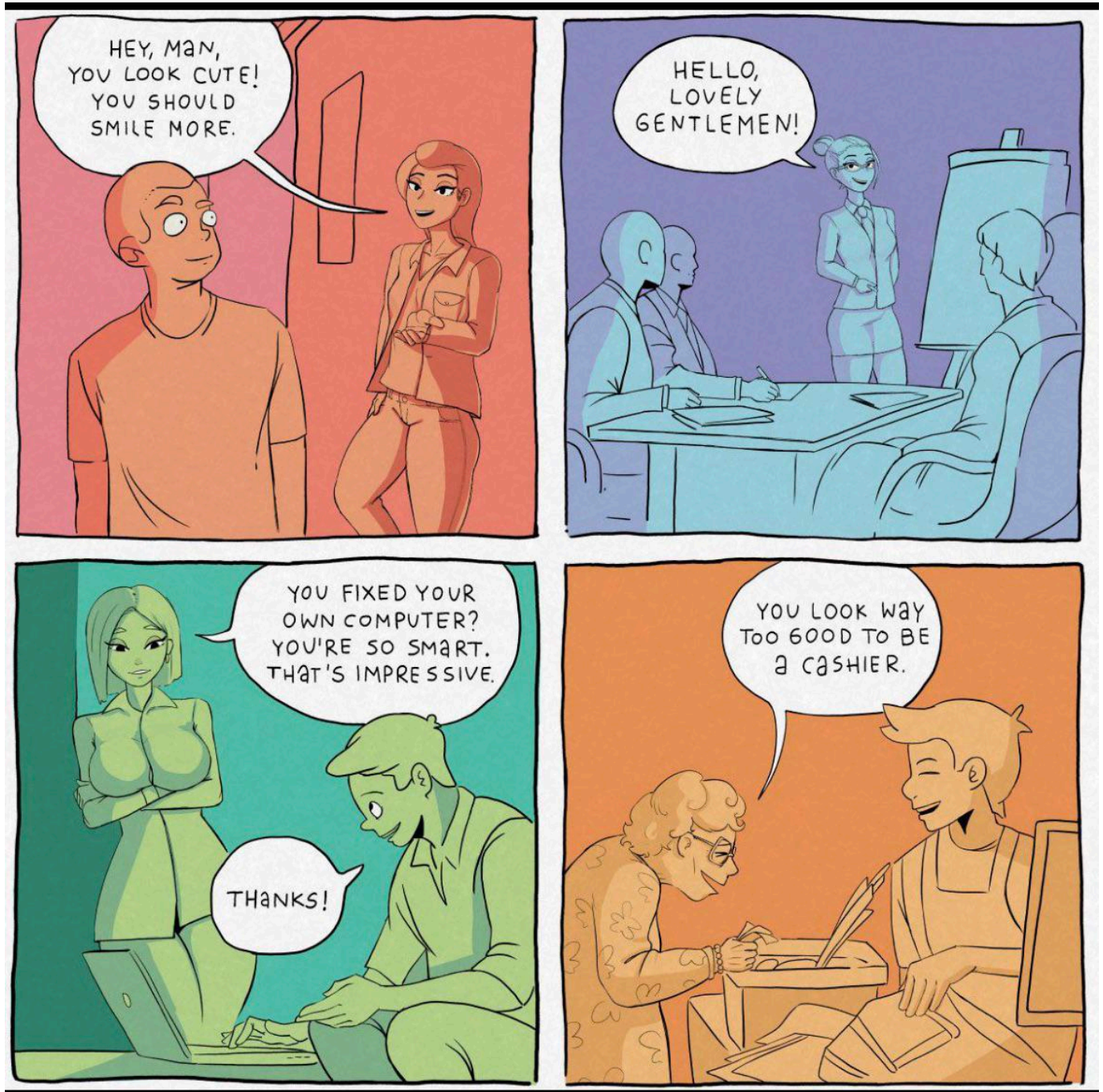
Anyone else realize that Red Pill and PUA tactics attract the very wrong women?

92 upvotes | January 25, 2022 | by [Big-Bonkin-Head](#) | [Link](#) | [Reddit Link](#)

I noticed all the time, a pattern of those tactics seems to attract women with low self esteem or other confidence issues. And those same guys who use those tactics are always talking about how crazy women are and give off nothing but negative opinions of women

I'm not sure does this really count, but I saw this with title "What women are tired to hear, is what men want to hear". Is there truth to this?

92 upvotes | July 7, 2022 | by [JimmyBoi300](#) | [Link](#) | [Reddit Link](#)



Stuff I learned after quitting the Red Pill (almost one year)

92 upvotes | March 26, 2023 | by [Brave-Introduction37](#) | [Link](#) | [Reddit Link](#)

- There is no such alpha, beta, omega, etc, just human being
- Seduction is not that hard, peoples like when you show your true motive about them
- You can talk with anyone if you want to talk with them
- Talking about your mistakes and how you managed to learn is part of yourself and there is no shame about that since everyone make mistake
- Transparency and communication is the best way to understand each others
- Talking about you and your life doesn't make you a narcissist, it justs show that you are open to share and it puts people at ease
- Each individual has his own story and you don't have to fit with everyone
- Ask yourself if you really want to date a girl by thinking if you're ready to invest time with her
- If you don't feel good, it's fine. Take some rest, talk about it, but don't try to find answers on internet. You might force you to do some stuff while running away from your emotions

I think I want to cough up the pill

92 upvotes | February 22, 2015 | by [BlakeTheTank](#) | [Link](#) | [Reddit Link](#)

There are truths to be said on TRP with which I agree. Women dig confidence. Lift and improve your appearance. Read and improve your wisdom. Talk to people and improve your confidence. But as I read TRP, I found myself increasingly repulsed. As I applied TRP, I found friends and women increasingly alienated.

I became something that years before I had hated. The abyss gazes also into me.

I scared off someone I actually like.

The good and truly applicable things about TRP can be learned anywhere, and the toxic aspects only feed my insecurities and defile my understanding of people in general. TRP made me forget that women actually have lives, desires, hopes, and dreams. They have a mission, too.

Thanks for listening to my musings.

Edit: spelling

Confessions of a Former Misogynist: My Descent into the MGTOW Pipeline

92 upvotes | January 12, 2020 | by [ENTP_AnarchoEgoist](#) | [Link](#) | [Reddit Link](#)

I am a 25-year-old, I live in Lebanon which is a socially conservative patriarchal society and was damaged by 15-year sectarian civil war from 1975-1990 as a result Lebanon has been divided among religious sects. I was raised by my conservative parents, they were strict on somethings but also lenient on somethings.

As a young boy, I grew up watching cartoon network and saw how female characters were empowered but often times the cartoons would demonize feminists that they are grifters like in The Powerpuff Girls (which I secretly liked watching and had a crush on blossom, and didn't openly admit to liking it) episode "Equal Fights" was my first exposure to feminism the main antagonist was a misandrist straw-feminist who manipulated the girls into hating men just so she can make more money, she did have a point that female superheroes & villains were scarce. I remember male characters in cartoons are often portrayed as the butt-monkey & dumbasses and they always get beaten up by female characters. I also grew up playing a lot of fps games and often times the male characters were very bad ass, stoic, rarely smile & scowled a lot, aloof, overly muscular think of characters like Max Payne, Duke Nukem, BJ Blazckowicz, Doomguy.

In my family I never had a sister, in Lebanon interaction and ties to extended family is a crucial part of Lebanese society. I am the youngest in my nuclear family so there was a 10 year gap between my brothers and one the youngest in the extended family my paternal female cousins were my age I often interacted with them I often felt a little out of place with them, and there were two male cousins my age but one of them is always in Australia so I rarely see him, and the other grew up in a very strict & reclusive environment.

Throughout my childhood I was heavily bullied from 1st grade to 10th grade despite changing schools, I was bullied by both the boys & the girls, and yes they were cruel and unempathetic but I didn't care about my personal hygiene & had poor social skills, I also had concentration issues and often day dreamed in class, I suspect having ADHD & possibly high functioning autism. Because of the bullying I became very insecure, as I recall my middle school experience was the worst I was also bullied by the teachers as they were very unprofessional, I also had huge crush on girl at the school she rejected me in a really harsh way (although she was never a bully) and to be honest I acted creepy towards her, it left me devastated and had fantasies in shooting up the school but I would never do that because to me life is sacred and believe in the idea of the right to life, liberty & personal property . The thing about Lebanese schools is that they offer no mental health services ie school counsellor not even physical health, and school administrators are authoritarian and if a student does not perform very well in their classes, they would get beaten up by both the teachers & their parents. I also remember in Junior High we had that mentally insane math teacher who onetime embarrassed me Infront of the whole class making me a laughing stock which almost made me want to beat her up but didn't because the principal would have possibly injured me. In 10th grade I moved to an all-boys

school and the first year was pretty tough with the bullying as I used to be physically weak and my classes were very difficult.

In 2012 which was 11th grade, I started questioning my beliefs on Islam and due reasoning and logical evaluation I left Islam to atheism, and slowly my political views started becoming generally more progressive like supporting more personal freedom for everyone, equality, more rights for women, LGBT, and dark skinned people. My best friends father is an atheist at that time and he was the first person I came out to as an atheist, and he slowly introduced me to Anarchism & Leftist theory. I also discovered the Skeptic™ Youtube atheism the first one being Thunderf00t and saw how he debunks religious nuts. I became an atheist edgelord buying Richard Dawkins, Christopher Hitchens, Sam Harris, Ayaan Hirsi Ali's books and watching their lectures. Then I signed up to an atheist social media platform called atheist nexus made a lot of internet friends and met a girl on this site she was in my age group and she recommended The Amazing Atheist aka TJ Kirk and Pat Condell, I really liked TJ he was very entertaining never liked Condell that much I found him to be boring. I then became apathetic towards atheism.

Every time I see a couple PDA it made the sight painful even if two people kiss be it in a movie or cartoon it was painful. One time in late 2013, I was hanging out with a friendly acquaintance and he was very frank with me that I have poor social skills & being so would make me permanently loveless and he told me that women want a man who is better than them this was a subtle exposure to hypergamy (part of the red pill ideology) and this made me become romantically hopeless. Moreover, I remember in 2009 I used to read posts on yahoo answers about dating advice and the answers were people saying that women want men who are bullies, and that nice guys finish last. I remember one time asking my brother for dating advice and he told me that women always shit test you, despite the fact that the women he dated are bad, his first gf was a clingy jealous girl that even attempted suicide, his 2nd fiancé being rude, and his wife being rude due to coming from a dysfunctional family. And my eldest brother's wife being frivolous. You might be thinking how relevant these are, I tell you that this is very relevant to me getting sucked into the MGTOW pipeline because they helped reinforce it. In addition these women who I talked about are traditionalists.

In 2014 I decided to go again on youtube and revisited TJ and he made a video against feminism saying that men have issues and feminists do not address them, I did somewhat agree with the video but brushed it off quickly. I also did hear about gamergate, I was apathetic and thought Anita Sarkeesian had a point but demanding hundred grand was showing that she was a grifter.

In the summer of 2015 Lebanon had waste management crisis as a result there was garbage everywhere on the streets of Lebanon and due to the hot weather of a temperature of 35°C to 42°C (95°F to 107°F) the smell was extremely bad that it smelled like the city morgue, and to add insult to injury the electricity crisis which has been ongoing ever since 2007 has increased from 3 hours/day to 15 hours/day. A movement called "You Stink" was created as a response to the crises as well as political corruption and not having our basic needs met like a social safety net, healthcare, education, social justice, women's rights, civil liberties, better internet & telecommunications services etc. I

joined the movement and befriended the activists and get along well with them I even developed romantic feelings to a girl from the movement I will call her Samantha. The You Stink activists liked me a lot and I was somewhat popular with them I still was very insecure. I used to be an Ancom at that time but I didn't have a strong foundation of it and didn't know how it would really work.

I still had that Nice Guy™ Syndrome with me, and I would feel frustrated at the fact that I am a kissless virgin, and whenever some of the activists would tease me about it I my blood would boil with rage. Also the You Stink activists are also feminists including Samantha, everytime there was a talk about feminism I would derail the topic saying that men suffer from patriarchy and they would get frustrated from my ignorance and tbh they were right I was ignorant, I wasn't a very good feminist ally at that time.

After the election of Trump, I started slowly shifting to right, anti-feminism, & the men's rights movement. I decided to revisit TJ Kirk's video on feminism that I watched back in 2014. And in 2017 I started binge watching Anti-SJW videos from the algorithm first it was Jaclyn Glenn, the Mr Repzion, ShoeOnhead, Sargon of Akkad, Hunter Avallone, Paul Joseph Watson. I even was sympathetic to Richard Spencer (Alt-Right) and thought that punching him as well as other NeoNazis was wrong. I remember when someone disagreed with me on feminism I would become a snowflake , while hypocritically project my own insecurities on feminists that they are snowflakes.

I was already going through a rough time I was suspended from University for bad grades, I was socially insecure by comparing myself to other men and feeling unmanly because I was physically weak. I was also posting misogynistic horseshit on my facebook page that the You Stink activists started distancing themselves from me. Also I quarreled with my parents for refusing to continue my master's degree and I also hate computer science and should have never listened to them because I faked going to university. And because of posting inflammatory misogynistic shit Samantha who is a feminist unfriended me and hates me from that this made me devastated as I was working a job that only paid 2.5\$/hour which I hated and boss was a piece of shit, and it was also Ramadan and my former boss was an Islamic Fundamentalist so I had to fake fast and this was making work harsher. I got fired, I found MGTOW by Sandman on youtube and it resonated with me and deluded myself that I was single by choice. My misogyny became far worse and I did admit on facebook to the activists that I do indeed hate women extremely, one guy who was a Chad (a year younger than me) but also a bully to nearly everyone threatened to beat me he for the misogynistic posts on facebook. This made me hate nearly all the activists and I considered them a bunch of SJWs. I then tried to find other communities but I didn't fit in with them due to my misogyny negativity, and lashing out.

Because of MGTOW, I was miserable, irrational, misanthropic, distrustful of everyone, bitter, cynical, jaded, resentful, very aggressive, rageholic, stubborn, paranoid, gynophobic (with the exception of my female relatives). The problem was that I was reveling in my own misery and other negative emotions. I was taking my anger out on women and even defenseless animals. I was so paranoid if a woman or girl sat next to me I would sit elsewhere for fear of me getting #metooed. I even remember my mother telling me that men are overprivileged and women are underprivileged and I never listen to her.

I even believed women should not be allowed to vote because they don't take responsibilities and only want equality when it suits them and chivalry when it suits them, and that they have less options so they will find it hard to settle with Chad, and feminism was a reaction to women having beta husbands and wanted to go with Chad. I did post only twice on [r/incels](#) & [incels.me](#) . But something inside me was telling me that patriarchy is anti-freedom, I still preferred the idea of sex bots. I was also sympathetic to incels as well as Elliott Rodger and Alek Minassian massacres eventhough I was against their actions, still they lose me when they wanted to legalize rape and shariah, and their extremely toxic crab mentality, and horrible advice "Go Rope" and everything else is "cope", but I'd rather smoke dope. Moreover I learned that women are attracted to Looks Money & Status from FaceandLMS and women are attracted to men who are preselected by other women that's the reason why women say they want an experienced man and not virgin. I almost got sued for defamation because on facebook I made a slut-shaming post, but thanks to my best friend he halted this.

By summer 2018, my cousin from USA came over to visit while being very close with each other she told me that her husband is a control freak, toxic, and only married her to become a US citizen, this made me think a little more critically. And she told me how my uncle (her father) was abusive to his family especially his ex-wife due to his Islamism.

One day I was helping out my mother with cleaning the house and we hired a temporary cleaner for a couple of hours being very cheap, so while helping I slipped and partially dislocated my kneecap which hurt severely, because I do strength training I went on [froums.bodybuilding.com](#) to get some advice on what to do and if I should work my upper body instead, I also said that I have been suffering from my kneecap being sloppy and I was misdiagnosed by an incompetent doctor that it is healthy, the comments where basically bullying me because I live with my parents and I replied that jobs in my country pay very little and are not enough to for one to live on their own the minimum wage in Lebanon is 400\$, electric bills are 80\$ and still we get power outages everyday so we have to get back up generators and the backup generator providers have a lobby so they keep us suffering from outages and charge us exorbitant prices so that is another 75\$, internet is 40\$ and slow and there are overage fees, food is at least 200\$ a month, rent is at least 300\$ for a one bedroom apartment, and there are also property and real-estate taxes, I'm not counting medical bills & car insurance. Their responses were "You parents can afford a maid , you are being lazy, and a whiny entitled snowflake" "Stop with that victim complex, why are blaming the doctor" this was super infuriating mind you that the cyber bullies where men in their 30s and 40s. Thing about bodybuilding forums are where you find Red Pillers, MGTOWs, Incels, MRAs, and I don't understand why are grown men bullying a 20 year olds and teens, went to an orthopedist and diagnosed with patellar subluxation, the only solution is surgery and I can't afford surgery.

One day I met an old friend who likes to debate and always plays the devil's advocate and I always enjoy debating him, the topic of gender came up and he criticized MGTOWs, Incels, PUA, TRP, MRAs and showed me that they are not part of the solution but part of the problem, and their problems and issues stem from toxic masculinity, he didn't convince me but there was a lot of common ground, he did plant seeds of doubt.

One day I was browsing youtube and I found a small channel by the name Tim Horn, he is a progressive gamer who debunks right wingers and watched two videos of him debunking Ben Shapiro, PragerU, Dave Rubin, thing is that even when I was a MGTOW I always hated Ben Shapiro, PragerU, Rave Dubin. He also did cite a study showing how American healthcare is ranked the worst among the developed world. I then found Creationist Cat by Vadim Newquist and debunks anti-SJW in a hilarious way. I also revisited Dusty Smith and he exposed the Anti-SJWs for being hypocritical. I then found Shaun and I learned how I and many people were getting manipulated and how the SJW doom eternal outrage was fake. I also befriended a girl & a guy (they don't know each other) and whenever the topic of feminism came up my ass would get handed to me. One day I met a guy who saw my post on my old account on the "You Stink" movement which I wrote in 2016 and he wanted to establish a separate group and we meet up and one day on his facebook page he shared a video by Philosophy Tube on Anarchism, I liked the video and went to his youtube channel and learned how rebellious women were tortured and considered witches during the renaissance. I then discovered Contrapoints video on incels and I was perplexed by having better answers than the generic advice, as well as finding non-compete's video on Toxic Masculinity. I also saw how anti-feminists were triggered by the Gillette ad, although I was still adopting the MGTOW label. But when the Christchurch massacre happened and saw the video I was "That's it I am completely done with this".

Ever since I fell down the MGTOW rabbit hole I was becoming the monster, and I started hating my MGTOW self, even though it motivated to go to the gym and workout. Till now fitness and strength training have become my passions, and I have built some muscle mass especially on my shoulders, traps, and triceps, although I still have that beer gut that I can't get rid of with high body fat % of 22%, going to the gym has kept me somewhat sane throughout my phase. Speaking of muscles, I realized that toxic masculinity doesn't mean that all masculinity is toxic, it means the negative traits associated with being a man like "Man Up", "Boys don't cry", "Men can't get raped", "Cuck", "Soyboy", "Beta", "Men don't get abused by a woman" etc. By the way those red pill alpha males are actually very insecure about their masculinity and a confident doesn't need to subjugate women or be afraid of strong intelligent woman, doesn't measure his self-worth by how many women he scored with, what car he drives, doesn't push weaker people down & bully them.

As of now I am friends again with the Activists and my relationship with them is much better than in 2015-2016. Since 17 October 2019, it was the first day of the Lebanese revolution I met my pals again from the 2015-2016 movement, and I have been very active in the revolution.

Regarding the "You guys criticize red pill but don't offer an alternative" criticism

92 upvotes | August 16, 2021 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Okay, so every once in a while there's this criticism concerning this sub about how, for all the bashing red pill get's, the advice people offer here is quite mundane or just the same old "self improvement" standards and that there should be a consistent alternative "pill" or group of sorts that acts as a substitute for red pill.

Here's the thing: There are no definitive answers for life or how to get laid. No cool looking group, movement or philosophy on the internet is going to make you transcend yourself or get you laid like a rockstar. On the unlikely event of it happening, its probably due to reasons concerning you or your context and not due to their teachings.

The advice you'll get here as alternative to red pill is nothing but (mostly) mundane stuff, common sense, or advice you may get in other places, because there are no elaborate easy answers in life. People may give you contrapoints, guide you in your detox process, give some advice, point in certain directions, like certain more down to earth dating coaches like Mark Manson, Howie Reith, Dr Nerdlove, The Mating Grounds... but that's about it.

"But, if this sub won't teach me how to get laid or to transcend myself as some super intellectually-cool-boss human being it's kinda pointless to be here".

PRECISELY. This sub is nothing but a gigantic slap of reality in the face telling you that all of these internet dating movements are nothing but an odd hedonistic treadmill that simply won't take you anywhere. Because nobody will.

But people seem to gravitate towards mental masturbations of elaborate concepts like AF/BB and deep philosophies of "feminism, masculinity and western world" because it gives them an illusory sense of control, knowledge and meaning. And so they can't think of a solution that doesn't seem to revolve about being a TRPer, or a MGTOW or whatever else. And when these groups fail to deliever they search for their next "group high": Johnny starts as a TRPer on Monday, becomes a MGTOW on Wednesday when he can't get laid or get's tired of women and ends the week as a "Black pill" because that's the "real aweking, after all".

Exredpill is a mere sub on reddit saying fuck all those groups and philosophies. Nobody needs no fucking internet guru to tell you how to live your life. Just do what you want and try to figure what works for you.

I'm kinda disappointed in Aba and Preach

91 upvotes | March 9, 2021 | by [AccoyZemni](#) | [Link](#) | [Reddit Link](#)

So they made a recent video about how they think the red pill community is necessary without saying exactly what the red pill community actually was to their audience. All they said was pretty much “Men have problems and I think it’s good that they have a space to talk about these problems”. Now I see comments saying “Woah I should join” and “Red Pill is the best thing that has ever happened to me” to hurt commenters. I am shocked about how much misinformation (and lack of information) was spread to their young audience.

Why didn’t they talk about what the community actually was? All they said was that it was necessary and that it was a space to talk about men’s problems which will encourage others to check it out. Red Pill is not just a place to talk about men’s problems. It’s a place where it teaches you how to manipulate and abuse others (deemed inferior) for your own self gain and then discard them like pieces of trash. It’s a place where it warps your mind to see women as just objects. They titled their video Red Pill with the caption “I took the red pill” when they were actually talking about Men’s Rights. Those are completely different things fucking hell hahaha. I’m pretty disappointed with their lack of research with this. I love Aba and Preach but damn, I wish they said more about what Red Pill actually is (because they didn’t even explain it to their audience) if they were going to do a video on it. But instead they confused Men’s Rights with Red Pill which unintentionally caused a bunch of kids to join a fucking cult. I love Aba and Preach but damn, research is so important.

Edit: I see that there are still active red pillers commenting here and downvoting everything. Good luck with that. I genuinely hope you get better (because I use to be a dumbass too so I get it).

23 year old Ex incel/redpill. Got pulled in when I was 15 or 16.

91 upvotes | July 24, 2021 | by [CrazyGoblin_5783](#) | [Link](#) | [Reddit Link](#)

Since then I've attended therapy, focused more on my health and have tried to better myself. I've still got a ways to go before I reach where I should be but I see myself as being halfway up the proverbial mountain. I'm trying my absolute hardest every single day and that's what really counts in the end.

Here's some before and after. I don't know if the guy on the left looks and feels totally different from the guy on the right. But I'm working on it.

Red Pill men and their HATRED for voluntarily single women

91 upvotes | February 2, 2021 | by [the_C_Atheist](#) | [Link](#) | [Reddit Link](#)

<https://m.youtube.com/watch?v=hSpIBN3-VCU>

<https://m.youtube.com/watch?v=qjTACsXMEk8>

I'll have to admit that getting rejected romantically isn't fun. This is especially true if you've envisioned a future with that particular person and have your dreams and hopes crushed in an instant, and have to cope with the frustration and disappointment of being single and alone.

Having said that, if you can understand how frustrating it is to be constantly single and get turned down by all the gals you like, it can give you an idea of why some men, like the 33 Secrets, have an extremely hostile attitude to women, especially women over 30 who are voluntarily single.

Single 40 YO men like Matt Cross, who call single women over 30 'damaged goods' and the 'village bicycle' are really projecting their own sense of frustration to the world at not being able to find a nice woman to marry. (Cross actually said that the reason he got into game and pickup is because he wanted to get married and have a normal family life) They are extremely angry at older women who are living happily without a husband because they themselves feel that these women have played a part in depriving them of their god-given 'right' to have a wife and children by this point in time, blaming them for not being able to find a submissive trad con wife in their 20s. Besides that, misery loves company so when they see a single older woman who's living happily and is content to be alone while they themselves are EXTREMELY frustrated at this 'forced loneliness', they feel it is unfair.

But in reality, whether you are in any developed country, including modern and developed Asian countries like Singapore, women actually have the right to CHOOSE which man they want to marry, and it just so happens that men like this guy are not being chosen due to their own repugnant personalities. If you check this guy's YouTube channel, 9/10 of his videos are about the horrible fate of women who choose to stay single in their 20s, yet this guy himself is perpetually single in his 40s (involuntarily, of course). Yet he goes on this sanctimonious moral tirade against single older women being whores and damaged goods even though he himself won't be passing on his genes anytime soon since he can't find any kind decent woman to want to marry him. In other words, HE, not the women he condemns, is a biological failure.

And if you look at this guy's channel, even though he says his comments section is full of 'single angry women in their 30s with no husband and kids to go home to', I can't find a single one of that description. If anything, it's full of single angry men in their 30s and even 40s with no wife and kids to go home to.

Even though this is supposed to 'help' women make 'the right,' decisions in their 20s, it seems that 99% of the people who watch his videos are very pissed off men who can't get a gf, even though they'd like a girlfriend really badly. (otherwise why would they be subscribing to his channel to attract women)

Basically some Red Pill men, especially those who complain about the 'deregulated sexual marketplace', seem to think having a house, a car and a career makes them DESERVE a good woman to marry. And they get REALLY angry when the good women are not choosing them because of their messed up view on the world and perception of women as objects, not people,, so they have to create this fantasy of the miserable single 'damaged' woman in her 30s in order to console

themselves. (I'm alone and miserable, but that's ok - women are MORE miserable!) You should actually pity these men more than you despise them, since they will never achieve their dreams of a happy family life. I mean just look at this fella's eyes - do they look like the eyes of a happy man?

this subreddit is an echo chamber

90 upvotes | April 6, 2022 | by [Abject-Entertainer57](#) | [Link](#) | [Reddit Link](#)

Any attempt to dissuade with the opposite point of view is going to be met with downvote no matter how sound the argument is. I think this is problematic.

I think this subreddit is a great place to reanalyse all the toxic alpha mindset that more often than not does more harm than good. To have men that are previously so deep in the cult of redpill to question their belief. All in all to redirect them back to a more healthier path.

For a healthy discussion to occur, challenging them and asking question why they think certain way is the better approach, rather than downvoting them and leave them as it is. Then the rest of you continue circlejerking each other believing what you guys say is right.

Most often not we have our own blindspot I detest the redpill community, but I also detest toxic positivity. Holier than thou approach that I seen in this subreddit.

I feel way happier (in all senses) after quitting the toxic RP.

90 upvotes | March 22, 2023 | by [frmi8](#) | [Link](#) | [Reddit Link](#)

I used to watch fresh&fit, rollo tomassi, the whatever podcast, justpearlythings, jwaller, and all those RP gurus and oh boy... it made me miserable.

It seemed to me that the objectification the RP preaches infiltrates all aspects of one's life which prevented me from enjoying human connections.

The objectification doesn't stop with women, that's where it begins.

Now that I'm just one week free from RP ideology, I'm feeling great!

Has anyone else experienced this?

Ironically, redpillers are pilling themselves out of reality and into a world that doesn't exist

90 upvotes | January 17, 2022 | by [PM-me-youre-PMs](#) | [Link](#) | [Reddit Link](#)

It struck me recently that the redpill "culture" is in fact doing the exact opposite of what it claims to do : they are building a whole reality in their heads that has nothing to do with the physical one, going at it with the enthusiasm of 19th century anthropologist and pretty much the same results.

The posts are like "Well actually females prefer men with long toes, that is because historically women were not able to hunt and feed themselves and the only time they would eat fat was when a man would climb a tree to get some eggs from a nest, and that is what finally allowed their brains to develop to near-male levels, and so females who were aroused by long toes chose partners who were better at climbing trees and they had a reproductive advantage. By natural selection today this is hardwired in their brains. It is not about your personality or your looks, it is the length of your toes." And the comments"- My dear esteemed colleague, what a striking insight ! May I add that it is probably the first phalanx that matters most ? As statistically, it will be the one less often lost, and so the one that impacts the most the overall length of the toe through one's life." "- Why thanks, this is genius ! You brilliantly completed my humble observations".

I am making up this (tame) example because there's no need to reshare some of the actually gross stuff, but I am not making up the general insanity neither everything being just plain wrong, wrong observations, wrong hypothetical premises, wrong causal links, wrong conclusion. They are in the wrong like soldiers of the Great War were in the mud, digging trenches in it, setting up little lodgings in it, eating and breathing and sleeping in it, and similarly few are coming back fully intact.

Thanks to this sub, a man and a woman somehow fell in love with each other and we thank you for it existing

90 upvotes | February 5, 2022 | by [JUMPSuperstar](#) | [Link](#) | [Reddit Link](#)

Months ago, over half a year ago to be exact, I made a thread on some of my struggles as a man healing from red pill ideology. In the thread the two of us met and got off the right foot. We took it to DMs, became friends, and started talking on Discord regularly. As friends we exposed our most inner selves. She didn't judge me for being red pill in the past as she could tell I left it behind. We'd have deep discussions about what men and women face and the various ways both sexes get it wrong. We discussed sociological phenomena, had debates, and basically told each other our life stories.

Somehow, somehow we realized that we knew we would be good for each other as we helped each other grow and understand different perspectives with me being male and black and her being white and a woman.

The other week all of the vulnerability in our friendship got naked when we decided we want to be more than friends with each other. Both of us somehow break the general stereotypes of our sex. We deeply want to be together and are planning a life together.

A few things I noticed that the Red Pill is wrong about:

- Red Pill says a woman should be naturally feminine and all men should reject "conditional femininity", as in femininity that has an asterisk on it. Red pill men think they should get a feminine woman period without putting in work. I learned that women and men bounce off in polarity. The more masculine I became the more feminine she became. Therefore it's up to the man to step up.
- Step up how? By showing leadership, care, empathy, vulnerability, and sacrifice for her. Show her she's special.
- body count doesn't matter if you're a man that knows his value.
- the idea that treating women well and respectful won't help you with them is utterly false. More than treating her with respect but also trying to understand her viewpoint as a woman.

I have more to say but our relationship is special and extremely unlikely. We came from similar backgrounds, with her being a former misandrist and me being a former misogynist, and managed to bond over that and other similarities. Turns out we lived in the same state. Turns out we had the same passions. And domino after domino we just care for each other more and more the more we understood each other. All thanks to this sub here. Men, there really is a chance to heal and become better and go beyond our pain. There's hope for the future.

I hate being black and male.

90 upvotes | June 4, 2021 | by [deepdig2020](#) | [Link](#) | [Reddit Link](#)

I am so damn ashamed to admit that. Intellectually I know I shouldn't but I also intellectually know that there are a lot of stereotypes and I'm just biased towards me and my people and there are so many of them that it becomes overwhelming

All my life I've been told that I was super nice and respectful but I never felt like that was a good trait to have because in my generation acting like the opposite is much better

Right now I know so many black men and women who do way better by selling drugs. I come from a family of drug dealers

I hate my frequently huge black body because all my life people have made it known that they are scared of me

And it's a double-edged sword with women because a lot of women will like you but most likely fetishize you but if you do not live up to whatever stereotype of a thug or masculine black man then they'll probably hate you

My abusive ex was very much like that and the girl could be black or white or Mexican but if she holds these beliefs then it's too late

I feel like I would have had a much better time if I was born a girl or white because my personality would not have been seen as quirky or weird

I could have been perceived as normal but because I was going to big black Hawking dude everybody expected a sports star or a thug

But the catch is that when people find out you're not a stereotype they don't respect

People try you and try to test you and women are turned off by

I know I can come off as awkward at first but yet again that's only because my body does not match my personality and it's always been the vein of my existence

Walking down the street and going into the bank and going into the school for the club or walking your dog or going to a party could be a challenge because so many people are terrified of you

So many women will talk about how they need to be safe walking around the street but never take into account how many men might feel like they are monsters because they so happen to walk on the same street with that woman

My youth was littered with nothing but Karen's calling the police or getting me in trouble because I was a big black boy in defiance and thus that meant I needed to be put in my place

But the irony is the same people who fear me end up changing their tone as soon as I jump on them or raise my voice

Then I'm the crazy abusive black guy because I finally stand up for myself

There's no winning in the situation and I just want to die

I think Red Pill attracts a lot of men who felt or feel that they "Missed out"

90 upvotes | June 3, 2021 | by [Zealousideal_Fee_231](#) | [Link](#) | [Reddit Link](#)

This is the reason I was drawn to it at first, I was one of the last of my male friends to lose his virginity, I didn't get a girlfriend at college, etc. I'm sure you all know the story. I think this is why RedPill obsesses over fucking young women in the range of 18-22, no matter how old you are. And this age range is fine if you are early 20's yourself but then you hear that a lot of the dudes writing fan fi-I mean field reports, are DUDES IN THEIR 30'S and older, talking about how they were at the local college bar hitting the college girls. Now I'm not sure if you've met girls at college, but they call those guys creepy and only talk to them to try and appease them until they go away.

Do you guys think the same as me? Or is this just ramblings of a crazy man?

Myron Gaines Exposed as a Sugar Daddy

89 upvotes | August 12, 2021 | by [stepbackonahater](#) | [Link](#) | [Reddit Link](#)

I was recently watching a video from John Anthony Lifestyle exposing Myron for paying a girl to have sex with him. In the video, he explains that the lady said that she met him on a sugar baby website so i figured why don't I try and find him. This is what i found. How can Myron be telling guys to stop simping when he's actively being a sugar daddy?? Share this with whoever you can to expose Myron and Fresh and Fit as frauds!!

[His Seeking.com Account](#)

[His Bio](#)

Self-proclaimed “Alpha Male” brags about how great he is at getting sex from barely legal 18 year old girls. Turns out he’s a 25 year old virgin. Is anyone surprised?

89 upvotes | October 25, 2020 | by [Caliph_of_Cairo](#) | [Link](#) | [Reddit Link](#)

Self-proclaimed “Alpha Male” brags about how great he is at getting sex from barely legal 18 year old girls. Turns out he’s a 25 year old virgin. Is anyone surprised?

188 points•[41 comments](#)•submitted 4 months ago by [deleted] to [r/AreTheStraightsOK](#)

My Realization That Red Pill is Bullshit

89 upvotes | October 3, 2018 | by [MonkGamer90](#) | [Link](#) | [Reddit Link](#)

Long story short I've come to realize that the Red Pill is bullshit, and the only reason I got sucked into it was because I was a young, insecure, nerdy and socially awkward guy that didn't get girls in high school but saw the "jocks" getting them and had resentment about it. That's the harsh truth. So I started seeking some way to become "Alpha" or become more like those guys that I perceived you had to be like to get girls. I'm sure some guys here can relate. I'm in my late 20s now and as I've gotten older I've become more naturally confident and the funny thing is the more confident I became the more I started to stray away from TRP and cringing at the posts on there.

TRP along with PUA "gurus" prey on awkward, insecure guys in order to sell them their blog/book/coaching/PUA program. They'll tell you that you need to fundamentally change your personality to get girls, and that they will teach you the secret to being "Alpha" if you only you listen to them and their secret Matrix-pill wisdom. But it's just lies to get you to join their cult and maybe buy something. And that's the only real red pill there is.

Real confidence comes not from having big muscles or great accomplishments, or having "game", it comes only from within. Real confidence comes from taking a hard look in the mirror, figuring out who the fuck you really are and what you really stand for, and decide what your purpose is on this earth. And accepting it all fully and without bullshit, because you can't lie to yourself. It may take a lot of soul searching, but when you can truly accept yourself, that's when you will be confident and have "frame" naturally. Everyone's trying to become someone else to get women or be successful, but really you just need to become yourself. And that's not something that anyone can sell you because it only exists within you.

If you base your confidence on muscles, then what happens when you get sick and can't lift? Or when you get old? Will you just go back to being an insecure nervous wreck cuz the muscles are gone? Lol. Same thing with accomplishments, what happens when you come across someone who doesn't really care about whatever accomplishment you base your self worth on? Is your entire self-esteem gonna crumble? When you discover your real inner confidence it will always be with you.

People say "take the good parts of TRP and leave the bad" but that's BS, because the only "good parts" of TRP is extremely common sense advice like "lift", "dress well" and "hold frame". Hold frame is just a fancy way of saying be confident. Oh it's better to be confident and well-dressed and fit than to be fat? Well no fucking shit Sherlock, that's the same advice everyone and their mother would give you, and is already in every self help book in the world lol. Don't need TRP for that.

The core of TRP philosophy is completely and entirely flawed at its core. First of all, there is no such thing as Alphas and Betas. The guy that originally proposed that theory, based on the behavior of wolves (not people), recanted it and said that wolves don't really behave that way after all. Human society is much more complex than simply alphas and betas. People tend to favor cooperation with each other and putting multiple minds together to solve a problem. Everyone has something to offer a group. That's how we survived for millions of years. Not by having one big strong alpha male in charge and have everyone bow down to him. Lol. I've met guys before that were always trying to be "alpha" by talking loud and being "dominant" and everyone just laughed at them behind their backs. People see through that shit easily, especially girls.


As far as hypergamy and other flaws that supposedly only women have, literally all of them are applicable to men as well. Women are hypergamous because if they see a more attractive guy they will want to stray? Guys do that shit all the time too. Are you really gonna tell me that guys don't sometimes cheat on girls when they see a more attractive girl? Even sometimes leaving their wives and shit to go start another family with a mistress? Happens all the time. As far as the "Brifault's Law" thing, the idea that women only like a man for what he can provide. I mean, it's sometimes true but again, men do it too. Don't men often only like a girl for what she can provide (i.e. sex)??

Then there's the whole "women only like bad boy alphas who abuse them" trope. Again, some truth to it and there certainly are some women exclusively into those types of guys. But most of the time it's a case of someone making a mistake when they're young and falling for someone who isn't right for them. As a guy, I did that myself. Fell for a girl in college that was completely not right for me, we weren't compatible and everyone told me so. But I was infatuated with her because tbh she was sexy and had nice titties. So I got with her and sure enough got cheated on and burned hard. But it must be that she cheated because I wasn't "alpha" enough right? That's what I thought at the time and one of the things that led me to TRP. Lol, what foolishness. She was just a shitty person who wasn't right for me and everyone knew it. Alpha or beta had nothing to do with it.

If you follow TRP it will lead down a path to becoming some sort of manipulative psycho just to get in a drunk girl's pants at the club or something. It's fucking weird, it's not cool, and it's definitely not "alpha". Some of those guys literally praise "dark triad" sociopaths and are actively striving to become an actual fucking psychopath because they think it will get them pussy. I mean, really think about that for a second. Is that what you want to be? WTF kind of ideology are you following? Who do you really want to be in life? Don't get sucked in by the so called "good advice" like "just lift bro". Plenty of other places to get good, common sense advice about things like that that aren't full of hate and negativity and sociopathic tendencies. Good luck bros in whatever path you take.

Found this on PurplePillDebate... Jesus

88 upvotes | January 9, 2023 | by [Ozzyguy300](#) | [Link](#) | [Reddit Link](#)



r/PurplePillDebate

u/

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Join

NSFW

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I hate all of you, you're a bunch of damn idiots.

Debate

Yup, it's the truth, there is a lot of cross over of groups here, but I'm going to do my best to say, fuck you!

Incels - You bastards aren't supposed to be here, that's why you can't get laid. Every woman out there is hard wired to be repelled by you because for 100,000 years of human civilization you would have been left on a hill in the snow to die as a child. You have extreme ADHD, on the spectrum, some undiagnosed social anxiety that just makes you tragically weird...yeah, our tribal ancestors wouldn't have dealt with your shit and you would've been treated like the defective models you are and thrown on the heap. You're a living breathing example of why our childhood mortality rate isn't high enough.

Red Pill, small dick energy, fucks - You're just a bunch of losers looking to hookup with Stacey but are really just finding a looksmaxxing FDS chick who poses as a Stacey. Grow up, get a personality, or maybe it's best you're stuck with the run through ho posing as the trad con princess.

FDS hoes - You're just a bunch of losers looking to hookup with Chad but are really just finding poser "HVM" redpill dudes who poses as a Chad. Grow up, get a personality, or maybe it's best you're stuck with the loser posing as HV.

PUA's - Fucking losers the lot of ya, but at least you know the score and are out getting what you want. Live your life, let them uppity bitches hate you, stop trying to fight the hate, you earned it.

Black Pill/MGTOW - please, go your own way and shut the fuck up. You're like that annoying alcoholic person who all of a sudden quits drinking (simping for pussy in your case) and finds Jesus, and now wants to evangelize everyone in their life. No, we don't want to give up pussy, we love pussy and don't hate cool women.

Trad Bitches - My god you judgmental, holier than though fucksticks. You sit in your ivory tower asking, no demanding, the men in your life get dirty in your name. You act innocent while you advocate for horrible things to be done...but your hands are clean. You're the fucking mob wives. A bunch of closeted asexuals or lesbians so programmed to be a baby maker you literally don't offer anything of value besides your reproductive organs...most of you are barely human, and certainly not adults.

Feminists (the ones that being a feminist is a major part of your identity) - You're basically the same as trad bitches, just more bigoted. Bitching and complaining all day long, not actually doing a damn thing, running around with judgement boners, white washing your own history and believing every woman's internet sob story. Yeah, some shitty things happen, they happen to all of us, it isn't because you're a woman, the patriarchy is a myth, you're making things worse and are a distraction from any real problems. You're movement and focus in messaging has been completely co-opted by the 1%, and even if it hadn't, there is no reason for you still to exist. The laws in the West have been equalized and you're now having to justify your existence by finding problems where none exist...it's time to sit down and take your talking to you fucking attention whores. And you don't actually want change, none of the shit you ask for is even coherent...if you actually cared you'd take action, you'd try to actually change and improve the lives of actually oppressed women. You'd pick up a gun and advocate going to the countries that do have a patriarchy and violently dismantling it, as women...stop asking men to fix your fucking problems, stop asking for respect and earn it. Without the will to uphold what you believe by *any means necessary* you lose, don't you get that? 90% of the men who are allies just want your pussy. No man that respects himself would be with you long term if your life/actions matched your beliefs, which is why most of you don't practice what you preach and the men in your life patronize your rants and then laugh to themselves thinking "well isn't she cute".

BluePillars - specifically the "it works out for everyone" side of this. No it doesn't. Look at the defective human trash i mentioned above, they wouldn't date themselves. It's not gonna work out for them, they aren't lovable and aren't going to get social skills or a personality that anyone will want to be around. Stop it, let them complain and just make fun of them, they just a bunch of salty douchebags.

78

67

Share

You all need to watch/rewatch Disney's Hunchback of Notre Dame.

88 upvotes | August 8, 2020 | by [Stargazer1919](#) | [Link](#) | [Reddit Link](#)

Quasimodo has lived his life of 20 years in isolation. No friends. No parents. He's ugly as sin due to his physical deformities. All he has is his job (ringing the bells) and Frollo to tell him how the world is like outside the church. No wife, no girlfriend, never got laid. He daydreams of having friends and love. He only has his imaginary gargoyle friends. He lives in the city of love, and it seems like everyone else is paired up and enjoying themselves.

He sneaks out one day to explore the world. He meets Esmerelda, and falls in love with her.

Unfortunately he ends up humiliated that day. People weren't kind to him when they saw how ugly he was. It did not set a good example for him of how the world is out there.

He spends more time with Esmerelda and teams up with Phoebus. I guess you could call him a Chad. Blonde hair, muscular, military captain. Originally he was very upset that she falls in love with Phoebus, but ultimately they all become good friends after the hardships they survive. The outside world sees this happen and sees them defend the city. The people on the outside accept them.

This whole entire time the last 20 years, Frollo has been telling Quasimodo about how cruel and evil the world is. He manipulated Quasi into thinking the world would only hurt him. Frollo grew up teaching Quasi a sort of Red Pill. Ultimately, Quasimodo confronts Frollo and says "All my life I was taught the world is a dark, druel place. But now I see that the only cruel and dark thing is people like you!"

Frollo uses his religion as the justification for his behavior. He twists the teachings to fit his own worldview. Kind of like how Redpill/Blackpill types twist science for their own worldview. Neither accepts any opposing opinions, and asserts that they are correct and everyone else is wrong.

Frollo the entire time is losing his own battle with his demons. He wants power and control. He's losing the battle against lust and sin. He takes it out on Quasimodo. He gaslights Esmerelda. Quasimodo wakes up and realizes it's all a huge lie and a huge charade.

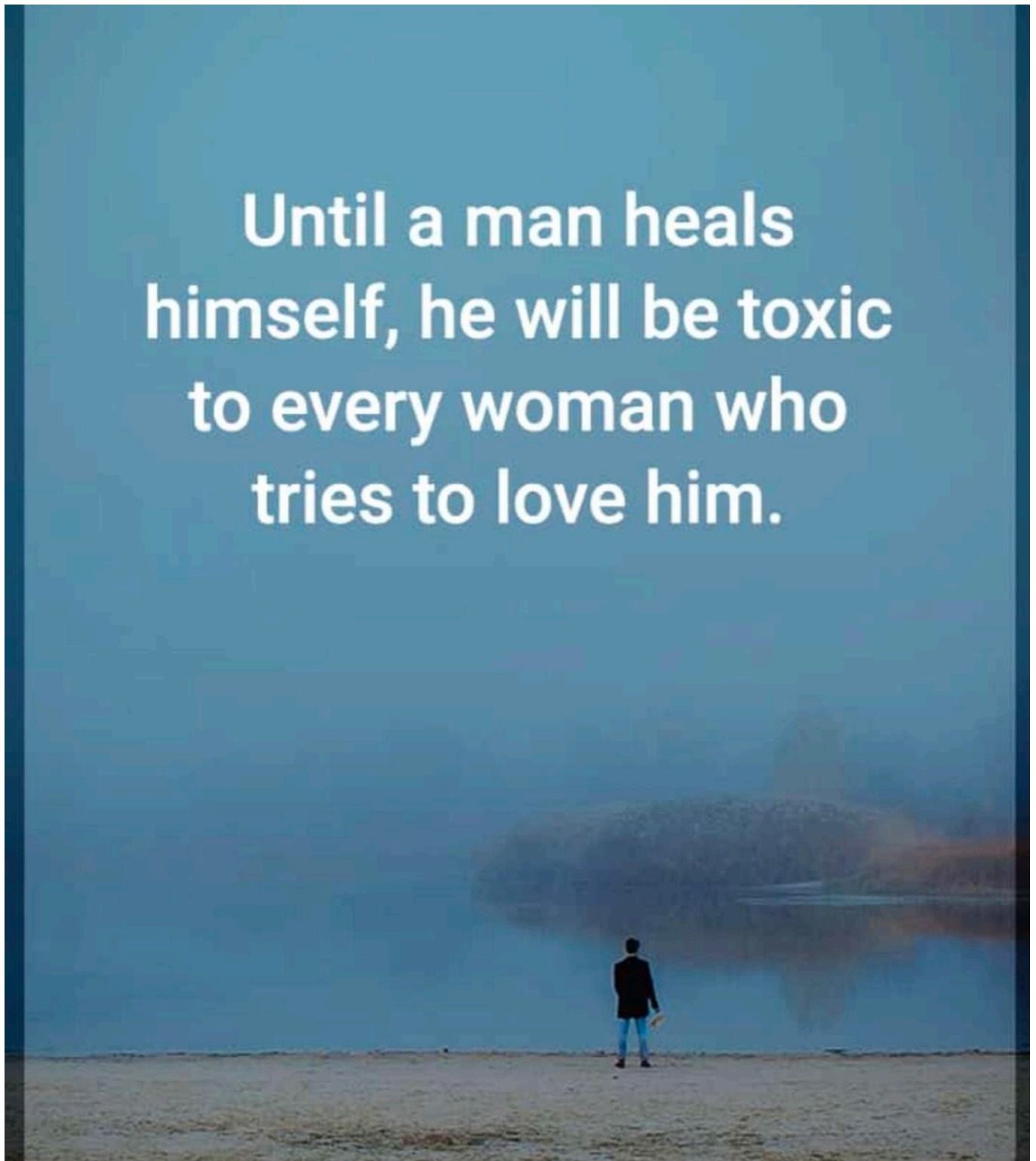
Ultimately, the only beta cuck here is Frollo. The only beta cucks out there are Red Pill and Black Pill guys.

Edited because I had more to say.

An interesting title.

88 upvotes | January 24, 2021 | by [wokeprince2020](#) | [Link](#) | [Reddit Link](#)

Until a man heals
himself, he will be toxic
to every woman who
tries to love him.



Oop

88 upvotes | December 29, 2020 | by [smirt999](#) | [Link](#) | [Reddit Link](#)



I'm stepping back from Married Red Pill. Here's why.

87 upvotes | January 22, 2017 | by [ShiveringPines](#) | [Link](#) | [Reddit Link](#)

I got into /r/marriedredpill last year during a stressful time in my marriage. I was frustrated and my wife and I had to work some things out (and still do). That's when I discovered MRP, and it hit me like a bolt of lightning.

A lot of what RP, and particularly MRP, preaches is actually great, practical self-improvement wisdom, especially for those of us who are a little older (I'm mid-30s): Get in shape. Take responsibility for your life. Be assertive. Set goals and make plans to achieve them. Don't be a man-child. I devoured this kind of advice from the MRP core reading list, MMSLP, NMMNG and WISNIFG, and really internalized it. And much of this helped! Several months in, I'm in better shape, making progress on personal goals, my marriage feels better and I feel great. At first, I thought: MRP is working!

The first hint I got that something was amiss was after the election. That's when I realized that MRP was chock-full of Trump guys. It's not unanimous, but it's pretty heavy. While I voted for her, I'm not a big Hillary fan, but the kind of things RP & MRP tosses around about HRC is & was despicable (perhaps, deplorable). Since then, I've begun seeing the clues everywhere, and it dawned on me: this is a tribe I wouldn't feel good with in real life. Zoom out from their opinions on gender, and their values are way off the map with respect to my own.

I recently remembered something I'd read about how cults work. One tell-tale sign of a cult is its leaders insisting that you must go 100% in, or none of it counts, and denigrating those who take a piecemeal approach with what works for them. When folks approach MRP that way, it's called "sprinkling some Alpha" on your life, and broadly flamed. Guys who don't seem completely in-sync with the philosophy of AWALT and whatnot are similarly panned. I like the "locker room" approach to not treating everyone like a special snowflake, but on the internet, that crosses into "flame anyone who just disagrees" really quick.

The thing is, I actually agree with a lot of fundamental points of RP: I believe in some traditional gender roles, that men and women are *not* the same, and that men are often unfairly treated by what some call "PC culture." There **is** a re-examination, and maybe reconstruction, of modern masculinity going on. But there's just too much obvious misogyny in RP/MRP for me.

I marched, with my wife, in the Women's March the other day, because I believe in equality for women and to oppose the vulgarity of the man who is now POTUS. Later, I saw a bunch of MRPers sharing variations on [this tweet](#), which sort of sealed it for me. There's an element of decency that's too often missing from MRP that I can't overlook anymore. And that makes me sad.

I guess this is me, now going my own way.

"I'm a feminist", I said two nights ago for the first time. And it wasn't weird.

87 upvotes | January 17, 2020 | by [iama-canadian-ehma](#) | [Link](#) | [Reddit Link](#)

This seems like the place to tell this story, yeah. Let's go.

A few days ago I was talking with my roommate, a girl, about gender and dysphoria (she's trans) and feminism and such, and a realization hit home real hard: I'm in agreement with all of this stuff. I have no real reason to *use* the label of feminist, but I also have no need to *fear* it anymore. To *worry* about being considered as one. To hide behind the label of "eGaLiTaRiAn".

Being a feminist doesn't mean you have to call yourself one, but it's an easy way to find a community that you can either add to or grow from. Sometimes labels are lazy and in my case, I have no idea where I'd fit into any feminist discourse so it's not wholly useful to me anyway. I'm not going to go blast out what a "woke feminist ally" I am either because that's not useful to anyone and kinda deserves the derision it gets from both sides.

But. I feel this is a huge step forward for my personal development. I feel like by throwing off the weight of my hatred I've taken some power back from the mother who abused me and the weak, semi-absent father who not only didn't protect me but also victimized me. I don't feel like I need to overcompensate with masculinity just because I'm gay. There's also the empathy gainz, which are better than any gym membership can give you.

It's a better life. Quieter, simpler. I don't engage with all of that hatred anymore. I'm sure to call out anyone who's giving any crap to a woman just because of who she is, but disengaging from the rage engine was a huge boon to my life. That old Star Wars quote about what hatred leads into...well, whoever wrote that particular line in the script was a damn wise person. Hatred twists you, even if you think you're morally in the clear. It will turn you into someone your past self wouldn't recognize. Well, that was a ramble. Thanks for reading. I'm excited to see where I go from here.

I stopped taking advice about dating and how men/women think. Shit will drive you crazy trying to figure it all out.

87 upvotes | January 3, 2021 | by [alamurda510](#) | [Link](#) | [Reddit Link](#)

Red pill tells you exactly what both sexes are thinking and how they operate. It's like red pill has unlocked some secret that nobody else knows or wants to know. When I actually socialize in the real world I rarely encounter anything I learned in red pill and if it does it's so minor that it doesn't even matter.

Obsession with women

87 upvotes | August 11, 2020 | by [ZealousidealFig5](#) | [Link](#) | [Reddit Link](#)

There is something I find strange about MGTOW. They claim they want to go their own way and avoid relationships with women but obsessively talk about women on the internet. Have MGTOWs explained why they do this.

Why are women all the same but men are individuals?

87 upvotes | June 19, 2021 | by [ChocolatChipLemonade](#) | [Link](#) | [Reddit Link](#)

I never understood this about trp. Seems illogical that they can create a rulebook for all women's thoughts and behaviors but that men are special and above that. We're all human - it's more rational to think that either each of both genders have all the same actions or neither do.

Kevin Samuels says domestic abuse/violence doesn't exist meanwhile my brother is a hardcore KS Stan and physically abuses his wife amongst other things

87 upvotes | July 8, 2021 | by [PrincessTiaraLove](#) | [Link](#) | [Reddit Link](#)

I've written this before on another sub, but I think my brother is going to kill his wife. Idk if he's been this way, but KS and the manosphere army sure makes things worse. There's nothing I can really do, because she thinks it will get better. Kevin Samuels and the manosphere does nothing, but further embolden him to do what he does. There isn't a day that goes by that he doesn't berate her. She also makes more money than him and probably pays for 70% of the stuff they have. I'm sickened by the behavior he displays and now I'm 100% sure that if I ever suspected a man had these manosphere/red pill beliefs I would get far far away from him. Probably just ghost him. These men are the reason women have to give fake names, fake phone numbers and take the long way home after a date. I'm scared for my brother's wife, but I can't be around them, because I think he's a danger to all women.

The anime/manga known as "ERASED" is what single-handedly got me out of the toxic RedPiller mentality. I know this sounds ridiculous, but you have to hear me out.

87 upvotes | June 6, 2020 | by [CanadianTurtle](#) | [Link](#) | [Reddit Link](#)

Yes, you read that correctly. It was an anime/manga series that cured me from my toxic redpill mentality. It wasn't words of wisdom from Reddit posts. It wasn't real-life experience. It wasn't debates with the other side. It was a fucking manga/anime series that broke me free of toxicity.

The series is about a 29 year old man who goes back in time to his 5th grade body to save a socially outcast girl in his class from being murdered. It's a tragic, sweet, memorable story that will stay with me for years to come. It made me realize that there's more to human connections than just "sex." It made me realize how great it feels to have an emotional connection with someone. Up until that point, I'd only ever used women for sex. I avoided falling in love with women because I was convinced by RedPill mentality that "falling in love" was a sign of weakness. Because once you fall into that trap, the woman has power over you (or so I thought).

But while I was reading the manga, it made me remember those days of what it was like to feel adolescence love. The story perfectly captures that innocent feeling of falling in love and truly caring for someone. Not for reasons like "sex," but for the sake of caring for them.

Nowadays, I feel more satisfaction taking care of a girl MORE than the act of having sex. And I know what people are going to say "*you probably don't have sex with cute girls.*" WRONG! My dating life is just fine. I've been with enough attractive women to be satisfied. It's just that, ever since I've read that manga/anime series, It made me realize that there's more to relationships than just sex.

Nowadays, whenever I go on dates. I like cooking for the girl. I like treating her nicely. I like listening to her stories and making her feel happy/wanted/important. I was never like this. Back in my Redpill days, I'd just fuck her and be done with her.

The manga/anime made me stop having an animosity towards women. In fact, I think I get along better with women nowadays than men. I know this all sounds crazy, but if it worked for me, it might work for you. I hope you guys get the chance to see "ERASED." If you can't read the manga, just watch the anime. It's easily bingeable (only 12 episodes), so you should be able to finish it in 1 night.

Can anyone relate to this, by any chance?

MGTOW makes me sad

87 upvotes | July 13, 2020 | by [redbastie](#) | [Link](#) | [Reddit Link](#)

Like any middle aged man I spent a bit of time contemplating the MGTOW "philosophy".

It seems kind of endearing at first. Hey, this is a group of men who have apparently sworn off the shackles of society, giving a big middle finger to the family court system, and living lives for themselves. They've managed to conquer biological urges, and in turn, achieved an anxiety-free state of mind that adolescent men could only dream of.

Well, at least thats what they lead you to believe.

The truth is that the MGTOW "movement" (but don't call it a movement, because despite the fact that it fits the very definition of a movement, you're not allowed to call it that) is nothing more than a group of angry men who have been betrayed by those they thought they loved.

That's right. So much for the conquering of their own innate biological impulses. Anger, right up there with fear, is one of the most primitive emotions one can succumb to.

Just look at the MGTOW sub on Reddit. A majority of the content is a straight up carbon copy of the "female dating strategy" sub with the genders reversed. Hypocrisy at it's finest. A group of men who constantly complain about the opposite sex find it objectionable when the opposite sex generalizes them solely based on their gender.

Oh you want more irony? How about the fact that they constantly claim that women are malleable. They are just brainwashed by society. These same men will tell you that these easily manipulated women can't be manipulated into doing what they want in a relationship.

More irony; these men claim that women constantly make the "wrong choices". This usually involves fornicating with males who they deem inadequate, or "Chads". The same argument could be made for most of these men who are divorced or went through bad breakups. Divorce/breakups are probably the #1 way men find out about MGTOW. You could definitely say that the reason they went through divorces or bad breakups is because of poor decisions they made themselves.

For the record, I'm not angry at "MGTOWers" (or whatever they call themselves), I simply pity them. They've chosen to live a life full of resentment and loneliness because they had a bad experience. I've noticed a common trait of the MGTOW man is to put oneself so high on a pedestal that no woman could possibly possess the perfection deemed necessary to please them.

Here's a gem to wrap this up. The MGTOW men often find the phrase "who hurt you" objectionable. The funny part is, as I mentioned before, the main reason men stumble upon this lifestyle is because they were, in fact, hurt by women.

I may be considered a "cuck" by MGTOW standards, but at least my entire genetic line which dates back billions of years will not be removed from existence because I can't handle the fact that "girls want a man with 6 inches, 6 feet, and 6 figures". Which is also hilarious given that this constitutes the overwhelming minority of men and there are plenty of men who happily grow old with a female partner despite having one or less of these traits.

Is this the support group?

87 upvotes | July 17, 2020 | by [MommysPills](#) | [Link](#) | [Reddit Link](#)

They've got my son.

I knew there was a problem 2 yrs ago when he hit me with an alt right verbal powerpoint of oddly specific assertions but other family members didn't believe me.

I'm a single mother who did not date at all for the first 15 years of his life and then had one bf that he didn't even know about. I worked and bought my own home when he was a toddler and didn't get child support so I definitely didn't set an example of a gold digger and I never talked bad about his dad who walked away. His dad has always known how to get ahold of us and chose not to. I'm not perfect but the reason I'm bitter is because my son thinks single mothers are worthless and likes to pop off about "109 countries" and call people degenerates.

Any advice? I really miss who he used to be. I'm not trying to make him into a substitute husband figure to make up for what's "missing" in my life. The only thing that's missing is feeling like i could talk to him and an occassional family dinner.

(i didn't see rules for this forum, if I'm in the wrong place, I apologize and will delete)

redpill hypocrisy about women being shallow

87 upvotes | February 14, 2021 | by [JackieNaper1907](#) | [Link](#) | [Reddit Link](#)

Redpillers often drone on about how women are shallow and vapid, etc, but I literally asked what the hierarchy for women is. They have one for men i.e alpha, beta, sigma was has been heavily debunked but I wanted to one if they had one for women, and I was told it was the 1-10 thing. So these guys who criticize women for being shallow literally only care about a woman's looks.

[Insert ironic starwars meme here]

how mgotw and redpill made me fearful of women and how I got out.

86 upvotes | April 24, 2020 | by [ilreverde](#) | [Link](#) | [Reddit Link](#)

Howdy ladies and gentlemen.

First of all I want to say that I never was an outright member of both movement. I agreed with some concepts and while I never fully drank the koolaid, it profoundly affected me and after 2 long years of being consumed by this ideology, I can finally say that I got it all out of my system. I write this with the hope that it can help others dealing with the same stuff that I've dealt with.

The beginning

It all started when I was about 17/18-ish. During this time I used to browse 9gag a bunch and in there I would sometime read about people being screwed over, relationship wise. At the time I just thought "shit happens", but those posts would come again every now and then.

My downfall really started on quora and reddit. A big difference between 9gag and these 2 Websites was that the posts didn't have character limits. Quora questions like "how you found out that your xxx was cheating on you" and subreddits like [r/Relationships](#) would lead to posts with lengthy explanations as to how people (usually men) would be cheated on in the worst way possible. I remember how I would spend entire afternoons scrolling and scrolling and this made me extremely anxious.

My current situation was as follows: Overweight, virgin, no friends and my self confidence was at an all time low. Just to make you understand how bad it was, I loathed and was fearful of calling delivery services / making appointments and I almost had a heart attack while asking for a summer internship over the phone.

The redpill and mgotw

This is when I started to discover the redpill. I watched channels like sandman and other mgotw related stuff and would start to lurk repill and mgotw subreddits. In the beginning it felt as if the pandora box was opened. They said that Women would cheat on you regardless of your value as a man and that they would milk you dry if you let them do it, and everywhere I looked, I would just find more stories that would confirm what I've read and heard from this redpill people.

Even though I was deep in the red pill, I still would have not considered myself to be an outright member of these group. You see, while I believed in hypergamy and the 20% / 80% stuff, I still couldn't buy the "all women are like that" mentality, both from a logical but also an emotional point. i.e. the overwhelming majority of pedophiles are men, but I never heard women saying anything about all men being child predators (as far as i'm concerned). I also have a wonderful sister that is in a relationship and looking at them I would see the exact opposite of what the redpillers would say. She would often spend money on him, she took interest in what he did, etc. If my sister was like that then it wouldn't have been a far stretch to also believe that other women like my sister existed.

To be completely honest I wasn't angry at women, I was scared of them. I was scared that I could be cheated on, that if I got married, they would divorce me and take my stuff or that that she could have an affair and I would have raised a child that was not mine. To give you an example of how deep my paranoia went, I often played with the idea of having hidden cameras in my house, trackers in vehicles and taking paternity tests behind a potential partner's back just to be sure that I wouldn't not meet the same fate as the people who got fucked over.

How I got out

Well, to be completely honest it was a multitude of things. First thing first, I deleted reddit and quora. This places were tainted to me and even nowadays I get somewhat nervous if I enter these websites. The next step was actually going my on way. Instead of listening to bitter and resentful people, I slowly began to block their generalized opinion and actually started to build an opinion of my own. I started to hit the gym (lost 21 kg / 46 pounds) , learned to be impartial and to take any opinion with a grain of salt. More importantly, I started to be critical of my own beliefs. If I didn't have a sound logic to it, it had to go.

Now I'm 20 and I'm far more calm and retrospective person. I'm still a shy guy and still never had a girlfriend, but that's just what it is. I learned to not being so fearful of random people and more importantly pizza delivery services.

On Monday I will call a company to see if they will give me a another summer internship and to be honest, I'm already shitting my pants, but at least now I know that I have to face my fear instead of letting it dominate me.

cheers.

EDIT:

I called. It went good. Nothing official because of the current situation, but I'm confident I will get the place.

Cheers.

TRPs cult like terminology for women.

86 upvotes | July 16, 2020 | by [spacechicken1990](#) | [Link](#) | [Reddit Link](#)

What I've noticed from interacting with terpers is they almost exclusively use language that dehumanises women when talking about them I.e "plate", whores, stacies ect.

It's easier to treat someone bad if you use language that distances someone from their humanity. This is something incels do to a greater extent to justify legalising rape or murdering women, because to them women are just "foids" or "roasties". Nothing more than walking genitals, sub human if you will. It's not morally reprehensible to treat them like that because they aren't even people in their eyes.

A similar phenomenon occurs in TRP but to a lesser extent, instead of murder & rape its manipulation and lies.

"Spinning plates"

Doesn't sound half as bad as "manipulating women into thinking I'll commit so they sleep with me"

Red Pill denies an important truth - we men want closeness with women

86 upvotes | December 19, 2020 | by [Planetof12](#) | [Link](#) | [Reddit Link](#)

Examining my relations with women (both romantic, sexual and platonic), I noticed how often they more intense than relations with men. I noticed how I and other men constantly sought approval, positive feedback and closeness with women. Our relations to them mattered way more than we admit.

I think it became very apparent to me when I realized I don't want to lose all the women that rejected. It's not a "Wait until they want to fuck" kind of thing. I just generally enjoyed their presence in my life.'

Redpill denies all that. Redpill is about conquering and 'subjugating' women. There's nothing there about achieving actual closeness, intimacy and trust with women. After all, one of the main premises is that men and women are some sort of enemies and only manipulation work.

Now, I'm not saying I'm a perfect example of how to relate to women. In fact, I'm a total fuck-up. I got raped by ex-girlfriend, got sexually used by another and only had rejections so far. I also had great friendships and shitty friendships. I'm in therapy mostly to examine this, but I wanted to share this tidbit of wisdom - men want closeness with women. But our culture denies that, and encourages us 'conquer' instead.

I'm done hating women

86 upvotes | February 15, 2021 | by [Shroomer14](#) | [Link](#) | [Reddit Link](#)

I don't have the best relationship with my mom and my sisters shoved their feminism down my throat and it had a back bounce effect. This on top of being very socially anxious, not very neurotypical, and convinced my appearance was terrible (still working on this, thanks looks max). Anyways, I went to mental health treatment for my PTSD and met this beautiful girl. She's not shallow, she doesn't care that I'm not low inhibition enough or 6 foot 2. I had a panic attack yesterday (health anxiety) and she cuddled next to me and took my phone so I couldn't look at web MD. All that bitterness and angst has lifted. It's like letting go of a grudge. I was convinced that women were these sheep minded, vapid, and solipsistic creatures and now that view had been shattered. To meet one that is so empathetic, really has been eye opening. I'm done hating women, I may not quite get them or be frustrated with them sometimes, but I'm done hating them. Hating half the people on this planet takes a toll. All the resentment drains you out. We will all make it boys.

One of my many experiences of being a Red Pill's "plate".

86 upvotes | July 29, 2022 | by [YourFavouriteCupcake](#) | [Link](#) | [Reddit Link](#)

Triggered by [another one of Detox's great raw writings of his experiences](#) of adhering to the waves of Red Pill bullshit, I was reminded of some of my own uncomfortable feelings of being reduced down to a "plate" by someone I adored, trusted, and thought was one of my more reliable FWB's. I'm a former Red Pilled woman by the way.

I always found the spinning plates thing really funny (until I was turned into a plate of course ☐ *wahh wahh*) because the Red Pill dudes I knew would present a very different narrative about the women in chats online than what was *actually* happening to their friends. I saw many of my own experiences repeated in a very dishonest way (started saving A LOT of data after that because something just didn't feel right). Even using edited 'evidence' of her 'crimes' against him. This fascinated me greatly. Are they really cherry-picking like 5 examples of me not being perfect and completely ignoring the 150 other times I did something good? Holy shit, they are! ☐

Is this what alphas do? Intentionally portray their relationships in a very different light than reality? Even to their buddies? I had one that kept pretending like he was rejecting me through our normal chat channels, even to the point of baiting me with sending and unsending of messages to trigger my apps, but then be all up in my business as alts where he knew how to find my online gaming profiles, as if I didn't know it was him or his friends. ☐ I wonder if he was telling his friends all his other stuff too, or just using me as cannon fodder with cherry-picked stuff?

We've been on and off for many years (this was before I realized that I was being primed for trauma bonding and a forced addiction to him via the silent treatment and breadcrumbing cycle, which he looped for *years*). When we started casually talking again, he would flirt, drop innuendos, try to poke and get me to sext with him...or my favourite, we used to do this really hot thing where we would, totally randomly, send porn gifs to each other with no other context. ☐

Grocery store, work, didn't matter...you never knew when you'd be called upon and *reminded* of what he would do to you that moment, if he could. But I usually would just toy with him a bit if I was lonely that night and needed some company. He never once asked me to be his girlfriend, so I figured it was casual as casual could be. Right? Or no? I can't tell!! His constant hot and cold and mixed signals made my head hurt.

When I would play along, he would remind me he "didn't want a girlfriend" while simultaneously expecting me to give him the full "girlfriend experience" (LULZ!), nudes and all. After **a year** of 'not wanting a girlfriend', but still being contacted EVERY weekend for affection and attention and being made sure I knew that he didn't want me, he kept dropping little things about the girls at his work he wanted to fuck, or was, to try and make me jealous (y tho bro?). But only I was the bad one for doing the same back to show how much it hurt. He is the one who initiated, by the way. I was taught to work on his lead. Like what the fuck had this thing become? Is this what he believed I deserved? After everything? Yiiiikes. No thank you.

Worked like a charm, felt like a used-up idiot, and succumbed to the feelings of not being "good enough". The love was real. At least on my side. Boy was my homie, and he didn't love me back. But worse, he was an awful friend, because who does this to a "friend"? So, then I started to pull away...even with our friendship. At which point his wing men tell you to just let her ('the plate', me, a

human and nearly best friend of many years) break. Let me walk away. I was disposable and was disposed of simply because I wouldn't entertain his 'not wanting a girlfriend' but expected to be on call for him whenever or be...*dismissed* (but also never being told that he was leaving for months at a time or even forever when he'd give me the extended silent treatment for misbehaving).

I mean, I don't mind a little casual flirtation occasionally, but I'm certainly not going to give you my all without getting at least a few good dates out of it. Bitch, please. □□ But after some time, it starts to feel almost as if I was extorted into either having a sexual relationship with him or lose my friend. I did it because we both got the attention we were hungry for, but I still lost out anyways when another woman came along. It just all felt so wrong, but I couldn't place it. It didn't flow like it naturally should. He was unusually resistant, but seemed to want me...but not? God, the dissonance and push/pull gave me migraines.

To expect a full experience from me is absurd. To then punish me for not entertaining it was worse. "Show her she can lose you forever", I read. "Ditch the bitch!" I had to prepare my tits for the worst. WWII of love was about to begin! I went full Harley Quinn, cried, ate my heart away, turned up the heartbreak music up to 11, danced around my apartment with Kim Kardashian ugly crying on my face, reached out a few times like the weak little heartbroken girl I was, was in awe at his ability to ignore our history, yada yada. BuT tHe LoVe wE hAD! The whole schtick. I wrote him a nice letter (I was raised VERY old fashioned, get over it), or so I thought. □

I told him I needed something else with the whole 'it's not you, it's me' thing, sent it, and prepared to lose my friend of like five years. And he did. He walked away and I haven't officially spoken with him for years. Or so I thought. I found out both he and his friends had been stalking me for years, contacting me on other channels as 'strangers' who then also expected me to give them my all (FFS, really?! Ha!) I wouldn't know it at first, but after like a year of befriending another person, I would find out they were connected to him.

THIS SHIT AGAIN?! He knows how to find me and used alts to talk to me instead, casually dropping reminders of us while pretending to be the uncaring alpha dude who gives the silent treatment to all his bitches on his main channels to others. God, what a weird mating dance... □ The Red Pill delusions are real, and they fuck A LOT of stuff up for young men new to the dating scene, but they don't know that and adhere to these fake alphas on YouTube with googly stars in their eyes until they've made the grave mistakes that the coaches avoid talking about...

This shit is a joke. I'm not here for your entertainment. Either you want an endless supply of free pussy using a controversial formula that side by side looks a lot like narc abuse, drives people crazy, and creates headaches for you, or you want to work on yourself, build something good with a good woman, and settle down. But don't expect women to entertain being your free escort without a little exposure of what a piece of shit you are and how much you lie behind the scenes. □□

Are you *really* alpha or is it all just a show?

TL;DR: A lot of these dudes aren't as alpha as they front publically and even to their friends. Some are even coaches themselves and sell a story that's only partially true. I'm so fucking tired of being lied about and being punished for it. A lot of them are just being beta bois in secret and use you, your time together, rare examples of you not being perfect were exaggerated and thrust into the public eye, and sometimes even your private texts were used and rearranged to spin a different narrative...

Edit: Damn. 4.8k+ of you read this shit? Damn, thanks. □

Red-pill advice on how to attract women is actually textbook abuse tactics

86 upvotes | September 9, 2022 | by [allusivecat](#) | [Link](#) | [Reddit Link](#)

I just started reading “Why Does He Do That? Inside the Minds of Angry and Controlling Men” by Lundy Bancroft and it’s amazing to read. He is a consultant for domestic and child abuse cases and would counsel men who were convicted of these crimes as part of their “recovery”. (Here is a free version of his book:

https://ia800108.us.archive.org/30/items/LundyWhyDoesHeDoThat/Lundy_Why-does-he-do-that.pdf)

The following is a quote from the book. “He [the abuser] often has difficulty conceiving of her as a human being. This tendency in abusers is known as objectification or depersonalization. Most abusers verbally attack their partners in degrading, revolting ways. They reach for the words that they know are most disturbing to women, such as bitch, whore, and cunt, often preceded by the word fat. These words assault her humanity, reducing her to an animal, a nonliving object, or a degraded sexual body part. The partners of my clients tell me that these disgusting words carry a force and an ugliness that feel like violence. Through these carefully chosen epithets- and my clients sometimes admit that they use the most degrading words they can think of-abusers make their partners feel both debased and unsafe. Objectification is a critical reason why an abuser tends to get worse over time.”

I have so two main takeaways from just this small paragraph, and I’d love to hear your opinions too.

1-This objectification of women is very commonplace in the advice of many redpillers. They see women as a thing to get, not as a person to spend their lives with.

2-These words are used a lot by redpillers when they neg women! When they want women to feel low about themselves, they use these ABUSIVE tactics and encourage other men to do this too. This is from people who are in trouble with the law for harming their partners, and this is a scare tactic they use.

Clearly using the same method as an abuser is NOT the way to attract someone for a long healthy relationship but this is the kind of advice being recommended to young impressionable men. How damaging!

As I’m reading this book, I see so many other abusive tactics that remind me of advice given by redpillers; I’ll have to post more quotes and I definitely recommend giving this book series a read.

(Rant)I am so tired of how Red Pill men have a double standard when it comes to supporting men who have been sexually victimized by women but not men who were sexually victimized by men and how they can actually support male survivors.

85 upvotes | October 2, 2022 | by [Truthteller1995](#) | [Link](#) | [Reddit Link](#)

Now before you red pillers come on here, call me a blue pill simp, and down vote this post to the depths of hell read my story and what I have to say IN FULL. I was once a Red Pill man who thought I would be supported by other Red Pill men. Then once I started sharing my story on places like Tik Tok they turned on me and stabbed me in the back because I was victimized by another man (my father). As soon as I started posting videos about my experience I was bombarded with HUNDREDS of hate filled messages calling me a liar who wants attention, saying I must have enjoyed it even though I was 6 when he started molesting me, mocking me, and saying that "he should have gone for someone cuter". Then when I posted a video calling out the men who did this I was again flooded with hateful messages with threats to doxx me. They then started making baseless about my account resulting in my account being suspended for 7 days which made it impossible for me to comment, like, or post videos. I was almost never attacked by feminists.

Then I began to notice a pattern, Red Pill men only care about male victims when they are able to use them to attack feminists. Every time I go on red pill sites they only talk about female on male violence and almost never talk about male on male sexual violence which is the vast majority of cases. And they only talk about male victimization to attack feminism. Then when a man accuses another man of sexual violence they turn on him. Then they start bitching about how false accusations against men are an epidemic. Don't believe me go on any video about male victimization that is not being used to silence women or attack feminism there are almost no Red Pill men who turn up to support the male survivor. And the men who do turn up are usually attacking or mocking the survivor. But when the video is being used to attack feminism suddenly they turn up.

This is not just my experience, this is the experience of most male survivors I know who are not being used as tokens to attack feminism. The vast majority of men who have been victimized by other men don't talk about their experiences for this reason. This is because men are far more hostile to male survivors than women are, don't believe me read this than: Men are much more hostile to male victims than women are, don't believe read this <http://www.survivorsmanchester.org.uk/wp-content/uploads/2012/06/Davies-M-Rogers-P-2006.pdf>. The bottom line is that the reason most survivors, both men and women, don't speak up is because of other men, in my experience.

Now here is how you can actually support male survivors:

1. Start by believing ALL survivors, not just male survivors.
2. Stop bitching about false accusations, they are incredibly rare:
https://www.nsvrc.org/sites/default/files/Publications_NSVRC_Overview_False-Reporting.pdf
When you starting complaining about false accusations it silences survivors. If you are falsely

accused there is a tiny chance you will go to prison especially if you rape another male. Plus survivors are rarely believed and only 25 of every 1000 people accused of rape will EVER go to prison: <https://www.rainn.org/statistics/criminal-justice-system>.

3. Stop saying being falsely accused is worse than being raped, it is not, PERIOD. Nothing is worse than having your body be invaded against your will by another person or being molested, END OF DISCUSSION. Being raped and molested pretty much ruins you for life. Then when you do come forward you are more likely to be disbelieved and there is minuscule chance that your perpetrator will be incarcerated. Yes false accusations are bad but stop equating the two.
4. Don't use the experiences of male survivors as a weapon against feminism. My experiences of sexual violence is not for you to use as a weapon when you see fit.
5. Stop whining about how men don't report as much and then turn around and mock us when we have been victimized by other men.

For ex red pill women: Nobody's coming, and nobody gives a fuck

85 upvotes | January 20, 2021 | by [SnooMachines7712](#) | [Link](#) | [Reddit Link](#)

I speak from personal experience here. Too many women grow out their hair, buy a new outfit, do their nails, and go on a diet....because they want someone to give a fuck.

I struggle with this concept every. single. day.

Tire's flat?....nobody's coming.

New hair?...nobody gives a fuck.

I'm not throwing any lady under the bus, without throwing myself under there too.

But stop setting a trap, stop waiting to be rescued, stop doing things to impress nobody and do the things you need to do to keep you from needing somebody to do the rescuing.

Once you get these two phrases lodged deep into your brain you'll be ready for anything.

I struggle with it too, so I repeat to myself all the time

"Nobody is coming, and nobody gives a fuck".

Also, for those of us who are single on purpose, you no longer have to love, honor and obey.

You just have to like, respect and tell the truth.

I think my boyfriend is being radicalized

85 upvotes | January 17, 2019 | by [leggomyeggobitchh](#) | [Link](#) | [Reddit Link](#)

My boyfriend of 6 months recently told me he has been checking out a lot of Red Pill stuff and asking me all these weird questions about if I would sleep someone for so and so if they were “alpha” and just using the phrases “alpha” and “beta” a lot. He’s also been acting douchey lately and is getting increasingly controlling. What do I do?

I feel like redpill is a soulless movement

85 upvotes | May 3, 2021 | by [redditistoxicaf200](#) | [Link](#) | [Reddit Link](#)

It's so materialistic and narcissistic , it makes me wanna throw up

Im married to a misogynistic, redpilled, mgtow narcissist

85 upvotes | March 16, 2021 | by [InfjChick91](#) | [Link](#) | [Reddit Link](#)

Hey guys and gals, I'm new here, like quite literally. I look on reddit from time to time but never made an account to post anything until just now. I wanted to come on here and share my testimony with you all, to people who can relate to me or were previously in this.

I was never a part of this but my husband was and is. If you are a man who was in this, I have so much respect for you for having a conscience and leaving and I just really wanted to come here and let you all know that. I understand that you are all different and had your different reasons and different hearts and genuinely feel bad for being involved.

I also wanted to connect with women who may have been married or involved with a man in this who was damaged too and can understand me. You see in my situation my husband wasn't just a part of this out of good intent or being deceived, he was a narcissistic sociopath. And after I separated from him due to his abuse and control, he then turned to the menosphere, red pill/mgtow etc as a form of devaluation, gaslighting and playing the victim while using it to lie and slander me. I want people to know that there are alot of dangerous and narcissistic people in these groups. And I'm sure many do know that because it's obvious. But for some reason to many others it's just not and it's rationalised and normalised.

I'm not sure if I'm allowed to share videos here or not (and if I'm not I'm sorry and feel free to delete) but this is my personal testimony on YouTube I just made talking about my marriage with my husband and all this intertwined in it. How confused I was with how he was treating me and not understanding it until later after researching. Please check it out and if youre wanting to connect and chat about this, weather you're a guy who previously left or a women who went through the same as I did, I'd be happy to hear from you ☐☐ [My Testimony](#)

How redpill videos made me feel insecure as a woman

85 upvotes | June 9, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

I'm a girl in college and came across a video on YouTube; little did I know it was redpill content. I went down a rabbit hole of videos by them and others (fresh and fit and the roommates). Their videos made me feel like I'm not enough or not a woman because I'm getting a degree and may not always dress "feminine". Listening to them say things like "female nature" made me feel like a science experiment or something. I know that not every guy thinks like this but it made me feel insecure. I'm so glad this platform is here, it makes me not feel alone. To men who were once redpill did you ever view women as someone who is not human as odd as it sounds? And to women how did you regain self confidence after consuming this type of content?

“Women only want Chad” is sheer projection

85 upvotes | September 24, 2021 | by [BiWomanHealing](#) | [Link](#) | [Reddit Link](#)

Apologies for the cringey lingo. When I was doom scrolling the RP forum back in the day, you see men boasting about “getting” women they “ranked” as 7-10 on a 10 point scale. So... these are the top 20% of women looks wise. You don't see PUA men wanting your average girl next door. Even the incel community, those men are NOT pursuing women in a similar looks and income category. I have this theory that men get an ego wound in middle high school where they become deeply insecure about not being the popular jock on the football team who gets the super hot, super popular cheerleaders. They get into RP trying to make up for “lost glory days”. They're exclusively interested in thin, young sexy women who are social and popular. Who are fun and easy. Yet, they say only women want “Chad”? It's ridiculous. It's just a projection (reverse accusation) of these men only wanting Stacy.

IVE FINALLY DONE IT

84 upvotes | February 25, 2021 | by [zeroicemaze](#) | [Link](#) | [Reddit Link](#)

I will be releasing a full paper on this reddit that exposes the bs of the redpill and revealing the truth about the woman trp describes. I will post it next friday

The Ultimate Goal of MRAs, MGTOW and TRP

84 upvotes | October 4, 2020 | by [NdN124](#) | [Link](#) | [Reddit Link](#)

The strong career woman sounds like she would be the ideal mate for a MGTOW or RedPiller. She's independent, not needing the money or security provided by a man, she may even offer to pay for some dates. She's conservative minded, pays her own bills, manages her own finances, invests in her own future. She's strong willed and independent minded and wants a man that has similar attributes. But.... MGTOW/RedPill guys can't stand her.... why???

What the manosphere doesn't admit to is that they want women to be completely dependent on men. The independent career woman can't be controlled by a man. She has her own way. She will take a husband or boyfriend as a sidekick, confidant, sex partner and companion but she doesn't want to be completely dependent on him for everything.

MGTOWs and Redpill guys are very insecure in their relationships. They feel that women are always looking for an out. They figure that she will seek a better man. If that insecure man's woman is completely dependent on him for everything, she will be much less likely to leave. The possibility of not being able to find a replacement provider soon enough is too great, so she stays and puts up with whatever the man dishes out. This also counters her "natural hypergamous" tendency to seek out a better man.

This is also why the manosphere hates feminism. Feminism teaches women that they can be their own person and that they have rights. They don't have to settle for whatever is afforded to them by men, they can go out and make their own.

Today's society now incentivises and encourages women to be independent and work for a living. It goes against the traditionalism that the manosphere believes in. MGTOW and Redpillers think that if they can get most men to stop dating and marrying women society will somehow revert to traditional values of the pre feminist era.

After reading the book *Secrets of a Passionate Marriage* I realized one major flaw with red pill

84 upvotes | November 26, 2020 | by [diceblue](#) | [Link](#) | [Reddit Link](#)

Is that it encourages men to build up their entire sense of self worth and identity around how sexually successful they are with women. I realized that behind all the macho posing it's actual a sad fragile thing to build one's identity around. And yeah, there are a couple of good ideas regarding self improvement but it's polluted by pretty misogynistic views of women

Just broke up with my red pill boyfriend

84 upvotes | October 15, 2022 | by [Big-Medium-3980](#) | [Link](#) | [Reddit Link](#)

I (26F) dated my bf (26M) for a year before he started consuming red pill content. I broke up with him 2 and a half years into our relationship, but I ignored the signs as I should've broken it off months into it.

He was depressed while we were dating and I knew that. He gained a lot of weight, jobless, and self conscious. I tried to help him out to the best of my abilities, encouraging him to go out on hikes, be outside, taking him out to eat, buying him clothes that fit and other things. I did love him and he said he loved me too, but he wasn't really showing it. And that's the part where I was hurt, I kept asking him to show me love and appreciation and assured him it doesn't take money. Time went on and things didn't change so I started to feel insecure and I snooped through his phone and found him talking disrespectful about me to his friends. We broke it off but still remained friends then got back together but in this time he started consuming red pill media.

He became obsessed with exposing female nature and doing shit tests on me, telling me that I'm insecure, and that he wants to stay in a relationship but have a one sided open relationship on his end. He said some vile things about me to my face, when we would have arguments he'd be disrespectful and make me cry, he'd tell me that he's better than me amongst other things. And for a moment I believed things that he was saying and I became sad and insecure. I started doing my own research about red pill and while I think the part of wanting feminine women is correct, I believe a man should make a safe environment for that to thrive. I tried explaining that, but he had such a narrow mindset.

Everytime I tried to break up with him he'd always reel me back in with a sob story. I knew he was going through a lot in his personal life but I always tried to help and support him in any way possible. I made sure to show him love and try to take burden off of him. I knew I was a good person to him, and whenever I asked for him to show love he would take that as trying to change him.

I finally broke it off and I have never felt so much weight off my shoulders. I feel light and free without that burden of having a bf that believes such misogynistic views.

Tl;dr: I finally broke it off with my red pill bf of 2 and a half years.

Boyfriend has gotten into Fresh and Fit the past year... can this be undone?

84 upvotes | May 23, 2022 | by [panita3894](#) | [Link](#) | [Reddit Link](#)

Throwaway account because it's personal...

I met my boyfriend in 2018. There was so much I loved about him - I have whole journal entries that discuss the kind, thoughtful guy he was and how I thought he was the one for me. He was in law school and I was working, and in his free time, he watched motivational, educational, sports, or vacation content. Honestly, even that really attracted me to him.

Now, 4 years later, the top of his youtube is Fresh and Fit related content, and a lot of videos interviewing what women at the club think of themselves. It's what he listens to any time he has free time and wants to relax. He knows that their content bothers me a lot (we've argued about this quite a bit the past year), and his conclusion was that we shouldn't discuss it and that I can't ask him about what he listens to. But the more it bothers me, the more it seems to sharpen his resolve.

I've seen enough of their content. I don't think everything they say about men and women is false, and I think their financial/fitness content is fine. My boyfriend maintains that this a men's empowerment channel, when I think it actually goes further to be rude/degrading to a lot of young girls and calling it men's empowerment. Sure some women on there say crazy stuff that I don't agree with, but on the whole I think they're trying to re-cultivating a world where men are on top and run things. I mean anyone who disagrees with something they say gets mocked or labeled simp/beta. Any woman making six figures in a job (me) would be deemed as likely to have masculine qualities. And men have to be leaders and women have to followers in a relationship. And when I bring it up that it bothers me - my boyfriend tells me I'm argumentative.

And now it feels like everything is gendered and our relationship feels like a scoreboard, even when I try to let it go. If we watch a show with men and women in it, it's now a whole thing about gender. If I point out something that he does that bothers me that I don't do to him, it's "men and women are different." Now, dresses that I wore on dates with him I can't wear with my girlfriends (I don't wear very revealing outfits period and my instagram is mostly food-related) and I don't go out clubbing very much either. Yesterday, I disagreed that Fresh and Fit was a true men's empowerment channel - I don't think at the end of the day they're trying to make better men, but just try to get guys laid more and put them in a position of power where a woman's dissenting opinion will never have to matter to them. It got to the point where my boyfriend said I was sexist and misandrist (SO ironic given how he seems to think nothing on the show can be misogynist).

Honestly, I'm on the brink of walking away from the relationship. I have supported this man in many situations, gave him my best years, and moved with him to multiple cities (including in the middle of nowhere). Moreover, we do almost everything 50-50, and I've paid for more expensive things (his furniture, basketball tickets, nice dates, takeout) because I was making more than him this whole time while he built his career - now in a couple years he'll finally make more than me. I've never been the kind of woman who just expects guys to pay for me, and I just want mutual love and respect.

Somehow, he has no clue that I'm this close to leaving...but I don't feel I can tell him because he's just going to think it's stupid to leave for this reason. But to me, our inability to work through this is a sign of incompatibility and after a year of trying to reason with him, he just doesn't care anymore and

just prefers not to talk about it. I can't picture my life where I constantly feel miserable knowing what he thinks of women and how he judges women, and then imparting that to our kids?! No. I don't feel I'm in a loving relationship anymore. It feels vindictive and like I will feel like I can never get through to him. Even though the prospect of having to re-enter the dating pool at age 28 feels scary, I've concluded that feeling miserable everyday in a relationship and having my kids grow up with that ideology will be devastating for me.

I want to be able to say I gave it my best effort before I leave. Is there anything I can do to undo this mindset? I just feel like logic and reason fail because people that follow this have a set of beliefs that doesn't actually follow science/reason, but it just makes them feel good somehow.

The Wall is a joke

84 upvotes | April 22, 2022 | by [MaynardRosemary](#) | [Link](#) | [Reddit Link](#)

In a world of the MGTOWs where all the men are victims, rationals and good, and where all the women are whores, emotional, and crazy bitches. exist one belief given as a absolubly truth called the wall, where once the women hit the 30 years, these began to decline and the men stop of looking them, making them end up frustraited, all alone and full of cats, this is the wet dream of MGTOWs, redpillers and manosphera, but this is unreal, fake, and it is more like revenge fantasies than other thing, i dont know if experiences are valid, but i manage the social media of my mother, and my aunt, and i usually see men trying to get a date with both, and my mom and my aunt are closer than 60 years than 30 years, there are a lot of men who throw a lot of compliments to my aunt they even have gotten to my house trying to talk with her. So in my reality the wall just doesnt exist but is a myth, created but frustraited people for naive and frustraited people, perhaps do they think that women dont work or men dont get older ? or that the women is a population full of lazy individuals looking for a men to take all their money ? this is complete distortion of the reality, adjust to a pathetic ideology.

Hamza made me miserable

83 upvotes | February 12, 2023 | by [luvem_aa](#) | [Link](#) | [Reddit Link](#)

I'm a girl that used to be in all this self improvement and red pill stuff. I wanted to share my experience cuz some people think Hamza's advice is not that bad, and I kind of agree with that. But at the same time I think what he says it's pretty dangerous for a lot of people. This also applies to Andrew Tate.

Last year I got into self improvement. I was depressed and felt like going nowhere.

I started to watch Hamza's videos and they worked. I started to work out, make time tables, meditate, read, be more productive, etc. Yeah, it made me feel better, I felt happier for some time. Then I started to feel empty and mad. I started to compare myself to others, always trying to be perfect and "do the hard work even if I didn't feel like it". I almost loose all my friends.

I wanted to have a good guy for me, an "Adonis" and I wanted to be like "Anastasia", a femenine, traditional and non-promiscuous girl. I couldn't masturbate or watch porn (I didn't do it a lot) without feeling miserable.

Then I proceed to meet guys that were exactly like Hamza, or at least had similar opinions. It ended really bad, I'd like to not talk about it. But basically they manipulated me A LOT and treated me like shit.

I joined his discord server when I started to doubt. Everyone there was just arguing, making fun of others and calling women "bitches". Most of those guys were teenagers or young adults. I ended up leaving the server.

When he uploaded a video about red flags in women, two points scared me: - He saying that he wouldn't date a girl with colored hair and piercings, because she might promiscuous.

- He talking about how women having bad relationships with their parents is a red flag. This really resonated with me, since my dad is a very abusive person and I don't have a good relationship with him. Why is that my fault? I didn't decide him to be my dad and treat me like shit. I wanted to understand, but at the same time I knew people can grow from those experiences and be better.

When I saw how he treated a girl, saying he would fuck other women even if he loved her I stopped consuming his content. I initially felt like he was kinda like an old brother figure, but then I was in the exact same point where I started. Insecure, depressed, with almost no friends.

I went for other type of content, mainly from psychologists. I can say I'm happier now. I started to work recently and met a cute guy that treats me really nice.

Now that I think about it I feel like I loose my time. I was just a result of pure marketing strategies. I know he says his advice is for his younger self. But if that was true, he wouldn't sell courses to people he doesn't know.

I know a lot of people like Hamza's videos and might disagree with me. But I think this might help someone. He's not a really good figure, specially for young men.

Sorry for the mistakes English is not my main language ☐ ☐

"Holding frame" is dehumanising.

83 upvotes | January 26, 2021 | by [JuStShAvEyOuRhEaDbRo](#) | [Link](#) | [Reddit Link](#)

You're not being yourself when you do this. I heard Rollo on one of his streams say that men shouldn't cry when their dog dies if their girlfriend is standing next to him because she'll never look at him the same way. It will make him look weak.

How dehumanising.

RP's Obsession with Female Fertility is Weird and Gross

83 upvotes | May 20, 2021 | by [Mayleth1](#) | [Link](#) | [Reddit Link](#)

I have always found the RP obsession on female fertility to be... creepy and disturbing. It seems to be another way RP tries to devalue women, by focusing how older women are less fertile than younger women, even though the same applies to men. Everyone ages, so do reproductive organs for both sexes. In real life I have never heard any guys openly discussing how "fertile" they want their women to be, or how they won't date or marry a woman because of the "quality" of her eggs. It's dismissive and devaluating since it essentially reduces the value of a woman to her uterus. There is also way more to fertility than what someone's age is. I have known many women who had trouble conceiving since their early 20's, and others get pregnant after 35 really fast and have healthy babies. It's such a personal topic that is unique to every individual and it's just another way RP looks at everything so black and white.

As someone who's never been a part of or followed "the red pill", I find the redpill sub-reddit(s) scream of insecurity, trying to over compensate, and just trying to seek approval / attention.

83 upvotes | February 26, 2020 | by [Pete26196](#) | [Link](#) | [Reddit Link](#)

This may seem like a weird post, and I must admit how I even got here is a bit odd, but let me explain.

Basically I called out a small community I was a part of for increasingly becoming unnecessarily hateful and bitter towards women for whatever reason. This angered the members so they decided to go through my post history, try to leak my personal information, and angrily message me threats.

When I started looking at the people who were messaging me, I noticed they were all very active in redpill and askredpill related sub-reddit communities (the community I was in probably overlapped and appealed to redpill members for whatever reason). So I checked out the communities.

When I checked out the communities it was no surprise to me the people messaging me acted the way they did, from an outsiders perspective the whole redpill concept just seems loserish and pathetic.

Men seeking advice from other men on how to live their lives, constant discussion of how to be the big "alpha" in every setting, grown men asking and giving relationship advice for things like texting emojis, and non-stop weird theories about women being formulated.

I really can not stress enough how bizarre and whacky the redpill seems to outsiders. They seem to live in their own make-belief grandiose world of alphaness and delusion. Where every recommended action and motive seems to either be an attempt to cover up an insecurity or gain artificial attention / approval.

I just felt I should post this given this is an "ex"redpill sub-reddit. I applaud you all for seeing the reality of things. I feel as if I went down quite the interesting rabbit hole today with this redpill thing.

Here is an example of how poisonous the cult dogma is.

83 upvotes | May 27, 2022 | by [sernamedeleted](#) | [Link](#) | [Reddit Link](#)

Crosspost "what else goes on in the person's head" from /r/HolUp:

Posted by sephirothreturns | 26 May 2022 | [Link](#)

TRP Teaches Behaviors Considered by Nearly All Professional Therapists As Toxic

83 upvotes | May 12, 2021 | by [atman714](#) | [Link](#) | [Reddit Link](#)

Generally, I try to incorporate data into my posts, however, I freely admit this post is based off experience and personal readings. Anyone who disagrees with this post, in my honest opinion, is arguing in bad faith.

No therapist or counselor with formal training would ever recommend some strategies that TRP teaches. Could you imagine telling them issues that you have with your partner, and they reply, "well have you tried strategically ignoring them to falsely inflate your value and make it seem like you're busy?" Or "have you tried flirting with other girls in front of her to invoke jealousy and create submission?" I suspect that this is why TRP community often tells its members to avoid therapy because it's "beta" and that you should simply fix yourself without external help. They're aware that no professionals would support such behavior.

And yes, I'm aware that not all of TRPs teachings are toxic. But, life is complex. Seldom is anything all good or all bad, but I'd propose that TRP is significantly more harmful than helpful. If a cult taught to love others, but at the end required member suicide, would you still join?

Ex-red sick of the LARP.

83 upvotes | April 5, 2021 | by [ManTheFudgeUp4](#) | [Link](#) | [Reddit Link](#)

That whole sub is Larpers. People claiming to get mad poon with absolutely 0 proof, and to "out-alpha" each other by lying and posting 16 hours a day about theories.

It's actively harming young men. It's possible to be a man with confidence and a spine who isn't also murderously resentful of women and their mothers.

The only (small crumbs) of usefulness of the red pill, getting girls is:

- Lift and get in good shape.
- Dress well, have nice hair, wear accessories, take good photos.
- Go up to women you like and say "hey I know this is random but I thought you where attractive and wanted to say hi".

That's all that's needed. No game, no negging, no psychological torture or hours if theorising.

I wasted a good 5 years of my life in this TRP bullshit. I'm much happier and successful without it.

Danny Trejo on toxic masculinity

83 upvotes | July 9, 2021 | by [Dark_Horse](#) | [Link](#) | [Reddit Link](#)

Trejo's view of masculinity has changed since that car ride. "Masculine means you go to work, you support your family, you help out your neighbors — that's masculine, that's machismo. We got it screwed up, thinking we're supposed to be warriors. No, we're not, we're supposed to be caretakers. That's what masculinity means to me now."

To him, the idea of masculinity is acts of service. "Everything good that has happened to me, has happened as a direct result of helping someone else," he adds, "and that's masculine — helping people."

<https://www.usatoday.com/story/entertainment/books/2021/07/08/danny-trejo-memoir-my-life-of-crime-redemption-hollywood/7896339002/>

Just wanna say thank you exredpill

83 upvotes | August 26, 2020 | by [Half-Ice-Half-Fire](#) | [Link](#) | [Reddit Link](#)

Hey guys, I've been lurking and typing around this sub for some months now and I wanna say thanks to all of you. When I was entering a bad moment in my life and almost fell down the rabbit hole, I managed to find this sub and helped me not fall down into such a bad mindset, And everyone who has also broke out of that mindset due to this sub, I'm proud of you guys. Much thanks to redpilldetox and others that are here for helping us be better.

The real pill, the one that trumps them all, is realizing there is no pill.

82 upvotes | July 9, 2019 | by [kitbitlovesyou](#) | [Link](#) | [Reddit Link](#)

This may be really hard to sink in, but it's the ultimate truth, you are all here because you have reached an enlightenment that the others have not. You should commend yourselves, be you, be free, let yourself feel, actually be a human, rather than working against people, work with them, understand them. Understand that there are nuances in life, both positive and negative.

This is vague on purpose so you find YOUR OWN meaning in it. There are no rules to life, make your own.

Take your own pill and let NO ONE tell you how you SHOULD live your life, ... the person preaching does not care... they only care for themselves, and want you to be how THEY ARE.

You are the only person who knows what is best for you, no one else.

Why do you think MGTOW/Red pill men hate single moms so much?

82 upvotes | August 23, 2022 | by [Truthteller1995](#) | [Link](#) | [Reddit Link](#)

I have been viewing MGTOW/Red pill videos and debating their followers recently. When I tell them that I was raised by a single mom and turned out okay they go apeshit. I also notice that they often fail to realize that not all of them are single moms by choice (i.e rape, incest, escaping abuse, abandonment). I know they hate women in general but they really seem to hate single moms in particular. Why do you guys think that is?

The stupidest shit I've read in the manosphere

82 upvotes | October 15, 2020 | by [Cosmoglio](#) | [Link](#) | [Reddit Link](#)

What's the stupidest shit you've read on manosphere subs?

It was something like 1.5 years ago. I don't have a link, can't remember which sub exactly. This is all from memory.

A dude made a thread about how cats are like women. Thus, learning how to pet a cat was supposedly like learning how to flirt with women. True, cats give you signals when you pet them whether the petting is too much or not, so you periodically have to back up; if you overdo the petting, the cat will run away. Stating this, Mr. Dude came to the M I N D B L O W I N G realization that petting a cat was basically like meeting women at a venue: if you overdo it, the woman will run away; you have to push/pull women like you push/pull your cat.

Now, as a bunch of dudes saw that truly scientific discovery as the Messiah's word, they started to comment that they'd soon get a cat to train themselves to flirt with women. Let me repeat that: about half-a-dozen of undoubtedly chads wanted to adopt a cat for the sole purpose of using them as a training puppet for their night out with da ladies.

That is all.

EDIT: actually no, that is not all. Here's a bonus story from when I was active in my local PUA scene. When discussing daygame on our local forum, one fucking weirdo (but genius nonetheless, rest assured) told us his ultimate trick. He'd go to the mall. Puts his earbuds in. What music does he listen to, you might ask? Not music. Dude was listening to audio recordings of porn. He'd have hours of compilations of women moaning, as, in his own word, it would sexually arouse him, thus making the approach easier and "more intentful".

To this day, this might be the most hilarious thing I've heard in the PUA community.

The red pill is about hate and it creates just as much misandry than misogyny.

81 upvotes | October 19, 2020 | by [p0pcorn3r](#) | [Link](#) | [Reddit Link](#)

If you're here because you want to prove that your sex/gender is better than the other, please go debate this on [r/PurplePillDebate](#), we really don't care about that shit. I hope I don't only speak for myself when I say that this sub is about recovering from hate and learning to love again, that means loving women but also loving men. We're not here to judge or to attack anyone, we're just here to help.

So whatever the cringy pill philophy you're trying to defend or whoever you think is responsible for everything wrong in the world, please chill the fuck out.

Oxytocin, pair-bonding and casual sex: does a high n-count impairs women's ability to keep a relationship?

81 upvotes | December 22, 2020 | by [tiposk](#) | [Link](#) | [Reddit Link](#)

After reading about how casual sex ruins women's ability to pair-bond because of oxytocin, I decided to look at reputable sources to see if there's any evidence of this. **I didn't find anything to support this claim.** However, I found some interesting information that I thought should be brought up here for discussion.

Turns out that oxytocin also increases during:

- [Massages](#)
- [Warm temperatures and food intake](#)
- [Non-sexual interpersonal touch](#)
- [Pregnancy and labor](#)
- [Breastfeeding](#)

At this point you might be asking how is this relevant? It's relevant because if casual sex reduces a woman's ability to pair-bond, how come that nobody claims that oxytocin release from visiting many massage parlors, overeating or traveling to the tropics also hurts pair-bonding in women (or in men, for that matter)?

Furthermore, if sex releases oxytocin the same way stimulants release dopamine, why the belief that a woman who slept with 20 different men 20 times has more difficulties pair-bonding than a woman who's slept with one man 1000 times? At the end of the day, the latter has triggered her oxytocin release many more times than the former. And yet, I'd become a laughing stock if I said that hitting the pipe every day wouldn't get me addicted as long as I bought meth from the same supplier.

I left r/mgtow recently

81 upvotes | November 21, 2020 | by [metalgearsolid899](#) | [Link](#) | [Reddit Link](#)

Some information about me: I'm 19 and in my 2nd year of college. Honestly college has not been a great experience for me. I'm not really close to anyone. I've been humiliated twice in one year and this has made me feel distrustful of most people. About 5 months ago, I discovered mgtow and the red pill. Thanks to the lockdown and my vulnerable state, I was drawn to it. I found most of the posts in r/mgtow fascinating and blindly followed it. With all the free time I had, I spent many hours watching mgtow content on YouTube and browsed a few sites.

I've noticed that most of the users on that sub are either older divorced men and a shocking number of young guys like me. For a young, impressionable guy it is quite easy to go down this path. It's been growing rapidly in the past few years which is extremely alarming

I left it just a few weeks ago. I somehow managed to come to my senses and question everything these guys said. They keep saying "trust no woman, AWALT" which just seemed ridiculous to me. How can half the population even behave the same way? Just like men, every woman has an individual personality. There are shitty men as well as shitty women.

The sad thing is that I'm not alone. There are so many young men falling into this trap and becoming radicalised. If you know any men that show signs of being mgtow or red pill please try to talk them out of it. It's incredibly damaging and did absolutely no good for me. A few days ago I went through my comment and post history and felt disgusted. I deleted everything and decided to share my story here.

Regarding my mental health, is there anything I can do about it by myself? There isn't a good therapist where I live. I have anxiety issues and I constantly worry about so many things. I don't want to go down this dark path ever again. I'm better than I was five months ago, but I fear that I might go down this dark path again.

A GIRL'S COMMENT ABOUT THE MGTOW THAT NO MGTOW KNEW ANSWER.

81 upvotes | February 15, 2021 | by [ET-Osmio-180599](#) | [Link](#) | [Reddit Link](#)

Hello, I am from Costa Rica and this is a comment from a girl about the mgtow, giving her opinion and the truth is she is absolutely right and none of them knew how to respond to her comment and few justifying that we are not like that and, you already know the % 90 of that community uses the same arguments as always. This is the comment:

The funny thing about all MGTOWs is that they LOVE to present themselves as the victims and present the woman as the villain, they don't have more analytical skills than that. They complain that women only seek them for money and etc.

And them? Men for years have had the upper hand, young wives who were submissive and put up with everything, abuse, violence, infidelity, etc. in pursuit of "marriage that God had united". Now that women have the ability to say "I don't want to go that way" they come to complain that we are all bad, promiscuous, interested, etc. Well, news, gentlemen. We humans are ALL interested. They paint women in marriage as parasites who only live to screw the life of the individual but forget that men are not saints, that many are interested in that woman, with the interest that she is beautiful, attractive and that she gives him children But when this is over, they get old or go through menopause, they cheat and leave them, isn't that interesting? You, for years, have not respected the social pact of marriage, it is true that women, statistically, initiate divorce but it is also true that men have suffered more patterns of violence and infidelity (not for nothing do we have the popular figure of the male or the typical saying of You are a cathedral and the others, chapels).

They say that women will be left alone and bitter, when it has already been shown that single women LIVE MORE and have BETTER QUALITY OF LIFE, and it has been shown that single men live LESS. Who are the ones who don't know how to be alone? Who are the ones who for years have subjected the other gender and, now, who say I don't want this anymore get angry? What are your claims? Oh, women are already promiscuous, but only with handsome men and no one loves me (just like you are selective, why can't we be? Why can't we live our sexuality like you have done? Because chaste monks they are not), Ay, today's women are useless who do not cook, do not iron and do not clean the house, Ay, today's women do not want to have children (but when they do, you run away and do not post).

Do you know how hard it is to be a woman and be judged by you?

-If you get married = interested parasite that you have a beta provider.

-If you don't get married = promiscuous carousel, you'll be left alone.

-If you get married but they separate (surprise, gentlemen, love ends and sometimes it is healthier to separate than to live in a relationship that is toxic for both) = Promiscuous, surely you want to take everything from the poor beta man.

-If you have children = It is to ensure that they support it.

-If you do not have children = Surely you want to find a beta to maintain it and have a child of another.

-If she works = She thinks she is independent, she will surely be alone.

-If she doesn't work = Damn maintained, she wants a man to pay for everything.

What do you want? What is the woman extinct? What do we disappear? What are they really looking for? "Go your own way", then study, work, start a business, get over it, exercise. Going your own way is not stigmatizing 50% of the population. Get away from us and take your time, physical and mental, in being your best versions. Point.

Ok. This was the great comment within the Spanish-speaking community and no mgtow knew what to answer, and it only remains that if the woman breathes they will call her any shitty label xd xd, but literally that is how all MGTOW work and always use the same arguments of always that they already get to be somewhat boring and tired.

What if I don't want a "traditional woman"?

81 upvotes | March 6, 2022 | by [EveryStrategy4918](#) | [Link](#) | [Reddit Link](#)

Honestly with the way that inflation is going, I would like for me and future spouse to both have careers and be able to travel to different places. Also being debt free. With kids, daycare, your health insurance being tied to your job(which a lot of jobs ARE NOT STABLE), not sure if it's worth it to have a family, well maybe not USA for sure. People can call me BETA all they want but your hyper masculinity has caused you(RPillers) to make dumb decisions and isolate so many men. No I don't want to work 60 hours a week just to have a stable family. 1 income on a family of 4 is tough unless you're a doctor, lawyer, or athlete. But anyway what's you guys thoughts on this.

Red Pill only talks about the extreme negative side of female nature.

81 upvotes | December 13, 2021 | by [Mh882130](#) | [Link](#) | [Reddit Link](#)

Most rp content creators have high amount of traits that align in the dark triad.

Psychology has proven that the people you attract for relationships is a current reflection of your own personality.

The idea that opposites attract is actually mostly a myth, while like attracts like is highly true.

Thus if you want to know how to understand the darker side of female human nature a lot of the content and principles the to talks about do make sense from a logical stand point in terms of looking out for the worst of the worst that society has to offer you. The extreme outliers if you will. The people who would wreck havoc on your life.

The problem is that these creators discredit and label all women like this. They cherry pick their data from theirs and others like minded experienced in their echo chamber and only see the extremes because they only can attract the extremes or abuse victims.

Thus their view of women is not true in reality unless....

That is all you are attracting.

And if that is all you are attracting you may want to seek help.

Life is much more nuanced and grey than what these creators show unless that is truly how you see the world for how you perceive is what you receive and what you receive is how you will act thus strengthening how you perceive. This is the cycle of perception.

Men, you need female role models in your life

81 upvotes | January 16, 2023 | by [This-Wasabi-3152](#) | [Link](#) | [Reddit Link](#)

Im a 24 year old guy who got sucked into the red pill when I was 18. I was already dealing with depression and insecurities I had beforehand. It just ended up making me more depressed and more insecure. I thankfully started therapy at 20. I lacked a mother figure and father figure in my life. My parents are still in my life but they're not people I can look up to. I got lucky and got a great therapist who I look up to as a mother figure. She shown me how a woman thinks, feels, and behaves. Shes the complete opposite of the women the red pill talks about. She helped me overcome my depression, my self hatred, my self sabotaging behaviors, and all the ways she helped me changed my life's trajectory to a very positive route. Im not saying you need to go to therapy but having any female role model would help you escape the red pill mindset. Sure there is a lot of toxic women out there but that's still no reason to resent all women. Resenting all women makes you blind to women who are good people.

Why is it so difficult for RP/Incels to understand that attractive women like attractive men?

80 upvotes | September 3, 2021 | by [bjorknbeanz](#) | [Link](#) | [Reddit Link](#)

Maybe I'm not being precise with my language but y'all know what I mean. I see this over and over again, it's as though it's some shocking revelation to them that tall, fit, handsome men attract beautiful women. Or worse, they resent they can't easily attract above average looking women while being at best, average themselves. What's going on here, what's the psychology behind this? What's the cultural message they are getting?

It's my perception that while some women may be just as delusional, especially as teenage girls, they learn pretty quickly that they need to be realistic about their male partner's look and on average don't have this problem. Why are girls figuring this out in their teens and early 20s but you have men in their 30s, 40s and 50s having absolute fucking meltdowns when they realize this?

When you're emotionally and mentally unhealthy, you will only attract other likewise unhealthy people

80 upvotes | March 2, 2021 | by [LemonadeDolphin](#) | [Link](#) | [Reddit Link](#)

I think this is a core part of being red pill.

When I was huge into being red pill, I was super emotionally and mentally unhealthy.

And there were plenty of women that I went on dates with, who would initially be very interested, and then after a couple of days would harshly distance themselves from me.

At the time, I had dismissed these women as losers, but in reality they were most likely women who knew I was a nutbar, and I wanted nothing to do with my level of craziness.

But the emotionally and mentally unhealthy women out there?

Whoo boy, I attracted them like flies to honey.

Women who were insanely jealous. Women who enjoyed cheating on their partners. Women who were violent, and angry.

Well, I don't have to go down the list, but the point is that the only women out there who wanted anything to do with me were equally unhealthy people.

Then I went to therapy. Actually, I went to A LOT of therapy. Years worth.

And when I ventured out into the dating world, and I learned to set healthy boundaries of my own, and stopped believing those twisted red pill philosophies, I found a bevy of wonderful, healthy, amazing women.

I think this is a big part of people living the red pill lifestyle. It becomes this self fulfilling prophecy.

RP appeals to your insecurity, that's why it's so difficult to forget once you've learned about it

80 upvotes | October 1, 2020 | by [fademeprobably](#) | [Link](#) | [Reddit Link](#)

I've experienced and also read many posts where somebody took the red pill, then came to their senses, and now struggles with leaving it entirely.

What happened, generally speaking is:

- You learned about the red pill philosophy most likely while you were dating.
- Dating makes you feel vulnerable. It's impossible not to when you're setting yourself up for possible rejection at literally any stage of dating someone.
- Red pill gives you the tools to mask this insecurity you might feel about yourself with sweeping generalizations about women which don't require you to feel bad about yourself. "Why do I need to evaluate how I approach women, they're all the same, they can't think for themselves, they don't know what they want, I tell them what we're doing and they take it or leave it." So when a girl doesn't respond well to their actions it's just a self-fulfilling loop and the participant has learned nothing about how devastating the actions are to their dating life.
- Red pill contains some legitimate info on self improvement (i.e. exercising, being more confident) which mixes in with the horrible advice, making it more difficult to discern what is worth implementing.
- The worst in my opinion is how much emphasis the RP puts on having sex. Like holy shit. I'm 30, I've had casual sex and I've had romantic sex. I've had sex that was validating and I've had sex that wasn't. Casual sex, or having sex as a form of getting validation from a girl you like is not some end goal that every man needs to aspire to. Like most superficial things in life, it's never enough after you've got it, and you're left feeling empty inside.

I can't reiterate that point enough. RP uses your own insecurity against you, stating you need a girls validation in the form of sex, anytime you want it. It's just not going to make you happy. I dated about a year ago and was having sex, casually, with a couple of girls and I remember actively wanting to date more. I wanted to find another girl to sleep with and I wondered, when will it be enough? Why isn't what I'm doing now enough?

The insecurity and need for validation by someone else is where we need to be looking. Why do we feel this? Why do we need this validation? RP masks all of that.

Theory: it's not "all women," you just dated a BPD/NPD

80 upvotes | January 1, 2021 | by [Russki23](#) | [Link](#) | [Reddit Link](#)

I've come to believe that many, if not most, red pill non-incel men came to the Red Pill after dealing with women with personality disorders.

I believe that both BPD and NPD are wildly under-diagnosed, and that a ton of men out there are caught blindsided by women suffering with these illnesses.

The issue is that women who suffer from these illnesses will cheat on you precisely because you stand your ground and don't give them what they want. This triggers their fears of abandonment. Even the most "beta" male will stand his ground at some point- this will be the moment he gets cheated on. So, your years of appeasing her to avoid her outbursts were for nothing (look up "object consistency," it's something Cluster B personalities lack).

Furthermore, this fear of abandonment means they'll consistently have backup sources of "supply" for attention/sex in case things with the primary source don't workout.

Thoughts on this theory?

Update: Love the debate everybody! Appreciate the POVs. Perhaps I should clarify: I'm talking about men on TRP who claim to have found this community after bad experiences, not having used red pill tactics in relationships beforehand

Seeing redpillers describe women makes me wonder what kind of women they seek out.

80 upvotes | May 12, 2022 | by [uuuggghhhhhh9](#) | [Link](#) | [Reddit Link](#)

They seem to all be describing the same air-headed bimbo. Late 20's, sleeps around and thinks nothing of it, vain and obsessed with appearance, addicted to social media, vapid and has no hobbies or interests outside of pop culture, never thinks abstractly, etc.

Are they always going to a bar or sleazily picking these drunk chicks up on the side of the road or something? Or, my second thought, these women aren't really like that, they just *view* them that way because that's all they think a woman can be.

The second thing I've noticed is these comments about how women despise eachother, about how women don't know how to be genuine friends and they gossip about eachother and backstab eachother constantly. Then there's the comments about how nothing ever makes women happy, how they're needlessly complex and can't enjoy the simple things in life, how they're fickle and can't make decisions, etc. These comments in particular make me cringe because they're straight out of 1980's sitcoms or boomer "I hate my wife" memes.

It's just something I've noticed. It pisses me off and makes me cringe, but also saddens me that they seem to view half of the population this way. No wonder so many of them don't believe love exists.

Ditched the redpill after 6 months .Thank you!

79 upvotes | March 26, 2020 | by [SMS_Emden](#) | [Link](#) | [Reddit Link](#)

(bad english warning) I stumbled upon the redpill on YouTube , and at first i didn't see any flaws in it . Some of it's ideas made sense to me as a guy , like the idea that you have to build and improve yourself and that your money will never wake up one day and decide to leave you . However my body refused to absorb the redpill further after seeing their hypocrisy , pure hatred and countless flaws in their ideas. Eg:

- They hate women that sleep around and yet encourage each other to sleep with as much young women as possible .

- They hate single mothers and see them as sluts who fucked chad , got dumped and can't find a good man to settle with after they hit the wall.

- They widely generalise , for they see women as identical machines programmed to act in 1 way only. Yet become outraged when someone generalizes them.

Some of the cures that helped me get rid of the redpill was having female friends and reading counter arguments for their ideas (most of which are from this subreddit) .

I feel that i am normal back again . Thank you for helping me ditch such toxic beliefs .

If Something/Someone Claims to Have ALL the Answers, Run. They Don't.

79 upvotes | July 27, 2020 | by [ffivefootnothingg](#) | [Link](#) | [Reddit Link](#)

That's it, that's the meaning of life.^ Anyone who claims to *really* know it knows nothing but their own delusions and self fulfilling prophecies.

I have a decent audience on youtube and made a short 3 min video how Red Pill is toxic to try to help steer my viewers in a healthy direction. It's creating lots of drama.

79 upvotes | November 29, 2020 | by [GoldJacketLuke](#) | [Link](#) | [Reddit Link](#)

Hey guys,

Great to see this community.

Yesterday I uploaded a video talking about how Red Pill (and mgtow) has tons of toxic energy and warned my viewers to be careful about what they are digesting and that there are higher paradigms to think/navigate life and women.

I mainly made this video because I know lots of younger guys stumble into those worm holes, which is really sad, and to give them my quick thoughts that there is a better way to think and be.

Thought you'd enjoy the video here: <https://www.youtube.com/watch?v=jBi1-n9DrpI>

Already 2 "red pill" youtubers responded pretty strongly...

<https://www.youtube.com/watch?v=zA3f84mdSV0>

<https://www.youtube.com/watch?v=ig7dWWOkR5Y>

Curious your guy's thoughts. I had no clue my video would create such a strong response. The red pill community is larger than I expected, which is jarring. My intention with the video was to hopefully make people put more thought into what they are digesting, and I believe I accomplished that.

Respect to the moderators and community here! Really awesome that there is a sub dedicated to helping guys get out of that toxicity and to a healthier place. You guys are doing good and have my respect!

Anyone else cringe at red pill terminology

79 upvotes | March 14, 2021 | by [wellz-or-hellz](#) | [Link](#) | [Reddit Link](#)

“Nice guy” “Alpha” “Beta” “Simp” wtf kinda shit is that? Like it sounds so stupid saying words like that out loud. I feel like my IQ lowers everytime I hear this stupid lingo.

Why the red pill is bashing single mothers and sons from a single mom household?

79 upvotes | August 15, 2020 | by [Justin_86](#) | [Link](#) | [Reddit Link](#)

I see this a lot in videos. According to my opinion it's a form of black and white thinking. They claim it's a woman's own fault if she stays alone with kids. And men that grew up without a father can never be a man.

They only see this subject from one point of view. Also they don't recognize that things can happen outside your control. That's life.

Reminder: The Red Pill is Stolen Material

79 upvotes | August 19, 2020 | by [ART3MIS](#) | [Link](#) | [Reddit Link](#)

Remember this and it'll help you disengage from it.

The whole reason you start to feel better with Red Pill is because they stole real and established therapy and recovery techniques and re-labeled them in the first place: "frame" is "boundaries", "dread game" is "withholding affection" and abusive, "hamster" is actually something both sexes use to help dissonance (it is a normal human reaction in the brain), "Monk Mode" is that solo time that's required when going through a co-dependant recovery program, etc.

The entire thing is STOLEN material. All they did was slap a new label on the old one and call it something else.

The real problem is, they take this stolen material and package 'how to abuse women' into their training. Don't believe me, do the research and you'll be surprised. Everything they do is in therapy manuals for how to support a person coming out of an abusive relationship.

Feel free to share your thoughts! I would love to hear them.

The Redpill is collapsing.

79 upvotes | March 1, 2021 | by [Otherwise_Ad2383](#) | [Link](#) | [Reddit Link](#)

With the recent rise in major RP creators turning and attacking on each other it seems like the RP is collapsing and collapsing hard.

Creators are getting exposed left and right by once best friends. Everyone is fighting except some smart ones who are bowing out. It seems the end might be nigh for the type of RP that is happening now.

Women as scapegoats

79 upvotes | June 17, 2021 | by [ZealousidealFig5](#) | [Link](#) | [Reddit Link](#)

Do you feel red pillers use women as scapegoats for things wrong in their lives which explains why red pillers attack women so much.

I am scared that Andrew Tate will make the RP mindset mainstream

79 upvotes | August 9, 2022 | by [xenon128lol](#) | [Link](#) | [Reddit Link](#)

I find it very concerning how many followers Andrew Tate has. Even though there are many creators who make parodies about him and hate on him, I still feel like many many men believe in what he says. From the perspective of a woman, the things he recommends are cruel, his views belong to the stone age. So many woman(even outside RP) feel like they are not as human as men are, and when Andrew Tate talks about the fact that he sees women as property, it sends shivers down my back. I fear that the dehumanization of women, rape, cheating and violence will become a hype thanks to him and his fanboys. Am I exaggerating or what do you think?

Why women shouldn't be upset about the red pill and rather see it as a blessing (older man's perspective).

79 upvotes | October 8, 2022 | by [FlatResource7250](#) | [Link](#) | [Reddit Link](#)

As an older dude (married over 20 years) who has seen many divorces / failed relationships. I would like to offer some words of advice, wisdom, and encouragement for finding love if it so suits you.

I see quite a few women on Reddit be upset about red pill. Let me make this abundantly clear. A man who believes in the red pill is not a good long term partner. That's the gag and irony of it all.

A large percentage of those men who have these demeaning views of women are the same ones who will cheat, lie, abuse, dump you once your deemed not young, and etc. They only have their own interests at heart. The point I'm trying to make is while it seems bad out in the dating world. There are men of character. Look at how he treats you and especially pay attention to how he treats women (not just you). I see a lot of women (men guilty too) avoid red flags in favor of physical / sexual attraction. Not saying you should not have standards but rather you shouldn't loose sight of what really matters.

I work in healthcare and have interacted with many elderly couples who have been together for 30+ years. I have asked them how they do it. The most consistent advice I get is to marry your best friend. Someone who you would be very good friends with even without the romantic aspect. This is KEY. Successful marriages are very often with people from similar backgrounds who have similar values, goals, and visions for their lives. When you get with someone who has good character, same priorities and values ,communication skills, handles hardships well (qualities you would deem necessary in a close friendship). You can actually learn to love the person over time. You become a team and are equals. That's what a healthy marriage / relationship looks like.

There's always been too much value on looks and superficial things like money. It's why most Hollywood relationships don't last. Transactional relationships never stand the test of time. Character does.

It should come to no surprise that a large chunk of red pill men attract users and gold diggers. Do you really want to date a man who sees you as old in late 20s? How are you going to grow with that person? Or be with someone who just sees you as arm candy / sex objects? Not as a human with feelings and personality? You cannot win with a man who takes red pill doctrine as bible. These same men who profess themselves as "alphas" when young are the same men divorced 3 times in their 40s.

These men give red flags EARLY in my experience even to other guys. You can tell very quickly early on. It's a BLESSING that they show themselves so easily. It only makes it easier for them to avoid. If someone shows you who they are, believe them. Please ladies, do not settle for men like this.

I did it

78 upvotes | October 4, 2022 | by [PapaSanjay](#) | [Link](#) | [Reddit Link](#)

I met a girl at college, we hit off for 2 months, I caught feelings and asked her out. She said yes.....

To the folks, I dated whilst I was a red pill abusive asshole. I truly am sorry. I am going to treat her like she means the world to me whilst staying in therapy.

To all those men feeling lonely, you are valued and valid. You deserve healthy love too. I wish you all the best in your recovery from our sexist pasts, cheers bros.

:)

Most people aren't unattractive or ugly instead they just don't take care of themselves

78 upvotes | February 11, 2021 | by [Civil_Ad_7537](#) | [Link](#) | [Reddit Link](#)

Like the title said's whenever I hear or read people make comments on themselves or a group of people being ugly or unattractive it's always weird. Because truthfully most of the time its how people present their selfs that makes them unattractive. Quite honestly I've never met someone that was physically "ugly" before they were bad at presenting and or was just off. Truly ugly people are pretty rare.

The red pill makes relationships sound extremely unappealing.

78 upvotes | February 10, 2022 | by [SuperSpikey2748](#) | [Link](#) | [Reddit Link](#)

Have you guys ever noticed how red pill YouTubers describe women in the worst ways possible? Like they might describe a woman as someone who uses men for money (they don't say it but they imply it). If women really are what you say they are then why are you trying so hard to date them? I think I watched too much red pill content, to the point where the idea of a relationship makes me cringe.

I might be wrong but I've come to the conclusion that red pill is actually a political movement. Set up to recruit more young people to have right wing views.

78 upvotes | November 13, 2022 | by [alexbrove](#) | [Link](#) | [Reddit Link](#)

I know that this is going to sound insane but is it possible that the whole red pill thing is to get men and young boys to become more 'traditional' in their views, so that they are more likely to be more 'right wing' eg vote republican?

I've been looking at some of the red pill views that are also clearly right wing:

1. The idea that women who aren't married by the age of 30 have hit the wall ie. They become ugly. They realise that they have wasted their lives, and become desperate to marry because 'marriage and children' is obviously the only purpose of women
2. The idea that women should not be having careers and instead, they should be housewives or stay at home mums
3. The idea that men are not 'equal' to women and men are more important to the world
4. The idea that feminism is bad for everyone. Bad for women and bad for men
5. The idea that women do not know what they want because they think they want one thing but they actually want another thing. They think they want careers and freedom and to choose their own path in life, but they really want to stay at home, give birth, look after children and be led and protected by an alpha male!
6. The idea that women are inherently evil (therefore why would you vote for a party that could have women in high positions)
7. The idea that women with tattoos are damaged goods (I've never heard them say that men shouldn't have tattoos)
8. The idea that women should not have a high body count or have bodily autonomy eg. No sex before marriage and if you have sex before marriage, you're not worth marrying
9. The idea that gay men, trans men, bisexuality and any man that is not cis, is not a real man and is to be made fun of. I've never seen a red piller that is open to the idea of fluidity in your sexuality or gender.

I can't think of any more examples of these views but I'm sure there are many more

By the way, I'm not American, so I'm viewing this as an outsider looking in. I'm also aware that red pill is growing in my country and many other European countries so its possibly going to make the next generation of young men, more right wing and Conservative in their views.

Yes some of the red pillers have no political agenda, they are just looking for following or trying to get people to buy their shit, so they will say anything in order to get views and likes.

But some of these red pillers, especially the male white redpillers, some of them are blatantly republican and they are effectively recruiting young men, particularly teenagers, to think exactly like them and take on these right wing views.

All of this makes me convinced that the real agenda of Red pill is to ensure that more men and women take on right wing views

The saddest part is that it's like brainwashing so the red pillers are convinced that these are their own views, but they don't realise that these views have been ingrained in them because of the people around them and the content that they've been viewing.

Tldr: I would hazard a guess that most red pillers didn't even have a political view before they joined red pill and over the years, as they fully immerse themselves in it, they are 80-90% more likely to vote red and consider themselves to be republican, right wing or Conservative in their political views - just saying!

"A key that opens many locks is a master key, but a lock that opens to many keys is a shitty lock"

78 upvotes | August 10, 2021 | by [Artistic_Ad_9081](#) | [Link](#) | [Reddit Link](#)

The hosts of fresh&fit (as well as many other red pillers) often use this quote to essentially say that men should be praised for their promiscuity, but women should be demonized for theirs.

This saying is obviously untrue, misogynistic, and hypocritical, though I also believe it's dehumanizing.

Why do they boil down our reproductive organs to inanimate objects? They're not just doing it to women, men too. What is between the legs of men and women is what creates and brings life into this world, and should be spoken about as such.

Men and women may view sex differently, but that doesn't mean that the sexual habits of both should be viewed in completely different lights where one is encouraged to have a lot of it while the other is encouraged to have very little.

I cannot fathom how a man could view his p*nis as a masterkey whose only purpose is to open as many "locks"(women) as possible, or how a woman would feel comfortable with her v*gina being seen as nothing but a lock that "decreases in value" everytime it's opened by a "key"(men).

Sex is a beautiful thing, and this is one of the many ways TRP undermines it.

Theory: Most of the Red Pill Community and the Broader Manosphere are Incels.

78 upvotes | April 23, 2021 | by [sauceysupermandela](#) | [Link](#) | [Reddit Link](#)

Once you've had sex a few dozen times, it ceases to be a big deal. At this point, I don't even find it fun anymore.

The only people who worship sex are people who have never had it before. What does this tell you about most of Red Pill Leaders? Why do they make such a big deal about sex; endlessly talking about it for years and years? I would venture to say that most of them are secretly sexually frustrated or even incels.

I am not calling them incels in a snarky way either, but I do believe that their online portrayal of their sex lives are largely exaggerated or made up entirely.

I once read an ebook by the guy who runs the site MasculineDevelopment and he said he predicted the majority of the manosphere, whether redpill or mgtow or whatever-- were secretly incels. He said that he was speaking to one of the most revered manosphere leaders and found out he was still a virgin. Yet the guy was writing article after article on how to get girls.

If you've been following what's been happening on youtube, a lot of manosphere YouTubers have been getting exposed as guys who pay for escorts, guys who can only attract ugly chicks, or guys who flat out can't get laid.

And what about the Red Pill reddit founding members? Where are their receipts? How do we know that these people are who they say they are and not just larping losers lusting after online attention? Look at the founder of the TRP Sub: [A fat low level local politician who has issues with women](#)

I've come to realize that there really isn't any distinction between TheRedPill, MGTOW or Incels. Incels are guys who can't get laid; TheRedPill is guys who can't get laid, but pretend they do; MGTOW are guys who can't get laid, but pretend that they can but choose not to.

All different flavors of incel.

Do you really want to spend your entire life thinking about this stuff?

78 upvotes | March 29, 2021 | by [Jonaberry_556](#) | [Link](#) | [Reddit Link](#)

I've never met a happy redpiller. They're all miserable because they've lived a sad life void of any fulfillment. To an extent some of the things they say is good advice but it's just good life advice in general and nothing unique to trp. So if you want to actually enjoy life a little, ditch this toxic mentality and live free.

How toxic rp made me question what I felt during a break-up.

78 upvotes | December 18, 2018 | by [ihavebeenlifting123](#) | [Link](#) | [Reddit Link](#)

I cried yesterday. I never cry and I cried like 5 times. I'm a 6'6" man and I was sobbing like a fucking baby, ugly crying. I had just ended a 5 year relationship and although it was mutual it was absolutely devastating to me. Knowing I may never see her again ruined me. As we said goodbye for the last time we both said "I love you" and I got choked up a bit and teary eyed as I said it.

It truly is raw emotion dealing with a break-up. It is essentially the death of the relationship and sort of the death of that person from your life.

Later that night a "red pill" thought crept into my mind. That in our breakup I showed "weakness" by crying. That she would see me now as "beta" and less of a man.

I realized, again, how disgustingly toxic that thought process is. We're all humans with complex emotions and nobody should ever make you question the validity of such terrible feelings felt during a break-up.

Do you want to be on your death bed remembering how many "plates" you spun? Or do you want to look back on being a fucking human being that had meaningful relationships and allowed yourself to feel raw emotions?

Redpill made me hate being a woman

77 upvotes | December 28, 2022 | by [Mediocre_Sell716](#) | [Link](#) | [Reddit Link](#)

I'm sorry for all the negativity, but I just need to rant.

After reading countless redpill posts about how women are useless and worthless after 30, I started to feel hatred towards myself and my gender. I hate this sick obsession with ageing.

I'm 20 now and have a wonderful loving boyfriend, but now I am scared he will leave me once I get older. I know he values me for my personality and he does not read any of redpilled content. He is also extremely devoted, the "my gf is the only girl I see" type of guy, he doesn't watch p*rn or follow insta models, so I consider myself very lucky to have him. However, after reading how men despise older women and only want 20year olds, I'm scared that despite all of that he will be disgusted by me later on. I am also not interested in staying in a relationship with a man whose eyes wander to pretty young girls while he's "settled" for me. I would rather be single than be a 40-year-old woman whose man dreams about younger girls. Now I am starting to wonder what's the point of relationships if, in the end, you are undesirable even by your partner.

I'm just so sick of being a woman. The constant obsession with ageing is not only popular in redpill - it is all over television, social media, the skincare industry, etc, and the pressure to get baby botox, to use sunscreen, retinoids, and vitamin c. I'm so sick of that. Men age too, often worse than women and no one pressures them into all of this.

I know women have so much worth besides their looks. However, because of constantly seeing all this content that values women's looks above anything else, I am struggling to see this value within myself. And after hearing men bring down women's value solely to their looks, it makes me not want to interact with men at all.

Sorry, I just needed to rant:(

Anyone here ex-Red Pill Women? Just found out that sub is moderated by mostly men

77 upvotes | March 24, 2021 | by [MidiSymphony](#) | [Link](#) | [Reddit Link](#)

This is probably old news to most of you but just found out that Red Pill Women is moderated by mostly men who play a role in shaping the narrative around women and "female issues" on the sub. Writing something about this about interested in hearing from anyone who left that community because of that reason, or for something else — I'm sure it's the same sort of brainwashing as the main TRP sub, but interested to know if there was anything about that sub and how it treated women that made you leave.

That didn't go well for Frest & Fit...

77 upvotes | April 30, 2022 | by [heytheredelilah91](#) | [Link](#) | [Reddit Link](#)

Crosspost "Fresh & Fit went on an Australian radio show, it didn't go well" from /r/Hasan_Piker:

Posted by asupify | 30 April 2022 | [Link](#)

I realised that people don't hate me as much as I think and some people actually loves me.

77 upvotes | October 12, 2020 | by [igiveshittoppl](#) | [Link](#) | [Reddit Link](#)

When I entered into redpill, my life started revolving around it. Not just for girls, but for everyone I meet, I started manipulating them. I thought that's how world works. You manipulate and then get what you want. Even though during red pill, I had great success getting what I wanted and lived freely. I never loved anyone, I had no real friends. All I think about is how to manipulate that person and get what I want. But then realisation hit me that I am hurting everyone. I thought about it for a while and am trying to get out of it.

Lots of talk about visual attractiveness lately, was hunting for this to post. I've found it to be completely true; you can see and smell depression or malice on someone, but a magnetic personality and wholesome mentality makes all the difference.

77 upvotes | February 6, 2020 | by [brahmida](#) | [Link](#) | [Reddit Link](#)

If a person has ugly thoughts, it begins to show on the face. And when that person has ugly thoughts every day, every week, every year, the face gets uglier and uglier until it gets so ugly you can hardly bear to look at it.



A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.



All ‘pills’ when it comes to dating are GARBAGE created by dudes who don’t leave their room.

77 upvotes | December 31, 2021 | by [IshanGotTheEnergy](#) | [Link](#) | [Reddit Link](#)

All pills are stupid. It’s all theoretical nonsense made by dudes who either got rejected or burned by women.

Guys disregard it!

Do you have any positives which came from your experience with the red pill?

76 upvotes | August 13, 2020 | by [NicholasLeverrier](#) | [Link](#) | [Reddit Link](#)

I actually have a few:

- Aaron Clarey (red pill youtuber and absolute twat) somehow convinced me to study engineering and now I make \$130k+ per year in high frequency trading LOL
- Upon realizing my mistake of joining trp I put a monstrous amount of effort into becoming a good critical thinker
- To compensate for my mistake I did A LOT of reading on emotional intelligence, feminism, and politics. I actually have opinions and talking points now.
- I made friends with healthy individuals who helped un-brainwash me
- Since i've learnt *how not* to approach dating I therefore know *how* to approach dating (if that makes sense)
- Since I've majorly fucked up in the past I am more forgiving to other people who have also been misled
- **I will *never* be hateful, cruel, or prejudiced towards anyone ever again**

A bit about me: Left trp in June 2018 at 22 years old and almost entirely reformed as of August 2020. Learnt a lot about guilt, retribution, forgiveness, and growth.

Men are willing to take the "redpill's harsh truths", but refuse to accept any other truths that counteract it. Why?

76 upvotes | May 21, 2022 | by [Shrimplores](#) | [Link](#) | [Reddit Link](#)

I notice among men especially young men there is this doom and gloom attitude. You can give the most reasonable, statistically backed up evidence to help them and their response is usually: "but I'm 5'5 and gonna die alone bc of that boo hoo". Or they end up straw manning or using ad hominem

Its like these people never leave their house and stay glued to the screen all day. Not healthy. I see short guys get girlfriends all the time. The truth is these men go after girls just as shallow as them- what do they expect? And there are so many beautiful girls who don't care about height or other things redpill claims.

Like for once my dudes get off the damn internet and go live life...

I bet some of you can relate... (just thought this was funny)

76 upvotes | May 20, 2021 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)



Redpill need to stop the traditional vs modern women debate

76 upvotes | May 13, 2021 | by [No_Championship1620](#) | [Link](#) | [Reddit Link](#)

1. If your a guy who wants a wife who will be a housewife look for a women who wants to be a housewife then, do not try to find a women you like who has a career that she is in love with and then try to force her to be a housewife especially if that same women tells you that them being a housewife is not in consideration for her, and then complain on the internet about how women are masculine and not traditional enough, she literally told you its not gonna happen move on and find your housewife.
2. Women having a career and making a lot money is not masculine bro, its 2021 not 1940 the world is changing. Redpill dudes will talk about how a women's education, money, and career means nothing to them which is not bad thing because your entitled to feel that, you are you are and you can think what you think and there will always be women out there whos thinking aligns with yours. The only thing I hate when it comes to the discussion of a women's money/career/education is when they tell women if they have an education they will not find a husband or just downright discourage women from wanting a career or building a business for themselves because it will limit them from having a husband cause men are only looking for housewives. With that said if you have that logic what should a women do after graduating high school at 18 just stay home and train to be a housewife and not do anything for themselves but just wait for a man to wife them, its not the old days(1960s and before) when a lot of young people are getting married at 20 and have 5 kids by 28, the cost of living is getting higher everyday, were in a pandemic right now, and there are more opportunities for women to make money in different fields when 40-50 years ago they did not have those opportunities and you are telling them not to pursue them, pathetic. What is going on right now in the world with the pandemic is just now showing more and more that whether you man and women you need to get to work, horrible things can strike at anytime. I personally want a women who has a career cause marriage is a business and there are a lot of benefits financially in marriage that people tend to not look out for homeownership/insurance deals, have roth ira for both of us and etc because they want the push the narrative that every women will steal your money.
3. And again if you have or want a housewife there is nothing wrong with that but please sure you actually have the funds cause if shit goes down its on you not her remember that.

After discovering Red Pill, I became an incel... Isn't that crazy?

76 upvotes | April 8, 2021 | by [grayonede](#) | [Link](#) | [Reddit Link](#)

Before Red Pill, I was a beautiful individual who loved women. Borderline polyamorist, I loved the world and admired feminine energy and couldn't get enough of it. I was the life of the party, working on myself, having fun. Slowly in the past year, after discovering Red Pill, I've began to hate women, hate the world, play video games, be paranoid of everyone else's thoughts, give into my addictions, not take care of myself, treat my gf like shit, etc. I'm not blaming Red Pill solely, I know I have a lot of issues myself, but it certainly did exacerbate a lot of things. Now that my relationship ended, I have a more clear head. Applying the Red Pill principles to my relationship and life was making me so miserable. It seems like it's going to be a long way to get back to where I was, but I know better now. I think Red Pill encouraged me to act like a victim, if that makes any sense. Anyways, back on the journey to loving myself.

Why do red pillers act as if hypergamy is the absolute norm and standard.

75 upvotes | May 8, 2021 | by [Main Classroom](#) | [Link](#) | [Reddit Link](#)

In real life what I've seen is average men and women dating and getting married. (I'm not using the word average as a negative word)

I'm not saying Hypergamy doesn't exist but the way they talk about it, they make it seem like it's the only reality that exist and if a man isn't a certain height with a certain salary then he won't be able to get a woman or she'll leave him as soon as she gets the chance.

I've seen average looking men with average salaries married and happy.

To me it seems like they are attracted to a certain type of woman and because they can't get her they make excuses as to why.

I came across this comment and thought it belonged here

75 upvotes | May 3, 2019 | by [CyberLink16](#) | [Link](#) | [Reddit Link](#)



BeginPanicAttack • 1 year ago

THEY LEGITIMATELY BELIEVE THEYRE
RESPECTABLE GENTLEMAN AND WOMEN
DONT LIKE THEM BECAUSE OF SOME
ANIMALISTIC BIOLOGICAL
PROGRAMMING AND NOT BECAUSE
THEYRE SMUG CONDESCENDING RAPEY
ASSHATS LMAOOOOOOOO



1K



36



[VIEW 36 REPLIES](#)

had to post this here lol

75 upvotes | September 16, 2021 | by [glassjaw95](#) | [Link](#) | [Reddit Link](#)



15 Signs You're a "Yogurt" Male (SUPER RARE) & Is it Better Than "ALPHA"?



134K views



8.9K



352



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Report

It's a common sentiment within the Red Pill and Pickup communities to idealize Eastern European as "traditionally feminine" and "submissive" in contrast w/ feminist Western women. What these guys are totally oblivious to is that this veneer of "trad. femininity" is informed by a culture of violence.

75 upvotes | February 21, 2022 | by [nympharchist_95](#) | [Link](#) | [Reddit Link](#)

https://en.wikipedia.org/wiki/Violence_against_women_in_Ukraine

<https://www.amnesty.org/en/latest/news/2020/11/ukraine-epidemic-of-violence-against-women-in-conflict-east/>

<https://fba.se/en/newspress/nyhetsarkiv/2018/the-osce-draws-attention-to-violence-against-women-in-ukraine/>

<https://www.hrw.org/news/2021/03/31/poland-escalating-threats-women-activists>

<https://www.independent.co.uk/news/world/europe/poland-istanbul-pan-european-convention-violence-women-a9638366.html?via=webuproar>

<https://www.amnesty.org/ar/wp-content/uploads/2021/08/eur490142006en.pdf>

<https://www.politico.eu/article/study-violence-against-women-widespread-in-eastern-europe/>

<https://jpathology.com/violence-against-females-rife-in-eastern-european-5/>

Men who are attracted to TRP ideas are because they don't have close female friendships

75 upvotes | April 18, 2020 | by [TeePeeDucks](#) | [Link](#) | [Reddit Link](#)

I think this is the key. TRP only works if there are no counter narratives against it. TRP works on people who are stuck in jaded cycles or are really naive about women.

From a perspective of a female, I've always found it really strange why no men would want to be friends with me. Like REAL FRIENDS; and with no agenda or anything. But to hang out and crack jokes. I think this is a crucial missing link as to why so many relationships are failing because of complete misunderstanding between girls and boys.

Also I think socialisation plays a big role into this. Men and women are socialised completely different with different expectations as well. It's like training one person to learn French, and the other to learn Japanese and wonder why they can't communicate and solve problems at all.

TRP uses this loophole.

Why do RP reduce men to being providers and then complain endlessly about it?

75 upvotes | January 11, 2023 | by [Negative-Train-3303](#) | [Link](#) | [Reddit Link](#)

It's so bizarre...

There is this sentiment in the manosphere that a man who provides for his family has done enough to deserve to be waited on hand and foot and served like a king. Setting aside the inconvenient truth that over half of households are two-income (so most men can't even provide fully on their own), this expectation is a little absurd because if you really viewed a relationship between a husband and wife transactionally (as they often do), many men would not be able to afford their wives.

If most men received an invoice for: 1. Cost of carrying a child (surrogacy) 2. Cost of intimate relations 3. Cost of cleaner 4. Cost of cook 5. Cost of live-in nanny (24 hour availability) 6. Cost of teacher/nursery nurse 7. Cost of personal shopper 8. Cost of breastfeeding (wet nurse) 9.

Compensation for pain/complications related to pregnancy/child birth

Etc.

they would not be able to pay for these services. The fact a man goes to work and "provides" should be appreciated of course but these guys seem to want a standing ovation for doing the bare minimum - looking after the family they CHOSE to have. Also last time I checked single men still have to go to work to provide for themselves and they somehow find a way to cook and clean for themselves too.

If all a man contributes to his household is money - what is the difference between a husband and a welfare cheque from the government? And what exactly is the difference between a single mother and a woman married to a man with this mindset? If all you bring to the table is money then you have dehumanised yourself and can't be surprised if the person leaves once the money well runs dry.

I will say to be fair this rhetoric seems to come about from non-married RP men. A quick flick through MarriedRP sub shows a lot of guys learn that if you want the "king" title you have to actually be in control of what is happening in your home i.e. act like an adult instead of an additional child your wife can't rely on. I think they call this "owning your shit". Amazing.

Sorry for the jumbled stream of consciousness post. Feel free to comment on anything that jives with you.

My advice to you

75 upvotes | November 1, 2016 | by [OmLiLi](#) | [Link](#) | [Reddit Link](#)

Stop reading this "Pill" bullshit.

Get off Reddit.

Get off the Internet.

Girl I was seeing for two months told me I was a distraction, I said “okay” and left

74 upvotes | September 14, 2021 | by [Middle-Guava8172](#) | [Link](#) | [Reddit Link](#)

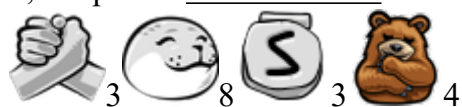
I'm a chef and she's a bartender. I've always had it easy with girls, I didn't care about anyone really. This girl was so hard to catch and aloof that I was drawn to her. Last night we went out and she was so rude to our server, who was clearly in the weeds. We've both been service industry for a decade. I still left 20% in cash, and the girlfriend took it off the table and tried to hand it to me. I casually handed it to our server. We had a fine night, and this morning we slept in and she blamed me for not getting up early and getting her homework done. A few months ago I would have just played the game and drawn her back. But when she said "I just don't need this distraction" and looked at me to argue for it... I just left. She's texted me but i don't think im gonna respond. The red pill is literally bitter old men telling young men how to play girls. We are all adults, and there's no need for anything but honesty and boundaries. That's all boys, thanks for reading.

Men who suffer abuse usually do so in silence. Together we can change that. Link in comments.

74 upvotes | July 29, 2021 | by [copious_cunnilingus](#) | [Link](#) | [Reddit Link](#)

Men who suffer abuse usually do so in silence. Together we can change that. Link in comments.

3,090 points • 102 comments • submitted 2 days ago by [brandelyn_](#) to [r/TrollYChromosome](#)



This isn't funny or a meme, it is a call to action in supporting your brothers.

Men have few places to turn after suffering abuse or trauma. We provide **free** men's-only online support groups (via Zoom) and are in dire need of volunteers before they get shut down.



If you have 2 hrs/wk and an internet connection, you can help change the course of someone's life!

The Red Pill lead me down a dark path and I don't like the person I've become

74 upvotes | September 17, 2019 | by [VisibleBasil](#) | [Link](#) | [Reddit Link](#)

I found TRP 4 years ago, after a break up with my first girlfriend. She was the first girl I ever kissed. We never even had sex. We decided to be friends after the breakup, and she spent 4 months telling me about all the guys she'd been fuckign since we broke up. I eventually found out she'd been cheating on me for most of our relationship.

TRP made so much sense to me at the time. A lot of stuff TRP is based on seems logical. I guess this is part of what makes it so easy to be drawn in. That and promises of making me powerful, especially at a time when I was feeling so powerless in my life.

At first, TRP was great. I started exercising, talking to girls more, being more assertive, and broke up contact with my first ex. I went on a few dates, kissed a few girls, got a blowjob. I wanted more though: TRP had promised me sex.

I got drunk and had sex with a girl in my residence on the first back at school. I blacked out halfway through. We had sex again in the morning. A few days later we went out to the bar together and she went home with another guy. She later told me they fucked. This just reaffirmed my belief in TRP: he must have been "more alpha", I must have "broken frame", etc. In reality she was just drunk.

Over the next year, I doubled down on TRP. It had helped me lose my virginity, but I wanted more. I went out 3 times a week, drinking heavily so I would have the courage to approach dozens of strangers. I lost track of how many people I had sex with over the course of that year. I took a few girls virginities and a few girls cheated on their boyfriends with me. I don't even remember most of their names.

Over the course of that year, I thought worse and worse of women. After all, if all it took for women to cheat was me drunkenly talking to them for an hour at the club, who in their right mind would date a woman?

At the end of that year, I met my second girlfriend. We hung out for 3 weeks before we had sex (that remains the longest I've ever hung out with a girl before sex). Strangely, despite what TRP told me, I didn't feel a need to sleep with every woman I could after I met her. I spent two months just sleeping with her before we decided to make it official.

The damage from TRP had been done though. I didn't trust her and constantly accused her of cheating. She had self-esteem issues and put up with whatever I did.

I should have been happy, but I kept reading TRP. After all, it had served me "well" so far. I got greedy and figured I could stay with my girlfriend and have sex on the side too. I eventually cheated on her and felt awful. I should have stopped there, but I kept cheating. The fucked up part is, it got easier and easier to cheat. Eventually, I couldn't stop myself. I downloaded tinder and started meeting up with girls. I justified all this to myself with TRP. What she didn't know wouldn't hurt her, I thought.

Obviously, the cheating caught up to me. She found out, but decided to stay with me after a few weeks of thinking things over. I wish she hadn't. We fought constantly after that, over the most trivial things. She would throw things at me sometimes and we'd both scream at the top of our lungs at each

other. The neighbors threatened to call the cops on us multiple times. I went back to cheating on her behind her back.

After 6 months of this, we broke up, but kept sleeping with each other. I found it harder and harder to respect her. I'd cheated on her and she took me back, we broke up and then kept having sex, she basically let me walk all over her.

It's during this point I started having doubts about TRP. I'd treated my ex horribly, but all she did was care for me, no matter what.

I eventually broke things off with her because I felt bad. This brings us to now. I'm trying to be a better person now, but 4 years of habits are hard to break. When I first started, the "TRP persona" I used to get girls was a mask, hiding a scared boy underneath, but at some point I became the mask. Now i feel like there's nothing left of me underneath. I worry I'll cheat again if I meet another girl I like.

I've broken lots of girl's hearts, cheated on my ex, broken up lots of relationships, etc, all for sex that didn't even make me happy. I could blame TRP, but ultimately, I'm responsible for all the shitty things I've done. I just wish I'd never gone so far with TRP.

A MGTOW Christmas

74 upvotes | December 23, 2018 | by [CaptinSuspenders](#) | [Link](#) | [Reddit Link](#)



How TRP nearly made a rapist. My experience following The Red Pill

74 upvotes | May 13, 2018 | by [TheExRedPiller](#) | [Link](#) | [Reddit Link](#)

I am 20 years old. I discovered the Red Pill when I was 18. Fresh out of high school. I stopped reading when I was about 19 years of age. Pretty recently actually. It's been nearly 2 years since I stopped going in those communities and I will be turning 21 soon.

I discovered it by chance. Found a Reddit thread that linked to the sub and started reading it.

It was weird, to say the least. I was what Red Pillers would call "an alpha trapped in a beta's body". I was 6' 1, white, good looking and I had prior relationship experience. I went to prom, I had sex, I had girlfriends, and I had experience.

Discovering TRP was like this... vacuum of shittiness. I started feeling like I was inadequate. I felt like my looks weren't enough, my personality too "beta", and that I was a loser who couldn't accept the truth. I started believing that I could get more girls if I "gamed" them and that I could test them via "shit tests" and things like that. In other words, I started to believe that emotional abuse was a viable strategy for getting and retaining relationships.

I felt like I needed to take control of the relationships I was in. Even if they made my partners unhappy.

I started treating every day interactions like they were some sort of ploy to get me to reduce my defenses or make me "beta" and submissive. When I used to talk to girls, I thought of them solely in terms of "How can I fuck this girl and what can I do to fuck this girl?". I did have that mentality before in high school, even prior to discovering the Red Pill, but reading TRP only validated some of my more toxic thoughts and made me believe that the only way I could be happy would be to fuck girls, and fuck as many of them I can, regardless of how I fuck them.

Now here is the part where I almost raped a girl. This was in my second semester of college. I started seeing this girl casually, let's call her Ashley. Ashley came from a pretty conservative home. She had a pretty poor past (an abusive mother) and a stepfather who raped her when she was 12. The POS is in prison, thankfully. She was understandably cautious about relationships with guys. I saw her for a week or so and I think we genuinely hit it off pretty well. I did post about this in TRP (I deleted my account after that incident but I can try to find out) and they told me that it doesn't matter about her past and you should fuck her, be ALPHA, and other dumb ass shit. She opened up to me about 2 weeks into our relationship. She told me about her abuse, showed me her scars, things that are generally reserved for people you really trust. She really thought that I genuinely cared for her and wanted to be in a relationship with her. She was wrong.

I cared about one thing with her. Getting into her pants and nothing more.

So about three weeks into our relationship, she comes over to my place, we start watching a movie together (Titanic for those wondering) and I decided to escalate things. I kissed her a little and started moving my hands up her body and tried taking off her clothes. She was okay with the kissing but was very uncomfortable with me trying to take her clothes off and touching her. I remember telling her something along the lines of, "You need to be able to trust people. I won't hurt you. I want to have sex with you and you need to get over your abuse". Something horrible.

Thankfully, Ashley did not just sit there and take it. She tried taking my hands off her and I just kept trying to kiss her and escalate our relationship. She loudly told me to fuck off and pushed me off of her and left. At the time I was fucking confused. I remember thinking "WOw, what a bitch!", she wont even let her boyfriend fuck her" and other things like that. I remember writing about this in TRP in a comment and some users advised me that I should have just continued and if she was attracted to me, she would have had sex. I did tell them about her past abuse but since it happened at 13, she should have "gotten over it". They said that maybe my advances triggered some unsavory memories and that's why she stopped. At that point, I started thinking about how shitty they were.

Not once did they consider how she felt. I was repeatedly the focus of the thing. "That sucks bro! Be more ALPHA!" and other stupid nonsense crap. I really feel like if I was a decent person, Ashley and I would have been a great couple. We hit it off very well and she was genuinely one of the best people I knew. She dedicated so much of her time helping out at rape or domestic abuse shelters and was generally an all around great person. Our relationship vanished after that incident. I texted her after and told her sorry and that we should work things out and she told me not to contact her or she would file a police report. As stupid as I was, I would not risk my life for a girl and well, I stopped. We stopped seeing each other permanently and I believe she ended up transferring to another college after the semester ended.

I began reflecting on how I treated people back then. I didn't just view women as fucktoys, I viewed everyone as this sort of subhuman who was trying to destroy my life and make me unhappy. I ignored my friends just to try and "chase pussy". I got more distant with my wonderful mother and my father and I spent less time together. I have a younger sister as well. She's 3 years younger and fuck, I started viewing her like this inferior person. The mentality was like a fucking black hole. Out of everyone in this world, I love her the most and I basically dehumanized her.

I stated looking more seriously at my prior relationships too. I have had similar experiences like I had with Ashley but they were very "gray", for lack of better words. While the women never said no or actively resisted, I did put them in a position where they would feel obligated to have sex with me and often guilt tripped them into things they didn't want to do.

It's definitely a disgusting experience. The funny thing is, If I was just honest about my intentions, I would have gotten more girls than what I did following TRP. I think I was already a crappy person before TRP but TRP validated my toxic thoughts and just reinforced them. Even before TRP, I found thrill in going after girls who played "hard to get" and wanted something serious before sex. I found fucking pleasure in practically manipulated them. It was absolutely revolting.

I wasnt the greatest person before TRP but TRP just took my terrible thoughts, reinforced them, and encouraged me to actively act out my toxic impulses. I was entitled and TRP just made my entitlement grow into this toxic void of emptiness.

I did get out of this mentality, or at least I'd like to think so. I'm honest about my intentions at all times and always make sure to get active enthusiastic consent. I just wanted to say its possible to get out of this mentality but it requires self awareness. You need to realize what you are doing is wrong and then work on improving this. Find good role model, like perhaps your parents, and strive to be like them. I think a lot of communities nowadays say that you should be "confident" or "charming" and that's great advice but I think the best advice you should follow isn't to be some type of sex god, but just be normal. Have a hobby, do something that sets you apart from people, and the rest comes naturally.

Another thing I'd like to admit. The Red Pill appeals a lot to guys who have entitlement complexes. I think people nowadays are becoming very entitled. They feel like they should be entitled to money, sex, compliments, favors, and more. I was pretty entitled myself. I grew up with wealthy parents, a great house, I went to an expensive private high school, I was attractive I got into a very good University, and my life was just privilege upon privilege and yet I still felt entitled. TRP was basically a way for me to validate my entitlement and do something about it. A lot of guys nowadays feel entitled to love or sex and that is not okay. No one is entitled to anything except for basic human rights.

what redpill needs to learn most

74 upvotes | July 12, 2017 | by [windowpanemouse](#) | [Link](#) | [Reddit Link](#)

Women like men who like women.

So many men have shitty, sexist attitudes toward women, even today. Most women are VERY good at picking up on this. That's why a guy who genuinely likes and respects women, and treats us as equals, does not need to lift weights, act cocky, obsess over his appearance, learn pickup techniques, etc. etc. Women will be attracted to him like moths to a light.

This vibe is invisible to men. When they encounter a guy like this, they always wonder 'why does this ordinary dude do so well with women?'

Now, redpill guys WANT women -- very badly. But most of them don't like women very much. Many are on the spectrum, and don't do well with people in general. Some have had terrible relationship experiences and they don't have the resilience to bounce back. Others are teenage boys scared of girls. But in addition to all this, and/or instead of this, a great many redpillers simply don't like women. And everything they're taught on that site makes it worse.

So....they work on the superficial stuff, the things that most women care way less about. They think like men: It becomes all about the six pack abs, and the game playing, and putting in huge effort night after night to find those women insecure and broken enough to fall for their games. They tell themselves that's the best any man can do, and that's all there is. While chubby, balding guys who can't lift 50 lbs always seem to be in great relationships and aren't terrified of being cheated on.

How you fix this I don't know. Probably years of therapy. One thing is for sure you can't pretend to like women. It has to be real to work.

Made this little thing

74 upvotes | February 23, 2022 | by [pekkauser](#) | [Link](#) | [Reddit Link](#)

Red Pill Guru Bingo			
She needs to submit	Key-Lock Analogy	80/20 rule	Focus on yourself
"Female Nature"	Beta Male/Simp	High value man	Modern Women
Only fans	Hypergamy	Masculine Energy	Women don't like nice guys
Alpha Wolf/Lion	Spinning Plates	"Sexual market Value"	Wife material

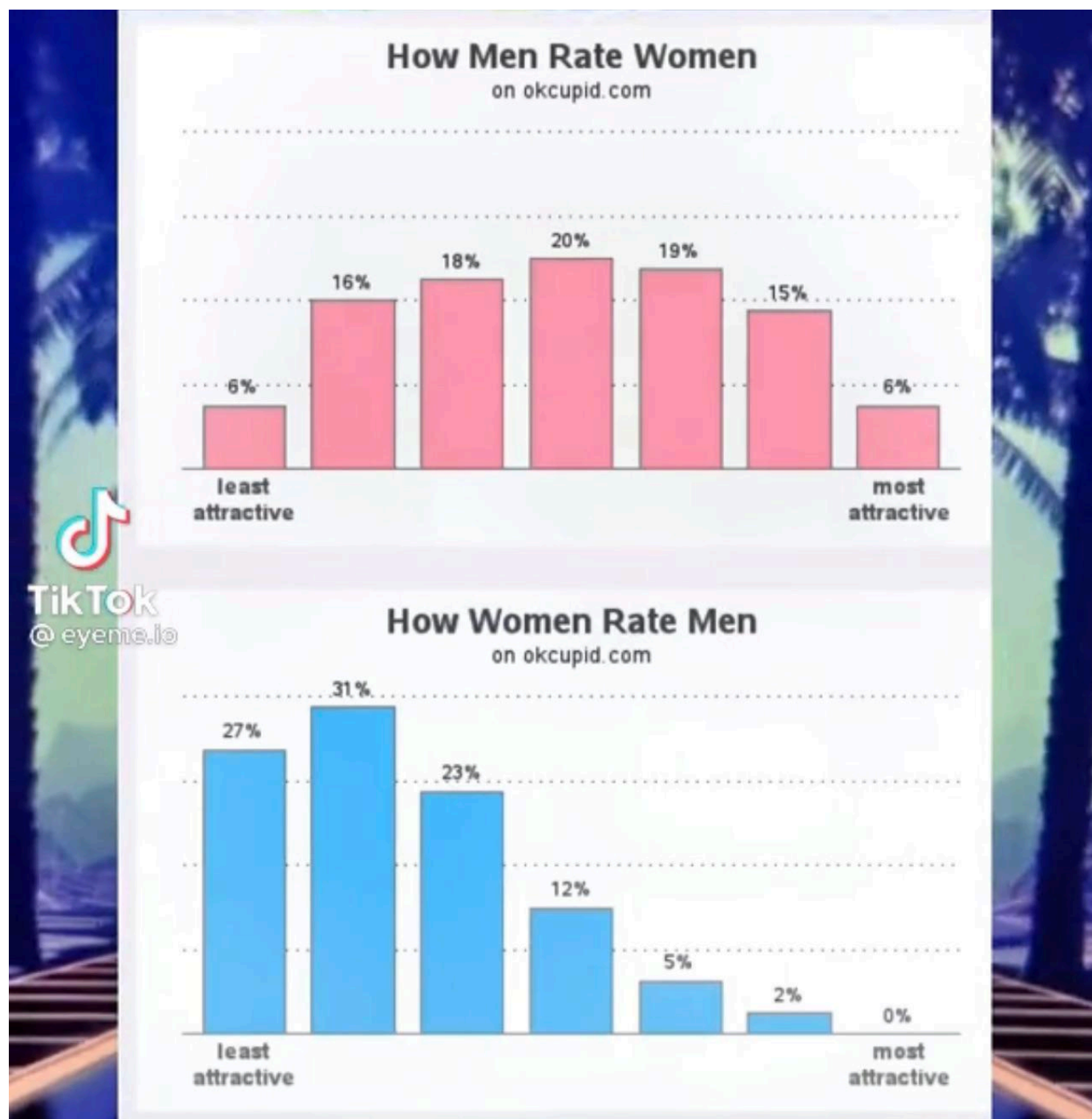
Husband just turned redpill, what do I do?

74 upvotes | March 5, 2022 | by [Own-Valuable-3345](#) | [Link](#) | [Reddit Link](#)

Not sure if this is the right place but please bear with me. For the past couple of months my husband has gotten real heavy in the rp community, we had a pretty decent relationship before, but now everything is about how he is high value just because he is a man, and im low value since I'm 28 and have a child, how he can do better than me and how easy it will be for him to get laid, he talks low of single mothers and women in general. To save this marriage I've tried to bend to his will, giving whatever sex he wants, whenever he wants it, trying to be the best wife and mother I could be, dress up for him, try to be better looking and pleasant, and it works for a little bit, but he gets back on his stuff about women and doing better than me.. I'm exhausted tbh, I guess this is part rant but I would appreciate some advice on what I can do to get my husband back or if it's even possible..

Curious to know what y'all think of this statistic?

73 upvotes | January 31, 2022 | by [Big-Bonkin-Head](#) | [Link](#) | [Reddit Link](#)



Dear Men: most girls are just as weird and insecure as you

73 upvotes | November 7, 2021 | by [DioOverLove](#) | [Link](#) | [Reddit Link](#)

This is my problem when I was a teenager because I wouldn't turn the lies any negative feedback anybody gave me but it was only till later that I realized that was wrong because... Well people can be wrong.

This is the same reason why I don't believe in first impressions because on paper or first impression is going to be someone putting on their best. Or at least what they believe to be their best or at least to be perceived as their best which not authentic.

A lot of our socializing is just this. It's putting on the performance especially for men

I have a male friend who is straight up a gigolo who takes women out and gets paid for money and he even says that he has to literally put on an act

As a man who has done this in the past and can be successful at it I absolutely hate it because it's not genuine. It's easy to call someone but we can subjective especially when you hear someone's life story

Men are still expected to be traditional 1950s men and that slowly dying but nowhere near fast enough like it did for women. The greatest failure feminism is that it did not free of gender roles for men at all.

But both men and women are raised up to believe certain things about men and if a man isn't acting like XYZ he gets socially penalized

Both men and women do this and the most progressive of men and women even do this. I've gotten really good at spotting it because it comes out in certain phrases and behaviors but I have even had some of the greatest female friends of mine who are also feminist say or do something that contradicts their beliefs

I think a lot of people also forget that a lot of things that men do are looked at as horrible but if a woman does the same thing it's looked at as normal or it's waved away which kind of makes a lot of the things we consider bad behavior a little obsolete.

I was on a date recently and it dawned on me just how different the contrast is on how both men and women can act. I've been called a weirdo before and your toe constantly that girls don't like weirdos and obviously that's not true because it depends on your definition of weirdo but this day really did open my eyes even more to this type of double standard.

I go out on my date and my date is very attractive as she is a model. But because of that fact she can get away with being a complete weirdo XD. And even then after meeting here I still don't view her as weird but I imagine if she was a dude and had the same personality she probably would be clowned on and probably still be single

Like we're driving through the city out near the country and she's giving me an entire lecture on astrology and how clouds and stars work.

I didn't ask for it and I imagine if the gender for swapped a girl will probably be turned off or think a guy is weird if he started talking about stars and space out of nowhere.

But because she's an attractive woman she can get away with things that would be considered unattractive in men

Now maybe it's due to my upbringing and how empathetic I am because I can hang out with pretty much any group of people but having this drink also allows me to see just what the contrast is when it comes to different social groups

There's certain friends I can bring around certain girls because these girls will think they are weird or unmanly. And it doesn't matter how much I've been my friends because that girl will already have that view of them.

But once again I find it all crazy how we have crazy joking shove each other because as I get older and meet more people I find it everyone has their own version of weird or crazy

I'm going over a friend's house tonight and he watches a lot of Fox News. It's very biased but not all the time and as a politically open-minded black person I can deal with that and still enjoy myself. But if I was another black person who didn't find that thing funny or entertaining I could see them being turned off by it.

I have another friend who gets constantly flustered even though she isn't doing anything wrong and I can do with it but I can understand if someone else would think she's too much

At the same time the humanist and me really wants to bring this message forward because worrying about how you look and if you're being weird or not gets exhausting and it also gets crazy because almost everybody is insecure or weird in their own way. And is tragic how we judge each other so harshly based off things we have in ourselves as well

I think most advice is useless but something that did really help me was really nail into my own head that's girls were just as insecure and weird as I was but they get a pass because they're girls

After internalizing that fact the rest of high school and college became much better

Trying to navigate the dating world with this understanding is a little bit harder because of the aforementioned double standard. As a man I can take it but it does get a little old and a little disingenuous when so many girls reject you based off of the same things they honestly have with themselves.

Like a girl recently tried to shame me for working a \$10 an hour job yet this girl gets child support money and only works two days out of the week. because I'm a man she can shame me for my job because I'm so expected to be a provider but this girl can literally work a dead end job and walk out in the world without fear of being judged for it because she's a girl and a single mother who already gets money so society won't play that judgment on her.

Is it me or is the internet the worst place to get dating advice as a man

73 upvotes | July 22, 2020 | by [wellz-or-hellz](#) | [Link](#) | [Reddit Link](#)

It seems like a lot of the advice on the internet geared towards men revolves around red pill ideology. Like Pick Up Artists and dating coaches on YouTube use their terms like “nice guy” “beta male” “simp” like wtf, is there ever advice that’s geared towards men that isn’t polluted with this toxic bs?

incels are wrong in saying that being goodlooking would make you happy and solve all your problems

73 upvotes | August 6, 2020 | by [ikwilhangen](#) | [Link](#) | [Reddit Link](#)

There are many depressed actors and models that look good. I just saying it because its relevant to the discussion, but I am goodlooking enough where women turn their heads at me, and my female cousin even ncknames me mr. sexy because of my looks. yet none of that has ever made me the least bit happy above things like spending time with my family, my mother, my sister, supporting my sister and loving her, doing things with my friends and spiritual pursuits. I am still depressed and there was a period where I had unlimited access to sex and yet I was at my least mentally healthy.

Sex with someone you dont love is more than overrated, its nothing at all.

and you have incels that think if they became male models that that would make their mental illness and social fears dissappear when that isnt the case.

Im not one of those guys thats average or something but thinks theyre goodlooking, I have had women unsolicited come to me and tell me how attractive I was and want to date me. I know for a fact that being goodlooking doesnt mae your life wonderful simply with that alone, and I would much rather be average or "ugly" and have positive relationships, mental health and a good will toward women and the world then be goodlooking but have the mental issues I have right now (though I do have goodwill towards women and the world and people).

you have incels that literally believe that if they were models they would magically become happy, when happiness is between your ears. if you are a mentally well rounded person you will have happiness even without being attractive in a conventional sence. there are many average people I'd love to be just because of whats in their heads.

It's happening guys. The Red Pill is starting to be criticized on YouTube. The red piller guy they're reacting to threatened legal action against Aba and Preach's fair use content.

73 upvotes | January 24, 2021 | by [hunkyandspunky](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/O60Du8AFaIA>

RSD Tyler ruined my life.

73 upvotes | February 5, 2020 | by [Smooth__yoda](#) | [Link](#) | [Reddit Link](#)

He indirectly taught me that being social is about power dynamic ,everything is about trick, be alpha and don't care about anyone ,which only attract idiots ,shallow and naive people.His pua stuffs only attract status obsessed women ,women who completely can't think for themselves and manipulative women who love mindgame power dynamic competition.Now, I'm a type of person that can't connect with anyone, even my family or even my college friends,everything has to be trick ,everything has to be alpha which is sad af. I'm very lonely now.

BRUTAL! My red piller normie friend was bragging about his Tinder game then this happened! This woman was not turned on, she was actually disgusted and played along to bait him lol.

72 upvotes | November 3, 2020 | by [BoredomAwaitsMe](#) | [Link](#) | [Reddit Link](#)

<https://i.redd.it/ckzovrer71x51.png>

after I started dating women I begin to understand why I was wrong and why redpill is bullshit.

72 upvotes | February 26, 2021 | by [This-Charge-7151](#) | [Link](#) | [Reddit Link](#)

I feel much better and at peace with myself. I realized that the world is full of good women, well yes there are also bad women as there are bad men, I realized that it is part of life. It only took me to meet a couple of women to understand that AWALT is bullshit.

Do you think the "bad boy"(good looking but cruel, selfish etc) argument goes both ways?

72 upvotes | October 30, 2021 | by [Black_funeral_bell](#) | [Link](#) | [Reddit Link](#)

I might've missed it during my red pill era, but how come the red pill focuses on us finding the hottest women instead of women who make us happy? It just seems odd to me that these youtubers delight in women "being taught a lesson", for choosing the most attractive men they can get.

But can't a man easily fall into this trap? Especially when all the advice around him says to go for the youngest, hottest chicks possible? Like they can't break your heart and mistreat you? □

I work for strip clubs and young women aren't all roses either. I'm happy to be their friend and throw guys out for them, but im not built for women in their 20s(especially early).

I kinda never was. I dated in my young years, but i liked the energy of women older than me. Now i like women my own age now that im in my 30s. Kinda funny i dunno what to call that.

But yeah shouldn't we be encouraged just to find people we are happy to come home to? Why's it gotta be a 22 year old model virgin?

All "Pills" are a waste of time. Spend your limited time and headspace productively and interact with women offline.

72 upvotes | November 28, 2021 | by [aldjfh](#) | [Link](#) | [Reddit Link](#)

Im an OG of this shit. Been through the whole redpill, blackpill, mgtow, incel gambit. In fact must've been amongst the first few thousand guys who heard about blackpill. I stopped engaging with this stuff around 2018 with some hiccups here and there. My mental health and overall life improved substantially after leaving.

However I am engaging with all these pills again over the past couple of weeks as I am trying to get back into dating and most stuff online to do with self improvement particularly with getting better at dating overlaps alot with RP stuff and is aimed at similar audiences so you inevitably encounter this stuff. This time of course I am more cognizant and aware and can see things I could not previously see.

There were a few things I observed over these past two weeks.

1. This stuff is addictive. I got so sucked in that I engaged with nobody in real life. Definitely never approached or connected with a woman cause I never felt good enough like the picture of the successful redpill man. So no matter how much I watched my chances were effectively still 0. Dating, just like any other form of human connection is a numbers game and it requires alot of interpersonal interaction and wading through people. It requires a massive effort on your part to put yourself out there, approach and genuinely interact with women. When your online you aren't doing anything productive. Your wasting your time just consuming information and supposedly strategizing and overanalyzing something you will never put into practice in the limited 24 hours you have in the day. When in reality, all it really is, is a messy Blackbox of trial and error where you only learn from experience more then strategizing and analyzing. Even outside of dating, you can use that time in a bunch of other productive stuff that will get you much farther then consuming redpill content.
2. Your Headspace gets fucked. All you can think about is RP/BP stuff like NAWALT hypergamy, alpha beta and whatever other bullshit. This isn't the real world at all. You can't rationalize things down to such fine hyperanalysis of random situations. But because this is all you engage in, this is what becomes your reality and all you see. Your perspective gets skewed and your personality subconsciously shifts to adapt these traits without you knowing. In public when you interact with others this slips out and most well adjusted people are repulsed by the redpill. You are so hyperfocused within your own bubble you fail to see this and miss potential opportunities and positive experiences around you. The internet algorithms don't help as they are designed to keep you in there. A very similar dynamic happens with people in most "dedicated" subcultures like alt right, Qanon, incels, doomers etc. They suck your mind in and keep you in that bubble.
3. The same guys are still at it and the market for this is really really lucrative. Rollo, sandman, turd flinging monkey, CRP are still going on and on about this shit. They have beaten the dead horse more then I've beaten my meat and at this point I have to believe they have disproven the laws of thermodynamics cause they can apparently stir shit up from nothing. There's also some new faces like entrepreneurs in cars, fresh fit and of course the grand daddy of them all,

Andrew Tate who's actually taken it to a whole new comically absurd extreme. Also the redpill belief system is alot more mainstream now then it was in 2015 and has spread to countries and cultures beyond the west like eastern Europe, Middle east and asia where men are already more financially worse off, desperate and chauvinistic. I predict that repdill thought will only grow more in the coming years as people's material conditions get worse and they get more desperate.

4. Everything that the redpill teaches of value is pretty much stuff you can find in any self improvement circle. Implementing it takes time and effort and anything beyond that is just a hindrance. Being financially stable, confident, social, Working out, eating right, being mentally stoic qnd having a purpose etc. All this is stuff you can find anywhere and any therapist worth their money will tell you this. Also, once you put it into practice you realize that there really isn't much time left over to do anything else. For me, typically after 8 hours of work, 2 hours of gym, 3 hours of errands, studying or hobbies there really isn't much time for me to analyze the redpill dynamics of monkey branching and hypergamy or whatever. And you know what, you don't need to as most of all the other shit is unnecessary.
5. Dating is simply hard for the average guy and being atypical only makes it more difficult. You need to put in alot of effort and interact with alot of women and even then it's pretty much a statistical game of chance where it all depends on your numbers. You still need to be at your best in all aspects of your life especially the mental aspect. And also, yes despite doing your best you may still have things that will be judged as "fatal faws" by mainstream society (I.e. being short, autism, social anxiety, deformity etc.) that will make dating harder because it will make your eligible "pool" smaller. This is one of the ways redpill peddlers capitalize on your insecurity and rope you in with. Black pillers drop the cope and embrace total nihilism which is arguably worse. In my experience both were a waste of time. Ultimately you simply need to accept that the odds are unknown for the vast majority of average or below men. They are all pretty much proportionally related to how you much you try and the numbers you hit which is really all you can control in the outside world. Also, women are not a monolith so there's a chance you may meet someone who accepts you for your flaws. But you'll never know and the odds will be directly dependant on how much you approach. That is the thing I can say with certainty most guys (including myself) aren't doing and will solve issue for 90% of guys.

But yeah, it's great to be able to engage with the redpill world again with a detached emotionless view and properly analyze what's going on and what needs to be done.

Accidentally Went On A Date With an Asian Red Pill Guy

72 upvotes | July 22, 2019 | by [chanelbunny](#) | [Link](#) | [Reddit Link](#)

Please, stick with me. This will be long, but lesson learned as to why something like TRP will hurt you more than help you.

I met a guy on OKCupid a couple of months back. I had never online dated before, so this was very new to me. We exchanged a few messages, some of which he would ghost me and then pop up out of nowhere. I didn't think much of it since I was busy with my own life and I assumed people don't log onto the site every day or often. We eventually exchanged numbers, and I assumed the messaging would be more consistent since it doesn't require logging into an app. However, he would text and in the middle of a short conversation stop talking to me for 3-4 days and then text again. I found this behavior to be rude and strange. From the beginning, he kept asking when could we meet, and I felt uncomfortable because he wasn't giving me the chance to get to know him, see if we had anything in common or even the slightest of a connection. I kept suggesting we talk more so that I could get SOME feel of who he was as a person, instead all he wanted to do was meet and I was beginning to feel pressured.

I eventually gave in and set a time for us to meet. Since I still wasn't sure if I liked him or not I made sure the date was in the day time and at a public place in case things got awkward. Anyway, I was very calm about meeting him. Not anxious or even the slightest bit worried about how things might go. I simply had no expectations because I didn't know the guy. When we finally met was when things really took a turn for the worse.

First, let's just say, he was a nice-looking guy. He seemed to put the effort into his appearance, etc. However, his behavior threw me off. I noticed his body language seemed very closed off and he seemed uptight at first. It made me start to feel anxious. I kept asking him questions to try to get a conversation going but his responses were short so it was like pulling teeth. The date was so painfully awkward, I began feeling self-conscious. At one point he would walk ahead of me constantly until I got annoyed and stopped following him and decided to explore the venue we were at at my own leisure. There was this huge weird barrier of awkwardness that was making it hard to be in his presence. I felt like crap the entire date and couldn't figure out why. Eye contact was so minimal I barely remembered what he looked like by the end of the night. And as a result of all this, I felt nothing for him, not even sexually. It was like he was giving off asexual vibes. I ended up branching out to talk to strangers just to escape the atmosphere between us. You might think that maybe he was just shy, but this came off as not interested at all to me. Which was weird because he didn't seem eager to end the date since he suggested we take a walk in the park and talk some more. Fast forward, I had things to do later in the day and he did too so we decided to end the date and take the subway. We get on the train and it's once again super painful to be around him.

On the train, I struck up a conversation with a guy who was doing some studying. I noticed something interesting on his paper and asked a simple question. He immediately engaged me and we

ended up talking and laughing as if we had known each other our whole lives. It was effortless, we maintained normal eye contact, and he was respectful. Yes, he was very attractive, but **more importantly**, he was **kind**, **engaging**, and **NORMAL**. I completely forgot about my date standing like 3 feet away, but later I remember thinking that the way I engaged with the stranger on the train should have been how my date and I engaged. I put in the effort and he was playing some weird tactic that was driving me away and making me feel like shit. When I came to my senses, I turned back to my date and that when I saw the plastered smile on his face, the kind where you're fuming but you hide it with a fake smile. I just knew he was pissed. But at the same time, I thought 'You acted disinterested, why would you care?' We half-heartedly hugged and he said nothing, just let me walk away, still with that plastered smile. Obviously, things didn't go past that.

Later on Twitter, his account was suggested to me, I guess having his contact on my phone made the connection? I checked out who he follows and it turns out that he's following a MINIMUM of 10 Red Pill or Red Pill guru accounts. I didn't know what Red Pill was, but when I read the tweets from those accounts, the date started to make sense. The accounts were basically telling men to treat women like garbage or don't show her you're interested or she'll feel she has the upper hand and so many awful practices that would surely send any mentally stable woman running for the hills. The worst part is, his behavior actually pushed me into the sphere of a decent guy who wasn't using the "act disinterested" act, or the "don't talk to her for days and then talk to her out of the blue" tactic.

Here's what I eventually find out about him: He claims that the worst times in his life has always been when he's been in a relationship (chip on his shoulder about women). He has been on that dating site for a MINIMUM of 2 years, but he could have been single longer, I don't know. He's 39 and still single. He definitely has an emotional chip on his shoulder. He claims he loves being single but he's on the dating site every single day for multiple times a day, without fail (why are you on a dating site if you like being single) and it says he's looking for a long-term relationship, not short-term or hookups. It also says he's looking for someone to have children with. Does this sound like someone who is happy being single or something who is trying to convince himself that he is probably because some pickup artist convinced him that he should be? I should mention that he also follows pickup artists accounts too. All the dating advice from the twitter accounts are advice you take if you never want a healthy relationship with literally anyone. Don't be this guy.

Guys...I promise you, the rest of the sane world is looking at Red Pillers like complete and utter losers. If I knew beforehand about the Red Pill thing, I would have ghosted him faster than lightning. You are doing yourself a favor by staying away. You very well could have missed the love of your life because you were busy treating her like garbage to get her interested in you, when instead all it really did was destroy something that could have been potentially good because you were being yourself and being decent.

AWALT is BS. What it really means is, “I have bad judgement, I make poor choices and act selfishly, and I’m confused as to why all women eventually betray or leave me”. If people keep treating you a certain way, they’re not the problem, you are

72 upvotes | April 2, 2019 | by [linkschode](#) | [Link](#) | [Reddit Link](#)

What it really means is*

I haven’t exactly been able to distill why AWALT is bullshit until today. But there you go, pretty standard common sense when you think about it.

It took my best friend 10 years of women hating to realise that he was the dickhead - and now he’s finally turned his life around.

My father has never recovered from his divorce. He’s a bitter lonely old man who is at the same time terrified of and hates women.

EDIT: AWALT is a red pill acronym for “all women are like that”

One of the tenets of the red pill is having no clue what Toxic Masculinity really is

72 upvotes | April 22, 2021 | by [little_jimmy_jackson](#) | [Link](#) | [Reddit Link](#)

I think that there are actually some good things to be learned from red pill philosophy but also a bunch of junk and bologna that isn't true. One thing many men are totally ignorant of is just how harmful and self-defeating that many male gender norms really are.

I would wager that more than half of all men who have heard of the term toxic masculinity believe that it means "not doing what feminists say". That's what I thought it was for a very long time. In actuality, it's about a host of things that men "aren't supposed to do" that are healthy human behaviors like hugging your friends, admitting you don't know something, asking for help, seeking talk therapy, crying, the arts, skin care, curating your own clothing style and physical beauty, being sweet and nurturing and so much more I won't make an enormous list here and now.

Has anyone seen The Lord of the Rings? Check out this awesome video and let me know what you think! [ARAGORN vs. Toxic Masculinity](#)

My Ex Redpill Boyfriend Killed My Self Esteem...but I'm Healing.

72 upvotes | September 3, 2022 | by [theautumnalequinox](#) | [Link](#) | [Reddit Link](#)

I love this subreddit. It's been great to read in the wake of an ex redpill dude. Transparently speaking, I didn't know what any of this was until I started dating him. I'm surprised he dated me at all given that I'm 31 and he's in his late 30s. Still, every day he reminded me that because of my age I had no value. That men would not want me because of that. That no one would ever be able to love me the way he could.

It's weird that we ended up together because money has never mattered to me. When it didn't appeal to me, he found that offensive. Then he'd cut down my appearance or backhandedly comment on my intelligence (I went to college, which I guess also works against me).

He told me if we were going to end up married I'd have to quit my job. I'm a freelancer with a few bestselling books under my belt. He found my independence really threatening.

By the end the situation was escalating to physical violence and abuse so thick I could hardly see myself anymore. Meanwhile, I started coming to understand the RP more, and wondering how on earth we ended up together, as I don't fit the profile really.

He accused me of cheating delusionally so many times I just felt numb. He treated my body like his property and demanded sex even when I was sick or grieving a death in my family. He'd call me names, swear at me, slam doors, and yell.

I'm so glad it's over. But his words about my age and appearance still ring in my head constantly.

The thing is—I spent my 20s dancing, learning to paint, reading books, and pursuing hobbies. I waited to have sex until I was 31. I think he had a hard time understanding me and that people are nuanced. Women don't just want one thing. And not all women cheat. It's just not true.

So many RP tendencies align with domestic abuse red flags. I'm proud of every man on this sub who is fighting against the narrative. It affects the women you date. Grateful for the work you're doing.

I don't hate women for being casual sex-havers anymore.

71 upvotes | June 25, 2022 | by [FirespawnerGT](#) | [Link](#) | [Reddit Link](#)

Title.

Explanation: A better way to say this is 'I'm not disgusted by women being casual sex havers'

I mean when you think about it, why shouldn't they? Why wouldn't you just have casual sex if you could fuck any dude on any app? Like in this day and age you have tons of options from around the world. You could set up a date in your country; a state over or further, weeks in advance and get with some hot girl or guy then fly back home after.

I think my hatred was rooted in jealousy, I wanted what they have. I can't have what they have due to my body. It used to disgust me but now I realize it was just a reality I wasn't comfortable accepting.

Some hope to any ex-TRP men still skeptical

71 upvotes | November 29, 2020 | by [atman714](#) | [Link](#) | [Reddit Link](#)

About a year and a half ago my ex dumped me and I went through a very deep redpill phase to try and figure out what went wrong. I lost faith in women and started watching PUAs on YouTube to try and perfect my "game." I had some redpill friends and things such as "women can't truly love" were commonly said and agreed upon. I did have some success admittedly, however the PUA advice really only worked on shallow women that I would never want a committed relationship with, probably because the PUA tactics all make you a pretty shallow guy, only focused on hookups. Anyway, I found this subreddit back in May/June and decided to stop watching every "coach" and RP channel on YouTube. I took on the mentality of just being myself and eventually I'll find a girl who will want me for who I am, and I won't have to pretend to be anything I'm not. I am now in a committed relationship with a girl, and it's been really amazing. She likes me even with my flaws, and I don't feel the need to put on a front. So, to any men deep in the redpill communities, or even incel communities, I'm not a "chad," I'm not the "most alpha," and I didn't "play the game," but I'm genuinely happy. Every redpill friend I have typically has this one element in common: a bad breakup or a history of dating manipulative/toxic girls. Please don't fall into the women-hater mindset. It's cringey and no better than the twitter feminists that declare "all men are pigs!"

It seems like red pill men only care about male survivors of sexual and domestic violence from females but not male survivors of other male. Why do you think that is?

71 upvotes | April 11, 2022 | by [Truthteller1995](#) | [Link](#) | [Reddit Link](#)

I read recently that about 1 in 6 men survive sexual violence before the age of 18 according to the CDC. I also read that 90% of the perpetrators are male according to other research. But when I read red pill forums they never talk about that, they only seem to care when its a female perpetrating the violence. Why do you think that is? Personally I think its because male on male violence does not support their agenda.

Where did the love go?

71 upvotes | July 16, 2021 | by [SnooMachines7712](#) | [Link](#) | [Reddit Link](#)

Wasn't dating supposed to be about finding a special connection w a special person?

This red pill is nothing but a human grocery store, it ranks, categorizes and evaluates everything even the things that shouldn't be ranked, evaluated and categorized.

There is no softer side of the red pill

There is no wonder, no awe, no magic and that's the most tragic

The idea that men don't like overweight or ugly women is a misogynistic, misandrist Red Pill myth.

71 upvotes | September 14, 2022 | by [RatDontPanic](#) | [Link](#) | [Reddit Link](#)

People who think men won't date or marry women who are overweight or ugly need to touch grass. All this hubbub about how undesirable these women are is nothing but posturing. In reality if you walk outside you'll find big and homely women with men and even kids at their side, all at the same time.

Red Pill likes to perpetuate the idea that these women are undesirable and unworthy of relationships is pure cope based on valuing women solely for their looks. In real life men have more varied tastes and generally are far more lenient. The idea that all or even most men wouldn't date women like this says we're just plain superficial and not only does that demoralize women but it reflects badly on us and it doesn't survive the reality check.

My redpill induced misogyny led my ex to leave me, and rightfully so.

71 upvotes | April 5, 2023 | by [westcoastwabbit](#) | [Link](#) | [Reddit Link](#)

I have started exiting the redpill mindset, and I'm already starting to feel better. But I honestly could use all the love and support that I can get right now because pain is a hell of a teacher. Needless to say, I'm glad to be here.

AWALT Debunked (based on science) - No, not all women are like that!

70 upvotes | January 24, 2016 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

In TRP there's this common concept named AWALT which roughly translates to "All women are like that". For example: "All women want the alfa and despise the beta" or "All women will cheat on you with a more alpha guy" or "All women are incapable of love", and so on. The underlying logic being that it's "universal female nature" to be mindless, exploitative, manipulative and promiscuous with virtually no exception.

Now is this true? To answer this i'd like to quote Mark Manson, a former dating coach, who very elequently says that problems with dating can eventually be traced back to 2 problems: a) **You're attracted to the wrong kind of people**. For example, a girl who's attracted to money and good looks, and prioritizes it over warmth and kindness, may end up with a guy who's cute or rich but also a cheater or an asshole. and b) **Your behavior attracts the wrong kind of people**. For example, if you're dominant and aggressive, you're gonna attract girls that like dominant and aggressive guys.

In short, you attract what you are. And when it comes to science, this is very fucking true!

Consider this: Jeffrey A. Hall and Melanie Canterburry (2011) studied aggressive pick up artist tactics like being competitive with other guys to get a girl, trying be alone with her at any costs and teasing or insulting women. What they found is that **women who are very open to short term uncommitted sex, and women who are sexist (ex.: those who think they are "willflowers" who need to be wined and dinned for sex or those who think that women should manipulate men in order to have access to their money) are the ones who find this strategies the most sexy.**

Another study found that women who find highly dominant men attractive are also sensation-seekers (Giebel, 2015). **In particular, women who like wild parties, drinking and short term sex, or women who are just very prone to boredom overall (ex.: Not liking to be at home, always having the need to be stimulated with something) find dominance very attractive.** Sensation-seeking women tend to have a "Ludic Love" style. Ludic Love is defined as less committed, playful type of love, where the partner is kept guessing about the status of the current relationship. Ludic lovers are less interested in commitment, often cheat and like to play "mind games" in their courtship and view courtship and relationships as a game (Roberti, 2004).

Again Giebel (2015) also found that **anxious women who are also experience seekers like bad boys**. The reason? They need to feel safe and think that a dominant man provides that safety in their daily lifes.

Isenberg(1991) also found that women **who are attracted to extreme male dominance like the ones who are in love with murderers in prison, are usually sensation-seekers and survived abuse, like an abusive partner or childhood.**

And Simpson and Gangestad (2003) found that women who are very interested in short term uncommitted sex will prefer good looking or high social status jerks (and actually chose these men as boyfriends, although their relationships usually don't last long, obviously) .

I could go on, and on, and on, but the point is this: **The kind of tactics that the Red Pill advises, and their whole philosophy, is aimed to work and attract women who are promiscuous, don't care about commitment, have daddy issues, are sexist and think that men should pay for dates,**

that play mind games, like to drink a lot and think that life is all about "live fast, die young". Given that TRP actually hates this kind of women but their behavior mainly works on them, it pretty much becomes a never endless vicious cycle of clusterfuck: TRPers will attract incompatible women, get fucked over, complain in online forums, rinse and repeat.

To conclude: NO, NOT ALL WOMEN ARE LIKE THAT. IT'S THE KIND THAT YOU GET ALONG WITH THAT IS LIKE THAT.

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What convinced me that red pill was toxic

70 upvotes | June 29, 2020 | by [diceblue](#) | [Link](#) | [Reddit Link](#)

Was realizing that I would never ever want my daughter to end up with a red pill guy. They have some decent concepts about responsibility and productivity sure, but there's so much negative baggage built into the philosophy I would hate my own sisters or daughters marry red pill guys

Man the red pill really fucked me up..

70 upvotes | December 8, 2019 | by [Half-Ice-Half-Fire](#) | [Link](#) | [Reddit Link](#)

I'm a 19 year old male and I was watching a lot of red pill videos. I got into a relationship and everything was great, she was happy and so was I. Then watching red pill videos made me think that she would cheat on me with someone else and that she's a whore and stuff even though she's a very insecure but great girl. I would even get insecure to the point where she gave me her IG just to stop making myself think she's not doing anything. I feel like these videos won't make me have the same relationship I had before because now it makes me think that every women is a whore or just use you for something. I've been cutting back on red pill content because I realized that all the men just sound bitter and I've talked to great females in recent years. Hopefully with a break I can overcome this level of thinking these videos made me have.

Why do so many men get so angry when they see another man in a committed relationship with a single mother?

70 upvotes | March 15, 2023 | by [Fivefootfiveangel](#) | [Link](#) | [Reddit Link](#)

Every time a mom with a child posts about her relationship with a man who isn't the biological father, I never fail to see men in the comments absolutely triggered. Things like "he's playing on another man's saved game", "she's damaged goods", "he's a beta", etc etc. All language that basically objectifies all three of them. It's really sad to see. They think that the boyfriend/stepdad is somehow beneath them for choosing to be with a single mom or that he was manipulated by her into staying. This is a common pattern that I see with men online. If a woman is generally happy or blessed by something (say beauty, success, wealth, or a happy relationship) they want to shit on her parade. Can someone explain the psychology behind this?

Has the RedPill Turned into an incel Movement?

70 upvotes | February 10, 2022 | by [Front_Statistician38](#) | [Link](#) | [Reddit Link](#)

Looking at the RP space on youtube you can tell it's a lot of grifters and watered down RP nonsense. I remember RP circa-2011 was about guys wanting to improve with women, travel and navigate life. Now the forums are gone (RIP RSD) and on youtube it's all about Kevin Samuels stating "Don't over talk me" to busted chicks while in the comments it's a bunch of weirdos cheering him on

Has the RP turned into a Incel movement?

Having a job and being dependable doesn't make you "beta"

69 upvotes | February 23, 2022 | by [meteorness123](#) | [Link](#) | [Reddit Link](#)

I don't know where this narrative comes from or what demographic red pill guys are thinking about when say that women like to fuck the unreliable chad and then settle for the dependable "beta".

First of all, I've never seen men who have nothing going for themselves be succesful on a consistent basis aside from a certain demographic of women and they're not the smartest women.

Secondly, where the fuck does this idea come from that being dependable makes you a "beta" ?

I'm one of those guys, 6'1, athletic and there's little things that I find more masculine than being able to provide or contribute to a stable life for my (future) children. Whether through financial means or emotional support. I really like the idea of being a father

where do these guys take these shit takes from, I don't know

Does anybody think that TRP are thirsty simps?

69 upvotes | July 22, 2020 | by [hilders0](#) | [Link](#) | [Reddit Link](#)

They're obsessed with getting laid and spend so much time, energy and money into getting laid. Even though they say otherwise, just go on their subreddits and see how they stress over all sorts of simple interactions like 'how to respond to this text?' or 'She said _____. What do I say?' They come off not as the alpha males they claim to be but the very neurotic thirsty simps they hate. They seek validation and approval from the very same women they manipulate and game. Why seek their approval if they are supposedly so beneath you? It looks hypocritical and shallow. They care WAY too much for them to be alpha males.

What do you think?

Why do people listen to Coach Red Pill? He's a fool.

69 upvotes | January 4, 2021 | by [alamurda510](#) | [Link](#) | [Reddit Link](#)

Really cocky arrogant prick who thinks he's smarter than everyone else. He really can make you believe that he knows shit about life that people don't know or want to admit. I'm pretty sure he finds catchy topics to get views more than anything. I'm completely cutting his content off so he doesn't brainwash me into thinking he knows the answers to life.

The Redpill has two doctrines that make ppl stay there: Blame yourself for EVERYTHING, and tha you can control others ppeople's minds with your actions. That is insane and stressful. And since it make your fail, you come back. It's a cycle scam.

69 upvotes | February 23, 2021 | by [CountVP](#) | [Link](#) | [Reddit Link](#)

Yet again risking my online reputation to write here, since i not only suffered under the redpill but i realized it was getting in the way of my dating life being sucessful. I have a post that explains how to get out of there.

Basically i argued very lenghtily that ppl started staying too much time at home and going from work to their computers so natural interactions were not as common, hence so many people are not getting sex and consequently turning to these gurus, and that to fix your sex life you simply need to GO OUT and do normal human stuff without obeying any cultish dogmatic rules.

But i want to go deeper and clarify some stuff; what do i mean by cycle scam?? Well, the redpill gives you so much stuff to overthink that it actually hinders not only your sex life, but your social life aswell. When you start to follow Redpill doctrine, you start acting weird and thus pushing people away from you. The scam? One of the CORE TENETS/DOCTRINES of the redpill is to always take the blame for everything and shift responsability of all failures to you. That makes redpillers think they failed themselves, insted of thinking they are acting super weird around women.

So basically:

They give you harmful advice, you try it IRL, and that drives women away, then it makes you feel its your fault for not following said advice, correctly, and you come back. The cycle repeats itself untill either the person leaves the cult or has a depression crisis or mental breakdown. It's a loop scam.

And why do i believe the "blaming yourself always" is a CORE ASPECT of their "bible"? Because it is proven to be absurd and stress inducing.

You cannot change other people's opinions about you, you cannot control who likes you and who doesn't. You are not a Jedi Knight.

Yes tru some subconscious actions we attract or repulse other people. But to suggest you can train yourself to make people like you, suggest you have a formula, say that formula is related to being a bad person, and even comparing that to gorilla hierarchy is absurd. LET ALONE BELIEVING THAT ANY WOMEN ON EARTH CAN BE "YOURS!"

What the "redpill" offers is actually the biggest lie of the "matrix": That you can control the matrix, the world, and if something goes wrong, you must blame yourself for not doing what it's written. You never question the manual, it is forbidden, you just think you're not good enough.

It's frankly so insane i sometimes wonder how i got into that and stayed for so long. I guess the answer is "youth". But maybe it's because it offers an easy (and totally false) answer to an unsolvable question: "How do i get ppl (specially women) to like me?"

Truth is, we (neither me nor albert einstein nor behavioural scientists) don't actually know. We don't have the slightest idea what creates attraction between two people. We understand it as a chemical and behavioural reaciton and process, but we dont know the why. The reasons, the cataclisms.

Since we don't know why two ppl just "click", HOW THE FUCK CAN THEY CLAIM TO KNOW HOW TO MAKE PPL LOVE THEM??

The red pill is more than sexism, mysogeny, absurdity. It is a straight up scam. A self fulfilling prophecy that HINDERS your ability to "mate". I dunno if this intent was malicious since the inception, since it arose out of many guys, or if it just grew into this cult. But it's absolutely insane!!

And the crux of the problem is that when you fail at having sex, you cannot blame the advice, or just admit that person just does not like you, you have to take blame. Hence they have no option but to stay there untill they dont need it or the interest fades tru some really bad experience.

Don't have anger for the ppl there. Have pity. They are tormeted souls looking for an easy way out of their bad life, and they fell prey to something that makes their life even worse.

Hence i must stress, the mission of this sub should not be to shun or hate redpillers, but rather show them the way out. It's not like converting someone out of a religion.

Since it's based on false logic, you can defeat it with actual logic.

Cheers for the spirit of reconciliation. I wish those people can be saved or save themselves, or find something that brings them out before they harm themselves and others any further.

Most of them simply don't know better.

They blame themselves for things out of their control. It's not horrible.

It's downright sad..

Thanks for reading and please leave your thoughts down below.

Edit: English is not my native language and i have made some grammatical and contextual corrections to the extent that it's possible. I have not changed the meaning nor will i add anything further, thank you.

TRP says that the Tinder match gap proves that women only like 20% of men, but numbers tell a different story

69 upvotes | January 5, 2021 | by [tiposk](#) | [Link](#) | [Reddit Link](#)

A very common topic in the manosphere is the ease with which women can get casual sex and dates, and Tinder stats are often brought up as evidence of this. To see how true it is, I decided to look at the numbers of actual research. An experiment/study conducted by researchers from University of London and University of Ottawa received as many as **8,248 matches from men**, but only **532 matches from women**.

However, the majority -72%- of Tinder users are men and only 28% is female, so around 50% of the matching gap can be explained by the Tinder use gap.

The researchers also found that **men only messaged 7%** of their matches, whereas **women messaged 21%**. Although in absolute numbers, users still got more messages from men, these stats debunk the idea that the majority of matches that women receive lead to sex or dates. In fact, 35% of men versus 0% of women reported casually liking profiles they weren't attracted to. I also suspect that, because Tinder is a looks based app, there's not much incentive for anybody to make an effort and set up a meeting. Moreover, the sense of having options might increase standards for meetups even further in both genders. In other words, the overwhelming majority of men that women match with aren't options.

Only having friends the same sex as you are is boring

69 upvotes | February 10, 2021 | by [SnooMachines7712](#) | [Link](#) | [Reddit Link](#)

Saying this for the benefit of anybody who believes in the "beta orbiter" lie.

Or also I've heard the "men and women can't be friends" drama.

I disagree.

If you think every person you run into is a possible sexual encounter you erode your boundaries, and you miss out on real friends.

You miss out on fun things you wouldn't normally do.

Then your life becomes dull and one dimensional.

The truth about the red pill

69 upvotes | March 29, 2023 | by [Kingdionethethird](#) | [Link](#) | [Reddit Link](#)

The problem with this red pill stuff is that there's not much more to talk about. What I mean is that everything that we've been seeing from 2017 up till now is all pretty much regurgitated content/talking points. There are only so many ways you can say "women ain't ish work on yourself".

Somewhere around 2016 RP content creators realized that it was more beneficial to keep guys in a red pill rage state than to feed them content that would help them mentally heal. This is because mentally healthy people don't buy into most of the RPs talking points.

Dudes are just caught in a content loop orchestrated by an algorithm. Constantly feeding them videos that confirm their biased opinions, but at the same time keeping them in an echo chamber. A really small one that gives them the impression that this RP ish is bigger than what it is. In reality, almost nobody knows what a Red pill is. And the ones that do think we're crazy. And we are for thinking any of this Shid would ever be taken seriously by anyone of importance.

I was able to pull myself out and now I'm looking from the outside in. I see the RP for everything it really is now. It sickens me that I ever got hooked on it. 5 years of my life man.

For the love of god what is even the appeal of JustPearlyThings

69 upvotes | February 10, 2023 | by [indomitableforce](#) | [Link](#) | [Reddit Link](#)

Pearl Davis is literally the antithesis of what RP considers attractive or wife material. She's not conventionally attractive in the slightest, 6 ft + tall, doesn't keep herself all primed and preened in spite of having plenty of \$ to do so. Her voice isn't pleasant, she doesn't have ladylike mannerisms, she's self-asserting, likes to shit talk, can't cook. She doesn't have a feminine bone in her body. On top of that she's really fucking dumb and just insufferable to listen to, she doesn't even do a convincing job of advocating RP. And yet somehow this woman has absolutely blown up all over social media in a very short time, she's basically the female ambassador of RP at this point. I do not fucking get it at all. I'm sure there are other pro-RP women on social media, not a ton of them b/c who wants to make a fool of themselves on the internet, but certainly someone who could do a more convincing job than Pearl. A lot of the RP simps are gullible dolts but you'd think they'd at least be annoyed by the fact that Pearl hardly fits their standards of what a woman is supposed to be.

She's from my area and let me tell you there's a million Pearls over here, she is not special in the slightest. Just a homely, unrefined, uncultured plain Jane who's obnoxious to listen to and who thinks she's special because Daddy told her so.

My redpilled brother ended up in the mental hospital

69 upvotes | March 5, 2021 | by [Marxism-Marcuseism](#) | [Link](#) | [Reddit Link](#)

My brother is heavily into red pill. He got into it after his girlfriend broke up with him.

His ex girlfriend reported him at the police for harrasment after breaking up. He got suspended jailtime, but he shrugged it off, saying "if it was in Russia, noone would care". (I think he said it because when we were arguing about the patriarchy's existence, I said that domestic violence is legal in Russia.)

His other ex girlfriend asked my mom to help her because he also harrased her. She didn't go to the police because my mother stepped in and made him stop.

He used to say very mean things about women up until lately like "all women are whores". He tested me many times because he wanted to prove that women (including me, his sister) enjoy being lead by men and "women can never make a decision". (He forced me to decide meaningless stupid shit "to prove his point".) He said I'm also hyperhamic, but not like other girls, because I happen to be into men who are smarter than me. I distanced myself from him because of this, of course.

Wait, that's not where I should have started... My brother is 29 and he never worked a day in his life. If my parents threatened him that they won't finance him anymore he was threatening them with suicide. So back to my story...

After he got involved in red pill he told a story that he took a girl's virginity and left her. God knows what else he did. He then started to complain that his - and I quote - "friend with benefits" let him down. He was reluctant though, he said it could have been because "he's a gamer". Turned out this was the girlfriend he also harrased online after they broke up (and told my mom), because he couldn't accept it that she left him.

So how did he end up in the hospital? He went to plastic surgery to correct a spot on his forehead noone had ever seen. Plastic surgent made it worse. He didn't like it, he complained to the plastic surgent who cut up his face for a second time and made a huge white spot on his forehead. (Comical... but true.)

And now my brother is suicidal, he says no woman would ever talk to him again because of that white spot on his forehead. Which makes me angry. "Really. Self-respecting women don't talk you because you're a douchebag!" He always says, you don't understand, looks count so much nowadays, look at Instagram.

He joked via message that he ended up like Jordan Peterson. He's in the mental hospital right now, blaming his suicidal thoughts on the failed plastic surgery... But I don't believe him. I think deep down hurting those women hurt him too. Or maybe that's what I want to believe?

He's really deep though at the moment. He asked me if I love him. I hesitated.

All red pillers are like my brother? I would like to think no. He had very severe problems before red pill too, but if he hadn't, he wouldn't have become interested in red pill.

But you want to be in a group with people like this? All the women my brother had contact with said he is the person they hate the most. Do you want that? Don't you think hurting other people would hurt you too?

After all this, give me one good reason to believe red pill is not a hate movement.

(Throwaway account. I got harrassed before on reddit when I told about my brother with another account. Most of the details are new developments.)

RPW advice never worked for me, so I went back to being a quirky weirdo, and I found a good bf

69 upvotes | May 27, 2021 | by [grand_tiremaster](#) | [Link](#) | [Reddit Link](#)

I lurked on RPW for a couple of years and their advice did NOT work. Dressing and being more feminine didn't help me land a guy. FDS advice didn't help either, they're kind of extreme.

Literally just be yourself. I have always been quiet and observant, but really weird around friends, and that weirdo energy has always had men flock to me. Also being really chill and non-judgmental has helped me a lot.

Women aren't the problem.

69 upvotes | March 30, 2021 | by [Acceptable_Tip1641](#) | [Link](#) | [Reddit Link](#)

Mgtow and trp actively disregard women. It's the opposite of being what those communities call a 'simp' and yet it still makes women the yard stick of one's life success. What's inside me that needs reconciliation so badly that means I am willing to manipulate in this way? Sure, being a 'simp' is sickly and manipulative in its own right, but at least desires are somewhat transparent.

The only way to win this game is not to play. Yet biological urges are present even in emotionally stable men. I must mature without repressing my sexuality.

mgtow is a community of resentful, misogynistic and hypocrites

69 upvotes | July 10, 2021 | by [patan2000](#) | [Link](#) | [Reddit Link](#)

Does anyone else think this or something similar? or something against?

I say it because

1. they always insult women, basically they even hate their mothers and grandmothers
2. they say their number one priority is personal development, but guess what, in no mgtow group is there content that makes you progress in life, there is only red pills (and misogyny)
3. if you are a white knight, pagafantas or mangina, or you believe that women are goddesses and you do not respect yourself, they do not have empathy, they judge you, they make you feel less, on the other hand a real brother understands you, has empathy helps you to get ahead, something these guys don't have
4. They always complain that the woman is promiscuous and that she doesn't really love, but guess what, they too are promiscuous and don't really love either. If his girlfriend becomes fat, her love will disappear.
5. they say that women should not be judged by their nature, but they always judge them for it and even hate them

Basically because of these points, I would be ashamed to identify myself as mgtow again even if I decide later, never to have a girlfriend again.

Its not redpill but mgtow

69 upvotes | July 27, 2019 | by [WingedHussar-](#) | [Link](#) | [Reddit Link](#)

<https://i.redd.it/20cbcd0wc31.png>

The one fundamental flaw that always caused me to doubt "Red Pillers"

69 upvotes | November 24, 2017 | by [throwawaysuperguy918](#) | [Link](#) | [Reddit Link](#)

If you have spent any amount of time on the "askTRP" subreddit, the comment section is pretty cringeworthy. Any post regarding one single woman, or "oneitis", always has the following responses:

Ghost the bitch!

You have oneitis, you need to spin more plates

Just go fuck 10 other girls you incel!

And it's easy to take their advice seriously when you see all those upvotes on their comments, their "endorsed contributor" badge etc. But when you actually click through their post history, it's honestly shocking. These are people who sit on manosphere subreddits for hours and hours, every single day, responding to strangers posts.

If this is really a man with a mission, a goal, and is fucking 10 different girls as we speak, do you actually expect him to sit on reddit for hours every single day? Constructing lengthy, well constructed posts bragging about his "progress"? Insulting random people, who are just asking for advice, by calling them incels and betas?

Since it's the internet, and we will never actually know these men's true progress, I think it's much more reasonable to assume these people are just lying. Anyone can go to TheRedPill, post a fake "Field Report" bragging about their slut-banging fantasies, to then sit there and reap the validation from other men calling them an alpha.

And I'm sure some of them are actually telling the truth. But when you weigh the probabilities, it honestly just makes a lot more sense when you assume they're posting fake stories for validation. The thought of a successful, business owning, multiple "plate spinning" man, spending his entire weekend nights posting on reddit about how much of a "beta" you are just sounds so fucking ridiculous.

That's my personal story on how I left The Red Pill. Hopefully someone can come along and relate to this.

The Solution

68 upvotes | February 12, 2020 | by [Rad1Red](#) | [Link](#) | [Reddit Link](#)

During my time in ex-redpill, I came across multiple posts from former terpers or blackpillers trying to shed what they have come to realize is a toxic, destructive mindset.

They come to us to ask for The Solution. And are, invariably, disappointed.

People, please understand this. We don't have a one-size-fits-all cure.

We're not a belief system, a revival show, an anti-PUA strategy or a 12-step program. We're deconstructing an ideology, not creating one. We're just a support group that can help you on your journey.

We can explain why and how TRP gets it wrong, and provide numerous counter-examples from our own realities. We can't tell you "what is" for you. We can just show you "what is not".

We're not here to sell you The Truth. We don't know what The Truth is, beyond the fact that we must all strive to be Better Humans and, having made a difference, leave this world better than we found it.

Need a clear life navigation system? Create your own, tailored to your own reality.

SEE A THERAPIST (or several, until you find the right fit) and, with professional help, start rewiring your brain today.

My ex is becoming consumed on redpill ideology and it is taking over his life. I think his mental health is compromised

68 upvotes | June 24, 2020 | by [Beautyiscelestial92](#) | [Link](#) | [Reddit Link](#)

So this is really sad because when I met him he was fantastic. A charismatic man with a few flaws but I genuinely loved him. It was like I was on cloud nine. He would take me to lavish dinners and shower me with gifts and we would spend movie nights to his place having the best sex and conversations. Well, all of a sudden he suddenly and gradually started to turn into a monster. He began to get overly offended by everything I said. Even when I wasn't being offensive. He would tell me to stay in a women's place and that my fat ass should hit the gym or he is leaving. I was so stunned by his sudden change in attitude that I developed PTSD and OCD trauma triggered by his constant outburst and overly emotionally abusive behavior. I then began to realize that every day he was talking about topics such as student loans, only fans, marriage, relationships, and how men do not benefit from any of them. I mean he talked about these topics around the clock. It was non stop. Annoyed by this I became fed up and told him to stfu and leave me alone. That is when he confessed that he is MGTOW and red pill. I did a quick google search and realized that he has become brainwashed by these group of men on the internet that could be preying on vulnerable men.

I was an awesome girlfriend and loved him to pieces. I am not the woman the redpillers tend to group together and hate. My boyfriend had a perfect life and our relationship was fantastic. He has become delusional and fixated on 18-year-old girls at 25 and told me I am too old (I am only 28). He keeps going on and on. I think his mental health is slowly declining and he is on an anxiety-filled power trip of what his life could possibly be if he became a dad and married.

I told him to stop with fixation and nonsense every day and give your brain a rest but he doesn't listen.

What is his problem? I think he needs serious help.

He grew up in a single-parent home and most of the marriages that he knows of are all ruined. He never had any positive examples of couples and marriages other than my mom and dad who have been happily married for over 30 years.

Andrew Tate got banned from Facebook and Instagram

68 upvotes | August 20, 2022 | by [Clownsurfer900](#) | [Link](#) | [Reddit Link](#)

Only knew about the guy a few weeks back, from Leon Lush and Phillion on YouTube. I want to hear your thoughts about the update?

I've noticed a lot of red pill men tend to blame their shortcomings on bs dating statistics.

68 upvotes | March 8, 2022 | by [Admirable-Sport-5649](#) | [Link](#) | [Reddit Link](#)

I've never been apart of the red pill myself, but I did used to have redpill-like tendencies without knowing 4 years ago. I've recently had a journey of self improvement and becoming self aware. I notice a lot of these red pill men have severe self limiting beliefs, they all say stuff like "I'm not tall enough/rich enough/my dick isn't big enough". It's just nonstop whining. They also bring up dating "statistics" which claim women only want rich/tall men. They waste all this time complaining on the internet instead of talking to women.

My brother has this exact issue too, he's allowing self limiting beliefs of him not being "tall enough" and him being a virgin to affect him. He got in some dumb discussion with my mom about all these made up dating statistics. He doesn't even talk to women, and I always tell him that. When men have a mindset like that, I can totally see why no woman wants to date them, because all they do is complain and they're not fun to be around.

The Red Pill Community has Destroyed My Relationship with Father | A Retrospect of Now

68 upvotes | June 3, 2021 | by [FaultyWiringTV](#) | [Link](#) | [Reddit Link](#)

"Name me three women scientists. Name me three engineers who are women."

"Women hit the wall like a freight train."

"I've seen an older woman where her face looked old but her body was that of an 18 year old. But 95% of you- BOOM~!" He smashes his fist into his hand to emphasize. "So don't tell me 'Not all women.'"

I'd like to start off with that my father went through a seriously nasty divorce and has to still discuss things with my mother - his ex-wife - on a mostly daily basis. I firmly believe that if they were to cut ties from each other completely, then their wellbeing including their mental state would significantly become more positive, however, considering the circumstances of which I won't get into, I don't think it will happen until one of them dies. It's an unfortunate thing to say, but that's just how I see it.

So amidst this whole pandemic and lockdown thing, my dad was very unaware of the state of masculinity, modern women, OnlyFans, etc. Let's just say that he was stuck in the 1990s, where he thought that sugar babies still had to have sex with guys to get money. There are women like this, I am not denying their existence but it is a very small minority of them that seems like a lot.

So, my dad, upon discovering the revelation of the world that we live in now, where women are discovering themselves and becoming more independent from men - much to the distaste of traditional men and masculinity standards - has also discovered the MGTOW or The Red Pill. Particularly, Coach Greg Adams, Think Before You Sleep, etc. Granted, I don't think these Youtubers are particularly bad people, though I do believe that some of the "lessons" that they teach are plaguing men with the mindset of; Women are naturally going to age horribly, women aren't good for anything but their vaginas because that's all that they can offer, and women are going to naturally screw you over if you decide to do something that they deem is unforgiving, women suck, etc.

Mind you, he lives in a house where all of his children are girls. So these ideals are being spewed at us because he is VERY vocal about it. I had a good relationship with my father until he decided to project these beliefs onto me. Can you imagine how it feels to sit on the sofa, and listen to these videos he watches, where these Youtubers generalize women, tell the men to just "pump and dump", or just not pursue them at all, because women will age horribly. "Women age like milk while men age like wine" is the saying for that. These Youtubers will go through videos on the internet, where they will find the most deplorable women imaginable who are too full of themselves, then they associate it with all women, based on either personal experiences or like I just said; Posts on the internet from women who have thought within the minority. These YouTubers are also the people who say that men don't need women because men built the world that women live in. But women need men, and by the time that women will want men again, is when the men will turn them away. Or such ideas like how eventually AI will develop into being sexbots for men, with artificial wombs or whatever, and women will just cease to exist because "All they do is nag, bitch, and moan. So what do we need you for?" Whatever that means...

I'm not trying to sound overdramatic at all, but I've had to leave the room multiple times and go cry for a while because 1) I don't want to cry in front of him because he's the type to also jump on the

idea that women are very emotional, thus they can't lead in any sort of scenario, and 2) It hurts me to a core to think that my father actually associates with this kind of thinking. It honestly hurts to hear that I will eventually grow old and become gross-looking, and be possibly replaced by someone who is younger, hotter, more fertile than me. It hurts me that he and many other men think that women are just naturally manipulative. I'm not trying to perceive to be a "woe is me" at all. Being a female, in a house full of 3 other sisters, I can't imagine how this kind of mindset being projected on girls can affect them because it's obviously fucking me up. I'm 20 years old, have a boyfriend. A good man who I'm sure loves me very much and cares for me very much. I'm not letting my father's views affect our relationship at all, but it sure is affecting how I perceive myself. I have expressed this to my boyfriend quite a few times, and he tells me that my father just sounds incredibly bitter. Which I believe it. That's how most of these men in this community sound. I'm not trying to downplay the community as a whole, because I'm sure that there are just some seriously confused men in there that are just lost, and have nowhere else to turn.

But if this is how the community is towards all women, then I don't know how my dad can look me straight in the face and tell his daughters that they are all that this community says that they are. Thank you for reading.

Looks being important is not a new discovery or a novel idea...

68 upvotes | August 5, 2021 | by [Gmed66](#) | [Link](#) | [Reddit Link](#)

Literally everyone even in our grandparents generation knew looks were important. Everyone likes an attractive person. Most people date at their own level looks wise.

Somewhere along the way, the redpill thought it discovered something brand new that no one else knew before. It also ignored that actual dating has lots of other factors that go into it.

Screw RP dating advice . Reality is a lot different and doesn't work like that.

67 upvotes | May 23, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

I used to buy into all this high value man hypergamy beta buck bs. All it does is brainwash you into thinking how humans behave. They make you believe that its possible to get any woman/man you'd want. You try to take their advice only to realize this shit doesn't work. It skews all of reality because you're so caught up in the red pill world. Fuck being a beta or alpha male. It's simple, you either mesh with someone or you don't. There's no other way around it.

When I saw this subreddit I loved it

67 upvotes | April 16, 2021 | by [throwlowesteem](#) | [Link](#) | [Reddit Link](#)

I wasn't entirely red pill but very close to it. They created such damage because I was already dealing with infidelity from my ex partner. The paranoias are still in me but finding this has helped me track my bias and now I can work even better on them

I'm so scared of cheating and I'm scared of people manipulating me or others. I have basic conceptions about this because of the fucking brainwashing

Fuck you all pick up artists, red pillers, fuck you all the other groups instilling division and not humanity.

If I will go through the pain of being cheated again I won't generalize and I know good people are around, I am seeing your posts and I'm loving them

Thanks, I will read all the faq about going out of brainwashing completely

EDIT: Thanks for adwards!!!!

Science, n-count and divorce risk: when the red pill abuses statistics to further its narrative

67 upvotes | December 27, 2020 | by [tiposk](#) | [Link](#) | [Reddit Link](#)

Female promiscuity and divorce risk is a popular talking point in the manosphere. If you're an ex-redpiller, chances are you've seen some variation of this graph from the [Heritage Foundation](#), which represents how odds of being in a stable marriage decrease as number of premarital sex partners increases.

<https://preview.redd.it/kcdl9f0ffr761.jpg?width=877&format=pjpg&auto=webp&s=242b2f5c1dc7d572def3843a13aff8c3962e34f6>

It's also very likely that you've seen this other graph linking the number of partners to divorce:

<https://preview.redd.it/ymyw8sv3hr761.jpg?width=563&format=pjpg&auto=webp&s=e10e3d2a81f3f0a419e2f3f264670f75a3f89234>

Numbers might not lie, but they're constantly misconstrued by those with an agenda. This is something I learned about this data from reading an unlikely source: the [manosphere](#) itself. While I DON'T endorse the author's views, something I'll expand on later, he makes a very valid point after analyzing the data with greater accuracy.

The Foundation defines stable marriage as one that has existed for at least 5 years. As the blog's author noticed, this definition lumps widows with divorcees and ignores divorces prior to women's current marriage. I'd also like to add that marriages that are yet to pass the 5-year mark are also categorized as unstable. Women who married later and shortly after they were surveyed are more likely to have more sexual partners, as they've had more time for other relationships and casual liaisons compared to women who've been married for a longer time.

When the blog's author calculated the correlation between number of partners before the FIRST marriage and the likelihood of that marriage to fail, he found a very interesting trend illustrated in the graph below:

<https://preview.redd.it/5v4f3ue6or761.jpg?width=549&format=pjpg&auto=webp&s=2b3cc286a387482962594dbaa1ce0637921ee8d9>

Although women with the lowest odds of divorcing were the ones who married virgins, the group **more likely to divorce or separate was that of women with two pre-marital partners**. This group also had a slightly higher failure rate than that of women with 21+ partners. Women who had between 5 and 20 partners had **lower** divorce/separation rates than those with 1 to 4 partners.

Based on this data, the blog author urges men to marry virgins if they want to decrease their risk of divorce. This is the point where other research might disagree with him.

As usual with the manosphere, too much emphasis is put on female behavior while very little is said about male contribution to divorce and other marital problems. For example, people with more sexual partners are more likely to pair off with those who also have a higher number of partners, and the bigger the discrepancy in these numbers, the lower the relationship satisfaction. **This means that seeking a virgin might actually increase the chances of divorce for men who aren't virgins**

themselves.

Furthermore, the more partners the man has, the less likely he is to report being very happy with his marriage. Surprisingly, this also holds true for women but differences between women with only one partner and those with 11 to 21+ **aren't statistically significant**.

It should be noted that the correlation between marital satisfaction and number of sexual partners is small and I'm in no way implying that people with higher numbers are damaged or that they should be avoided for long term relationships. So what is my advice to men trying to leave the red pill behind? Work on you emotional health and resolve any issues that lead to distrust and toxic relationship dynamics. **Attraction doesn't care about statistics**. You'll be having a turbulent romantic life and falling for toxic women for as long as you have unresolved issues.

What an Alpha Male Chad really is

67 upvotes | August 14, 2020 | by [OhBeastly](#) | [Link](#) | [Reddit Link](#)

The dude that's selfless and helps others out, hes humble and doesnt expect anything in return for his kindness. That's the dude that people respect. A good jawline/being tall and muscles/being assertive isnt all a guy needs to become alpha. The Red Pill channels will never mention this.

Every since exploring at new content outside of the red pill...I've come to terms with how unintelligent the red pill really is

67 upvotes | December 11, 2019 | by [pandamojia](#) | [Link](#) | [Reddit Link](#)

The quick n' dirty guide to the logical fallacies of TRP

67 upvotes | May 31, 2019 | by [Jalakee](#) | [Link](#) | [Reddit Link](#)

There are hundreds of logical fallacies, but these are the ones I most commonly see from TRP and TRP apologists. Feel free to add more if you have them. A similar list could be made for the far left end of the spectrum, but hopefully this helps illuminate distorted thinking patterns for all of us.

Universalism.

Universalism is a concept that some ideas have universal application. In the context of TRP, this is mainly expressed as 'all women are like that', or AWALT. 'All women display this proclivity, or that trait, etc'. While there *are* gender proclivities and patterns in behavior, few are universal.

False Cause.

Presuming that a real or perceived relationship between things means that one is the cause of the other. This is another way of stating correlation does not equal causation. Sometimes correlation is coincidental, or it may be attributable to a common cause. Example: Girl dumped me right after I got emotional. Therefore she dumped me because I was emotional.

Cherry-picking.

Selectively choosing data points or clusters to support an argument, or finding a pattern to fit a presumption. Example: Women are hard-wired for hypergamy. Here is a small self-reported social study that *proves* it. (The result may be weak, there may be more robust data to the contrary, or no other studies replicating this result.)

Selection Bias

This is a bias that is introduced by a population sample that is effectively not random. Example: Guy dates only HB9 strippers and club girls, then concludes that all women possess their behavioral traits. Another example: "Guys who believe in TRP are all misogynists." TRP tends to attract a subset of men who may have had negative experiences with women, then reinforces their beliefs through distorted thinking.

Confirmation Bias

Perhaps one of the cardinal fallacies of TRP, confirmation bias is the tendency to interpret new evidence as confirmation of one's existing beliefs or theories. This is what keeps people in distorted thinking patterns. They develop a presumption or belief about women, then tend to see "evidence" of their belief everywhere, which only reinforces their position. In reality there may be much evidence to the contrary they are ignorant of, or they are viewing new evidence through a skewed lens because their mind is already made up.

Composition/Division

Assuming what's true about one part of something must be applied to all or other parts of it. Similar to Selection Bias and Universalism. Because we observe consistencies in things, our thinking can become biased so that we presume consistency to exist where it does not. You might see consistencies in the women you are dating and make the presumption that AWALT. Very easy to do, and easy to find reinforcement in TRP.

No True Scotsman

An appeal to purity as a way to dismiss relevant criticisms or flaws of your argument. Example: "No real Man would _____. " "A quality woman wouldn't _____."

Poisoning the Well

Another pervasive TRP fallacy. Adverse information (be it true or false) is presented to the audience preemptively in order to discredit or invalidate any forthcoming argument. Example: 'X is the truth about women. Now, undoubtedly some bitter post-wall lurker is going to come out with a pathetic response to X, so pay her no mind.'

Genetic

Judging something as either good or bad on the basis of where it comes from, or from whom it came. Any argument from a woman can be easily shut down with the genetic fallacy. Even sound arguments can be made to appear fallacious. Another example: anything that comes out of RP Celebrity's mouth is gold.

Appeal to Nature:

Assuming that because something is 'natural' it is therefore valid, justified, inevitable, good or ideal. Many 'natural' things are also considered 'good', but naturalness itself doesn't make something good or bad. For instance there are many toxic or addictive substances found in nature. Example: 'Men are biologically programmed to spread their seed. Therefore this is a fundamentally natural and therefore good behavior.'

Appeal to Evolution

Very similar to Appeal to Nature, TRP loves this fallacy because it is so convenient and yet so difficult to refute in conversation. Much of evolution is extrapolated, and therefore easy to fabricate seemingly linear, logical claims that support your pre-formed conclusion. 'Women evolved to do this', 'men evolved to do that'.

For those of you who are still straddling the fence -

67 upvotes | November 9, 2018 | by [bickingbackbeinbool](#) | [Link](#) | [Reddit Link](#)

You can read all the studies you want. You can come on this sub looking for guidance and you can spend hours on the bluepill and redpill subs.

None of this matters tbh.

At the end of the day you need to decide whether or not you are ok with committing to taking on a completely new persona that is so unrealistic that you drive yourself nuts. Do you want every interaction you have with the opposite sex to be something you have to think hard about and strategize about to the point of stress? Do you want to live your life trying to be some fantasy version of a man that you will never really be able to achieve, all in the name of getting laid or rejecting the female need for validation just stroke your own ego?

If that does not sound exhausting to you then go over to red pill. I am at the point where I am done trying to convince people that their way of thinking and behaving is unhealthy. They will have to go see for themselves and go waste years of their lives pretending to be some cross between James Bond and Donald Trump. It is blatantly obvious that it is not healthy to have such a negative view of the opposite sex. It's just like the manic pixie dream girl thing. That girl is not real, she is the girl many women exhaust themselves trying to emulate. Or the ~cool girlfriend~ that never gets upset or shows that her feelings are hurt by something. That is not real, women just pretend.

Most women understand how unhealthy the red pill is for men because we are used to constant media pressure. We have constant conversations about it and are aware of the game that is being played on us. Too fat, too skinny, too smart, not smart enough, be elusive, flip your hair this way, that way, buy these clothes, dont text back too fast, don't eat fake sugar, wear a dress and heels, don't wear a dress and heels it looks high maintenance, have lots of sex, don't have sex it's slutty, feminist, succubus, traditionalist, housewife.....

Imo the red pill seems to be the very first large scale unattainable persona for men. Men are not used to having conversations about unrealistic expectations for them out loud the way women constantly do so many are falling into this very depressing trap that was starting by other miserable men.

I hope what I am saying makes sense. You do not need to be manipulative and emotionally abusive to women in order to be "successful" with them, aka get laid. Yes it may work but it is not necessary. It is just like this current trend of women on social media going on and on about how they hate men and how men should buy them gifts and give them money whenever they want, because men are useless and stupid and live to serve women. This bullshit persona may work for you but it's exhausting(you cannot convince me it isn't) and unnecessary.

What turned me off the red pill

67 upvotes | June 11, 2014 | by [deleted] | [Link](#) | [Reddit Link](#)

I recently posted on the blue pill about this.

Basically I got into the red pill after hearing about on some worst sub post on askreddit. I was in the early throws of a relationship and applied some red pill ideas to her which seemed to work (nothing violent or abusive) the relationships died a quick death and I spent the last few months blaming her and sinking deeper into red pill ideology. I thought I had learned some secret that society had been hiding from me. I defended the ideology elsewhere on reddit and started to truly believe it was her , just her not me or the both of us, that led to then failure.

Then the doubt started to creep in. I am not an abject failure with the opposite sex and I have many female friends who are open with me to varying degrees. I started to realise that TRP just was not matching my personal experiences. Then last night there was a post there where they asserted all women see themselves as perfect that had oodles of supporting comments.

That killed it for me. The women I've known in my life who truly believe they perfect are a rare breed just like the men I've known. I instantly thought of all the times a friend or a girlfriend had expressed self doubt to me, sometimes crushing.

Then I realised the guys on TRP are not the people I should be listening to and it is a toxic ideology.

Tl;Dr red pill post about how the think all women think they are perfect made me realise how clueless TRP is

My boyfriend is a Red Pillar and it's ruining our relationship.

67 upvotes | December 6, 2021 | by [nonosthic](#) | [Link](#) | [Reddit Link](#)

I've been with my boyfriend for three years. Long story short, he has awful views on relationships and women and it makes me uncomfortable. He will always make comments on women and their bodies to me, fat women, calls any guy who treats their girlfriends well "cucks" and "simps" when in fact I'm jealous of them and wish I was treated that way. He thinks my body count isn't a true number when in fact it is. He says things that if we ever got married he would eventually get "raped by the government."

He refuses to compromise on anything that isn't "alpha" yet he says he will never pay for me and we must always pay for ourselves, he refuses to spend time with me and my family because it is too inconvenient for him. We only see each other twice a week and refuses to have sleepovers. He follows all the red pill guidelines and it's seriously pushing me away and making me feel unloved and insecure. He doesn't see what he is doing is wrong. I'm just upset and wish he would get out of this horrible way of living.

There's a lot of redpillers lurking in this sub

67 upvotes | February 14, 2023 | by [Mean_Mechanic9889](#) | [Link](#) | [Reddit Link](#)

Posting here as a girl, I've gotten quite a few messages of men trying to come onto me with zero karma from this sub, one trying to recruit me to make my own only fans ☐ which bless them, is a little pathetic.

I've just had to have a ban reversed on this sub because of false reports from them, because an incy wittle girl's posts here is either threatening to them or hurt their feelings.

Just thought I'd make you all aware. I've also spotted them re-recruiting posters who are questioning redpill here and then deleting their comments after lols

I feel sorry for these guys, In that i bet they think this is clever, macha behaviour, not wierd, and overly scared of woman, as most of the rest of us see it.

I'm still here. And if anything these false victimhood reports to ban me here, prove they don't think woman are illogical and pointless at all. Or that they are little emotional victim in their opinion.

Also this matrix conspiracy they think is keeping them down . . . Id assume because thier content keeps being reported and taken down.

Well I mean. . . . Judging by one's own low standards are we ☐ feels like you may be attempting to do that to girls. .. js lols

Ex red pill men. Have a read of what the general population are thinking. Outside of red pill circles.

66 upvotes | December 18, 2022 | by [alexbrove](#) | [Link](#) | [Reddit Link](#)

Crosspost "a beautiful solution" from /r/wholesomememes:

Posted by the_Finnish_wolf | 17 December 2022 | [Link](#)

The red pill isn't even anymore about helping men, it is about trying to groom young men into being these artificially masculine uber-chads

66 upvotes | January 17, 2023 | by [Cookiecuttermaxy](#) | [Link](#) | [Reddit Link](#)

They all want men to literally be status-driven low-minded fuckboys, symbolic/superficial forms of masculinity are a very prevalent part of the core red pill philosophy. I understand that to some extent if the average young man wants to get by some status is important for your survival within a tribe, but still, this is some high school level shit

Trying to capitalize off of the insecurities and troubles of young men, pathetic little weasels.

I became a RPW for like a week and it really hurt me.

66 upvotes | August 14, 2021 | by [universitykiddo](#) | [Link](#) | [Reddit Link](#)

So YT recommended me some RP stuff and as I was bored I watched it, of course. At first I thought it was interesting but then I started to feel like a piece of trash.

I geniunly was brainwashed for a week, thinking I should quit uni and that I would never be able to be equal to a man (like in rights) because that's not the way it's supposed to be.

The fact that I'm 18 y.o and still kind of a child may have to do with the fact that my mind is too sensitive lol.

I just wanted to let that out and I wanted to say that I'm happy to see in reality it's not true that men think all women are pieces of trash that are only useful to give birth to their children. Peace out!

Do y'all hate when men use the words "female" instead of women?

66 upvotes | September 26, 2021 | by [wellz-or-hellz](#) | [Link](#) | [Reddit Link](#)

It's super cringe, it's like I can smell the misogyny on them like a cheap fucking cologne.

“Men/women are disposable” sentiment is HORRIBLE and needs to stop immediately

66 upvotes | November 9, 2021 | by [BiWomanHealing](#) | [Link](#) | [Reddit Link](#)

I absolutely hate this narrative that men are “disposable”. What a horrible thing to say to or about someone!!! No person is disposable to their friends, chosen family or (if you have good coworkers/do work that impacts others) your job. Aren’t these the same assholes who claim male suicide is a major issue that people don’t care about.

This is the worst possible language to prevent male suicide. It’s also FALSE. Contrary to the ridiculous male lurkers claims for women centric Reddit subscribers I don’t want anyone to hurt themselves or die. This “men are disposable and nobody wants short/fat/poor/awkward/whatever men” is harmful and TIED TO MASS SHOOTINGS AND SUICIDES. It must stop.

RP has an overly simplified, black-and-white view of people, interpersonal relationships and the human condition

66 upvotes | April 1, 2023 | by [ThatBitchMalin](#) | [Link](#) | [Reddit Link](#)

I feel like I'm pointing out the obvious, because water is wet, the sky is blue, and you probably didn't know these things already. Whenever I read any of these propositions that the manosphere makes about humans and their relationships, I just want to scream HAVE YOU EVER BEEN OUTSIDE AND LISTENED TO ACTUAL PEOPLE? During my late teens and throughout my twenties, I started to read well-written dramas and spend hours pondering on why the characters acted the way they did, what drove them, their motivations and hopes etc, because I wanted to improve my theory of mind. Eventually, I went to listen to interviews with people who went through all sorts of things, talking about their life and lived experiences, whether it be autism, homelessness, addictions, traumas, or just living an unconventional lifestyle. Suspend your judgement and accept that you don't know much at all. This is not some self-aggrandizing post, because I'm really not smarter than the average person when push comes to shove. The point is that these activities eventually helped me to see the humanity of other people, and not be a judgemental prick because something doesn't align with my preconceived notions on how things ought to be. It even made me a more pleasant person to be around, as my personal relationships have improved vastly over the years. Main take-away: make it a goal to learn about/get to know other people for the sake of it, listen without judgement.

The Fresh & Fit fan base has to be the worst RP fan base I've ever seen.

66 upvotes | May 19, 2022 | by [SadBox4529](#) | [Link](#) | [Reddit Link](#)

Last night I saw some clip of F&F trying to kick out some girl who study's Gender roles at college. At some point she refused to leave till her ride came so she stood by the balcony to avoid Myron. The super chats were going crazy telling this girl to jump off the balcony. The other thing that disturbed me was that everyone on the panel was just laughing and making fun of her. Myron himself was threatening to grab her by the neck and through her out. I've come to the conclusion that at least half of their fan base are potential murderous Incels who genuinely hate, I mean HATE women.

As a Red-Pilled Guy, I had no Idea it was this Bad, and My Story

65 upvotes | February 14, 2022 | by [thr0waway7676345](#) | [Link](#) | [Reddit Link](#)

I'd like to preface this post by saying I have never created a post on Reddit before, so please bear with me.

I'd also like to state that I still consider myself to be a Red Pilled man.

PLEASE DON'T TAKE THIS STATEMENT THE WRONG WAY. Please don't light me up in the comments before you read further, as I'm not here as an enemy.

Recently, as the Red Pill has become more mainstream, I decided to do some digging into how the other side (people who we Red Pillers would view as blue pillers) saw the Red Pill community as a whole. What I was met with was testimony from many people warning about the effects of the Red Pill and the impact it has on not only the Red Pilled, but also people around them, especially those who love them. I also came across a few posts relaying accounts of women who've been in relationships with these so-called Red Pilled men.

Let me be perfectly clear in saying that I do not advocate for or support any actions of these men.

In a long, informative post, I remember one user vividly describing her account of loving a man with these beliefs and how it tore her apart to the point where she "called his bluff" (I believe this was the exact quote) and broke it off with him. I agree with her when she said her ex-boyfriends' behavior was borderline, if not full blown narcissistic. She was treated as sub-human. You can clearly see though the OP's words that she loved this guy, and, thinking he was in the right, the guy essentially took a fat dump on her head for most of, if not all of their relationship. (For the life of me, I can't find this post. If someone in the comments knows of the post I'm describing, I'll be happy to put a link to it in an edit.)

This wasn't the only story about something like this happening. I spent about an hour going through this subreddit, taking in the brutal stories of closed-minded men treating their friends, family and SO's like sub-human trash because of some messed-up notion that they had the "right" to do so.

My Red Pill Story:

I owe my life to the Red Pill. I won't go into extreme detail, but when I was in my last two years of high school, I was in a really bad place. I had a female "best friend" (known her since the third grade) who essentially used me for attention, validation, money and time. She'd verbally degrade me when we were in front of friends and her family, (never in front of my family) and did her best to covertly and overtly make sure I knew where I stood with her. It got bad enough that she had a massive falling-out with her best friend over how this girl treated me. As far as I know, they haven't made up to this day. This girl would tease me just enough to make me think I had a chance with her, only to take it back later. (This included "naughty" pictures and messages). I'm not comfortable sharing the worst of it, as it involves extremely painful memories.

Long story short, I got to a point where I was teetering on the edge of ending it all. Keep in mind that at the time, I thought this girl had my back, and her not-so blatant abuse was just something that people did to each other when they were "close". (I know, not my brightest moment). As I believed

she was my rock, and I could go to her for help in a situation like this, I tried to call her. No Answer. I tried twice a day for 11 days to no avail, and it was only after I stopped calling for a couple days that she finally called me back. Her excuse? I wasn't contacting her enough. I'm dead serious. She also admitted to my face that she knew something was seriously wrong with my mental state, and that she thought it would be funny to see how it would play out. I couldn't get her to admit it, but I firmly believe that the reason she called me after I had stopped contacting her for a couple days was because she thought I actually went through with ending it.

In reality, the reason I stopped calling was because, by some miracle, for the first time in my life, I stumbled across some red pill content in the form of a video. Something to the regard of "Signs you're in a toxic relationship - For Men". I continued down the rabbit hole, and for the first time in years started question my relationship with this girl. Thus began my red-pill journey.

After a brief period of Red Pill Rage, and believing that all women were the same as the one that nearly destroyed me (much like the men described in the posts I mentioned above), I began to move forward with my life. Instead of developing a deep-seated enemy in women, I worked on my ability to spot the intense "red flags" (of both men and women) before they caused major damage in my current and future relationships. My life has been so much better because of my ability.

For me, the Red Pill had never been about hating women, or hating society, or PUA. For me, the Red Pill has always been about my journey of continual self-betterment in all aspects of my life, solely due to the truths it brought me. I can genuinely say that the Red Pill saved my life.

Now for the reason I'm writing this post in the first place:

I genuinely had no idea it was this bad. I make it a point to never apologize unless I've done something wrong, but this deserves to be an exception. Whoever sees this, I'm so sorry for what you've gone through because of the appalling actions of those fueled by the Red Pill.

Please share your thoughts below, I'd love to hear them. If you have any questions for me, I'll be happy to answer as soon as I have to time to do so. I'm running on very little sleep, so there could be spelling or grammatical errors...

Thank you for taking the time to read this.

Edit: Thank you kind Redditor for the Silver!

Yesterday A Man Verbally Attacked Me

65 upvotes | April 12, 2023 | by [RevenueComplex9722](#) | [Link](#) | [Reddit Link](#)

Yesterday a man verbally attacked me in broad daylight at a bus stop. He was drunk and called me a whore. Next to me were 5 guys who did nothing. He started calling them gay. He said "You little f*ggots won't protect her. Look woman, these gays won't protect you. I could fuck your pussy right now and nobody would protect you"

I was crying inside. I felt the same energy as I get from redpillers where damned if you do and damned if you don't. I felt like I was being abandoned and if he wanted to anything, he could have his way with me and nobody would do anything about it, not even call the police. I felt so scared and abandoned. The scary part is that his little drunken monologue was exactly about that. He said "You're so beautiful that people want to fuck your pussy, they want to taste your juicy but they won't protect you because you're a cheap whore. Look? Nobody will save you"

I looked at people's faces when he said that but seriously their eyes were dead. It scared me more than the guy himself! □□□□□

I waited until I arrived home until I started crying. I went home to my parents who also shame me sexually in the same way □

I was completely shook by this experience and I don't know where else to vent about it.

What do you guys think of sexual market value?

65 upvotes | July 15, 2022 | by [Retrospective_Anger](#) | [Link](#) | [Reddit Link](#)

I'm only asking because red pillers and black pillers also talk about the wall and how women lose their SMV after 30. I meet a lot of attractive and sweet women in their 30s in fact 30s is still young. Sure they might have more baggage than younger women but men do too and that's not even true 100% of the time.

I hate how fucking stupid a lot of black men have become, because of Kevin Samuels.

65 upvotes | August 13, 2022 | by [Admirable-War762](#) | [Link](#) | [Reddit Link](#)

This may come across as being really harsh, but I hate the day his "you're average at best" video ever came out. I am an early twenties black man myself and can empathize with and see the problems that black women face on a daily basis. But so many other black men have become insufferable jackasses who lack common sense and seem to be unable to go two seconds without trying to desperately come across as a Kevin Samuels clone by acting like a flippant smartass. They will often disgustingly display their hate for black women and say things along the lines of how these "ugly looking fat ghetto bitches are going to die alone unless they fix their attitude". Or they will often like to sound like an incel by calling themselves high value men and how women need to keep up and meet their standards.

The majority of the red pill content creators on the internet when compared to Kevin Samuels, were just as sexist as well as being just an ass. But tbh Kevin Samuels took it to a whole new level in terms of just being fucking nasty acting towards people. I mean Richard Cooper, StephIsCold, etc. Were all pretty much mild with how they were acting, but Kevin Samuels pretty much mastered the art of humiliating others and pretty much talking to them when they would be on this show, like a dog.

I mean the other content creators pretty much encouraged people to maintain a certain level of sexism and to be ridiculous acting. But I swear that no one has had a bigger effect in terms of jackassery than Kevin Samuels. I often find it where you see more black men are willing to degrade and talk down to black women like as if they're nothing, more often now than prior to his fame.

I finally mustered up the courage. I'm going to see a therapist



65 upvotes | October 1, 2022 | by [Isis_goddess3000](#) | [Link](#) | [Reddit Link](#)

Well I mustered up the courage to go and see a therapist. Because over the last couple of years and the uptick of red pill stuff that my partner was giving to me and the fact that I've responded to by discussing my sentiments and that the whole red pill stuff is bad. My responses are very vitriolic and it started to affect my relationship. And I blame myself. In his way he is trying to make me understand that there is some truth behind it. But I just don't like it. He keeps sending me videos of justpearlythings and Jordan Peterson and also Andrew Tate, Kevin Samuels when he was alive and among others.

He and his way is trying to make me understand my womanly nature and so on and so forth but I've never heard of this until I was forced to watch that Australian guy that I forgot his name who does a street interviews in 2020. "And I keep asking him why do you send me these and why are you so concerned about this especially when you're in a relationship with me?" Like you don't have to worry about the dating market because you're with me." I have internalized a lot of this and it affected my responses to him to the point where I just don't want to talk about it anymore and if we do talk about this stuff I respond with yelling and screaming. And he keeps telling me that I don't have to respond this way especially about the people that I've mentioned before they're not doing anything to me. I've expressed my sentiments with him about this whole thing and I've told him one too many times that I don't like the narrative that they're spreading it's very dangerous.

He also mentioned that women or more delusional and also are narcissists. That I've hit the wall. So on and so forth. Funny thing is he's also mentioning making babies. I'm at a point where having children is the last thing on my mind I'm trying to get an education and better myself because it's economy sucks.

So at this point I am at my wit's end I could get into more details but I don't want to make it longer than it already is I'm just tired and I just want to do this for myself and that's why I'm going to a therapist.

The red pill is a cult

65 upvotes | August 30, 2020 | by [jacksonbroome](#) | [Link](#) | [Reddit Link](#)

Yeah I know, real original title for this subreddit, but it is so fucking true. Take a look at Scientology. They sell on all this self improvement knowledge that is actually true (in the red pills case that'd be lifting and reading books), but they hook you by promising more "secrets". They sell you on an "us vs them" mentality, if your not redpilled, then you a blue pulled beta bitch. Here's a few ways I saved myself and got out of that nonsense:

1: I realized every good date I've ever been on was just me being a normal human and vibing with the girl. Never once did I actually think of IOIs or any of that PUA bullshit

2: I realized that a vast majority of guys on that sub are a bunch of incels who have never even touched a girl. Think of any guy who gets with a lot of women, whether you know them or they're fictional or famous. Have you ever heard them talk about a red pill, or using the push/pull method, or looksmaxxing?

3: There's too many contradictions in their ideology for it to make any logical sense. For example: they claim women are hypergamous. SO ARE US MEN. Of course we all want to fuck the hottest person we are most attracted to. No fucking shit

I'm 19 years old. I went from feeling blessed I found the pill at such a young age, to feeling blessed I spit out the pill at such a young age

EDIT: wanted to add 2 more points

1. Thanks for the award, you're a real one
2. The red pill Elon musk tweeted about is not the same red pill as this subreddit. Elon was talking about conspiracies going amongst the elites (I presume). Leave it to the incels who "don't care about women" to make the entire red pill sub associated with having sex with women

"The wall" men vs women. A rant.

65 upvotes | January 1, 2019 | by [CaptinSuspenders](#) | [Link](#) | [Reddit Link](#)

I'm on tinder after a breakup to get a sense for the current dating pool, and I increased my age range out of curiosity. These older men, for the most part, are not cute. Even by the age of 27 some of them look beat down, especially those that did ambitious things in their career so far and didn't take care of themselves. Most of them are fat. I'm much more of a personality person, I'm just making this post to get your thoughts on it. I'm saying this in response to TRP's talking point about men getting better looking with age, even becoming, and I quote, "godlike" if you take care of yourself. Take care of yourself all you want, you will be powerless against male pattern baldness and the inevitability of time. In my mind the only real difference between the aesthetics of men vs women aging is that men are allowed to. Most people are not attractive to begin with, and time doesn't usually help. I think the wall is an obsession because redpillers want to imagine the pretty girls that rejected them eventually feeling like they do now, alone and unwanted. It just feels so mean-spirited. We're all going to get older, why would you want someone to feel bad about that?

I think TRP wildly overestimates how much of an advantage being an attractive young woman is. It maybe has opened some doors for me, but really nothing substantial. Most of the time people want things from me instead of wanting to give me things. People don't even buy me drinks, they just come interrupt conversations with my friends throughout the night. I hate rejecting people, but because I get more attention than most, I'm forced to. I now know that some of those men hope I grow old and ugly alone, and that's just fucking weird. We're all just trying to find love out here, friends.

Why do men think that leaning into a mindset that is misogynistic will help them get what they want?

65 upvotes | October 22, 2021 | by [Uglyandneedhelp](#) | [Link](#) | [Reddit Link](#)

Look, I have my own mental demons, but I wouldn't ever blame women for it. If I was a woman and had my same issues I do now, probably would be typing here that no man has ever found me attractive. Both genders are pretty much the same, both are people that can be assholes. That's all there is to it in my eyes.

"MGTOW Monk" Spends WAAYYY Too much time looking at women on TikTok

65 upvotes | August 9, 2021 | by [jaredhasarrived](#) | [Link](#) | [Reddit Link](#)

I saw a youtube channel named "hammer hand" and it mostly consists of TikTok's from women and he adds his face on it.

They claim "they're going to their own way" but all they do is talk about women

These people need a rope to get out of the toxic shithole they're in

Red Pill, I'm Calling You Out.

64 upvotes | May 1, 2021 | by [PlusFiveVorpaiBunny](#) | [Link](#) | [Reddit Link](#)

Okay, here goes.

There's a lot of cool stuff in the Red Pill (and similar). Loving yourself is awesome. Empowering yourself is awesome. Pursuing a purpose, putting yourself first, getting stronger and better and just all-around more badass is really fucking awesome. I am ALL for that.

But the whole 'putting women and 'betas' (really just yet undeveloped men) thing down' thing is SO NOT COOL. Like seriously, WTF!? Are you so fucking insecure in yourself that you have to tear down everyone else who isn't on board with your stupid-ass program so that you can feel just a little fucking better about yourself? I mean, *come on*, we're all humans here. And yes, if you haven't seen it, I am rolling my eyes. Real men (and women for that matter) lift others up, NOT tears others down.

And also, I don't like how they enable the worst of female behavior by using complex tactics and staying in there and just plain giving them their time and energy and attention when the women are plainly speaking being dicks to them. You're gonna play games with me girl? I'm just gonna walk away and take my energy elsewhere. You get NOTHING. Same with 'men' who think trying to play childish games gets you anywhere. I'm gonna dump your toxic ass and get me some real bros who have healthy boundaries and a good sense of self and above all know how to be nice to people while still having a fucking backbone!

\Whew** Okay. And also they pedestalize women, even if they say they don't. Putting in countless thousands of hours of work, in different ways, just to wet your dick? Really? Is THIS what we men have become? Come on, we're *better* than this! And they fill their minds with sexual images and perpetuate this hook-up culture and enable toxic behavior and then wonder why their lives are such a fucking mess. I mean, get some *standards* dude. Have some self-respect.

With that done, I am ALL FOR positive, healthy masculinity. Being brave, strong, aggressive *when need be* and committed to a larger cause is great. Knowing how to do things and being smart and capable is great. Hell, even loving women is okay, as long as you love yourself first and don't put up with any bullshit. And above all, use that awesome masculine power for good. Build up and lead yourself and others in a positive direction. Be a beacon of order and strength that is worth following and leaning on. Be the lord of your own life. And above all, trust in God (or whatever's right for you).

With that said, peace.

Redpillers finally discover women prefer attractive males their age ☐

64 upvotes | August 19, 2022 | by [womenarenice](#) | [Link](#) | [Reddit Link](#)

I just find the new black pill movement really funny. "Wow these young chicks actually DON'T want old farts with money? ☐ Like whaat?? " How dare these women date hot men their age! It's blowing people's minds that looks are pretty much one of the most important factors of romantic selection. Everyone prefers a good looking mate. Male and female alike. It's just a human thing.

It's seriously like they went full circle.

I also find it ironic how they've been talking for YEARS how looks only matter for women and not men because muh female fertility. Back then it was all like "you're going to hit the wall just you wait, but I'm gonna be at my peak at 45 and totally going to get rich and get beautiful young women".

Yeah I'm sure you're totally gonna become elon musk, buddy. Doesn't seem like elon is having much luck in the romantic department anyway...

Now they're whining how looks are everything! After all the theorizing about how evolution made male looks unimportant. As if evolution would have completely ignored the male aspect of all of that. Doesn't matter how good of a provider a guy is if he's old and his sperm are too slow to do the job. And of course just like there are signals of female fertility, males have those signals too.

Really curious what comes after the blackpill. Common sense pill hopefully? ☐

Why The Red Pill Will Kill You Inside (x-post from [r/everymanshouldknow](#))

64 upvotes | December 2, 2020 | by [Immarrtal](#) | [Link](#) | [Reddit Link](#)

EMSK why the "Red Pill" will kill you inside

16,263 points • 4,057 comments • submitted 6 years ago * by [TalShar](#) to

[r/everymanshouldknow](#) 73



TL;DR: It's unfair that men suffer from sexual strategy, but that doesn't make it okay to flip it and make women suffer instead. No one deserves to be emotionally abused.

Edit 3, to all those filling my inbox with "Not All RedPill" messages: I feel that I should point out that I do not wish to demonize any group of people. I do not mean to say that all those who participate in [/r/TheRedPill](#) or similar forums are dead inside. What I am speaking out against is the use of sexual strategy and emotional manipulation to render your partner compliant. Don't participate in that? Great. I don't have a problem with you. I chose [/r/TheRedPill](#) to point out in particular because when I went there, that was what the majority of the posts were about. I know there are other posts in that subreddit, some of which are downright praiseworthy. Obviously I don't feel the need to address those.

Edit 5: Please don't go flame [/r/TheRedPill](#) or any other subreddit, guys, that's immature behavior and counterproductive to constructive conversation.

Now, let's get started.

Foreword: I realize that this isn't your typical EMSK entry, but I view it as essential advice to any man who wants to be happy in a heterosexual relationship. Nothing against men who want to be in a non-hetero relationship either; this is just addressing those who may be getting pulled in by the "Red Pill" philosophy.

For the uninitiated, "Red Pill" is a term co-opted by the types of people who frequent [/r/TheRedPill](#) (enter at your own risk, lots of lady-hate in there). It's a reference to *The Matrix*, in which Morpheus offers Neo a choice of one of two pills... a blue pill, which will make him forget and allow him to contentedly go back to a life of brainwashed mediocrity, or a red pill, which will wake him up to an unpleasant truth but grant him great power.

The idea of the "Red Pill" as is commonly used now, is that men are constantly losing a war of what [/r/TheRedPill](#) users refer to as "Sexual strategy." Essentially the premise is that women have what we want (sex), and they can make us bend over backwards to get it. They have us wrapped around their little fingers. Those who "take the Red Pill" awaken to their true male potential and learn to get what they want without having to submit and forfeit their masculinity.

The subreddit is rife with success stories from men who claim they've gotten what they want out of their relationship. One guy claims (and I'm paraphrasing), "She does my laundry and dishes, we have sex whenever I want, and she knows that I don't belong to her, and if she ever slips up or takes me for granted, she's gone."

It's not that I doubt what he's saying. I believe it. The problem is, what he's describing is emotional

abuse. What the Red Pill advocates is taking advantage of common weak points in the typical female psyche (most of which are present in your typical male psyche as well; *everyone* has weak points, and most of them are common to all humans, though some are more pronounced in one sex or another) to put pressure on women and bend them to your will. Users advise doing things like keeping her guessing, changing what you want and then berating her for not keeping up with your whims. Several advise that you never show affection for her unless she's done something to please you. You break them like you'd break an animal.

And it's damned effective in some cases. It'll get you what you want if you do it right.

But you shouldn't want that, and here's why.

The Red Pill subreddit is also full of "Blue Pill Stories," in which guys get emotionally abused by their girlfriends. They lament being used for their money, their homes, their emotional support, what have you, and then being left when they weren't "Alpha" enough to keep their girlfriends around. It's a shame, it really is. Nobody deserves that kind of abuse.

"Nobody" includes women, though. What the Red Pill strategy does is flip that power dynamic on its head. When it works, now it's the man who is in power and the woman who is suffering. The man gets the sex without having to commit any real effort to the relationship, aside from making sure that his SO's emotions are brutally crushed on a regular basis. You haven't fixed anything, you've only made sure it's your SO who's suffering and not you. And the reason she stays is the same reason Blue Pill guys stay in their relationships: They don't want to be alone.

And as long as you keep that power dynamic active, you will never know what love is. Because love means that you feel what your lover feels. If she hurts, you hurt. If *you* hurt *her*, you feel all of her pain and all of the shame for knowing that you're the one that caused it. If you really love someone, you'll never want to hurt them. And make no mistake, that's what the Red Pill is: cold, calculated, systematic emotional torture meant to produce a desired response. Methods like keeping your prisoner guessing, changing what you want, keeping them off balance, those are all interrogation techniques meant to break your prisoner down on a mental and emotional level and produce a compliant charge.

Put quite simply, someone couldn't ever do such a thing to someone they truly loved.

There is one thing that Red Pill has right. Sexual strategy sucks. But the solution isn't getting better at it than your SO is. The solution is agreeing with one another that you're not going to play the game. If a game is going to always suck for one player, and both players care about one another, they're going to find a better game to play.

You want a healthy, stable relationship that is going to be rewarding? Here's the secret. Remember that your SO is just as complex, intelligent and vulnerable a human being as you are. She has needs just like you do. While she might place different values on her various needs, while she might express them differently, they're every bit as important to her as yours are to you. Life is a war. But if you want to win it, you and your SO need to be on the same side.

You don't need to break your girlfriend or wife. You need to talk to them. If they're doing something that hurts you, you need to tell them. And not "I wish you would quit that." Tell them "This hurts me when you do that." If they care about you, they'll take action to prevent causing you pain. To position and strategize to get what you want out of your marriage is to deny your most potent asset: An intelligent human being who cares about you and wants to see you happy above all else, and who

wants to be happy alongside you.

And if you don't have that in your SO, you either need to get to that point or get out. There are many, many worse things than being single. One of them is being in an abusive or emotionally vacant relationship (on either side, abuser or victim). Don't view your time as being single as a sexless desert. View it as a time to grow and realize who you are. You need to be able to define yourself as an individual before you're ready for a relationship.

Human beings are as diverse as life on this planet. For every type, there is a countertype. There is *someone* out there for just about everyone. However, none of your relationships will work out in a healthy manner until you realize that women are people too, not animals to be broken. You don't need to be an Alpha. You're not a damned dog. You're a human being. Human beings can communicate complex concepts, rebel against their base instincts to find better ways of doing things, and above all, reflect on their actions and empathize. You don't need to establish dominance, you just need to find somebody that's willing to actively pursue your happiness alongside their own; and you need to be willing to do the same for them. If you're not ready to do that, you're not ready to have a healthy relationship.

But there's good news... Something else human beings are good at is changing. You want someone to be willing to change for you, you have to make sure you're willing to change yourself a bit.

Everything's a two-way street. Just make sure you're changing for the better. Being willing to change doesn't mean flopping over and doing whatever is asked of you. Here, change is a bad word for this. Be willing to *improve yourself*. Nobody's perfect. Spot those places that need work (I assure you, they're there, and if you can't spot them, I guarantee the people around you can), and start improving on those things.

In order to have a healthy relationship, you have to be a healthy human being first. A healthy human being doesn't use sexual strategy. You'll only ever have a healthy relationship if **both** parties refuse to play that game.

I mentioned earlier that Morpheus's "Red Pill" was originally symbolism for awakening, both to truth and to power, while the "Blue Pill" was a metaphor for staying asleep and maintaining the status quo.

In truth, the Red Pill as they represent it isn't a true awakening at all. It's a capitulation to a false dichotomy. A true awakening is realizing that the people around you are more than just faces, that they all have their own stories, their own thoughts, hopes and dreams, and that they are just as complex as you are. A true awakening is realizing that you don't have to win the fight (and thereby habitually hurt someone you ostensibly care about), or lose it. That you can take your ball and go home.

The Morpheus of sexual strategy is offering you two pills: Red and blue. Win sexual strategy, or lose it.

Punch him in the face and tell him you're not playing his bullshit game.

Edit: [/u/TheCrash84](#) pointed out that I had not used the proper subreddit name. It is [/r/TheRedPill](#), not [/r/RedPill](#) as I had originally shared.

Edit 4: Moved the tl;dr and edit 3 to the top for visibility (seriously, I get it, not all [/r/TheRedPill](#) stuff is bad). Obligatory edit for holy cow thanks for my first Reddit Gold ever! And my second, third, fourth and fifth!

Edit 6: I'm floored, I've never seen this much gold in one place before! Thanks so much, and I'm glad

I made enough of an impression to prompt such a response! And thanks for all the love I've been getting in my inbox! It helps me ignore the hate.

Edit 7: Thanks so much for all of the support! I intended for this to just be a one-shot article, but I've been getting some inbox messages and comments asking me to make a subreddit dedicated to the kind of relationship I outline here, and how to build and maintain them. Considering that there are subreddits dedicated to much more frivolous things, I hereby present... [/r/PunchingMorpheus](#).

Reposted from r/IncelTears . Once again proves their hypocrisy.

64 upvotes | April 1, 2020 | by [SMS_Emden](#) | [Link](#) | [Reddit Link](#)

If you are looking for
an image, it was
probably deleted.

Toxic "Manosphere" types shouldn't be censored but highlighted, challenged with facts and openly mocked.

64 upvotes | June 25, 2020 | by [AltruisticVariation4](#) | [Link](#) | [Reddit Link](#)

What I mean by Manosphere: The manosphere is a term used to describe a collection of predominantly web-based misogynist ideologies associated with the far-right and alt-right. Movements within the manosphere include the men's rights movement, incels, Men Going Their Own Way, pick-up artistry...

Remember Roosh V? That man's insane pro rape views were evidenced by a couple of vlogs, he picked up the mainstream media's attention, people got clued in in what a loser he actually was and he was laughed out of any possible respectable living and avenue to influence others; The best way to protect young men from being affected by people like that is not trying to remove those forums but making it so people put their name and faces with those statements then subsequently challenge those individuals with real facts to the point that they either recognize they're spreading harmful lies or are shown to be delusional. Censoring creates the illusion of it (the harmful ideology) being sort of a "forbidden knowledge" and it also has the drawback of keeping the people perpetuating it in hiding thus making them unaccountable.

The red pill is the opposite of masculinity

64 upvotes | January 7, 2021 | by [Laliving90](#) | [Link](#) | [Reddit Link](#)

This is what started to turn me off about it. They over examine what women find attractive and what makes an alpha male. They focused on very specific details like type of hair, eyebrow shape and eyes, length of face, degree of jawline, Facial hair, shape of nose and size of teeth. With the body they judge their width of shoulders, wrist, hands, feet, penis size, and obviously height. Then they look down on women how they don't look good with make up, weaker species, personality, and look old by 30. I started to become shallow and judge people by their looks. When you go outside you realize it doesn't matter when you have all kinds of people that are couples. A real man should compare or even be worried what other people look like. While there is some truth to it you shouldn't spend all your time worried about it.

Men who were Red Pill, but are not anymore, what was the single most important, hard lesson you learned that led to you leaving?

64 upvotes | April 28, 2023 | by [ShelbySecretary](#) | [Link](#) | [Reddit Link](#)

Men hit their wall too, at least most men.

64 upvotes | August 29, 2021 | by [NotinRedpillBubble](#) | [Link](#) | [Reddit Link](#)

I've been in the red pill community for quiet some time and I've often stumbled around this idea that men age like wine and that since men can reproduce till their 60s or so, there is no way they „hit a Wall“ while women seemingly hit their at age 35 (some would even argue 25.....yikes).

I agree that women if we look at fertility hit their wall at age 35, maybe 40. That's a fact.

But the idea that men won't struggle in the dating life after they hit 40 and that they will have no issue finding young women is kinda laughable. Data shows that in over 80% of relationships (including people that get together after age 30) the age difference is never more than 5 years.

I would say that men overall do have more time than women. Let's be real here, a 35 woman= a 40-45 year old man. Men just have more time.

But this whole fantasy of older red pill dudes that they will just marry a 25 year old when they are 42 years old is highly unrealistic. We all need to lower our standards and be more realistic when aging. A 33 year old woman might be more successful looking out for men in their early 40s(Bc 33 year old men may look for 28-30 year olds statistically) and a man in his early 40s might just give up on the idea of getting a 25 year old and search for women in their 30s.

Yes men usually find women in their 20s the most attractive, but women in their 20s don't find men in their 40s attractive. Gold diggers and millionaires exist but I'm talking about the average man and Woman.

Most men also won't age like Prad Pitt (and even I find him too wrinkly these days lol)

What do you think?

Red pill and incel related sites/blogs will only fuck you up, even give you nightmares. All it does is make you bitter and can even destroy your personality.

64 upvotes | July 19, 2019 | by [markyp1234](#) | [Link](#) | [Reddit Link](#)

An ex-red piller. I'm one of those classic guys that are most vulnerable to these pills. Young, virgin, shy, insecure about body.

I used to browse red pill a lot after my breakup (I've had only one girlfriend, that too she cheated on me), looking for straightforward tricks and strategies to date. As you guys know, it did not turn out to be what I expected. I only became bitter at everyone else, got more confused about dating, and overall it only added more frustration and anger.

I left red pill related subs after I talked to my best friend about all that, and he convinced me to stop reading those stuff.

But if you have been on those sites/blogs/subs for a while, the bitterness gets internalised and you feel like going back there.

Hence, yesterday night, I was browsing r/braincels (its quarantined, but I was curious about what they post. I have been familiar with inceldom and the black pill)

Turns out, it destroys and fucks up your mind more than you realise.

Just 30 min of browsing the subreddit (it was the first time I browsed it) is enough to make you extremely angry, frustrated, start hating "foids" with a passion and convince yourself to commit a murder- suicide.

Anyway, I managed to control my rage and went to sleep.

At night, I was having nightmares about the black pill. I remember all I saw was just normal looking girls, but I freaked out at that, suddenly woke up from the "nightmare" in the middle of the night with a lot of anxiety and anger. It just ruined my sleep.

I realised that these pills (red pill, black pill, etc) won't help you deal with your problems, and only make you more bitter, more hateful, screw up your mind, and amplify your insecurities, leading to more frustration about it. Moreover, it becomes a big part, or even the only thing about your personality. Even if you stop browsing that garbage online, some of it still affects you. You'll only be back to square one, plus some crazy and/or toxic ideologies. The only people who gain something from these pills are "dating coaches" aka scam artists like Roosh V and Rollo who get rich and/or famous off your insecurity (I used to be a huge fan of Roosh earlier. I'm now embarrassed about it and realise he's a scumbag piece of dirt)

Finally, I'd like to ask you guys if anyone of you experienced similar things (especially if you're around in your late-teens or early twenties), and if yes please do share your experiences here.

Realizing the endgame of Red Pill

64 upvotes | March 14, 2019 | by [phillyforgetmenot](#) | [Link](#) | [Reddit Link](#)

I found red pill after a brutal breakup a few years ago which caused me to question everything.

At first a lot of the lessons were real helpful about self-improvement, chasing excellence and being the best version of yourself. A lot of these lessons I will carry with me for the rest of my life.

From these wholesome ideals came a lot of baggage from other men who were broken from tough relationships & marriages that caused you to question everything. A lot of men trying to find answers to fractured hearts, Red Pill becomes a cult in that it attempts to answer a lot of tough questions you had for yourself in these moments. I have fought within myself about red pill. I knew the misogyny aspect was completely wrong, my mother loves me dearly and believed in me the most when I was developing slowly at a young age due to having water in my ear tubes, causing me to be unable to hear and be distant as a toddler. If women were truly evil, I'd have been cast aside at the first moment of difficulty.

Red Pill puts you in a loop of attracting the wrong kinds of women in your life, perpetuating the tenets of Red Pill. I know I have hurt women who I know were interested in me because I became everything I strived to run from in the Red Pill. I knew one girl that was attracted to me that I drove so insane with red pill antics she would post pictures of herself walking in the woods to "clear her head." After some bullshit I did to her deliberately thinking I would be creating attraction. I knew this to be when she invited me to a party with her new boyfriend before she moved just to ignore me deliberately, perhaps to embarrass me in the way I did her. Deep down I know I messed up, she is a great woman. I became so focused on abundance, I forgot what I really wanted in the first place. I still feel a sense of shame for this, and in setting the precedent of being a total manipulative sleaze, she reacted in kind.

I lost my hair at a young age so I turned to a few bald youtubers, one of them being Richard from Entrepreneurs in Cars. He had a great, empowering video about going bald that I would use as a frame of reference whenever I felt that my bald head held me back from the life I wanted. However in realizing that idolatry is reserved for God and not for us humans with vices and flaws, he was consumed in Red Pill and seeing him being hurt from a divorce and running to red pill was a part of me waking up. He had a podcast where he was shouting down some callers who were striving to find themselves and they happened to disagree with a Red Pill logic.

I have come to realize, like any cult, they will have a series of wholesome tenets to rally behind, only to sink you into a reality that does not suit your endgame. A lot of Red Pill men are always in constant contemplation of the next steps in life and perpetuate bad habits because how they act attracts everything they strive to run away from.

I will not make the same mistakes again, and I will strive to rid myself of the misogynistic mess of Red Pill and will take the good tenets and live a great life. I will face the good, bad and ugly and take reality for what it is.

"Women don't desire stable guys and only go for them in their thirties"

63 upvotes | May 28, 2022 | by [meteorness123](#) | [Link](#) | [Reddit Link](#)

This whole "women don't like stable guys and only go for them in their thirties" is by far one of the biggest misconceptions in this sphere.

All the girls I know in their twenties in university were always dating guys who were also in uni, working on their degree or doing something to advance themselves. They weren't dating stable guys because nobody is stable at 20. And even then, indicators of stability were *always* attractive. Being fun doesn't mean you're an instable trainwreck.

It's just that guys like engineers, computer, stem guys who happen to be stable don't understand that stability was never the thing that was holding them back or was making them unattractive. It was other shit.

Anxiety over my (36F) upcoming wedding and my red-pilled brothers (41M &38M)

63 upvotes | July 28, 2022 | by [mortimerRIP](#) | [Link](#) | [Reddit Link](#)

I'm getting married this fall and the task of sending out invitations has been causing my anxiety to skyrocket. Backstory on the title--my older brothers have always leaned more conservative than my sisters and I. Growing up, my parent's divorced after a toxic and abuse-laden marriage. My father was in the military and spent most of our childhood stationed abroad, leaving my eldest brother (we'll call him Sean) to fill in the role of man of the house. It didn't help matters that mother, who comes from an abusive childhood herself, parentified Sean in ways that robbed him of his childhood. My brothers both bullied me when I was a kid--Sean moreso than my other brother. (We'll call him Owen.) But by the time we were in middle school/highschool the bullying subsided and my brothers eventually became the two men in my life I looked up to, especially in my father's absence.

Fast forward to 2020. During quarantine both my brothers were fortunate enough to work from home. This led to them both spending way more time online and they were eventually led down the rabbit hole of men's rights/Jordan Peterson/Kevin Samuels---the whole women-hating enchilada. To make matters worse is they are both, and have always been, way under-socialized. They bought a house together and have never had much of a social life apart from co-workers. During the Spring of 2021 I noticed they both began sprinkling their conversations with my sisters and I with the cliched terms from the red-pill community. Sean referred to himself as an 'alpha' and a 'high-value male'. Owen let it be known that Black women and single Black mothers were the cause of 'the Black communities' social ills. Their conversations were just a list of grievances against our mother (69F) and made our father (68M), who was (and still is) abusive, out to be the blameless victim.

I had been estranged from my father since 2010, but he re-entered the picture last summer. I figured since he was retired from the military and had been in therapy for PTSD that perhaps he and I could begin to find a way towards building a relationship with one another as adults based on mutual respect. Boy, was I wrong. The time I spent with my dad and my brothers I was gaslit any time I tried to bring up issues from our childhood and the trauma I suffered due to my father's absence. I was mocked and dismissed and this escalated to one day Sean telling me that I was his 'subordinate' and that he didn't respect me. Any time I have tried to reach out to he and Owen I am either outright ignored or simply sent a Kevin Samuels video as a reply.

I understand that this is misplaced aggression on their end and I have done a lot of work on myself so that I neither take it seriously nor put it on my shoulders to change them. I don't hate my brothers, but I am furious with my father that he has led them down his path of paranoia and misogyny. I feel like the manosphere has wiped away any traces of the men my brothers were. I know our relationship even before the pandemic had its issues---but we could at least discuss our differences then. Now--I'm ignored or insulted.

Owen texted me recently to let me know that if our dad wasn't at my wedding then he wouldn't be either. As much as this crushed me (Owen and I had always been closer than Sean and me) I told him I had made peace with the possibility of his absence.

I hate what the red-pill community and online misogyny has done to my family. But in a way, I know this conflict has been a long time coming.

tl;dr

my brothers, who have always been conservative, have gown full tilt red-pill. Our estranged absentee father is back in the picture further radicalizing them and driving a wedge between the siblings and now I have to deal with the possibility of my brothers being absent from my wedding this fall.

If the wall is undefeated...doesn't that apply to wives too?

63 upvotes | August 14, 2022 | by [Negative-Train-3303](#) | [Link](#) | [Reddit Link](#)

Something I never understood about this mantra that RP types repeat all the time is that it applies to literally every woman regardless of the choices she makes.

So whether I choose to:

a) be a huge "slut" through my 20s and 30s, collecting cheques from sugar daddies and "getting the bag"

or

b) get married to my childhood sweetheart at 18 and dutifully look after him and his kids for the rest of my life

THE WALL REMAINS UNDEFEATED...

So if you're married for 30 years and you inevitably "hit the wall" and your man decides to leave you for a young and fertile woman (bc that's all men want amirite //s) you're going to re-enter the dating market a "post-wall", "low value" divorcee single mother. So the investment women make into a marriage is huge (because of this "wall") so wouldn't the logical thing be to just use your youth to gain as much financial security as possible since that is more reliable than hoping the man you trust doesn't cheat and leave?

Obviously I don't actually believe this garbage but I find it a little ironic that this threat they throw in the faces of young pretty women actually encourages the very behaviours they're trying to prevent.

One usual retort I have read when I say this is - "don't be ridiculous, a married woman will have her children!" Ummm yeah but kids grow up and lead their own lives - they don't exist to prevent loneliness. Also your kids are not your peers and can't fulfil you the way a romantic partner can - that's a different emotional need altogether.

It's like they can't see this blind spot bc they see men as benevolent beings who can never do wrong or ever take advantage of situations where they hold the power.

My husband is ready to divorce me over TRP beliefs

63 upvotes | January 15, 2023 | by [081890](#) | [Link](#) | [Reddit Link](#)

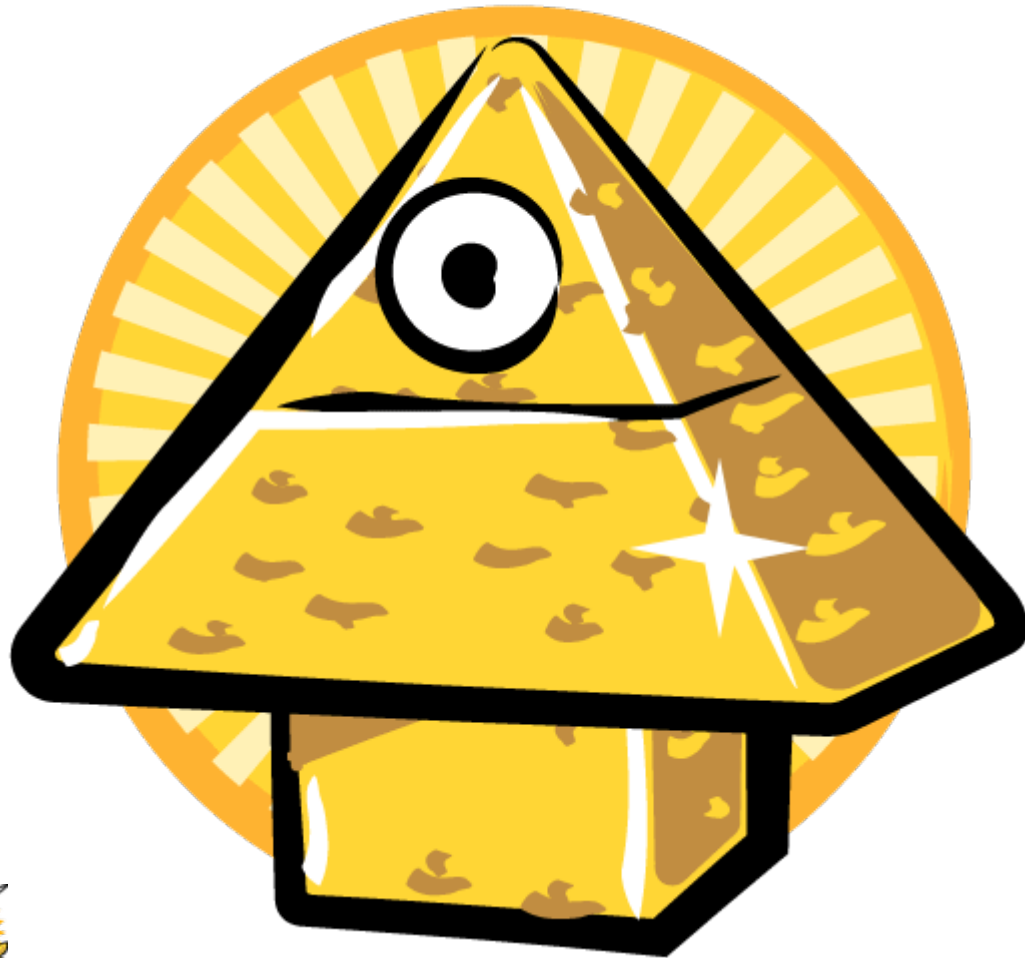
My husband last night started talking about how women with high body counts are “hoes” and how men care about those things. How they don’t marry women like that. To which I replied immature men care about those things. He then went on some tangent to which I replied “incel, loser, misogynistic, immature men care about that”. Well now he thinks I’m the rudest person ever for calling him names. IF THE SHOE FUCKING FITS HONEY, WEAR IT. Well now he said he is contacting a divorce lawyer lol

Both people being strong isn't in anymore. Being a power couple is sooo last year. Take The Red Pill! /s □

63 upvotes | June 5, 2021 | by [AIsVolatPropriis](#) | [Link](#) | [Reddit Link](#)

It is pride month

77,945 points•[1,414 comments](#)•submitted 1 day ago by [TrueAlpha_16](#) to [r/facepalm](#)



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Wanting a strong woman is a sign of homosexuality.

Any masculine man wants a submissive woman.

00:32 · 04/01/2021 · [Twitter for iPhone](#)

↑ 33.8k ↓

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HO0omAn · 10d

👍👎🤔🔒 5 Awards

Whelp, they've done it...it is now gay to be straight.

Problem with this sub.

63 upvotes | October 9, 2021 | by [Babibubabox](#) | [Link](#) | [Reddit Link](#)

I have a problem with this sub. I'm under the impression a lot of the posts actually promote some ideas from the redpill, even in the comments. This sub should be aimed towards deconstructing these ideas and I'm not sure it's doing a very good job at it, oftentimes, I'll see the same innacurate generalizations based on mental or social images that create a great distance with the individuals, what should be at the core of a relationship.

Get real people!

Boyfriend is red pill and childish

63 upvotes | November 29, 2021 | by [Terrible-Ad3405](#) | [Link](#) | [Reddit Link](#)

My bf sadly consumed a lot of the red pill stuff. He is generally a nice guy but seems to be some views that are sexist. For example he thinks I'm acting „against my feminine nature“ Bc I Aspire to be a lawyer. I also would like to get a family, but not just that. He thinks having a 40 hours job makes women more like men and women need to stay at home. Which is stupid. Why should I do that? I want to study and I will. My older sister (who is 33 now) also works in that field and she is married and even has a kid, a loving husband and isn't just a „home maker“. I mean, we both are very Young (16 And 17) and need to figure out life but the way he talks about women and what women need to do is getting worse and worse. He also thinks a woman needs to be submissive. I hope it's just a phase Bc I can't take him seriously like that. We talked like 3 times about that topic and it's always annoying. Do these men not realize that most women don't like being submissive?

This red pill video has 300k likes on Tik tok. Is it safe to say that the majority of people these days are red pill?

63 upvotes | February 2, 2022 | by [qiis](#) | [Link](#) | [Reddit Link](#)

<https://v.redd.it/m03xe717scf81>

(Casual) Sex really is overrated and job prospects are shockingly underrated around here

63 upvotes | April 1, 2022 | by [meteorness123](#) | [Link](#) | [Reddit Link](#)

According to people in the menosphere, the men who fuck like wild beasts in their youth (which barely even happens as most sex happens in relationships) have won at life. They have reached the pinnacle of what it means to be a human being.

Once you get a little older, you realize that none of that really matters. We all know former guys who were known to be ladies men who are miserable later on. Apparently, this life style really didn't work for them.

You don't wanna be 35+ and still talk about your former "slays" as trophies while everybody around is engaging in meaningful and waking up to take their kid to school. Nobody cares about how much you fucked.

There's a strong connection between health, well-being and income. There is no such connection between looks and health. Jobless men are often miserable and lonely.

Don't let idiots like Rollo Tomassi fool you with the whole AA/BB non-sense.

Hedonism and pleasure is cool for a year. But meaning is what carries you through life.

How is Darius M even allowed to be on YouTube?

62 upvotes | February 13, 2022 | by [Electricate](#) | [Link](#) | [Reddit Link](#)

I have watched several of his videos and all they give off are misogynistic, anger-fueled vibes that not even the most bitter people I know in real life have. He constantly portrays women as objects and how men should only go after them with the intent of "hitting and quitting." Of course, he masks these beliefs with RP terminology like beta males, simps, and his signature "She's not yours, it's just your turn."

I have read elsewhere on the internet that he's a single father of 2, lives with his mother at 31, and does Uber as his job. He's even been accused of molesting one of his daughters (although the case was dropped). I just don't understand how he can say all these disparaging remarks yet he fits within the category of the so-called "low value men". This guy seriously needs some help.

Where does this idea that men get better as they age?

62 upvotes | March 29, 2022 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

I was brainwashed into thinking I'll be a stud at 50 and be able to get more women. Its more likely that I'll be washed up,be considered a creep, and have trouble getting an erection than be a chick magnet.

I can't be the only one who loves strong women

62 upvotes | July 2, 2022 | by [Luciansleep](#) | [Link](#) | [Reddit Link](#)

It's one of the many reasons why I left the red pill. I still wonder to this day why the guys there want a woman basically that is just there to cook clean and have sex.

Tbh I think most of them has never dated a woman like that. Cause they'll soon realize how boring it is or how bad it can be. In those situations the woman may not like something but never talk about it until resentment builds and then it's too late.

Not to mention how exhausting it is to constantly have to plan things or make things go in a certain direction cause the other one is passive.

What do you guys think about this?

I don't want just fuck hot women anymore, I want to pair bond.

62 upvotes | July 1, 2022 | by [Artistic_Chip](#) | [Link](#) | [Reddit Link](#)

I've read the First Aid kit, and so much of it makes sense. A Hunter Gatherer society of say 100 people people could never properly function if all the women were cucking there longterm mates and all the men just wanted to fuck everyone's wives.

Yes, men tend to want to spread seed as wide as possible and women need to make sure the risk of pregnancy is worth it but this idea that everyone is out to fuck over those they supposedly love on the surface but utilize underneath is incredibly damaging.

I've told so many girls who really liked me that I wanted to stay non-exclusive, as advised by Rollo Tomasi, so I can sleep with maybe 3 of 4 girls at any given time. All this inorder to "maximize relationship experience" when that can respectfully be done one girl at a time.

These nice girls who liked me alot were pushed away by this. They did not want to share me, they wanted my heart to themselves and I wasn't brave enough to do so. I've recently learned I do not want casual sex with many women. I want to find a women I am "pulled" to in a way that I cannot verbally explain (love) and give her my soul and she give me hers.

Human intercourse is a means to facilitate pair bonding, something that was likely used to ensure a tribe stayed emotionally and mentally intact. It is healthy to only want to have sex with someone you know, someone you have a bit of history with, someone you have caught feelings for and really like.

It is not healthy to seek sex with strangers, I wouldn't be surprised if there is a correlation between seeking shallow sex with strangers and either drug abuse or past trauma. Rollo claims he has fucked maybe 37 women or something. Who gives a fuck? It feels so much better to have someone you know really likes you. Someone you can be vulnerable emotionally with.

This fucked idea that men should be these stone statues that keep their thoughts and emotions to their chest is a recipe for fucking disaster. This idea that women communicate with words and men with actions is absolutely idiotic.

IF YOU DONT TELL HER HOW YOU THINK OR FEEL ABOUT SOMETHING SHE HAS NO IDEA WHAT THE FUCK IS GOING ON!

The idea that women find men crying a turn off is idiotic and flies in the face of common sense. Yes if you cry over spilled milk then she'll think you are weak (and I will conceide that TRP's claim that women want strong men is evolutionaryily sensible) but if she is turned off by you sobbing your heart out at your mother's funeral then she is a PSYCHOPATH!

Don't try to be cool. Don't try to be anything but what you are.

TRP claims that you should not be yourself. The best social experiences I have ever had were ones where I was honestly just relaxed and present (I was just myself) and people liked me for just the way I was. **YOU ARE FLAWED, SHE IS FLAWED.** You don't have to break your back for years to hit the "top 20%".

Being in a relationship with a person who can't live without you is the zenith of human experience. And that's why heartbreak is the worst feeling anyone can have. 95% of ppl on TRP had thier souls shattered by a girl likely in highschool or college. I can't blame them. I was one of them. I desperately

searched for why I felt inadequate. Why she didn't like me anymore and why she picked another guy over me. It changed me, I was desperate and willing for any answer. And TRP's answer is to dehumanize women, never get close to one single girl again, become emotionally reserved, and pursue casual sex with people who you don't know you deeply. Get into the habit of telling people how you honestly feel. Tell her you like her, ask if she is single. If she isn't it's ok.

Men must learn to openly communicate EVERYTHING they feel with thier woman. I used to think that this would "feminize me" according to TRP. In actuality the most confident thing you can be is honest. I know that sounds all gushy and shit, but be brave. Be brave. Take the chest plate off and be vulnerable.

And do not be afraid of heartbreak. I have been afraid of being close to a girl (or even just a guy friend) for 10 years now (I am 25). I have never had an official girlfriend. I began TRP at 19 and thought I wanted to just be a "playboy". I don't. I want depth, I am a human being, I am not a fucking animal.

You need to build a strong network of close friends of your same gender (and opposite gender). You will need people to cry with when a pair bonding experience breaks up. It's hard but you MUST learn to cry infront of your friends. Girls have this, guys do not.

I read years ago on TRP that if you argue with your girlfriend you are a beta. And I believed it. This was one aspect as to why I never talked about my feelings with girls. I thought that by being emotional she would "see me as a girlfriend". A HUMAN FUCKING RELATIONSHIP REQUIRES V E R B A L C O M M U N I C A T I O N! No one knows what anyone is thinking or feeling if no one has the balls to say what they feel or ARE THINKING!!! The number one reason by men's souls are broken by women in highschool is because everyone is immature and inexperienced with relationships. Highschoolers are afraid of their feelings and having important conversations with others can be uncomfortable so people don't communicate and then one person in the relationship is blindsighted when suddenly the other either ghosts the other or suddenly wants to break up. Instead both parties should communicate how they feel everyday with eachother, have uncomfortable conversations so that both parties can maybe get a feel for if it will end soon. This keeps people from having thier souls broken because they were led to believe that the relationship was something that it wasn't.

I have been so mean to girls because of TRP, such nice girls who had feelings for me. But I had thought that women only want stone cold alphas that are kinda douchey. So that's what I tried to be... STOP pursuing sex, sex without love is genuinely meaningless. I am not religious, I know hookup culture is normalized but it will never make you happy. It might not even feel good.

I am now in the process of swinging the pendulum back to a place of reality. There are TRP idea that are true. Women like tall, confident, men with nice faces. Attractive people have it easier in life. Who knew?

What we need to do is take all the "science presented by both the redpill and blackpill and shine a very bright light on it. The blackpill fact that women orgasm like 50% more often when being raped must be false or the research behind it somehow flawed.

Anyways, if anyone read this whole thing I hope you can salvage some hint of a healthy relationship some day. I thought TRP was going to give me an edge at life, when really it stunted me emotionally.

You are an actual MGTOW when you don't participate in MGTOW

62 upvotes | April 24, 2020 | by [redditor8874](#) | [Link](#) | [Reddit Link](#)

I thought red pill and mgtow were about self-improvement, not self-pitying. I still believe in some of the ideas of red pill and mgtow, but these guys constantly bitch about women. For guys who don't care about women, they sure talk about them a lot. A little showerthought - you are an actual MGTOW when you don't participate in MGTOW groups. Those are just cesspools of pathetic losers and neckbeards who try to delude themselves into thinking it's THEM who don't want to date... you know that "you can't fire me, I quit" thing.

Some of the posts I've seen were really eye-opening experience. I cringed so hard when I saw post of MGTOW "gamers"... "hey look, i bought doom eternal, not gonna waste money on dating evil wamen gonna play all day, hahahaha, take that wamen!!!1" Yeah sure buddy, gaming all day, that's the way... And don't even get me started on what terminology they use - "chad", "tyrone", "stacey"... you know who uses these...

Now, I still think it's OK to be single and focus on other aspects of life. But I don't shit on relationships and women. There are good people, there are bad people in this world. I say PEOPLE. Not just women. Because these guys focus mainly on women, like it's only women who are evil and excuse every bad man because "women made him like this". I focus on my hobbies and stuff, starting to learn new things to get a better job - but here's the thing: I'm not pathetic about it (like those guys are)

I saw some redpill/mgtow channel on youtube. In comments I called them out on their bullshit and the best they could do was call me a "simp" instead of giving an actual counter arguments - this pretty much shows it...

Update: Someone please help me I don't wanna be "incel" anymore

62 upvotes | May 6, 2020 | by [throwRA2829](#) | [Link](#) | [Reddit Link](#)

My post from a couple of days ago:

https://www.reddit.com/r/exredpill/comments/gd66cx/someone_please_help_me_i_dont_wanna_be_incels/?utm_source=share&utm_medium=ios_app&utm_name=iossmf

Thank you for all of the support. I didn't think I'd get it. I've posted on reddit so much for therapeutic reasons and met with a lot of hostility. I decided to just grow up and realise I was being an IDIOT. I've had female friends, I've got with girls in the past, I don't deserve this idiocy and neither do women or those around me. I am gonna change, but not to "get laid" or anything. Actually, I suspected that I wouldn't ever get laid and I literally didn't care - because I wanna love women not hate them, have a healthy mindset to benefit my happiness and those around me. However it turns out I'm actually fairly cute - so fixing my mindset and being happy, I might actually attract a girl, if I am lucky. But if it don't: it's okay. I'm not entitled to anything and if I was never to meet another woman again in my life, I still don't want this hate and sadness in my heart. Thanks for all the replies and the many who private messaged me, which all of them were women bar one - which is just a great show of how kinda women can be and how diverse and different they are.

I've got friends, I was working out and continue to do so, I have hobbies but I wanna develop more, try out any sport I can once I get to college, go to college to better myself, all the while working on myself. I feel as if the past year of depression and suicidal thoughts are coming to an end - I have hope again. Thanks everyone

Trying to figure out what happened to the Red Pill culture and drove it to insanity?

62 upvotes | November 23, 2019 | by [OlympusSquared](#) | [Link](#) | [Reddit Link](#)

So I'm a 34 year old guy. I've had many long and short term relationships, over my life. Never really struggled with girls when I put effort into dating. Also have been rejected and ghosted many times. Anyway, I found the red pill, more specifically the Roosh V's writings and forum to be helpful in my mid 20s and was still trying to find myself. At the time, the forum produced some good advice for single guys, focusing on fitness, frame, courage to approach and build physical attraction with women.... Lot's of guys are not naturally good and there was some genuine value.

Then Roosh started saying crazy shit like date rape was ok. That Trump was great (I'm a former democratic party consultant). Now he took mushrooms and thinks the only point of dating is to have children and force a wife into antiquated life roles. The last post I saw on the forum (before getting banned for critiquing it), was a post condemning a women for being a pro marathon runner and living in van. I mean, that lady might not be my girlfriend, but it's great she's living a cool life.

What the hell happened, it used to be a productive space for men to push self-improvement. Now it seems like a toxic sea of misogyny and racism. WTF.

I think my boyfriend is turning red.

62 upvotes | December 6, 2015 | by [Poptartsnkittens](#) | [Link](#) | [Reddit Link](#)

How do I make it stop? Maybe this isn't the place for this question but I couldn't find answers anywhere else.

He's just recently finished reading the 48 laws of power AND The Game. He's fascinated by human behavior and what makes people tick, so I wasn't particularly concerned.

But he's been more aggressive, more selfish, more demanding lately. He even bragged to me about "number-closing" (his words) with some woman in a restaurant (although he did say she apparently was in her 50s but also hot?) And I tried to have a serious conversation and voice concerns. The conversation ended with him grabbing my ass and loudly humming a made up tune for at least a minute. It was humiliating. It was then followed up by boundry testing, and telling me that my request to come over to talk to him that night was a ruse and I just wanted to see him.

He's vulnerable to Redpill bull. Family issues, poor body image, insecurity, and several failed relationships.

I don't know how to save him, I don't know when to run.

TRP, marriage, and divorce: a rant.

62 upvotes | October 5, 2020 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)

You would think that TRP/MGTOW/blackpill type guys would be relieved to hear that alimony isn't common at all. You would think they would be relieved to hear that women don't cheat as much as men. This would mean they don't have to worry as much.

But they fucking argue when such statistics are mentioned. Why? Because they have to play the victim to fit their narrative. Because it means they would have to take responsibility and call out other men on their bad behavior. Because it means they can't use women as a scapegoat anymore. It means they would actually have to put in work to ditch their trust issues.

If you have trust issues like that, then you aren't marriage material.

If you don't want to get married and think it's a scam? Fine. Then go your own way already.

If you do want to get married, then make yourself into marriage material. Lose your trust issues, gain some skills and assets so that way you have something good to bring into the marriage and as little baggage as possible. Be the best husband you can be and hold yourself to a high standard. Marry someone with their own job and assets. If divorce does happen, any lawyer and judge with half a brain wouldn't make you pay alimony since you did the best you could, and because she doesn't need your money.

You know that if there was solid proof that women cheat more than men at all ages, these types of dudes would be shoving it in our faces nonstop and would be shouting it from the rooftops. But it's not true, and they only have lies to base it off of.

This is just my humble opinion: women are perfectly capable of taking care of themselves in this day and age. We don't need men like we used to. I don't think men have learned the same thing when it comes to needing/wanting a woman in their life. So ask yourself: what are you going to do to make yourself somebody that someone else wants? Are you going to hold yourself to a high standard? What do you have to bring to the table?

I discovered that my brother is deep In the incel/ mgtow movement and don't know how to help.

62 upvotes | March 14, 2021 | by [Alternative-Duck1136](#) | [Link](#) | [Reddit Link](#)

Hello

I (31 F) have discovered that my brother (30 M) is deep in the mgtow movement and I don't know how to get him out of it. Basically he was living abroad in Montreal for 4 years and came back home last August. I think that he got into it when he was abroad, watching videos on YouTube. What triggered me to investigate was an argument we had because he decided I was "talking too loud" with a very "high pitch voiced" and that I needed to "only speak when needed". It was pretty surreal because he never used to be like that. He was very aggressive about it , basically saying that I was acting hysterical when I was just having a normal conversation with my other brother. I do tend to speak loud and laugh very loud as well but it was nothing that could warrant such a reaction. I dug a little deeper and found out from the YouTube app on our tv that he was watching mgtow channels all day (he is currently unemployed) . The few videos I watched are very scary. They seem to be very obsessed with hating women. I don't know what to do to get through to him. My brother found some very disturbing comments he left on YouTube videos and showed them to my mom. In the comments he was basically saying the typical incel stuff of women deserving to be raped, destroying men because they are after their money... which is ironic because me and my sister paid for him to study in Montreal. When my mom confronted him he denied everything and left. Does anyone have any experience dealing with this with one of their family members ? I need advice on how to help him

DO RED PILLERS NOT UNDERSTAND THE CONCEPT OF CHEATING!!!□

62 upvotes | June 26, 2021 | by [MicahMX700](#) | [Link](#) | [Reddit Link](#)

I was watching another Red Pill Overdose podcast and the woman in the podcast said I don't want a man who cheats on me. He like a freaking idiot asked "wHaT Do YoU mEaN bY tHaT?", and they respond we obviously be by sleeping around with other girls". She is physically and verbally flabbergasted by the statement it says "hold on when a man cheats he can still love a woman because most men are degenerates hardwired want to sweep around in the fuck everything that moves, because biologically we don't have standards. And if a woman cheats that shows they have no respect for you they don't love you and because of hypergamy they technically should be able to just go out and cheat anyway. So you shouldn't leave me for cheating on you"

This is how these fucking idiots get into situations where they find out thier girlfriends constantly cheat on them because they do shit like this, and believe shit like this. This is why red pillars can only do things like call up prostitutes because no woman would actually want to deal with them (or at least any somewhat intelligent or self-respecting woman anyway) because whenever they do get into a relationship it ends almost as soon as it started.

Dealing with regret over past misogynistic behavior

61 upvotes | August 23, 2020 | by [89SC](#) | [Link](#) | [Reddit Link](#)

When I was in my 20's I had fallen prey to RP behaviors and let them take hold of me. I was an sort of an asshole to women because I thought that was what would attract them to me and when I look back on how I behaved toward them I feel so much shame and guilt for being the jerk I was. My mother has always been an amazing presence in my life and is such a strong woman that it makes me ashamed how I could believe all that RP garbage when it is a complete insult to her and other women. I'm a much better person now that I got rid of that RP garbage but my guilt over past behavior crops up now and again and it causes me to think I'm a horrible person for acting how I did.

The Red Pill creates its own demand. Here's a list of reasons how.

61 upvotes | September 13, 2020 | by [ItsAccrualWorld-4806](#) | [Link](#) | [Reddit Link](#)

If you look into the basis for TRP with even a mildly critical eye, you will notice that the very premise of the community is to tell you that you have a problem, and the solution is always more red pill.

The reality is that the things TRP wants you to see, and the problems they tell you that you should fix are always created by TRP itself.

Here is a list of examples:

- The entire AF/BB ideology is a mirror of religion's Heaven/Hell doctrine. It is imposed to create a sense of lingering insecurity. The discomfort may be alleviated by further investing yourself into TRP. "Do as we say and you will be saved". Hmmmmmm.
- Hypergamy is played up significantly. Of course a girl will voluntarily leave a shitty guy to be with someone who will make her happy. But please note this: the guy who will "make her happy" is not the Red Pill Alpha, and the guy she leaves is not a "Beta". Women will leave shitty guys for kind, well rounded, successful individuals who will engage with them in a meaningful way. TRP would have you believe that they will leave you at a moments notice if you are anything other than what they tell you is a perfect Alpha.
- You are suppose to be afraid of everything. Your girl cheating because you're "not Alpha enough", being rejected for not being fit enough, failing at relationships by showing natural human emotions (love, affection, kindness). Everything that feels right and natural, you are told is wrong. The ensuing awkwardness and confusion is because "you are a beta", and you need more red pill to fix you.
- TRP's concept of the "Alpha" is intentionally unachievable. There will always be a flaw which will make them label you a "Beta", and your only solution is to "read the sidebar".
- The reason "AWALT" is because you are told that "AWALT". So you consciously or subconsciously end up seeking out shitty women because that is how they are "supposed to be anyways". Then when you are unhappy, you subscribe to more RP ideology.
- Any post asking for advice gets converted into a red pill narrative and is ran away with - this is invariably in a direction which will make the poster believe they are inferior and are going to get cheated on.

Finally, I would like to share that I believe most field reports to be false.

I don't know for sure, and none of us will, but with every single person sharing their story of "being the alpha" and subsequently having incredible sex, and being told they are superior to the girl's "beta bf"... it reads like fiction. So take this last point as a very subjective expose if you will, but I have gotten to a point where I believe very little of what is written.

Truly "going your own way" without pills and acronym cults...

61 upvotes | September 6, 2020 | by [NdN124](#) | [Link](#) | [Reddit Link](#)

You know, you can choose to not date without subscribing to MGTOW, TRP, INCEldom or any other acronym lifestyle. You also don't have to fill bitter or hypercritical towards women. Just be indifferent to the dating scene and focus on being what and who you want to be. I thought that's what MGTOW was supposed to be but it's actually just a hate group directed at women. I can see a guy taking out his frustrations towards someone he felt has done him wrong but blaming the whole female gender for it is silly. It reminds me of the "Little Rascals" and their "He-Man Woman Hater Club". Get over it already and go your own way for once.

Gotta respect the Pick Me hustle

61 upvotes | August 16, 2022 | by [Negative-Train-3303](#) | [Link](#) | [Reddit Link](#)

Damn I hate JustPearlyThings with a passion but I gotta respect her hustle. The girl literally regurgitates "facts" from TRP and men send her money for it. She is getting \$50 here and there from men who want to hear the same crap that's been out there for the last 15 years from a woman's mouth. Honestly, if I had zero morals and ethics, I'd hop on the bandwagon too ☐

But seriously I find it hilarious how a lot of these Pick Me types don't even fit into the strict TRP definition of a high value woman (tattoo-less, debt-free, super-fit virgins) but suddenly the things they're saying "elevates" them. I thought your Sexual Market Value was based in objective measures and non-negotiable? Lmao the goal posts just keep shifting.

exposing myron gaines from fresh n fit. why hes the most delusional.

61 upvotes | September 1, 2022 | by [Fit_Device2818](#) | [Link](#) | [Reddit Link](#)

Hey guys. Im a married muslim woman and i came across fresh n fit channel. N the main talking head, Myron, has talk b.S on alot of things, and yet no body has called him out on it.

Like he claimed he'll go to the middle east to find a virgin bride. Like does he know wats the muslim arab culture over there is like? These people value the religion the most. They'll want a good, religious muslim son in law, someone like the golden balance (youtuber). Myron claimed he'll be religious once he gets married. But for the muslim culture, male promiscuity is the same for female promiscuity. Sex outside of marriage is a major sin, and both gender will be hold accountable. Myron led a sinful lifestyle and he will be hold accountable.

No respectable muslim family would want him as a son in law. Myron thinking otherwise is most delusional. Face is like 2nd most important to muslim families. Myron practised and encourage unislamic actions on youtube, and that will just bring shame towards families associated with him. Anyway, i could go on... but yeah.... its just crazy tat myron here giving advices, but he cant figure out sh1t for himself.....

I've hurt a lot of people because of the redpill

61 upvotes | August 30, 2022 | by [the_recovery_man](#) | [Link](#) | [Reddit Link](#)

It's simply inhuman the way I treated a lot of women. My last GF, I've broken up with her with a fucking sms, and guess what, on the last day of the year. She were going to give ourselves silver rings to symbolize our relationship on that day. And after we kind of got back together guess what, my final proposal was either we split, or I could have side chicks. I was so, so deep into being a parasite, that I eventually did everything I could to ruin her it seems.

Since then I've kinda said sorry to her, but she was still mad. I still think about telling what I think now. She was so fucking loving and caring, I was the world to her, and I've made her pay for it.

I'm deeply ashamed of what I once was, and now I'm trying to be more like she was with other women, what I did can never be undone, but maybe o can spread selfless love now.

Best advice I ever received when it comes to women from my therapist

61 upvotes | January 4, 2022 | by [This-Wasabi-3152](#) | [Link](#) | [Reddit Link](#)

My therapist told me to work on myself before I start dating. Its because you attract people who have the same levels of self esteem as you. You will attract women with low self esteem if you try to date with low self esteem and if you have high self esteem you'll attract women with high self esteem. Dating women with low self esteem will only make your low self esteem worse.

Fresh and Fit fanbase write off woman who was raped saying they don't have time for a woman's emotional baggage. Is this how the red pill community feel about rape or is it just that fanbase?

61 upvotes | June 4, 2022 | by [weedreddit1](#) | [Link](#) | [Reddit Link](#)

https://www.reddit.com/r/freshandfit/comments/v43t1d/how_would_you_feel_if_your_wife_told_you_that_she/?utm_source=share&utm_medium=ios_app&utm_name=iossmf

My apologies to the mods if I broke any rules but I had to share this with y'all. The comments on there about a woman who was raped were downright disgusting. One guy says he doesn't have time for a woman's emotional baggage. Others referring to her as promiscuous. It's just downright sick.

Is this common in the red pill community or is it just that fanbase?

Again apologies to the mods if I broke any rules but I was horrified by the comments on that post.

How industrial PUA ruined my teenage dating life

61 upvotes | January 10, 2021 | by [ThreeArmedYeti](#) | [Link](#) | [Reddit Link](#)

I was 14, elementary just ended. Good to know I was a fattie back then and been often bullied because of it. Had a crush from my old school but I wouldn't call it my first love. I asked her out that summer and she said yes. Since it was my first time on a date I started gathering information online. This is the moment when I found PUA. That website with the flashy gifs reminded me of the penis-enlargement pop-up ads but I was in desperate need of help so I signed up for the free course.

I got the free videos and articles and got myself sucking out every bit of information out of them. I immediately recognized some of my traits in those videos as positive examples. Yeah, I have natural sarcasm and dark humour and I negged women WITHOUT destroying their self-esteem. Fortunately it was enough for me. However those videos changed me. I no longer saw the world as before. I started to categorize men around me. I started thinking in alpha/beta and tried to be an alpha all the time. I felt like I was in a competition. How incels say it's a mog or get mogged world. I was uncomfortable around males since I was a chubster and felt like everybody is more alpha than me. I faked my entire personality to be in the middle all the time.

And a tragedy happened. I fell in love with a girl in my new school with serious self-esteem and psychological problems. We were talking all day and been together a lot. She were my best friend since she had a boyfriend. After two months our friendship suddenly ended. She stopped responding and I didn't know why. She didn't know how I was in love (ahhem one itis) with her so I didn't understand. She left school because of her mental issues. This and my self-blame led me to dive more deeper in the PUA industry. I read every single free article on every single PUA website. Learned all the content of the forum and watched all the videos. I thought I need a new personality since my original is probably too beta. I hoped the resolve from PUA.

How does it affected my life? I became a massive creep around women. I find myself not just uncomfortable but afraid when I talked to women. It lead me to weird dialogues, tried to use PUA tricks on every single girl. I avoided male friends like fire. I thought about every men as concurency. I lied to everyone about my life to look like an ideal male for whatever PUA makes you up for. My lies often discovered and my entire personality collapsed like a house of cards. That time I avoided that social circle to find a totally new. Like how PUA teaches you to handle rejections. Eventually I developed the blackpill for a few months.

How it ended? When I were 17 I felt it was wrong and I was on a 3 day class trip with almost no-one to talk to. I hid and cried a lot. Am I supposed to be with the ones I see as betas? I stonked a huge sipp of copium and got out of the corner and helped gathering wood for our campfire. "You came to socialize?" They said and something broke in me. We had an amazing night together playing cards and not having the urge to seduce anyone in the group. The alpha/beta scale started to disappear. I just saw people who are comfortable with their insecurities and enjoying life. Slowly the PUA mentality disappeared and it took almost a year.

Unfortunately one thing remain: I still felt uncomfortable around women. I just couldn't fake my personality anymore but felt the urge to do it. Therapy helped me a lot but my recovery isn't proper. I have it in my undermin and occasionally it pops up in my head but always disappears.

What is my conclusion?

When I were 19 I had a bit of bounce-back but I watched the videos with a critical eye. That was the end where I decided to avoid PUA for my rest of my life. First I noticed that half of the videos are ads and promotions of the author's webshop or the advanced course. I noticed how the websites looks like: a typical scam. Like a penis enlargement pop-up from the late 2000's. On the content I heard "manipulation technics on women". I was curious if they have any manipulation technics on men. And hell yeah they have.

As I saw the construct of the videos it's like a cult. They make you believe you need them to be better. There is a term for those who disagree with them: AFC-s or rarely Betas. Yeah, I know what they supposed to mean but industrial PUAs like to use these categories on those who disagree them and they encourage you to look down and make fun of these people to look more alpha. They try to trick you with the improper training and blantant ads for the further courses to spend more money on them. I bet I could become the ultra alpha male after I paid the cost of three driving licenses to them. It was never about helping each other. It was about business all the time. I heard stories about how the PUA instructor started to use his full arsenal on a woman his student started to seduce just because the instructor wanted her. It's not a helping platform. It's a business based on incels and unfortunate men. Even the forum disappeared and became an ad surface for the local PUA master himself. I mentioned the manipulation technics so here is one from the weirdests: record subliminal messages and steal her phone to replace her music with the exact same but containing a deep subliminal track where you say how much she wants you into her bed.

What made me finally end with them? I typed "PUA harmful" into google in my native language and found some articles written by psychologists about the harms a business PUA can cause to you. I recognised myself immediately. I read more and more articles from psychologists and former victims and finally decided my way to finally avoid them.

Now I am 22, still trying to find myself. I had my own success not by becoming an ultra chad alpha male but being comfortable about my insecurities and honesty. I feel myself less stressful. I don't feel it as a cope because success is not measured in laid 10/10 HB's.

Why I left the Red Pill

61 upvotes | December 9, 2016 | by [Tenthyoung](#) | [Link](#) | [Reddit Link](#)

I was undergoing some neglect from my family. From both the females and the males. And because more females were living at home at the time, I antagonized them because they wouldn't help me take care of my younger brother who has a disability "enough" because I would never ask for help.

Also I became bitter towards women after liking several girls and seeing it go nowhere.

...but I never remembered the countless girls I rejected simply because they weren't "pretty enough."

So in the end, I was living in hypocrisy and self pity when I was a red piller.

It finally hit me one day when I was talking to a bunch of mgtow guys on Kik. And heard them trashing my sisters after one of my rants. They kept saying "AWALT. ALL WOMEN ARE LIKE THAT."

And I just thought "really?" I could already think of a handful of girls who WERE NOT like the girls they described were ALL LIKE THAT.

And I finally realized how stupid it is to generalize 3.5 billion women based off of our confirmation bias and bad experiences.

I've moved on from my mgtow days. And instead of victimizing myself. I actively work to sort out my relationships with women to resolve any issues when they come up. And I've built stronger, and beautiful relationships with women in my life, and I couldn't be happier.

I've become a misogynist, and it needs to stop

61 upvotes | October 6, 2020 | by [nightliners](#) | [Link](#) | [Reddit Link](#)

Whilst I've never been a member of any red pill subreddits or even read any of its content, I feel that the following is still relevant to this sub, so here goes:

I've become an absolute piece of shit. Bitter and resentful of people who have sex (especially women). Thinking that any woman who is famous only got there through the casting couch, and that many moonlight as high class escorts. Just these really nasty thoughts about women, most of whom I've never met and probably never will.

I read the book No More Mr Nice Guy very recently, and I feel as if that book was written for me. Without realising it, I've become a 'nice guy'. I'm horrible. I need to change.

If you're still believe in Alpha male and don't know how to fight/physically weak, then don't try to be badboy asshole alpha male.This is for your safety.

61 upvotes | October 19, 2020 | by [Caliph_of_Cairo](#) | [Link](#) | [Reddit Link](#)

Do women really have that many options ?

61 upvotes | October 4, 2021 | by [meteorness123](#) | [Link](#) | [Reddit Link](#)

The general narrative is that women can choose guys like candy in a candy store and that the dating market skewed towards women. Now, I don't doubt that in theory it may be easier for a woman to find a partner as there may be willing men available at all times. Yes, a woman could go up or message some guys for sex and some willing men will be found. But doesn't that miss the point though ?

Hooking up with a random person you're not even attracted to (looks or personality-wise) is barely exciting. I as a man myself have realized that during long dry spells, If I really wanted to, I probably could have found a person to have sex with.

One girl I've had sex with, told me on our second date about a period in her life when she wasn't intimate with anybody in a long time and that that saddened her. And this woman was absolutely not unattractive. A lot of followers instagram as well.

I think context is often neglected in these debates. A 20 year old who is just starting university and who is social, will definitely find guys she's attracted to. But this period doesn't last forever it's actually fairly short compared to the rest of your twenties. I've known women who have been on dating apps for years despite the narrative that they are getting bombarded on there .

My gf recently told me that men who are “Hoes” are dicks and don’t respect women but at the same time I wonder why those men have such high body counts if women don’t like men like that.

60 upvotes | January 24, 2022 | by [Big-Bonkin-Head](#) | [Link](#) | [Reddit Link](#)

I may have a reason why they have higher body counts. I realized that men with high body counts are good at lying about intentions and leading women on which is a quick way (not a morally correct way though) to get laid if you didn’t have a moral compass with how you go about getting laid.

I’m curious to know what y’all think as to why those type of men get the most bodies sometimes? I really don’t think it’s the “Girls love guys who treat women like shiz” but more about manipulation and being able to get what you want instead of being honest.

"Divorce Rape"

60 upvotes | September 17, 2020 | by [NdN124](#) | [Link](#) | [Reddit Link](#)

Why do MGTOWs and Tapers use this I can't understand how alimony can be likened to sexual assault. I do think that some alimony cases aren't fair and that some of the laws are antiquated but does it really compare to rape?

I have misogynistic views and I want to change

60 upvotes | September 25, 2020 | by [smelllikecookies](#) | [Link](#) | [Reddit Link](#)

If I find out a girl I like isn't a virgin, I automatically lose interest in her, then get sad knowing some other guy fucked her.

It's not that I'm sad that she isn't a virgin, but that the dude(s) she got fucked by are all better than me. I've convinced myself that any girls who had sex under the age of 20-21 lost it to a chad, jock, hot guy, etc. The guy I wasn't at that age, and the guy I never had the chance to be. I honestly believe that 80/20 is true but just for younger people. That the only guys having sex under 21 are mostly chad guys like athletes, popular guys, hot guys, etc. And when I meet girls my age (21) with sexual pasts I just feel like I am the 2nd choice, or that I am getting "sloppy seconds". I have convinced myself that "If she had met both me and that chad guy at the same time, she would have still picked him first. She probably got naked for him the first night she met that guy. She was slutty for him."

I was the socially awkward fat kid in highschool, then fell down the red pill rabbit hole my freshman year of college due to being bullied, a lack of friends, and being socially inept (For a long time I have believed I am mildly autistic). I broke out socially my sophomore and junior year, and while I didn't really make any close friends I met a lot of people I could call friends. Even though I did all this, I am still awkward around girls and still a virgin. I managed to hang out with 3 girls over my junior year and with each we kissed and cuddled, but I hadn't had sex yet.

All these girls mentioned they had sexual pasts (the lowest one had 3 guys (by age 21), the highest one said 16 guys (by age 20)), and this made me immediately lose interest in them. And I know this is a very sexist view to have, even if I'm a virgin myself

In my head I have convinced myself that I need to lose my virginity to another virgin, then date that girl as my first girlfriend, and learn about dating through each other. I know statistically I won't spend the rest of my life with this girl, and that I could probably get over my insecurities if I slept with a few girls and realize that it's ok to have a few sexual partners whether you are a guy or girl, but for the time being I have convinced myself that I NEED to have that first "virgin on virgin" dating experience before I can be comfortable sleeping with other people. I have convinced myself that this is basically the ideal "right of passage" into an adult sex life. Like that "2 people losing their virginities to each other on prom night" experience I never got to have. And I worry that every girl that I find attractive is likely to have sexual experience, and since I have these negative views I am setting myself up for loneliness because they are making me set unrealistic standards for girls. But I don't know how to change.

The Red Pill makes men MISERABLE

60 upvotes | October 28, 2022 | by [starisismo](#) | [Link](#) | [Reddit Link](#)

The Red Pill (TRP) is an unhappiness factory whose proponents try to justify by the doctrine's giving men "focus on yourself, become a better man" sorts of self-help advice.

It does not deal with the problem of relationships losing their meaning and people's inability to establish intimacy (which is the main source of depression and loneliness). On the contrary, TRP aims to shape men in a way that supports and reinforces the atmosphere which caused an issue of loneliness in the first place. According to TRP, the idea of a good relationship is a lie, and there is no woman to love because "women can't love."

Actually, they believe there are no women to love because women do not conform to the restrictive pure virgin ideal. They shift the blame on women instead of tackling patriarchy, which prescribes a very alienating form of relationship whereby the man has to be strong and can show no vulnerability, and the pure woman is the prize. In their understanding, women are objects, not subjects; and they claim that feminism ruined women, mainly because it tried to make women subjects and give them their humanity and freedom denied by the patriarchy.

Furthermore, TRP does not view sexuality as a fun intimate activity due to prejudices, and an understanding of sex which is negative.

TRP never criticizes the patriarchy or capitalism, which send men to valleys of despair, loneliness and depression. TRP pushes male-female relations to absurd impasses. It criticizes women and denigrates men who try to face the real problems of their gender as "soyboys" (or whatever cringy shit the alt right comes up with).

Shout out to my friends from the red pill. You can eat as much neoliberal propaganda as you want and see people as just a hungry, selfish and loveless beings. The ugliness of your words and worldview probably stems from this.

Relationships can be heartbreaking, it's true; but it's how you respond that will define your character. Even if you encounter a great lack of character in your partner, it is also in your hands to either poison your life by making it a fundamental fact about human relations, or to seek other relationships that will make you happy. When you get rejected, it's up to you to cry by saying "they just want alphas due to female nature, hypergamy; rich tall handsome status are the criteria", and it's up to you to try improving your character, being understanding, developing empathy and meet a person who will not reject you for who you are.

That's all I'll say. improve yourself so that your self-confidence develops, try to turn relationships into mutual labor instead of conflict. approach people with good intentions but if you realize that they do not deserve this goodwill, remove them from your life. Just stop with the depressing shit.

Please!! How to save my 23 year old brother from this toxicity

60 upvotes | December 5, 2022 | by [Andromeda-Native](#) | [Link](#) | [Reddit Link](#)

So my brother got his heart broken by a girl after a messy break up and ever since he changed.

He turned to the red pill, fresh and fit/Andrew tate and even reads really weird books, like this one book called “power” that I had a glance through which seems to be a guide on how to be a manipulative fuck.

He is regurgitating misogynistic nonsense he has heard online and sticking by it like gospel.

He thinks women are stupid, shallow and manipulative and that the only way to get a woman to stay with you is by tricking her because otherwise they will just leave for someone better.

The idea of a woman actually truly loving him seems foreign to him. He thinks all women are out to get him and that it’s better to have 1 up on them at all times.

It hurts my heart seeing this.

He is a really good guy with a massive heart and I’m worried what this red pill ideology will do to my baby brother.

Please help.

Fyi I am 28 and a woman.

Glad I left the "manosphere" when I did (rant)

60 upvotes | February 6, 2023 | by [whatsthecosmicjoke](#) | [Link](#) | [Reddit Link](#)

I have an old post around here from a few years ago sharing my experience with the "manosphere".

In a brief summary: I was first exposed to it on YouTube and Reddit around 2017 and was a Junior in college at the time. Had a lot of mental health issues caused by chronic abuse from my mother which made me susceptible to being manipulated by the predatory "self-help" misogynist types on those platforms. Left that content behind around 2020 due to the extremism and rampant racism.

Now in 2023 I'm on the outside looking in and it has devolved into something so much more toxic than I could have imagined. The fact that the hosts of the "Fresh and Fit Podcast" (FF), people like Sneako, and Andrew Tate have a heavy influence on a large population of the younger generation of boys/men is appalling.

Specifically Andrew Tate. Dude has literally doxxed himself for being a potential trafficker/abuser since he first appeared on the internet, and thousands of people believe religiously that he is being "falsely accused", "a victim of tHe MaTriX", and that he has been "such a positive influence on young men" is apocalyptic imo.

There isn't anything in the Red Pill community that can't be found in some form of self-help media. "Go Gym, Hold Urself accountable, DISCIPLINE" is literally in every self-help book/media to ever exist ever. And a lot of it is not heavily interwoven with sexism/racism/abusive ideology. Yet Tate, FF, Sneako, Peter Jordanson (fuck that pseudoscientific fake psychologist hack), and fucking whoever else, are the ones to have the greatest impact on young people.

It makes me realize how negative, controversial takes getting so much exposure can be dangerous and can affect so many people. The fact that I even feel the need to write this shows that it unfortunately even affected me in some way. The best way for me to handle this is to reflect on what makes it so toxic, understand it and learn from it.

Hope y'all are having a great day. Don't be like me and get pulled back in the rabbit hole. I need to go outside lol.

I so shocked and saddened by what TRP did to me

60 upvotes | April 7, 2021 | by [unlivedbread](#) | [Link](#) | [Reddit Link](#)

Just broke up with what was a great girl partly because of insecurities instilled by TRP. Mainly that all women are cheating machines and women find emotionality very unattractive.

While us breaking up was ultimately a good thing and for the best. I just am so sad how much TRP negatively affected me. The belief that you are never good enough, that cheating is inevitable wears down on you and prevents true connection. And the belief that your emotions are shameful leads logically to the belief that who you are is inherently shameful because your emotions are who you are. It caused me to be very jealous, and very non trusting. lead to a situation where I was just not the kind of person that you'd want to date because I was paranoid.

I'm just in shock as to how deeply this pathology has infected my mind. Real "Alphas" don't give a fuck about being alpha because they believe in who they are. How the fuck are you supposed to be alpha when you believe who you are is shameful.

How the hell is Red Pill content so popular?!

60 upvotes | June 16, 2021 | by [RaduAntoni](#) | [Link](#) | [Reddit Link](#)

My brother has recently taken the Red Pill and he insists I should do the same because this information is *absolutely vital* for any man to build fulfilling relationships and protect himself from the emotional and financial risks women pose. After looking into it for 10 hours or so, most of the RP stuff seems exaggerated and dangerous to our society.

But it worries me how popular it is. Initially I assumed RP is one of those weird, extreme ideologies you can find on the internet. Nothing new. But now I realize this ideology is extremely popular among men and is quietly brewing beneath the surface of our societies.

For example, **The Rational Male** by Rollo Tomassi is the #1,793 all-time best-selling paperback book on Amazon and #6,282 on Kindle! That's insane. For comparison, **The 4 Hour Work Week** ranks #2,269 in paperback sales and #32,480 on Kindle. **The Subtle Art of Not Giving a Fuck** ranks #108,508 in paperback sales and #1,540 on Kindle. These are books almost everyone has heard of and **The Rational Male** sold just as well or better and yet nobody talks about it.

What the hell? How could I not know about this stuff? It's like people are ashamed to openly discuss that they're consuming this content. I find this very concerning. Now I have no idea how many of my male friends and males in general are consuming RP content and how much this affects their worldview and political decisions.

I don't understand how there is RedPillWomen.. Actually in a way I do, if yiu mean you want traditional relationship dynamic, but I do not understand how woman could agree eith ideology rhat tells them they are all certain way. Any ex-red pill women out there or do you otherwise know why there are?

60 upvotes | July 26, 2021 | by [LilDevil22](#) | [Link](#) | [Reddit Link](#)



Vinton Mbele • 4 kuukautta sitten

I have been encouraging a lot of my guy friends to get on the red pill but to use discernment as well. I don't want to them to be toxic and angry men. I want them to be able to set boundaries and not compromise them because the women they are involved with refuse to respect those boundaries. I am sick of hearing: "but you know how you women are like, you are always right, you never wrong." "I am trying to show her that I am a good man." 🙄🙄 Invest in yourselves and grow your assets. I swear every time I tell them to stop chasing after my gender, I get weird looks from them. I support the red pill as a woman. It is necessary. Yes, there are a few things I don't agree with but I am an imperfect human being myself so I don't expect people or certain things or movements to be perfect. I am anti-feminism, we don't need it in. I am in support of the red pill 🤝🤝. Conversations with red pill brothers are lit 🔥🔥🔥 mental stimulation at its best 🤔🤔🤔

The problem with expressing your emotion isnt the backlash, it's that no one cares

60 upvotes | February 7, 2021 | by [GarglinMay0](#) | [Link](#) | [Reddit Link](#)

I hate strict gender roles as much as the next guy, but this is the elephant in the room.

What do I get out of expressing my emotions? Like seriously. Yes being able to release your emotions and be supported helps. But what will it get you?

I do not believe in male dispaability anymore. There has been a decent amount debunking it. But it remains true that even if we had a world where men could show weakness freely, the most you would get is a hug or 'ok dude'.

The thing is it seems like people only want you to show emotion if you can do it in a certain way.

If you're dwpressed- you have to be seen to have it under control

My issue is, showing vulnerability is already cool, but when you show vulnerability without control, people get weirded out and WILL judge you harshly

You're not allowed to not have control

Disclaimer: it isnt the fault of feminism, modern society etc that this is the case; I am just stating the fact

I might have ruined a really good relationship.

60 upvotes | November 17, 2020 | by [NotOctane](#) | [Link](#) | [Reddit Link](#)

Ok so, I don't want to make this too long of a post. I do not completely denote the Red pill. I think there are a lot of really good points to be made on it. Things like self improvement.(going to the gym, working on your career, learning to talk to women. Getting in touch with your masculinity.) I also believe there is a lot of bullshit that is spewed around and circle jerked by an excessive amount of guys who cant get laid casually on the regular bases and are angry about that.

Let me tell you about my current situation. It all starts about 5 months ago. I met my most recent ex girlfriend. She was extremely sweet to me. She literally helped me change my life and got me out of a position that I hated (I worked in a shipyard working crazy hours under some really shitty management and hated my life. Made good money but fuck I hated the job and the atmosphere and always new I would much rather be doing something else.) She would call me all the time. Every day during my lunch breaks. She could tell I was unhappy and ended up talking me into going back to college and applying again for a job opportunity that I had missed the year prior.(One that was completely unrelated to my job in the shipyard) My grades in high school were pretty shit, not gonna lie, so I wasn't accepted into any universities that I wanted to attend after High school. I re applied and what do you know, I was accepted! Great I thought. I also have a lot of money saved up from working my butt off in the shipyard, I have time to go through the program at the university and begin working on my bachelors, so I quite my job and began going back to school. I have great grades(All A's) and I was recently hired on to the local fire department(The job that I wanted) all in the course of about 5 months. My life has officially changed. I still have money in the bank, I am physically fit, I have so far good grades, and if I'm being honest, I have other female attention,.... Which I could care less about...

Last night was one of the roughest in my life. The realisation that 80% of whats preached on the red pill could be total horse shit. God I cant believe I actually invested time into not becoming attached because of fear of "Oneitis". The fact that I was routinely an asshole/cold hearted person to someone who was there for me like that. I do believe she could see the good in me, that was burrowed deep down under a shit load of false information. Thinking back I low key feel insane. I feel stupid for not taking her on more dates, treating her nicer, supporting her more, and just all around loving her. She would literally clean my car/house, make me food, and has even bought me gifts and tells me she loves me all the time. She focus's on me more than anyone ever has.

I just had to vent. We got in a fight last night, I said some shit I cant believe even came out of my mouth. It came out so effortlessly. I hate myself for it. She deserves a man who isn't a pos and didn't subscribe to Red Pill shit.

I'm out now my mind is my own.

59 upvotes | June 27, 2020 | by [duelweildingyeti](#) | [Link](#) | [Reddit Link](#)

Time to practice both internal and external empathy. I just want to be happy in the here and now and I intend to be completely in control of that. Its my brain I will not worry about shit I have no control off. I'll chase my own happiness and if one day someone tags along that's amazing but I'm not accepting the ugly awkward young narrative anymore. I don't need other depressives to tell me how to do my job. My issues are my issues belong to me.

Red Pill advice is mediocre because it's the kind of advice that is as likely to succeed as it is to fail

59 upvotes | November 27, 2020 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

If you think about it, red pill advice tends to be extremely polarizing, comes across as too strong and has an "in your face" innuendo attached to it.

Like... Acting like an alpha douchebag who ain't afraid of nothing. Or Talking loudly. Or Push-pulling women by suggesting you're interested only to ghost her just a quickly. Or Going around "amoging" guys. All of this is red pill advice. It also is a sure way to polarize people because it's the type of behavior that leaves no one indifferent. People will either respect you, people will either hate you, but few people will be neutral towards you.

This means that, yes, you can find success in red pill. But it can also lead to absolute horror stories with the type of consequences that you can't get back from. Yeah, i guess you can approach a woman in the club in a sexually aggressive or "alfalfa" way and end up banging her on the bathroom or some wild shit like that. But it can also, and often does, lead to a huge social clusterfuck or awkward situation... like she just slapping your shit and telling you to fuck off right in front of everybody, isn't it?

This may seem trivial... but when you've witnessed a bouncer beating the shit out of a dude who negged a girl he approached in the nightclub and who was upset enough to tell on him (like i did back in the day)... you're gonna understand this is real life, with real people and real life consequences.

Yeah, maybe your wife is gonna start having sex with you over fear of losing you just because you've been dread gaming her. Or maybe she's gonna lose her shit, divorce you and essentially turn your life upside down.

What's absolutely fucking mind boggling, is that instead of understanding the nature of the advice, red pill essentially still views it as a "perfect method" for dating success. And everytime a dude is in one of these weird situation's it's because he didn't "game" well enough: He didn't hold frame enough, he wasn't alpha enough, he didn't calibrate well enough... There's always something he didn't do good enough. When it's simply the fucking advice that is mediocre in essence.

So yeah, know this: If you're red pill, maybe you're gonna find success... but you're sure as shit gonna go through a lot of fucking awkward situations. Some of which you may not be able to recover from.

Did any of you guys here have a final straw that made you abandon TRP or start to question it?

59 upvotes | December 2, 2018 | by [Thisisaghosttown](#) | [Link](#) | [Reddit Link](#)

What event or wake up call did you experience that led you here?

Mine was pretty bad. A little over a year ago I was starting to doubt TRP because everything it taught seemed to directly contradict everything I was experiencing with interactions out in the real world. The final straw was about two months ago.

To sum it up, I was out at a bar with some friends and a friend of a friend who we'll call TRPer had come along. I'd known this guy was into RP cause of some of the language he used, he lifted religiously, and after having been on TRP for about five years, I knew exactly where he was getting all this stuff he was saying from.

We ended up talking to another group at this bar, and there was a really good looking blonde woman with them who TRPer started trying to talk to. He was throwing all the game techniques at her that I'd been reading religiously for the past five years. Negs, DHV, all that bullshit. This was the first time I'd ever seen anyone use "game" IRL and TRPer was coming off looking like he was socially inept. My friends I was with looked pretty weirded out by it, and the woman he was going after just stood there nodding her head and agreeing with whatever he said. She looked petrified and uncomfortable, and finally said she had to go find her friend. He kept talking like she hadn't even said anything and she just let out a nervous "Okaaaay..." and walked off.

My friends were looking at TRPer like "Wtf dude?" and I knew exactly what was going on because he shot back with "Don't worry. It's just a test. She's only testing me cause she wants to sleep with me."

I knew the exact post on TRP he got that from, and for the rest of the night it's as if I was watching him act the post out IRL, down to the very punctuation marks.

We went and got another round of drinks and about 30 minutes later TRPer saw the same woman he was hitting on going upstairs with another group. TRPer insisted he was going to go approach her again cause "She's just nervous and shit testing me." My friends and I told him not to do it cause we could see this girl clearly wasn't into what he was selling.

He kept insisting she's just testing him and went upstairs to try and find her. 20 minutes later he's being escorted out of the bar by a bouncer who was aggressively telling him that they're getting the police involved if he doesn't leave.

I don't know what happened up on the second floor of this bar cause none of my friends and I have heard from this dude since, but I'm going to guess he kept following this woman around or tried the same thing on some other women until someone complained and the bouncers had to handle it.

It definitely made me rethink a lot of this stuff. I went back and read some of the approaching posts that I used to read all the time there and now when I read them they come off as predatory and stalker-like.

I'm also trying to find out what happened to TRPer from my friend who knows him better than I do. I don't know if this is the first time he's pulled a stunt like this but based on the way he talks and the language he's used since I met him that he's definitely been in the RP/PUA communities for a good

chunk of time.

About Fresh and Fit vs Aba and Preach... A&P gained 10k subs in one day while F&F lost 10k. Can't say they dont deserve it.

59 upvotes | August 18, 2021 | by [Lt-Lavan](#) | [Link](#) | [Reddit Link](#)

YOUTUBE STATS SUMMARY / USER STATISTICS FOR ABA & PREACH (2021-08-05 - 2021-08-18)						
DATE		SUBSCRIBERS		VIDEO VIEWS		ESTIMATED EARNINGS
2021-08-05	Thu	--	1.38M	+461,338	336,455,919	\$146 - \$2.3K
2021-08-06	Fri	--	1.38M	+699,344	337,155,263	\$222 - \$3.6K
2021-08-07	Sat	--	1.38M	+318,640	337,473,903	\$101 - \$1.6K
2021-08-08	Sun	--	1.38M	+267,741	337,741,644	\$85 - \$1.4K
2021-08-09	Mon	--	1.38M	--	337,741,644	\$0 - \$0
2021-08-10	Tue	--	1.38M	+976,408	338,718,052	\$310 - \$5K
2021-08-11	Wed	--	1.38M	+308,090	339,026,142	\$98 - \$1.6K
2021-08-12	Thu	--	1.38M	+461,297	339,487,439	\$146 - \$2.3K
2021-08-13	Fri	--	1.38M	+548,130	340,035,569	\$174 - \$2.8K
2021-08-14	Sat	--	1.38M	+562,784	340,598,353	\$179 - \$2.9K
2021-08-15	Sun	--	1.38M	+573,252	341,171,605	\$182 - \$2.9K
2021-08-16	Mon	--	1.38M	+1,007,786	342,179,391	\$320 - \$5.1K
2021-08-17	Tue	+10K	1.39M	+1,568,768	343,748,159	\$498 - \$8K
2021-08-18	Wed	--	1.39M	LIVE	343,748,159	\$0 - \$0
Daily Averages				+667	+565,803	\$180 - \$2.9K
Weekly Averages				+4.66K	+3,960,621	\$1.3K - \$20.1K
Last 30 Days				+20K	+16,974,083	\$5.4K - \$86.2K

YOUTUBE STATS SUMMARY / USER STATISTICS FOR FRESHANDFIT (2021-08-05 - 2021-08-18)

DATE		SUBSCRIBERS		VIDEO VIEWS	
2021-08-05	Thu	+3K	410K	+708,688	65,003,570
2021-08-06	Fri	+3K	413K	+807,834	65,811,404
2021-08-07	Sat	+2K	415K	+658,523	66,469,927
2021-08-08	Sun	+2K	417K	+390,329	66,860,256
2021-08-09	Mon	+2K	419K	--	66,860,256
2021-08-10	Tue	+2K	421K	+1,076,211	67,936,467
2021-08-11	Wed	+1K	422K	+580,109	68,516,576
2021-08-12	Thu	+2K	424K	+605,459	69,122,035
2021-08-13	Fri	+2K	426K	+706,379	69,828,414
2021-08-14	Sat	+2K	428K	+726,361	70,554,775
2021-08-15	Sun	+1K	429K	+353,177	70,907,952
2021-08-16	Mon	+1K	430K	+569,136	71,477,088
2021-08-17	Tue	-10K	420K	+414,359	71,891,447
2021-08-18	Wed	-1K	419K	🕒 LIVE	--
Daily Averages 🔄		+2.6K		+684,776	
Weekly Averages 🔄		+18.2K		+4,793,432	
Last 30 Days 🔄		+78K		+20,543,262	

Red Pill guys are so funny. A woman can literally tell you her behaviors and they'll say "NO! THAT'S NOT TRUE! LET ME TELL YOU THE TRUTH!"

59 upvotes | September 15, 2021 | by [PrincessTiaraLove](#) | [Link](#) | [Reddit Link](#)

lol Its like the blind leading the blind at this point. If a woman tells you her behavior, LISTEN TO HER! If you don't like her behavior then move on or communicate that to her and maybe she'll change, but saying she doesn't know herself is so stupid. A lot of times we, as humans, don't even know why we behave the way we do, which is why communication is needed.

So what if I want a career oriented women??

59 upvotes | January 9, 2022 | by [Fine_Temperature_432](#) | [Link](#) | [Reddit Link](#)

I'll be honest, the traditional family structure sounds boring. I don't want to work 50-60 hours a week and be the entire breadwinner of the home. I don't think I'll want kids in the future. I'd rather work and my future wife can work as well and we can travel and be debt free. I just don't see a reason why I want children. Since everyone here tends to talk about traditional roles what's your thoughts on this??

My RP friends obsession with teenagers is creeping me out.

59 upvotes | March 14, 2022 | by [Scorpio_Kiev](#) | [Link](#) | [Reddit Link](#)

A close friend of mine blatantly said we have to start looking at girls 16 and higher in the next 10 years so we can be their potential “providers”. I don’t know what that meant exactly but it disturbed me a bit especially from a guy in his late 20’s.

Currently detoxing from the redpill. I unsubscribed from all the YouTubers I used too follow. Unfollowed all there social medias aswell.

59 upvotes | April 4, 2023 | by [Darkorigins7323](#) | [Link](#) | [Reddit Link](#)

I'm so glad this subreddit exists too challenge there beliefs. I'm currently de toxing from that misogynistic garbage that they spewed.

Thank you for changing

59 upvotes | March 31, 2021 | by [vivekavanrdam](#) | [Link](#) | [Reddit Link](#)

I want to thank the men on here, who were able to turn away from the redpill, for working on yourself and coming to understand where you went wrong so that you could renounce and move forward. I'm a woman ex redpill and people like me spend a lot of time countering redpill misogyny from unhealthy men. I just found this sub and it makes me hopeful to see there are men who do the same who have also seen the redpill community from inside. So thank you.

Women who have dated redpill, what are the red flags?

59 upvotes | August 7, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

I'm going back to school soon and will be dating again. If you have been in a relationship or have dated redpill guys what are the red flags?

Edit: guys are 100% welcomed to respond as well!

My journey of unlearning the Manosphere

59 upvotes | April 7, 2020 | by [EthereicAssassin](#) | [Link](#) | [Reddit Link](#)

When I was a teenager, I was pretty introverted and shy. I remember having a crush on a girl and wanting to know how to better talk to them. Naturally, I looked towards the internet. It started innocently enough with some techniques over reading her body language, asking simple questions, and getting her number lol. A few months later I found Corey Wayne. Corey Wayne isn't really a bad dude in my opinion. He has good views on women and he also has some good confidence and self improvement tips. He is nowhere near the level that most of these guys get, but he did give my young, inexperienced, and impressionable mind some bad beliefs though, mainly the belief that a woman would leave a man if he was not "alpha" enough. This gave me a fear and assumption that who I was could never be enough for most women, and it was inevitable that women would leave me. Even though I was attractive, I wasn't the most charismatic guy in the room. I wasn't the most dominant nor did I care about pretending to be.

It got way worse when I read some off brand dating coach, who basically copied other people's books (word for word sometimes). He had much more toxic views but put a little hint of 'spirituality' in there to fluff it out a bit. Many of his points would contradict each other. He was very informal with his writing style and he basically made it out like every small thing you could do was a mistake. One of his points was "Never let a woman pick your clothes for you. She will subconsciously see you as incapable and needy and it will activate her mother brain instead of her lover brain." Like...wtf???

I also discovered MGTOW and eventually The Red Pill, but thankfully I followed my gut because something was just off about those groups. I was too much of an idealist to fall completely into that cynicism. Unfortunately, I still picked up the beliefs that most women were shallow and not interested in me because of my "not exactly like Corey Wayne" personality. I also did pick up the beta male provider thing and the evolutionary psychology BS a little bit. Anytime I had a girlfriend or saw another couple that contradicted these assumptions I thought it was just a rare exception.

I believe that beliefs largely create our life, and if nothing else, I want to unlearn everything these idiots taught my naive mind. I've actually screwed up relationships and potential love interests over girls who were genuinely interested in me because I was so insecure and wanting to be the "perfect alpha". One time I felt like shit because my ex girlfriend washed the car instead of me. Such a fragile sense of masculinity these guys embed into young men.

I also am unlearning the belief that most women are too different and aren't attracted to me because I am so tired of feeling unloved and thinking that any woman who does show interest is a "rare exception". I even met a woman who contradicted everything I thought prior of women who was an absolute love of my life and I was still brainwashed enough to think "She is an exception. She isn't like most girls. Her personality is compatible." I hate it when I look at some couples and think "She might leave him. She is only with him for XYZ."

So I go to sleep feeling loved and attractive, but the word "attractive" has this pick up artist vibe to it that I don't like. I realized I had to go back and fix my beliefs about women and unlearn all of this crap too. I want to be free of this shit. I hate how I grew up and was manipulated by bastards and sociopaths wanting money and leading me to resent people that never even deserved it or did anything to me personally. Worst of all, I hate that I thought so little of myself, and that actually what these cults do is to make you think so little of yourself. I never had hardly any bad experiences with

women. I was so put of touch with reality and that's how cults get you.

I hate that I can't even think of myself as attractive without thinking of pickup. Although I can picture myself as charismatic and charming but still my introverted self. So that is good I guess. I don't mind the confidence and good social skills part but I also want to be loved for all of me, and I actually have been in my life. The women I have been with have all loved me for me. They've all cherished me and didn't mind if I was vulnerable. It was beautiful because it wasn't social dynamics or evolution. It was two people being real with one another and falling in love with that realness and depth. I was in my own way and I don't want to be anymore. I refuse to because this is my mind and my life.

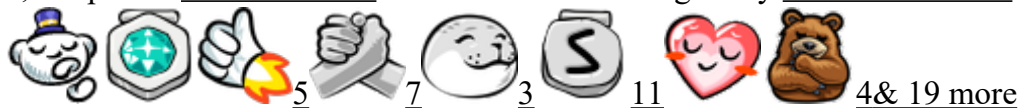
I am thankful I never delved too deep into this stuff, but it was enough to damage my views on relationships and my overall view of attractiveness about myself. I take responsibility for my life because my perception of life dictates how I behave and also how people behave around me, and I want to come out of these beliefs as if I never even went in. Is it possible? I am young and I don't believe I am undesirable or forever alone or anything like that. I just want to be rid of everything about this false mindset that harms my relationships or confidence with girls, makes me fear losing them, or otherwise.

I feel like this post would be beneficial to a lot of guys here.

59 upvotes | December 16, 2020 | by [kawaiiibutpsycho](#) | [Link](#) | [Reddit Link](#)

Women don't like Nice Guys. Women like good men.

2,481 points • 269 comments • submitted 3 months ago * by [menwithmanners](#) to [r/selfimprovement](#)



Distinguishing the key differences between Nice Guys and genuinely good men.

In this world, there is a subset of men that believe women are only attracted to assholes.

Which is true, if you preface this belief with 'very few'.

The vast majority of women are attracted to good men.

The subset of men that believe otherwise are Nice Guys.

What's a Nice Guy?

Nice Guy: (noun)

A man that displays overwhelming acts of kindness towards women, with a firm expectation of immediate romantic or sexual rewards.

Some of the common traits of a Nice Guy include:

He puts women on a pedestal

Nice guys are prone to putting women on a pedestal. They do so to the point of making a woman uncomfortable, or worse, bored.

They will 'coincidentally' have all of the same hobbies and interests as her.

They will agree with all of her world views and personal opinions.

They refuse to say anything that could offend her (up until the point she rejects him, but we'll get to that in a moment).

They are at her beck and call whether or not she beckons or calls for it.

They constantly fawn over her.

They laugh too loudly at her throwaway jokes.

They drown her in unnecessary flattery.

He's dishonest

Nice Guy's are dishonest by nature.

They pretend to agree with everything a woman says.

They deceive women through the use of emotional manipulation.

They falsely big-note themselves to women.

They literally tell women: 'I'm a good guy'.

Nice Guys are dishonest.

Being a sore loser

When a nice guy faces rejection from a woman, his response generally involves a two-step approach:

1. He initially ignores it.

A Nice Guy will relentlessly continue his pursuit of a woman, despite any subtle, initial signals she gives off that she's not interested.

As such, women are eventually pushed to the point of forcefully spelling it out to him: 'I'M NOT INTERESTED, LEAVE ME ALONE'.

2. He throws a tantrum

Once a Nice Guy realises defeat, he doesn't keep his cool and move on from the rejection with grace and civility.

He burns the bridge between him and her until there is nothing left but the charred remains of his bruised ego.

He calls her a prude or a slut (or sometimes both, unaware of the irony).

He makes nasty comments about her personal appearance.

Finally, then he caps it off with something along the lines of: 'I'm out of your league anyway.'

Here is an example of how this could play out in an online dating scenario:

Nice Guy: Hello Emily, you have beautiful eyes. I should tell you, I'm not like most guys. I know how to treat a girl right. If you go out with me, I'll be the one in the kitchen making YOU a sandwich! Hehe...

Emily: Hey, thanks for the compliment.

Nice Guy: You're welcome. So, what sort of sandwich can I come over and make for you tonight?

15 minutes pass

Nice Guy: Hello?

Emily: Hey, sorry, I'm at work. I appreciate the offer, but I just got out of a relationship, and I'm not really ready to meet up with any guys just yet. **Nice Guy: Well that's good, cos I'm not just any guy. Hehe. How about we take it slow then. Let me take you out for a coffee.**

Emily: As I said, I'm not ready for that yet.

Nice Guy: Come on, I promise I'm a good guy.

Emily: Look, I'm not interested, ok? Sorry.

Nice Guy: Ok, fine. Jeez. Just trying to be nice.

15 minutes pass

Nice Guy: I bet you'll end up dating some jobless loser who treats you like shit.

1 hour passes

Nice Guy: No wonder your last boyfriend left you. Women only date asshole losers. If you don't want to meet any guys, then why the fuck are you on this app in the first place?

1 hour passes

Nice Guy: Fine, don't respond. Slut.

This sort of interaction begs the question: If women are only attracted to assholes, why aren't they swooning over Nice Guys? Because they mostly don't.

He has no respect for women

Deep down, Nice Guys have no respect for women.

This is apparent when you witness the Jekyll to Hyde transformation a Nice Guy makes whenever a woman rejects him.

It is also apparent with the overwhelming approach Nice Guys take to their pursuit of a woman.

Men who respect women don't check in on them every ten minutes, nor do they leave women banks of 4 unresponded text messages on the regular.

This sort of behaviour is invasive, uncomfortable and ultimately, disrespectful.

He's completely unaware of himself

Nice Guys seldom accept fault when a woman rejects them.

They refuse to consider: 'If I keep sending women uncomfortably flattering messages and not a single one of them responds positively, maybe that's on me?'

Instead, a Nice Guy carries on recycling the same tired, empty messages, growing more resentful with each rejection he receives in response.

A Nice Guy's inability to self-reflect and self-improve condemns him to a life of bitter cynicism and exponentially painful rejection.

Are Nice Guys born Nice Guys, or do they become them?

Now that you've read through some of the typical traits of a Nice Guy, you're probably wondering: 'are Nice Guys born Nice Guys, or do they become them?'

While many Nice Guys have always been selfish, cynical pricks, not all of them were born this way. Some are newly Nice Guys.

What's a newly Nice Guy?

Newly Nice Guys are those that began their dating life as insecure, misguided young men and devolved into Nice Guys over time.

Let me show you an example of how this happens.

In this example, I'll call our pre-Nice Guy, Guy.

Guy starts speaking to a woman.

He is overwhelmingly flattering in his approach.

The woman feels uncomfortable, and eventually, Guy gets rejected.

Guy is heartbroken by the rejection and confused as to why she rejected him. After all, he was so kind and friendly towards her.

Eventually, he gets over the rejection and moves on in search of another.

Guy starts speaking to a new woman.

Just like last time, he is overwhelmingly flattering in his approach.

The woman feels uncomfortable, and eventually, Guy gets rejected.

Guy is heartbroken by the rejection and even more confused as to why it happened. After all, he was so kind and friendly towards her.

Eventually, he gets over the rejection and moves on in search of another.

As this pattern continues, Guy becomes a little more cynical and a little more frustrated each time.

Ever heard of the saying: The definition of madness is trying the same thing over and over and expecting a different result?

Well, that's spot on in the case of how some men become newly Nice Guys, and how Nice Guys stay Nice Guys.

They continue the same lazy, ill-conceived attempts at seduction over and over, expecting someone will eventually take the bait.

As the rejections pile up, they develop a resentment towards women, become sore-losers and convince themselves into believing that the only reason women don't like them, is because women are only attracted to assholes.

Let's talk about good men

Nice Guys and good men are polar opposites.

While a Nice Guy is disrespectful, insincere, overly agreeable and selfish, a good man is respectful, confident, honest and selfless.

Some of the common traits of a good man include:

He carries out acts of kindness with no ulterior motive

Good men don't hold the door open for women or compliment their smiles, as a way to get her into bed.

A good man displays acts of kindness towards women because being kind and respectful is in his nature.

Women appreciate acts of kindness when they sense that it's being delivered in a sincere, ulterior free manner.

Sincere gestures from a man lower a woman's defences and increase his credibility in her eyes.

He treats women as individuals

Unlike Nice Guys, (who let their negative experiences with a few women dictate their views on all women) a good man treats women on a case by case basis.

This is beneficial, regardless of the outcome of his past encounters with women.

When a past encounter was negative, he doesn't project his baggage onto the next woman.

When a past encounter was positive, he doesn't set unrealistically high expectations upon the next woman.

He's a good loser

When a good man gets rejected by a girl, (yes, it does happen) no matter how painful it feels, he knows when to call it quits, accept the loss and move on.

He won't respond to her rejection message demanding she explains herself further.

He won't accuse her of disliking him because he treated her too well.

He won't send her insulting messages until she elicits an emotional response.

He's too busy getting back on his feet and finding somebody else.

***Disclaimer:** The recovery time from a break-up is dependent on the length and nature of the relationship. I'm not suggesting good men move on from every rejection quickly and effortlessly.*

He doesn't dote on women

Good men are rarely accused of appearing desperate in their pursuit of a woman. This is namely because a good man won't dote on a woman.

Before he compliments her, he senses that the situation calls for it.

He won't show strong affection towards a woman until he feels the relationship has developed to the point where his affection will be well received and reciprocated.

He doesn't treat women like poor, lost puppies, as he sees them as adults who are capable of looking after themselves.

He is always looking for ways to improve

Good men are naturally self-reflective beings.

When a good man realises his shortcomings or is faced with rejection, he makes a concerted effort to confront his shortcomings and improve himself.

This is vastly different from Nice Guys, who prefer to blame their problems on everyone else.

He challenges women

Good men won't enthusiastically agree with everything a woman says and does. If he disagrees with something she's said, he will make it known, respectfully.

Good men also aren't afraid to make fun of a woman (in a fun and playful way).

Examples of this include: 'I'd ask you to dance, but you couldn't handle my moves' or 'I don't think you and I are going to work out, we should call it quits now' (after she reveals she doesn't like Nando's)

He is self-assured

Good men know their worth and remind themselves of it often.

They won't bend at the will of others or let 'haters' alter the views they have of themselves.
They hold strong to their values and express them with women in a mature and rational manner.

He respects women

Good men view women as their peers.

By treating women as their peers (which, in fairness, all men rightfully should), good men reap 2 benefits:

1. They don't run the risk of becoming subservient to a woman.
2. They don't view women as inferior by expecting immediate gratification for their attempts at seduction (therefore their expectations aren't constantly crushed, leading them down a hateful emotional spiral ala Nice Guys.)

He owns his insecurities

Being a good man doesn't mean being free from insecurities.

Sure, the average good man has far fewer insecurities than the average Nice Guy, but still - he does have them.

The difference is, he's not afraid to admit them.

Where a Nice Guy will channel his insecurities into bullying others and bringing them down, a good man owns his insecurities and looks to address them in a healthy manner.

The way a good man owns his insecurities is by:

- Being open about them and seeking counsel from friends on them
- Considering ways he can alleviate his insecurities by improving himself
- Developing strong empathy and understanding for the insecurities of others, based on those he sees in himself

Final thoughts

While the traits listed above provide an underlying framework of what makes a Nice Guy vs. what makes a good man, the world is not so black and white.

Some good guys have moments of weakness, just as some Nice Guys have moments of clarity and good.

If you are guilty of a few Nice Guy traits and you fear you could become a full blown Nice Guy, please know - there's still a chance for salvation.

My advice to you is to change your mindset and attitude towards women, but firstly - towards yourself.

If you don't, you are likely to live a life filled with romantic rejection and increasing bitterness towards yourself and others.

Nice Guys, start being good men.

Good men, keep up the good work.

Husband is reading TRP and MRP subreddit and following it 100%

58 upvotes | June 13, 2017 | by [Ashe225](#) | [Link](#) | [Reddit Link](#)

Howdy!

So my husband is currently reading the recommended books from TRP and MRP (i.e.: 'no more mr nice guy'), I can see some good out of it (i.e.: self improvement) but his actions are making him seem like a jerk. He purposefully withhold compliments, acts like I don't exist, when I want to share something with him, he Told me no, want me to go up to kiss him instead of coming down to my level to kiss me, etc. little things like that cause me to remember when he was really red pillled which was just a few weeks ago.

A few weeks ago, he mentioned something about my hamster wheel and how I cheat on him (which I didn't, but I did read a post on TRP teaching them how to accuse their SO to cheat on them to make their SO go crazy), which is a tactic used by TRP. He got up in the middle of the night and left because of previous argument and didn't come back till couple hours later. Treated me like a sex object that doesn't deserve respect. Those extreme red pill crap that he pulled was a few weeks ago, and he had gotten better but he never apologized. And now, although he'd gotten better, he started to be more passive aggressive instead of aggressive aggressive, which to me, it is worst. He is playing mind games with me and I really despises that. He's sneak in comment such as 'I'm the alpha male', etc. and to me, that is a sad attempt to show that you're 'alpha' male.

Before TRP, he used to be such an amazing husband. Compliments were given when it was due, never doubted my ability to do something, always encouraging me, but now, he made sneaky comment about how I can never do what I wanted to do, withholding compliments, ignoring my request, acting like he's the big alpha male and I should obey.

What can I do to help him break this cycle? It is hurting our relationship and making me not wanting to be with him.

Edit: clarification

Edit: I don't want to leave him or get a divorce beaucase I generally believe that he is a great person, he is just being influenced by MRP and TRP. Some of the TRP aspect I really like, ie: self awareness and fitness, but that's about it. I think a healthy dose of TRP is ok just not the extreme like many of MRP and TRP proclaimed.

Edit: We recently (aug 2016) moved from our hometown to another state so he had to get a new job, get adapted to a new place, and the election. We fought and fought because we are both stressed out. In a sense, I feel like he is blaming me for everything, including the reason for our migration. I had to move because I got accepted into a graduate school 2 states away. And I think that is the reason why he is unhappy, although I don't want to assume.

Edit: we talked that night or the day after since he saw my post and posted a responding post on MRP. I told him my concern with MRP and TRP. He told me why he went to MRP and TRP. The self improvement section was very attractive to him, but the treatment of women? Not so much. But then, we're only human. When we read something, we subconsciously act that way. Even though he told me he doesn't agree with everything MRP and TRP has to say, he did act like them and even more discreetly now. But anyway, after a long talk, I begun to understand his resentment. We both

need to work on our marriage and communication is key. (Doesn't matter what MRP or TRP say about communication, cause their advices are shit). I'm going to trust him to check himself when he steps into the MRP and TRP traps, although he peruse it everyday. I think it is a good start, hopefully it stay this way.

I forgot how to be a human

58 upvotes | February 9, 2017 | by [ExIdiot999999999](#) | [Link](#) | [Reddit Link](#)

I dont care if no one reads it, I just need to let it out somewhere safe (I assume telling someone in real life that you used to read TRP is like admitting to past in KKK).

3 years ago, I was in a bad place. My first girlfriend left me after couple of days, I had no direction in life, I was a huge loser with mental and health problems. I somehow stumbled upon TRP. I've heard people telling horror stories about that subreddit, but i had time so I decided to take a look anyway.

I've read couple of posts about importance of doing some sort of physical activity like gym or sports, dealing with anxiety, not treating random female acquaintances like princesses. I honestly thought it was good shit that someone shouldve taught me before.

Honestly, I've read a lot of hateful, spiteful threads treating them like real life truth. For 3 years I treated girls like objects, that im either going to fuck or not.

Im not gonna lie, I had a little bit of success early on using trp "techniques", thats how I lost my virginity. But honestly, it wasnt even worth it. I still think im a virgin, as I havent been intimate with someone I bonded with.

In the past month I've read a couple of very fucked up things on TRP that made me question that ideology. I think some crazy moderator tried to justify child suicide because of bullying claiming "survival of the fittest-weak should die". Fucking moderator wrote this! Someone who is supposed to represent the ideology!

I've also read a thread about some dude who broke off his engagement with fiancée of 4years. She hasn't done anything wrong, she didnt cheat on him, but he broke it off because he had younger girl in sight. Highly upvoted thread, people congratulating him for his decision.

This made me think- do I really want to follow the ideology of such people, who probably dream about the return of caveman era, where alphas murder betas and rape the female captives?

Majority of TheRedPill readers and contributors have no morality, and can't objectively view themselves. If women does something wrong, she's getting so much shit. However, if some guy does something shitty, hes getting praised for it.

Honestly, I feel like I spent my last 2 years in darkness, alone, jerking off to theredpill fantasy. I became judgemental, cold and distant. I didnt build a single strong relationship, and the old ones slowly withered away.

/edit How can I un-learn the shit I've read there? I feel like it will still have a lot of influence on how I think, as I've followed it from age 16-19, when majority of people learn how to form healthy relationship in real life, while all I have was a handful of happy accidents and theredpill "knowledge".

HYPERGAMY IS IN DECLINE LOL (DATA AND STUDIES)

58 upvotes | September 11, 2021 | by [ET-Osmio-180599](#) | [Link](#) | [Reddit Link](#)

Hypergamy in decline LOL

The redpill uses hypergamy as a way to give men a complex, since many men do not like to be seen as an ATM, just as women do not like to be seen as a sexual object, and this increases insecurities and complexes that hinder relationships.

Good friends, I have done a lot of research on hypergamy in the last few months, but the truth is that I couldn't find more explicit data that would show a new face on the subject of hypergamy.

But one day I came up with a question that no one in the manosphere or ex redpill has ever asked: What is the percentage of wives who earn more than their husbands, under that premise, I searched like crazy for that data and bingo if it exists and I will show it.

NOTE: This data is currently what I will show, I have more data but I have not analyzed or reviewed or taken for granted something I do not know. This post will be the first of many as I have a hell of a lot of data on hypergamy.

The change since the 60's is incredible, we see how it has increased drastically and how society has changed radically, we see somewhat positive and encouraging changes. The first data is brutal, in 2019, %30 of wives earn more than their husbands lmao. Source:

<https://www2.census.gov/programs-surveys/cps/tables/time-series/historical-income-families/f22.xlsx>

<https://preview.redd.it/3e2z70xokum71.png?width=840&format=png&auto=webp&s=245d85e8e865768a0a9788a3d676f0f377b58ab5>

However, this data was taken from [Census.gov](#), but there is another institution that took alternate data, this data is better than the first one, since it includes husbands who do not generate income along with husbands who earn less than their wives. This data is only available until 2013, it was discontinued after that year. This was done by [BLS.GOV](#). There are two columns, the first where the husband generates no income and the second where the husband generates less income.

Yeah, more than %40 of women provide or earn more than their husbands, keep in mind that women provide when their husbands are out of work or suffered some accident or illness.

Source: [Wives who earn more than their husbands \(archive.org\)](#)

<https://preview.redd.it/x3uzrq5hlum71.png?width=850&format=png&auto=webp&s=71090d325ce73562e8207a77e8cab286cf5b9553>

Another interesting fact I found, the data here does not show how much percentage she earns over her husband, the truth is that in 1993 there is a more accurate study and it coincides with the figures of both data. This one shows how in 1993 %25 of the women earn more than their husbands with their respective percentages of how much they earn. I did not find current data on percentages is something rare to find but soon I will investigate more I have a lot of material to counteract the hypergamy.

Source: [Earnings of husbands and wives in dual-earner families \(bls.gov\)](#)

<https://preview.redd.it/6pil9z95mum71.png?width=1025&format=png&auto=webp&s=d6c372ccaff60645d14c8f155837ac4af5adc8c6>

Ok, as I was saying, this table coincides too much with the rest with their respective years. Keep in

mind that it is likely to run into a man who earns more than the woman because on average or generally they earn more than their wives so that can differ a lot in the data. Source: Earnings of husbands and wives in dual-earner families (bls.gov)

<https://preview.redd.it/djvlp7szmum71.png?width=1533&format=png&auto=webp&s=cfl ded63bbf307c1e7841c6a33a646851c98bdc0>

The following data is different, from the DOL.GOV, it shows how %40 of women since 1960, AN INCREASE OF MORE THAN %1000 since 1960. This data includes both married and unmarried women.

The above data is very much in line with the rest, keeping in mind that this data shows that there has been an exponential increase in the number of female suppliers over the last few years. Source: Mothers and Families | U.S. Department of Labor (dol.gov)

<https://preview.redd.it/39ukqubtnum71.png?width=939&format=png&auto=webp&s=eee8510f258b7aac3d4afcd89a210839f5e3afe4>

One of the limitations of this study is that wives misreport when their husbands earn less than they do. That is, when the husband earns less she reports lying that her husband earns more than she does LOL. These data may differ greatly, depending on the state, this data is different from the rest so keep that in mind.

<https://preview.redd.it/k0q0lp65qum71.png?width=693&format=png&auto=webp&s=171919307717c2784026c4254db409ef70ad064e>

There is no doubt that these findings are incredible and interesting, given the conclusion that traditionalism is where it feeds more hypergamy, of course both women and men are "hypergamous", a man will always look for the most beautiful women if or if (if not only fans would not exist lmaio). It is hypocritical to criticize women's preferences when men have physical and fantasy preferences.

Soon I will show more info that contrasts when the wife earns more divorce increases (which is not the case, as we see the data figures increase considerably and are maintained has not been a drastic decrease) and dismantle the alleged stress that women suffer when they earn more or are providers.

If you put a man to choose a beautiful and intelligent woman or an unattractive and intelligent woman? who do you think they will choose? all men and women will always look for things from a person who brings good things and nourishes or complements us. Of course as long as the standards are realistic not exaggerated xd xd xd xd.

These counteract a lot to what the network pill says: Women will only look for men who are superior to her, which we see is not the case and the number may be much higher as I mentioned above.

This is the data for the moment, I have many more to show in the future and to dismantle of course, much to investigate and refute. Believe me, I have some info that fucking yes completely dismantles hypergamy but I have college so patience folks xd.

Like, the unemployment of husbands increased the divorce more than in women, I have a study where it indicates that this is due when the wife is a housewife but when the wife works the risk is much lower but I must read it all and soon make my conclusions of studies that I have discovered in these months of research. Also about hypergamy at the educational level, professions and among other topics related to hypergamy but soon I will refute.

I am missing data from Europe and LATAM that I have collected and will be somewhat interesting in my future publications.

Here I will attach some news that may interest you;

<https://www.npr.org/local/305/2020/02/18/807050015/more-couples-are-embracing-female-breadwinners-despite-decades-old-stigma>

Everything Wrong With Red Pill

58 upvotes | October 20, 2019 | by [jzell3](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=Gbnvpzlh8c>

The studies that “prove” women are hypergamous don’t replicate. After conducting his own follow up study with a larger sample and more rigorous methodology, one of the original authors of the dual-sexuality theory declares that it probably isn’t true.

58 upvotes | October 26, 2018 | by [SmashTheKyriarchy](#) | [Link](#) | [Reddit Link](#)

<https://slate.com/technology/2018/10/ovulation-research-women-replication-crisis.html>

I was a virgin, naive virgin who came across RPW and it ruined my life

58 upvotes | October 13, 2022 | by [Guipio](#) | [Link](#) | [Reddit Link](#)

I was an ambitious tomboy who was nevertheless insecure and upon discovering RPW and secrets to trigger a “hero instinct” in men, decided I had to up my “girl game”. I essentially became a doormat in relationships and was sexually abused, had skyrocketing anxiety, depression, lost respect in the eyes of my family, was erratic and lost.

Red Pill is a cult that attracts insecure, depressed, or inexperienced people. And it has the potential to do a lot of psychological damage.

I thought I’d discovered “secret keys” with red pill, what I really discovered were keys that fueled my low self esteem

The redpill ruined my last relationship

58 upvotes | May 25, 2021 | by [kalifo_yt](#) | [Link](#) | [Reddit Link](#)

Okay i found out about the redpill in jun last year during lockdown and i instantly absorbed that shit , i put 6 months into it and finally i got into a relationship in December Man it sucked cause i couldn't show emotion or it'll make me less masculine , i don't show any affection because i was trying to be Alpha , and i also didn't compliment my girlfriend or give validation basic dread game it worked but damn i didn't enjoy it at all i wasn't happy and i wasn't myself i was once in a relationship before the redpill bull shit and it was amazing i didn't have to use any tactics and she ended falling in love with me even after we stopped talking , man the redpill is just a rabbit hole you'll dig yourself in i am happy i left it as soon as i could

The Red Pill Mindset is destructive to a Healthy Relationship and Emotional Intimacy. Showing Vulnerability and Talking about things is a more sustainable way.

58 upvotes | May 6, 2021 | by [pr0t00](#) | [Link](#) | [Reddit Link](#)

In my previous relationship, I started it out fully red pill. The sidebar was my bible, and my goal was to stay in frame no matter what. Long story short, the relationship slid down from time to time, until it crashed completely. Whenever she asked any legit question, I just made a joke out of it. Then the same questions came up time to time again from her. I deflected every time. I was afraid of intimacy, and getting vulnerable with her.

The relationship worked for some time, and even felt somewhat good. Then, she started having some troubles (coming down mostly to unresolved things from the past), and wasn't there for her. Or more: I couldn't be there for her. To talk about emotional experiences, and to share empathy, I thought it would brake my frame. Like a glass house that I built up, with one stone hitting the walls it all collapsing.

Over time, her emotional distress severed, and as we were seeing each other only about time per week (keeping scarcity), whenever we saw each other it just unloaded all at once. She was crying so much, and didn't even understand anymore what was going on with her. She saw me as cool guy, who never let anything emotional coming through to him. As I almost never shared when something bothering me.

After about 10 months, she was already getting professional mental health support, the cardhouse collapsed. I started feeling worse as well, and knew that I had to change something. We started considering couple therapy, though I saw it as not worth it. The breaking point came, when we had a journey for a month planned together to Mexico. I knew that it's was time to make a decision, whether to show commitment or not. I made the decision to break up with her, due to the huge amount of uncertainty going forward. And at the breakup, in full red pill fashion, I did not even give her a hug when she asking for one. What an asshole move from my side.

Then some time went past, and I got to know this girl whom I really liked. At the first date she already shared some more vulnerable parts of herself, which made me more comfortable to open up as well. After the first date I thought of waiting, in full red pill fashion, for three days to write her. to not seem to interested into her. Bummer, she wrote to me the next day. And my gut told me, why not just respond to her sweet message. So I did, and it felt good. I felt relieved to follow more my gut than some made up rules.

We went on more dates, and became more intimate with other. On the second date we were speaking already about we're looking for. And we were speaking about the terms, that we saw as essential for in being in a relationship. We talked many hours about that, and it felt really good. Getting to know the past of the past of the other person, and going on amazing adventures together. We didn't start out blindly in love, more so rationally in love. Love both an action and a combination of feelings.

The result is a really high level of trust and intimacy. Knowing that I can count on my partner, and she can count on me. That is because we talk everything important to us through. It's not negation, it's more like speaking about our both wants and needs, and then finding a fitting solution. The whole

relationship was started within the times of the pandemic, which made it of course harder to feel good feelings throughout. So far we managed to overcome the challenges really good.

If you were to ask me what the key to having a stronger relationship as a man is, it would be to get more comfortable being vulnerable. That let's womens hearts go higher, especially the one I want to be with, and creates even more desire. At least in my case – probably more people can relate. It's simply sexy to be very comfortable with the person you are. That also gives also so much confidence in the relationship knowing, that I can speak with her about anything. We listen to each other, and we grow together.

How have your experiences been so far? Can you relate, did you even go through a similar transformation? Or what's your way to go at the moment?

Coach Red Pill only goes after women under 25 and you should to lol.

58 upvotes | May 26, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

I don't know where this clown gets the idea that this is true. Who wants to bang some fat middle aged man lol? He really believes it and claims that's all he goes after. Maybe if you're George Clooney but this is ridiculous.

I don't believe in HYPERGAMY, but if it was real this is what it IS! (last post was ignored because of title)

58 upvotes | June 29, 2021 | by [MicahMX700](#) | [Link](#) | [Reddit Link](#)

The truth about this so-called hypergamy these red pillars talk about is that it doesn't exist! (at least for most decent people). What I mean by this is hypergamy exists exclusively for them, in that these men are SOOOO UNATTRACTIVE to point where standards that the women they want would normally be looking for in the partners that they would want like: good personality, secure in themselves, etc. Fall entirely on deaf ears with the red piller and so that causes the women that they want to go after to acquire much higher standards of them in order for them to tolerate being with them such as: being rich, super tall, driving nice cars, and at the very least having a stable job (or a job period).

Because under normal circumstances these woman would never even want to interact with the red piller watch less date them. It's quite literally a "I wouldn't date you unless you had so and so" hypothetical situation you would hear when being rejected by a love interest, because they you just that unlikable. Really think about it. What reason would a woman have date a man who does nothing but complain about her gender, and talk about nothing but how her gender is more privileged than his is, and how she should be slave to him solely based on the fact because of her being female. UNLESS she had some sort of incentive to do so, like having TONS of money, being SUPER physically attractive, and or having something she normally wouldn't care about in a partner that she would ACTUALLY want. Thus these reasons would bring a woman to resort to the so-called phenomenon of HYPERGAMY.

Take a shot for every time they use the words masculine, feminine and submission

58 upvotes | July 14, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

It's pretty wild how when you speak to people irl who actually live their lives, these words NEVER come up not even in dating really. These words are all these guys talk about without even truly understanding what they mean. If you ask them what being feminine means they legit think it's women who wear dresses. If you ask them what submission is they say cooking, cleaning and the woman having sex with them on command. It's pretty wild. Can't believe that I really fell for that shit; even as a woman myself

Women and female characters can be attractive without sexualization.

58 upvotes | August 4, 2021 | by [whatboi67](#) | [Link](#) | [Reddit Link](#)

I'm honestly getting tired of those RP guys complaining that women and female characters "aren't sexy anymore" in "woke" media and demand society to bring back those years when women were nothing but sexualized.

I'm a man and I don't mind sexy women. However I also think women and female characters that aren't sexualized can be attractive too. Recently there was one guy on twitter complaining that Aloy from Horizon 2 looks masculine with no curves and makeup, then got butthurt when people told him how bad the tweet was. There were some women on the comments thread showed their real faces and asked him if he found them ugly. The guy even complained that Ellie from Last of Us 2 looks ugly. The guy was so butthurt he called people that criticized him "beta males" because he is SO "alpha".

Speaking of Last of Us 2, those RP people even complained about how Abby looked in the game. Some even called her a man and compared her to male bodybuilders. As if muscular women don't exist to them.

They also had some spicy takes on the She-Ra reboot and how the characters looked (I never watched the show). TheQuartering, even called the main character a man, because she does not have boobs. Do they even realize that flat-chested women exist?

Before Mortal Kombat 11 came out, there was "outrage" when the female characters are wearing less revealing clothing. They even went as far as to compare them to muslim women that are covered up. Well guess what, those female characters that are covered up are still good looking. The character Cassie Cage has a kissable face.

Those are just some comparisons that I can think of . Honestly it's getting annoying that those guys only want women to look like supermodels. They can't accept anything other than and act like SJWS. Like I said before, I love sexy feminine women but having realistic and "average" looking women is a good change and I want to see more of that. If those RP guys still hate this change, I'd say we keep making masculine and average looking female characters just to see them cry about their masculinity being hurt.

Have a good day.

I hate how prevalent the red pill/ incel community is in the black community.

58 upvotes | January 10, 2022 | by [Electrical-Flan5320](#) | [Link](#) | [Reddit Link](#)

I am a black male who admittedly used to be heavily invested into the redpill mindset. I used to shamefully have the mindset that there is a man and a woman's place in a relationship when doing anything, and regret doing so and wish that I had never developed it. When looking at the community now, it absolutely disgusts me. Content creators were always biased and would often be heavily into the "we must go back to the good old days". But now more so than ever, the toxicity amongst black, red pill creators is too much to handle.

I am amazed to see how people can love some creators such as Kevin Samuels and other black creators who spew some absolutely hateful shit towards women. The tactless and basically hateful tone in their voices is ridiculous and needs to change imo. I mean for the most part I don't think that we as a society talk enough about the incel's that are present amongst black men. The amount of men you see cheering on this mindset really do have a disdain and filthy view of women as far as I am concern.

Overall though I just hope that a lot of black men can get out of the trap like I did and see that the red pill is a miserable existence.

I'm a guy who's just so sick of Redpill lies that I did something I thought I would never do

58 upvotes | January 20, 2022 | by [chocolatetacos96](#) | [Link](#) | [Reddit Link](#)

I need to rant! I'm really sick of Redpill bullshit, especially Fresh and Fit, but sometimes I still watch it out of morbid curiosity. I need to figure out how to reset my Youtube feed so those videos don't come up in my recommended. The guys and girls on the videos just make me nauseous. I got so sick of it, I did what I said I would never do and created an Onlyfans just to debunk what they're saying. Especially Fresh and Fit. All guys don't have to make 6 figures to date women and all women aren't air headed idiots who only serve one purpose. Incels are being created by this trash because they think there's no hope for them to get women and it's a powder keg that is gonna blow one day. If they only knew that these guys are full of shit, they would see what the reality really is. I can't even imagine the effect that it's having on young women watching this shit and thinking that they need to be like those girls on Fresh and Fit to make money. In 20 years the world is gonna be screwed.

If redpill is what women want, then why do RP men hide that they are RP?

58 upvotes | April 23, 2023 | by [lovechild999](#) | [Link](#) | [Reddit Link](#)

Why do redpill men not disclose that they believe in the ideology? Why is “don’t talk about fight club” even a thing? Technically speaking, if they love being rp so much why are you hiding it?

I recently found out that a guy I'm talking to has a high body count and I am repulsed

57 upvotes | March 31, 2023 | by [pinkvintagegirl](#) | [Link](#) | [Reddit Link](#)

The red pill insists that women like men with high body counts or that are very sexually experienced. They insist on men sleeping around as much as they can from what I've seen. I'm a woman and I'm saving myself for marriage. I'm currently in the talking stages with a guy who I would say is also sort of into the red pill. He's about 10 years older than me and is very stereotypically masculine. He is very successful in his career, so much that he's planning to retire soon being just in his mid 30s and wants a housewife and 4-5 children. He likes that I'm a virgin. However, I recently found out that he has a 200+ body count and I am shocked. I'm honestly shocked that I am shocked because I've never experienced this. 200+ women? How? We have talked about sex and how I am waiting until marriage and he's alluded to being able to wait until marriage if "we can do other stuff before".

According to the red pill, I should be very attracted to that and yet I almost feel repulsed. The image I had of him changed in a second and I hate that. I thought he was different than that and now I'm not sure what to do. We share a lot of values but I just can't look at him the same way. Am I wrong for this?

Red pill friend went full psycho

57 upvotes | May 5, 2023 | by [Scorpio_Kiev](#) | [Link](#) | [Reddit Link](#)

So a friend of mine went down the redpill rabbit hole. He recently started a fling with a 23 year old girl and things went left this week. He asked her to come over and she said she couldn't at the moment but would see him next week. He went to get beer with a friend and saw her walking with another guy. He later messaged her after a few drinks, accusing her of being a liar and made some derogatory comments about her age and occupation(she doesn't have a degree,EDIT: didn't complete high-school).He then sent her pics of younger girls he would rather hook up with. She called him a creep for his obsession with 19 year olds(he's 31). At some point in the text he bragged about knowing female nature and that "Myron Gaines(Fresh N Fit) taught him well"...that's the part that made me burst out laughing. She was like who the hell is Myron??? LOL! He also bragged about nutting on her face as a way of winning the fight.She threatened to call the cops and I guess they some how blocked each other.

Just left the red pill yesterday

57 upvotes | September 27, 2020 | by [ivanbxng](#) | [Link](#) | [Reddit Link](#)

Hey guys so long story short, I almost broke up with my girlfriend that I'm in a LDR with. She hasn't really done anything wrong and I can see that she's trying to make it work but a couple days ago was getting annoyed at certain behaviors.

Instead of actually communicating I used some red pill tactics and made her cry a bunch of times. Just pretty much turned into a major asshole that broke up at the first sign of trouble.

Yesterday i put my ego aside and actually had a great conversation to make things better and it felt way better. There were tears from her but I could tell it was fine because we were moving on from our previous fight. So now we're giving this I try but I just wanted to know if you guys have any advice to get over all the manipulation and games the red pill offers (?) Also kinda felt like talking about what was bothering me was really beta and that's why I didn't do it until I couldn't take it anymore.

The Red Pill is rape culture

57 upvotes | June 8, 2018 | by [Successful_Log](#) | [Link](#) | [Reddit Link](#)

A lot of what they say can (and is many times used to) justify rape. For example they'll tell you that what a woman tells you about what they're attracted to, is wrong. They tell you that no doesn't mean no. They emphasize dominance over women, they emphasize what they call being "alpha." And the vast majority of their stories are made up. Their "philosophy" can easily be used to justify rape, and it most likely already has been.

That subreddit needs to be banned.

Is there a shit test to see if red pillers are too far gone?

57 upvotes | September 18, 2017 | by [hereonaccident](#) | [Link](#) | [Reddit Link](#)

I'm sorry if this is the wrong place to post this, but I was referred to blue pill and thought you guys might be a little more sympathetic.

I recently saw my husband had a different username on his Reddit account than I knew, so I looked it up and it's a whole red pill side of him I had no idea was there. I'm devastated to learn he has been gaming me and read some of the things about me he has posted. It's all so out of character. How do I know if he's too far gone? I'd like to use his new 'power' against him and give him the ultimate shit test. If he passes, I talk openly about this and my feelings about it. If he is too far gone then I beat him to the punch, never let him know I know, and start moving money so I can afford to leave one day. These are things I never thought I would say ever 24 hours ago, but this stuff is sick, I've fallen down a rabbit hole and am utterly freaking out. Apparently he's been reading the books and I saw where he hit on a swinger couple asking if they were available, so I figure it's pretty bad. I feel so lost right now, I really do love this man, but the words I was reading just seemed so out of character and scare me. I grew up with an abusive father and thought I had done such a good job finding a good man. How the hell did this happen?

Hypocrisy in the “women are only emotionally driven people” statement.

57 upvotes | August 23, 2021 | by [FlakyImpact5838](#) | [Link](#) | [Reddit Link](#)

TRP constantly paints women with the ideology that they can't understand much outside of the emotional realm and that common sense doesn't really come easy to them. They will always take the emotional side of things and it is difficult for them to think rationally. This is already a harmful statement in of itself, but the hypocritical part is when they tell their followers to avoid 'thinker' (I'll call it that for the time being) type women, or women that are very logically driven because it could "clash with that man's masculinity." Women really cannot win in TRP and this is only one example of it. They borderline call women incompetent and stupid for being naturally more emotional than men using it against them, but on the same token, if she's not emotionally driven, she's not feminine enough.

I deserved to be sexless and single for almost a decade. Because I was a rude and disgusting misogynist

57 upvotes | October 21, 2021 | by [wqure](#) | [Link](#) | [Reddit Link](#)

By the age of 27, wisdom comes by, and tells you how much of disgusting and rude I was to women. I told myself If I was a woman I would reject myself. Pretty much all my life situation is self imposed, but blamed women for it

Redpill side effects include...

57 upvotes | November 29, 2021 | by [WeiThroha](#) | [Link](#) | [Reddit Link](#)

Like many of you here I was swept into redpill thinking through a trickling change of opinion, followed by being lambasted with every "look at me I get laid 50 times a week" post that tends to end up in that community.

Yet you will never see a single post about the negative side effects that come with ingesting unapproved "medicine."

Really putting in a lot of effort to get laid while subscribing to redpill philosophy unsurprisingly got me laid! What I didn't realize until the damage was done was that the redpill portion was placebo, and in fact nothing that I did that actually worked was unique to TRP.

Now I'm in a happily loving relationship (after quite some effort to regurgitate swallowed pills) and I still find those side effects popping up every now and then. Telling me she's not good enough or that it's just your turn or whatever my brain decides to vomit out.

So here's a little side effect list that I've found through self-experimentation with unapproved drugs over my years of redpill and detoxification from it:

- A general tendency to believe bro science
- Complete fear of any form of commitment
- Insecurity about your partner's N-count
- Insecurity about your partner having had casual sex, despite you having had casual sex (the latest brain vomit for me)
- Obsessing over women trying to screw you over through divorce
- Thinking that 'spinning plates' is in any way not narcissistic manipulative bullshit
- Getting frustrated if women won't have sex in the first couple of dates
- Thinking the woman is promiscuous if she has sex with you in the first couple of dates
- Thinking that your woman cheating is a high probability (or even an inevitability) despite zero supporting evidence
- Insecurity that if you're not the best sex she's ever had, she's only with you for your money/status/etc.
- Thinking if a woman isn't feminine that she's somehow not good enough (despite liking tomboyish women???)
- General disdain for women
- General insecurity or dissatisfaction of never being 'good enough'
- Thinking that happiness is in any way gained from casual sex

Feel free to contribute your own findings. If you're still someone who's ingesting these pills, in the end stopping is up to you, I only hope to provide you with my perspective and experience.

Having genuine female friends (and generally being around open-minded people) really changed my perspective on how I view dating, relationships, women and people in general.

57 upvotes | December 30, 2021 | by [Uncertain_Learner](#) | [Link](#) | [Reddit Link](#)

Hello there! Before going into my story I would like to provide some context: I am a 20 year old virgin (never really bothered by that fact), 5'4 - 5'5 ft or around 165cm tall (used to be ridiculously insecure of my height though now it has substantially lessened), never been in a romantic relationship, and average looking or maybe if I put on more effort I'll be a bit above average in looks in optimistic terms (I am insecure of my body and looks and currently trying to fix it with improving my fashion sense, style, working out, dieting, such and such).

As you can see I'm not really that much of a catch especially considering beyond my looks alone I'm not the most jovial, charismatic, or approachable person out there, and I have more nerdy interests and inclinations but despite all that I still manage to form lasting friendships and have close acquaintances with a diverse range of people, in fact my closest friends are women and they are the primary reason why I never fully bought into the redpill ideology. I mean I flirted with the idea of being a redpiller or even a blackpiller especially when I was in my angry and bitter stage at 18 years old but still I ultimately didn't and I am thankful for that.

Having female friends gave me the insider perspective so to say, wherein as I have observed women aren't really what the redpill would like to present as the "other", you know beings who are desirable but to be feared, be cautious around, or even be disdained and hated. They are ultimately human beings just like men, they are imperfect, are culpable to human failings, and are subject to human thoughts and emotions, if you simply remove that veil of mystique around them you'll realize they're really not so different from guys. I believe its mostly social constructs such as gender roles and gender expectations that exacerbate this problem but that's another story for another time.

I have several experiences that I could share to elaborate my points further but I feel my post is getting too long so maybe I'll put them in another post or in the comment section. (I'm new to this so please let me know if I did anything wrong and also English is not my native language)

Play stupid games, win stupid prizes.

57 upvotes | May 3, 2020 | by [CorruptSoulGem](#) | [Link](#) | [Reddit Link](#)

<https://i.redd.it/tzyhmimi91hw41.jpg>

Evolutionary Psychologist who popularized "Ovulatory Cycle Shifts" on which TRPrs (claim to) rely on to justify their crap theories admits it's all BS. Mandatory Read.

57 upvotes | July 24, 2020 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

<https://slate.com/technology/2018/10/ovulation-research-women-replication-crisis.html?fbclid=IwAR08YKsvZVpWSvW6F54gL5XBWRnTflfVXUiMgavSEKd31hrbSKVMIjqTFFs>

Leaving the red pill

57 upvotes | February 27, 2021 | by [nomadic_pitmaster](#) | [Link](#) | [Reddit Link](#)

Hi, I am a 24yr male. I have been "red pillled" since i was 15 and now I am leaving that cult.

I have had good and bad relationships and honestly I can say the red pill is bs. I feel like I am being forced into being something that I am not. Im not interested in the alpha or beta crap, nor the politics of red pill.

In recent times, I have struggled with depression and I am unsure how to handle things. My life has changed for the better, however I am a bit stuck on some things. I feel like I am unable to express love towards the opposite sex and this alarms me greatly. I wasnt raised this way, I was raised to love and respect everyone.

I believe that I am too red pillled to the point that I see every woman as a manipulator or some sort of monster. Honestly this has caused me many friendships because of my own toxicity. It has lead me to homelessness and simply self harm.

I am reaching out for help. This is my cry for help.

I want to be normal again. I want to be kind and loving. I have 0 desire to harm anyone.

My dream is to be married with a family and that I am able to love them with all my heart.

I am poor in character, I am poor in mentality.

But I do desire to fix these things.

Please help me.

men having to pay for 100% of dates + expensive stuff is not true.

57 upvotes | May 19, 2022 | by [Apprehensive-Farm384](#) | [Link](#) | [Reddit Link](#)

basically i'm 25, unemployed, and doing university. i've dated women recently my own age that are more successful than me. its financially 50/50 for me. ive been dating women with jobs. they arent trad virgins, like the redpill tells guys to go for. i'm not totally a loser, but the "women wait at the finish line and pick the winners" isn't true if you're a normie. if you're leading with your wallet (think some 40y/o rando dating women in their 20s) , then yeah you will pay for dates. what do i "bring to the table"? vibes; i bring good vibes.

My father is on the red pill and losing his mind.

57 upvotes | July 13, 2022 | by [jacklivesmatter](#) | [Link](#) | [Reddit Link](#)

My parents divorced two years ago and they moved apart. My dad has our old house and I go for visits. He's now alone with his money and is now tricking out women. Lately, all he can talk about is red pill. He has his main girlfriend in a different country of Costa Rica and when she couldn't get into America she was gonna leave him because of her legal troubles and her overall discouragement.

My dad sinks deeper into red pill and eventually went to 5 star hotel in Thailand and tricked out another girl to make his main girl from Costa Rica jealous. He is now empowered and got his woman back. He wants to instill all this onto me (while I have a healthy love life and don't have too much trouble with women) and make me read a book by Rollo Tomassi.

He is now considering writing a book of his own. He is delusional. My father keeps talking about betas and simps hilariously and I can't help but to be baffled of the projected insecurity of himself. I don't know what to tell him because he has narcissistic rage. I'm thinking about letting him burn down to his own demise to learn his own lesson. What do y'all think?

My (Woman's) take as an observer of the red pill

57 upvotes | July 21, 2022 | by [doratattie](#) | [Link](#) | [Reddit Link](#)

Recently I've been drawn into looking at and listening to some manosphere / MRA stuff online and I'm honestly baffled by it.

Much of it seems driven by men who feel rejected by women or who had bitter divorces. They make a lot of the fact that only men can be drafted in the US, that more men commit suicide than women, that boys are failing educationally none of which is women's fault. They then complain about divorce laws and child custody. I personally do not support the draft, I do think that services for mental health and to tackle male suicide should be improved / better funded and that boys failure in education should be investigated and methods found to help boys thrive in school. However I don't think women are responsible for mens suicides, mental health issues or life failures.

I don't have much experience of divorce in my circles are only one uncle of mine got divorced after his kids were adults so I can't speak much to that but the manosphere would have you believe that women marry a "beta male" for financial support while potentially raising another "alpha males" child. Then at some point (because she never really loved you) she will divorce you for someone she feels is better. Rich Cooper actually had a podcast with a male psychologist, sympathetic to the red pill ideology talking to Rollo Tomasi (one of their Guru's) about divorce and hypergamy and that psychologist who sees couples as a therapist said that he never sees that dynamic and that usually when women initiate divorce its long term issues such as substance abuse ongoing for many years without any serious attempt to get help or recover on the part of the man. In the case he used to illustrate that the woman only divorced her alcoholic husband after he was sexually inappropriate to their daughter while drunk. However in the comments the men who listened to this were saying that the man only became an alcoholic because his wife drove him to it, and that her divorcing him was still her being "hypergamous" because as an alcoholic / molestor he was no longer his best self, she felt she could do better and wanted to trade up. They ignore the fact that often after a marriage and divorce of that nature many woman never want to remarry or even have another live in relationship, many prefer boyfriend they see a few times a week or even to remain single.

On hypergamy my experience of working with very high earning women and my own experience of earning more than my male spouse (still happily married btw) was that it wasn't that I or the other women no longer felt attracted to their lower earning partners. The cause of conflict in those relationships escalated as higher earning usually means longer hours and more time away from home travelling. I think this puts huge stress on a relationship especially when it is the women away. Typically the man becomes resentful of his partners absence, lack of presence at home, the women gets resentful that her husband isn't picking up the slack at home with the kids / housework. In my experience men want their female partner around a lot more (fair enough) perhaps relying on her to meet more of his emotional needs or just social norms which say a guy away for work is more tolerable than the women.

Its like some men use hypergamy as an excuse to just not even try, women (hypergamous women, which they claim to see as biological fact but actually see as a moral failing) expect them to have a job, wash, not dress in dirty smelly clothes, to make an effort to converse, to be a somewhat rounded human being (is this seen as an unreasonable request). Essentially any reason a woman rejects or dumps a guy can be framed as hypergamy and lets the guy and his ego off the hook.

I wonder if hypergamy within the red pill ideology is really just a projection of how men see and quantify the world i.e. in terms of status and earning potential and where they see themselves in the pecking order with other men and that is then projected on to women?

It feels like anything a woman does in their eyes will be twisted to fit one of their theories and used as proof of how terrible women are. They seem to hate women so much and yet are obsessed with women. They hate us, don't see us as fully human or capable of love or reason but they want us as sexual objects and (unpaid) domestic servants. Now women get to a point where we can say no, I'd rather be alone than with an abusive man who hates me and uses me they have a total meltdown, the world is going to end, civilisation will collapse all because nobody will touch their dick.

I actually read a comment on a youtube video that for a man the experience of unrequited love or desire is worse than the experience of rape for a woman! Its like for them a woman rejecting them is literal violence towards them.

The things they complain about like male suicide / educational failure / lack of father figures / the draft, none of that is womens fault but they paint it like feminism is a zero sum game and therefore women have to get back into their box as subservient wives and mothers and give up frivolous ideas like education and careers or staying single. Its all so transparent but they like to claim they are so rational and logical and that only men like them can save the world but what are they actually doing? Nothing is stopping any of them from going out into the world and doing amazing things except that they are spending all this energy on hating women.

They accuse women of solipsism when we try to argue against their theories but fail to see that their ideologies are a perfect example of a solipsistic argument. They conflate anecdotal with empirical evidence, continually misuse and misrepresent statistics and other studies, rely on discredited science and otherwise lack awareness of anything outside the narrow confines of their ideology.

I've seen videos where red pill guru's complain about feminism like its a conspiracy to brainwash women against men, against wanting to be stay at home mothers and that everything would be better if women just went back to being stay at home wives / mums but it fails to recognise that feminism didn't just come from nowhere it was a reaction to the way women have been treated in the past. Yes some women were lucky and had loving husbands and fathers but many did not and they had little choice but to be dependent on them regardless of how they were treated. They had little say in if they had sex or children and lets not forget how dangerous pregnancy was and still is to some extent to women. If everything were just rosy and perfect for women under the social order the red pill would have us return to we would never have left it. So its very difficult to see the red pill's views on women as little more than anger that these men can no longer control women into serving them.

I'm also aware that there is a huge financial incentive for red pill content creators to make videos, play to the crowd and indulge the worst impulses of those men for financial gain. Its sometimes doubtful how many of these gurus actually believe this stuff and how many are just playing a role for the monetary gain regardless of the damage they do.

I accept that young men are suffering but I don't think it needs to be a zero sum game, we can encourage women while also doing all we can to support young men educationally and to prevent male suicides. I am not posting this to say my opinion is especially valid as a woman or anything but just to try and understand the reasoning for this way of thinking and to just get things off my chest a bit.

i have escaped the redpill and black pill communities

57 upvotes | January 28, 2023 | by [throwaway6821028](#) | [Link](#) | [Reddit Link](#)

I have left them both but i now have lots of female friends and can actually see women as human and i hate myself from the past for falling for this The thing that held me for so long there and that's still holding me back is the fact that my dating life is nearly non existent i literally get no romantic attention my female friends call me cute and tell me that i will get any girl that i want but that doesn't seem to be the case like ever and almost all of them are with guys who look nothing like me But then it hit me that i shouldn't base my value in my dating/sex life and that being a good person and a safe space for women is more than enough and that it puts me in a position better than the red pill advice ever will i will try to work on my confidence more and hope that my life gets better in the next years and that this whole red pill thing is a silly phase from teenage me

Lost the love of my life to the red pill.

57 upvotes | February 26, 2023 | by [Salt Toe 8891](#) | [Link](#) | [Reddit Link](#)

Has anyone else lost the love of their life to this disgusting ideology?

I F(28) was dating my now ex bf(30) for 2 years. We not only did things together, but were able to live our lives separately as every healthy relationship should. We had friends of the opposite gender that were platonic, went to bars/concerts without one another sometimes, and there would be no fights. We bought each other food, gifts, and had such a great time. I felt like he trusted me and was happy. Once he asked me out officially, however, I noticed things changed...

He didn't like the fact I had social media, and had this preconceived notion that I was cheating or hiding something from him. He didn't like me going out to a bar with friends, and if I did, it would be to get food but only until a certain hour. I'm very extroverted and do not like sitting at home all the time. My friends also would never put me in sketchy positions, and I knew how to respect our relationship no matter where or with who. He didn't like the clothes I wore sometimes and could only wear them when he was around. He didn't like me speaking up for myself when he hurt me with words.

I didn't know what was going on until year one when he introduced me to the red pill videos he was watching. I couldn't believe it. He then tried to start desensitizing me and force me to follow his red pill ways. Saying I needed to be more submissive, needed to add more value to his life by always cooking/cleaning when I came over. Mind you, we don't live together, I work full-time, and he doesn't pay my bills. He would pay for meals here and there that weren't expensive or drive me here or there, but I spent just as much money on him too and towards our relationship, but never hung it over his head. Sometimes he wouldn't even let me pay, so what was I supposed to do?

We had two big fights prior to our break up, and I wish I didn't ignore the red flags. He was getting meaner, and more controlling. Finally, we had a disagreement and he broke up with me. Saying I was "too combative" for sticking up for myself, and not agreeing to become the "traditional" woman he was looking for. The real kicker was, despite all I had also done for him, I didn't add any value to his life and was a headache. He didn't care to compromise, it was always his way or the highway, and he didn't care to even hear what I had to say.

After telling friends and family, they were not only proud of me for sticking to my guns, but each told me the reservations they had with him, especially my dad. He was almost relieved we broke up.

Now, I believe my ex was in love with the potential of what he wanted me to become, and perhaps this was always how he was like, and consuming the red pill was almost like validation to him. It really hurts and almost feels like I was lied to in the beginning as to who he really was. I wish him the best and hope he heals, and that the next girl will be safe.

Do Women Love Entirely Different from Men? An Analysis of TRP's Claim

57 upvotes | April 18, 2021 | by [atman714](#) | [Link](#) | [Reddit Link](#)

If you're exredpill like me, you've probably heard it said that women love differently. Perhaps, if you've traveled deep enough, you've even seen it said that women are incapable of love. According to TRP, men and women are fundamentally different in how we love. Men love women very deeply, wanting to protect and provide. Men are truly the romantics. Women, on the other hand, view love more as an opportunistic gain. Women go off of their "tingles," while men go off logic and rationality. It is also said that women are turned off by men who display emotions and empathy, and will leave an emotional "beta" for a coldhearted "alpha" instantly.

I have seen quite a few individuals on this subreddit, who are still RedPilled, say things such as, "this server is such a strawman. Most of these people weren't even part of TRP, you guys know nothing about what we teach." While any brief stroll through RedPill forums will show this being taught, I feel it is important to provide some evidence here. Rollo Tomassi, commonly seen as one of TRP's leading coaches, says the following, "Men believe that love matters for the sake of it, women love opportunistically...Women are utterly incapable of loving a man in the way that he expects to be loved." (1). Furthermore, a website that archives all TRP content went as far as to make a RP dictionary. In this dictionary, they define the term "tingles" as: "A word for what a female allegedly experiences in the presence of an alpha male, overriding all rational thought. To 'give her tingles' is often an advice given in the redpill community to attract women." There also exists countless testimonials from RP men about how, due to some unfortunate life event, they displayed emotion to their female partners. At best, these men were denied sex for a long time due to their beta characteristics, at worst, they were discarded.

Now, this is an issue that I wanted to take seriously. Men and women do have, on average, differences in neurochemistry during crucial developmental periods. Likewise, men and women are socially conditioned differently depending on the culture from which they originate. Could these differences really render women incapable of being romantics? Let's investigate.

One conjoint analysis asked men and women why they were more likely to break up with a certain partner. This analysis found that, "men were more likely to want to break up with a partner due to sexual accessibility deficits, whereas women were more likely to want to break up due to emotional accessibility deficits." (2) How we handle relationship conflict says a lot about how we love. Women, in this analysis, claimed that spending time with their partner, crying, and apologizing to one another were most effective (3). So, to start, we do see a difference between men and women, but it's not the type of difference that TRP asserts. One possible RP rebuttal that I have seen is, "well yeah, that's what women *say*, but what they *want* is very different!" And, quite honestly, I'm not sure how to respond to this. This type of logic can be used to spin almost any narrative. For example, I could say, "Women are fundamentally attracted to men with blue eyes. Even if they rate men with blue eyes less attractive than brown, hazel, or green, they're simply lying to themselves." There's no way to reply to

this, as it has no evidence to support it.

In addition to this, another analysis found that, when looking at married couples, men and women both displayed love through affection, and concludes, "Overall, the findings indicate that men and women show their love in more nuanced ways than cultural stereotypes suggest." (4) Despite what TRP often suggests, men and women are not extremely different in how we display our love. A final interesting piece of evidence can be seen when we look at divorce rates among cancer patients. Women were six times more likely than men to be divorced when they received a cancer diagnosis (5). While this is not evidence for a difference in *how* men and women love, it does oppose what Rollo Tomassi has stated. If women are truly opportunistic lovers, and men love solely for the compassion and sake of love, then we would expect the exact opposite of what this 2009 study displayed.

Overall, while men and women do seem to experience/express love in slightly different, very nuanced ways, there is no evidence in the scientific literature to suggest that women are incapable of experiencing and providing fulfilling love. Evidence reviewed in this post demonstrates that both men and women display love through affection, and that women are most likely to end a relationship based off emotional inaccessibility. Thus, the differences are not as drastic as TRP claims. My personal opinion is that people are complex. Neither men nor women love perfectly, but it is a gross generalization to claim that one sex can't provide fulfilling love. What people want out of a relationship is extremely personal, determined by a variety of complex factors, and as straightforward as TRP claims.

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You guys are on the journey to real success

57 upvotes | August 9, 2021 | by [redzjiujitsu](#) | [Link](#) | [Reddit Link](#)

I came across this reddit from the dating_advice subreddit and I just wanted to let you guys know, realizing that RedPill is bull shit and all of that "high value" shit is dumb too, so you're doing better than you were before.

Realizing that shit is stupid is honestly the first step to getting out of it. I went through a breakup recently, and my entire tiktok feed was all about "high value male"/"redpill" and I was honestly like what kind of idiot believes this shit, and then the comments that people post on their videos is even more cringe.

So like I said earlier, kudos on y'all realizing this shit is bull shit. If you really need help, don't go to a "dating coach" or red pill influences and see a therapist.

Some of the things that will actually help you achieve REAL results include:

Finding a hobby that's fun, finding a hobby that's healthy, finding a hobby that can make you money.

I work in tech as a Software Dev. Project Manager, I practice brazilian jiu jitsu, and I love to cook. I don't even find these "draining" because they're all things i'm passionate about. The right people will align yourself with those things you like to do.

EDIT:

Just wanted to add, I've never been in red pill and never dived into it. I just come across it a lot especially as a "big brother" to troubled youth at my BJJ gym.

We deal with 15 - 18 year old kids who are considered "troubled" and a lot of them fall into this "Red Pill" path, so I've been called an "Alpha" or a "High Value" male before by these kids. It's honestly cringeworthy. We know these kids get involved in this sort of stuff because of childhood trauma and my colleague who is a psychotherapist works with these kids to help them understand their childhood trauma/wounds.

Do all yourselves a favour and see a therapist first, not a dating coach.

Also, I'm only 26 years old, these kids think I have my life put together because I have a "nice" car, a pretty "ex-gf" and a good job lol, that's all these coaches are doing to you too. They're putting on a facade that everything is going well in their life to make it seem like "you can be like me if you do x"

We all got shit to deal with, those "alpha" males you see on youtube/tiktok/reddit or where ever probably don't do shit except make money off of convincing troubled kids that it's good to be like them. That's basically what ISIS did to gingers lol. "hey ginger, your life sucks come join us you'll have all the glory after"

and yes, for the reference i've argued with a bunch on tiktok for the fun of it with my friends. A lot of these guys are just bums who weren't shown enough love as a child and now they try and convince you that it's ok that you feel that way, just become an alpha male and it all goes away.

Red Pill Rage Makes No Sense To Me

56 upvotes | June 12, 2021 | by [redpillnonsense](#) | [Link](#) | [Reddit Link](#)

One major criticism I have about the term Red Pill Rage is that the Red Pill/Manosphere makes it appear as natural and something all men should go through. But in reality, it's just another term for disillusionment. However, I have trouble believe that men who claim they believe all women were honest and faithful ("good girls") never saw that image contradicted while growing up.

But people can be disillusion about a multitude of issues. A person who is socialized to believe in meritocracy can be disillusion about nepotism. I personally was socialize to respect all adults simply because they were adults and were mature, and was a bit disillusioned when I saw how childish many adult are (I think my father did that as a way to have me respect adult authority).

Why do Red Pillers think almost every woman has Borderline Personality Disorder?

56 upvotes | June 15, 2021 | by [AIisVolatPropriis](#) | [Link](#) | [Reddit Link](#)

And why is it that these men that often say these things, blame/diagnose others, and talk *only* bad things about their ex are actually Borderline themselves? Is this projection of their own issues?

The symptoms of Borderline are easily found online and yet, it gets thrown around so easily and has lost meaning. Why do a lot of Red Pillers do this? Why dismiss their own anger issues and only make it unacceptable when women do it?

It seems like many of them intentionally push your buttons and fuck with you with the intention of triggering anger only to then call you Borderline because now you're upset at them being bullies. You can keep your cool for hours and then finally lose your patience with them and then as predicted, 'you're a Borderline psycho bitch'. Then, if you walk away, block, or ghost them, that also makes you Borderline? This is not Borderline. What gives?

Edit: It seems to be a mix of gaslighting plus crazy-making, which is pestering someone until you give the attention they're seeking (pestering until negative attention = confirmation bias = continuation of that crazy-making tactic). Looks like 'grey rocking' is the best defense still?

Sadness, depression & loneliness is fine. Hate and bitterness is where you should draw the line

56 upvotes | May 11, 2020 | by [throwRA2829](#) | [Link](#) | [Reddit Link](#)

This may sound a little counterproductive but let me just explain. If you're ugly and generally unsuccessful with the opposite sex (like me) it's actually PERFECTLY fine to be sad about that. Lots of people on reddit and subs like this and the dating advice one, tell people in my position to not care, and focus on our lives etc.

Well, I disagree. Our bodies, hearts and minds literally force us to fall in love, seek sex and companionship. Unless you're a literal psychopath, there's no escape! You'll go to college/work... there will be cute girls/boys in your class/workplace or even just customers. You'll be attracted. It's human nature. And when you're generally plain or not anything special, being lonely and not sexually active you'll get sad and depressed. This doesn't make you a bad person and reddit is confusing because it make you feel like a bad person for wanting love, companionships and even just sex - all of which are natural.

Me? It's almost been a week since I drag myself out of redpill/MGTOW stuff. It's been easier than I thought, bad things about women have crept up on me, but I just thought of examples of girls who AIN'T like the bad ones and I was able to get over it. My resentment and bitterness has actually left, however sadness and general depression has stayed. Like - it sucks that not even ONE cute girl has liked me, asked me out or anything you know, when my friends have multiples girls hitting them up, GF's, FWBs etc. And I don't... it hurts and anyone in my position should feel sad and depressed if you're a person with basic human emotions.

However, if you let these thoughts an feelings marinate into hate and anger towards women/men, well, then you have a problem. It's not right to hate on people for not liking you, they're free to do so! I'm a pretty normal guy. I pulled myself out of that shit and I reconnected with a female friends, I'm feeling much better but when my friends talks about sex I definitely feel sad and left out.

Depression and sadness are fine. Hate and bitterness makes you the creepy, weird incel loser.

It's just sad

56 upvotes | May 29, 2020 | by [MassiveChodes](#) | [Link](#) | [Reddit Link](#)

I ran into trp in 2013. It had under 20k subscribers. After a couple years my backwards world view withered away. Today I took a look at how much that monster has grown and it just made me sad to know that millions of dudes are getting sucked into that horrible negative energy.

Jesus Christ. Those posts are just flat out *dumb* and make horrible points that anyone with life experience and a brain can pick apart.

It would be hard to name a more certain sign of poor self-esteem than the need to perceive some other group as inferior.

56 upvotes | September 11, 2020 | by [Andorli](#) | [Link](#) | [Reddit Link](#)

This is a quote from Nathaniel Branden's "Six Pillars of Self Esteem".

I have noticed that a lot of people in RP advice to read books and develop true abundance, outcome independence and idgaf attitude. Those are signs of true high self-esteem, and yet people there are bitter, angry, always assume the worst and think that the entire world is out to get them, which directly contradicts to basic principles of healthy self-esteem and prevents them from building actual lasting "Frame".

It baffles my mind how people can't see this obvious contradiction and hypocrisy in their actions. For me Red-Pill used to be a place where positive masculinity and strong mindset can be developed and if you sort through a lot of garbage and hate posts there are at times golden nuggets that point in the right direction. But overall that Sub has become unbearable and it gets worse and worse with each passing year.

My advice to any person who is looking to improve their life and dating, rather than trying to consciously turn yourself into sociopath through brainwashing yourself into believing bullshit, start building healthy self-esteem and life worth living. Everything else will fall in place. Otherwise you are doomed to repeat the cycle.

TRP ruined my relationship and I'm not sure if it's repairable

56 upvotes | April 9, 2019 | by [CTButters](#) | [Link](#) | [Reddit Link](#)

When I got with my girlfriend, I started brushing up on TRP as it's something I've casually read in the past. "Don't wanna fuck this one up," I told myself. "Better read TRP so you can do this one right." Well, TRP told me that my girlfriend would leave me if there was a higher branch to swing to. It told me that all women don't care about you or your love; that they only care about their primal desire for chad thundercock, and that all women are like this (AWALT).

When you throw around those kind of ideologies and start believing them, it didn't make me a stronger man. It filled me with doubt, worry, and insecurity. I distanced myself from my girlfriend in fear that she'd break my heart. I'd lust after others because I was trying to maintain an "abundance mentality". And it absolutely destroyed everything.

Almost a week ago, I called my girlfriend solemnly. I told her that we couldn't see each other anymore. I was conditioned to be amoral to the feelings I had for her, and I thought that I could do better. Now I'm not blaming TRP for everything. Maybe I really am a shitty person and was blind in the moment. But when she asked if I was 100%, I choked, because deep down behind all TRP facades I really do love her. But it was too late. I already broke her heart.

I apologized, I cried with her, I pleaded that I didn't mean it. But I said the words, and now we're on a break. She said we might get back together, but every word that comes from her is cold and distant. And I know why. When you have an unstable mindset on romance, TRP will come and wreck a storm. Stay away from it. I didn't, and see where that landed me.

I'll always be sorry, and it'll never fix anything. I have to live with that now. Don't follow that path I took.

I [28M] am trying to leave nine years of RP beliefs behind

56 upvotes | November 15, 2018 | by [PracticalKoala](#) | [Link](#) | [Reddit Link](#)

I was raised in a traditional manner since my parents are almost 40 years older than me. I was raised with the idea that if you worked hard and tried to impress her, you would get into a relationship, get married, have babies and live happily ever after. It was a bit simplistic. The first time I dated was online, which was not a good idea. I ran into a good looking girl who would use me for money. I was susceptible to it. I spent at a rate I could not afford and she was gone as soon as the money was. It fucked me up for quite a bit.

I tried to date a couple of other girls and was rejected, these experiences led me to the PUA community. Red pill didn't exist back then. So I learned how to approach, how to be sexually aggressive, how to never show emotion, how to convert a no into a yes, how to pump and then dump.. It got me more comfortable with women, but some of the things I did on the way there were pretty disgusting. It also all felt empty. There was also quite a bit rejection if you approach non stop, which only reinforced RP beliefs.

After four years I was a paid dating coach, I had status within the PUA community, but I started to see it was a never ending story. Each new night you would go out, there was more pressure to prove yourself to other PUAs, when you didn't want to talk to girls for a bit questions would soon arise.

I had enough and again started looking for guidance on the net. Because I had enough of relating to women this way, I went to the MGTOW community. It was a trade off. I finally had peace and didn't perform for other PUAs anymore, but I also gave up hope of ever relating to a girl properly again.

The MGTOW community gets some hate these days (and it has changed in recent years), but some of the guys I met there really helped me and started the healing process. For five years I was on my own, hardly ever dating. I got my shit together. Fixed my medical problems, found a job, bought a house and even paid it off.

Two weeks ago I found this SubReddit and decided to put it to the test. I made an account on a datingsite and tried to be as honest and real as possible (though old habits die hard, I must admit). It seemed to work just as well as profiles I had made in the past. When I had a good convo with a girl and she decided not to respond for a bit (it really looked like intentional shit-testing), instead of being passive aggressive and letting it fall apart, I just asked if she was playing hard-to-get and told her that I don't like to play games. I wanted to be honest, she wanted to be honest as well. Lessons learned: you can actually talk things out, you can actually show some emotion.

We are now two dates in and though it is way too early to tell, it seems effortless and real. It is good to be vulnerable again. It is good to actually feel anything again. Dating always felt like a strategizing game wherein I was faking it. It was hard work. I didn't know there was another way to relate to women, and I want to thank you guys for making this Reddit, so that I could find out about it.

The number one reason for leaving red pill

56 upvotes | September 5, 2017 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Every now and then i get people messaging me asking me why i left red pill. The answer to this question is varied as there isn't a single thing that took me out of it, ranging from crappy results in quantity and quality to wanting to feel genuine intimacy to a woman (which i guess comes in close second). But out of all the things the i make sure i always mention now is this:

If you're a red pill you have absolutely no integrity whatsoever. Period. And not because you're treating women like crap but because you're treating YOURSELF like crap.

Now, i don't say this to shame anyone into submission or to be moralistic. If you want to be red pill be my guest. But i'm saying this because it's the true. Because if you're red pill you're selling your integrity, like it or not.

First and foremost, why the fuck would you devote a large quantity of your time, effort and mental power on gaming women? This because, accordingly to red pill, female nature is hypergamous, solipsistic, emotional, narcissistic, irrational and unfaithful... And ALL women are like this. So, in other words, all women are psychopathic social climbers with a mix of borderline personality disorder who don't give a shit about you. The question is **why the fuck would you chase anyone who is like this?**. Just, why? Might as well just give up dating.

The first response that typical TRPers give is that hating women is just a "rage phase" and that over time you learn to "love women for their nature". I'm sorry but this is complete **bullshit**.

There is absolutely NO such thing as loving someone for being a social climber who just wants to use you. Not if you're not some sort of masochist. Is literally impossible. Stop bullshitting yourself.

There's no such thing as tolerating someone so shitty as a SO, let alone "loving them". Everytime i hear some TRP guru saying that you should "love women for their nature" i just picture a prison rapist saying "Shhhh... just relax and it won't hurt... over time you're gonna learn to enjoy it". I know this is a visceral example, but it's the true.

The same way that there's no such thing as a "rage phase". The Kubler-Ross model of grief is largely dismissed as a myth within psychology and a quick google search is going to show you that. The "rage phase" for a TRPer is not a phase, it's a perpetual state. But by convincing themselves that they don't hate women, or that they hate is "temporary" can deny the truth to themselves: **That they are irrational people who are willing to have sex with people they deep down hate yet rationalize about "rage phase" so that they can look in the mirror and feel good about themselves**

But more than devoting large amounts of time lifting, learning game, etc to pick up chicks you kind of actually hate, you're also investing time in **becoming a guy you don't want to be**. Judging by trp forums almost every single TRP guy recognizes the degeneracy of women wanting a P.O.S. Chad guy, yet will try to become "manipulative dark triads" and treat women and people in general like shit to display dominance and alphaness? Fuck that, i don't want to be a guy i don't want to just to get my dick wet, how mediocre is that?

The cherry on top is that not only you're investing time on chasing women you hate and becoming someone you don't like, you feel entitled enough to cry out loud about how the world is fucked and how "the west is degenerate" and "hypergamy fucks societies". Yet will jump on the degeneracy

wagon by being "Chad" and chasing women. **This is pure hypocrisy. If you do the exact same things you judge women and chads of doing (promiscuity, manipulation, etc) you're being part of the problem and you got no right to judge shitty people because you yourself are one of them. Get out of that moral high horse because it's not yours. Be a shitty person all you want but don't be a hypocrite about it and admit to yourself what you are: a man without integrity.** If you don't like the state of dating then don't date (and i don't mean turning MGTOW because there's no integrity in giving up on women and yet do nothing but talk about them all day in online forums) or do but stop judging people for being shitty in the dating game because you're a part of it.

So, **TL;DR**

If you're red pill you're investing time and effort into impressing women you hate by becoming someone you don't like and judge women and chads for being shitty when you try to emulate their same behaviors (promiscuity, manipulation, etc).

The impression I got from talking to a redpilled guy for the first time (as a woman)

56 upvotes | December 19, 2020 | by [AmbitiousDelay](#) | [Link](#) | [Reddit Link](#)

When I entered college, I befriended some guy who from day one pulled on me this pathetic dark triad shit. I never understood what he said at that time and dismissed it, rationalizing it as a negative attitude and being sarcastic. He searched these offensive memes on fb with his asshole friends and they would use coded language like thot, abundance, ubermensch. In retrospect, they should have been red flags to me. Now I was oblivious at that time (unaware of something known as the red brainwashing), and thought of it as innocent dudes joking around. (I thought I was being sensitive)

However, with each day this dude and his friends would look at me strangely in our classes, would say negs all the time to me, and criticize me on my appearance. I mean I wish I was joking but he was that immature and toxic. He would post lowkey offensive memes about my gender, religion, and nationality, and even made fun of me being on the spectrum. He reframed the situation to make me a serious joyless person who can't understand humor..

He would always ignore answering and he misinterpret my words as if I was a crazy stupid person. It's as if he was begging to be criticized by some girl, in order to pull her in the bait and defeat her with experience. I dismissed it as harmless joking, but then he started posting mean things about me in a passive aggressive way on a group chat, and then I blocked him. After that hell was set loose. The bullying increased on the group chat.

Suddenly he let loose everything I told him about myself and made it into memes to make fun of me. About things I said, how I acted, how I looked like, etc. He made memes about me that were in some way anti-women. Like how all women leave for a better option, leaving their beta husbands and accusing them of being toxic and abusive. Now he kind of rationalized himself as the innocent beta being left by a toxic woman "me" pretending that he was abusing her. He was the one who bullied me first. I treated him with nothing but kindness and acceptance, but all what I got was passive aggressive behavior from him. Plus, we were just friends and I don't understand his deep hatred for women. I will admit, I was at that time, and still now, a naive young girl. I was innocent in the sense that I always saw the best in others and tried to forgive not-so-flattering behavior and rude comments. I was also socially clueless and cannot always interpret malicious intents due to my overly protective parents and sheltered life.

I know there is this stereotype that redpill men or mgtdows are losers or loners, but this guy isn't like that. He's extremely funny, charismatic, and smart. (However, he is ugly looking-maybe this prevented him from being Chad that's why he's bitter?) This misogynistic agenda is spreading and making men sociopaths. He deliberately treated me in this passive aggressive way and plotted for my eventual outburst after his misogynistic remarks. He waited for my outburst so he could entertain his friends with my reactions. He would throw offensive buzzwords and waited for the fish to react in order to label them as irrational and stupid. He was supported by many others and many girls ignored or joined his joking. From the start, he targeted me and intended on making me a laughing stock.

I was a genuinely confused person, I never witnessed him bullying others so I never had convincing rapport. Anyway I thank god it was bullying but nothing more. Like physical abuse or rape. I actually agree with bettering yourself part, but not making fun of women part. It's dehumanization. And he

just doesn't care about any opinion from fuckholes "women". This guy turned out to be into the redpill shit. I discovered too late after I was stalked, spied on, bullied, and spread rumors about for months. This bullying happened in college and it left me scarred. I closed all social media accounts because I'm legit scared of what he could do with my pics. I even had multiple strange numbers message me with "hey" after I ghosted him.(I give my number to ONLY a select few and DO NOT post it on social media.)

He doesn't even attend classes if it's hosted by a female lecturer. He skips them. The few times (1-2 times each semester) he attends he sits in front of class and just excessively yawns and acts disinterested. He only regularly attends male hosted classes.(Our class is small that's why it's easy to notice.)

I felt stalked and scared. Other classmates and some girls included sided with him because he was more charismatic. He made me as this mean bitch who blocked people for no reason. However, one girl told me that he had a strange stare and look. These dudes who believe in ghosting women and not caring about their actions, were obsessed with spreading memes about me. It's pathetic and I never reacted but it continued nevertheless. He knew that I stopped talking to him because he was mean in his misogynistic way, and he knew that I won't have a relationship with him because I labelled him as a friend from the start (I'm asexual anyway and never been in a relationship-nor do I desire one) , so he used me as a punching bag to satisfy his sadistic ego.

He enjoyed gaining validation from other students when they mob bullied me with their words. He once told me that "I criticize people in order to make them feel bad" after I told him that his remarks could be interpreted to correct me and me becoming better. Even I, rationalized his behavior in a positive way even after telling me this sociopathic shit.

Thank god I went no contact. I felt for months broken and really as if I was inferior because of the philosophy of redpill. I cried really hard after I read their material. And then I realized they made fun of women's feelings and that they don't care about them. I realized they are a bunch of sociopaths. I'm legit scared of these men and I'm scared to meet someone like that. After I lurked for months on these misogynistic subs, a growing hatred for these men emerged. My biggest realization I had recently is that every man who gets on hurting women and thinks that the only way to advance in life is to dehumanize them is extremely pathetic. I realized that I would never ever want to be in their place and have these urges. I only envy their opportunities, freedom, strength, and boldness which I think is very beautiful.

Re-gaining your right and re-asserting your identity as a man must not involve dehumanizing women in the process. It must not involve bullying women who have not hurt you. Treating strangers badly for your past scars. Re-asserting your male identity is something extremely beautiful. Assertion is not about being narcissistic, inconsiderate, and treating a whole sex as inferior.

Anyway, I did the right thing by blocking and going no contact with this kind of person. I'm kinda proud of myself because it took me only like 3-4 months to block him. (And this is the first time I met a trper like him in real life. I also thought that all trpers are like him at first. But most of them are socially awkward men who feel betrayed and lost in society and genuinely need to improve and better themselves. Trp gives them valuable and important advice which I have benefited from personally. But it's the misogynistic and problematic ideas sprinkled with every good message which dominates their psyche.)

I also acknowledge that some women even have sex, marry, have children, and spend many wasted

years with these kinds of people. At 21, to have this awareness is a gift you guys. May awareness, peace, acceptance, and kindness flourish in this community.

I am disgusted by them very much. And everything they're saying about us is wrong and dehumanizing. But I can't speak and won't speak to them never online or in real life. They are bullies and I don't even want to look at them. They make my blood boil. I cry everytime for every young woman who is manipulated by one of these people. I wish they were on the internet only, but these guys are seeping into our real lives and targeting young women for their entertainment.

Just wanted to share my story here and read several perspectives from the other side. If some of you have done something similar--like taking advantage of another's ignorance to destroy them- What made you believe you are justified in treating innocent people like that? On the opposite side--Have some of you ever been a victim of the manipulation of a redpilled guy?

I don't think this sub is the place to quit redpill anymore. I see more women here to humiliate redpills than men who want to get off the redpill now. This place no longer looks like a safe space.

56 upvotes | May 2, 2022 | by [imtooshortt](#) | [Link](#) | [Reddit Link](#)

I think the most upvoted posts and comments in the last few months are a good proof of this. This is no longer "ExRedpill", this is "RedpillTear" anymore. Your thinks?

Edit: Once again I understand why someone who wants to leave a redpill/blackpill in the comments shouldn't come here. A man with a redpill/blackpill should let go to feel better, not to increase women's comfort level. This subreddit is clearly a sub-branch of [r/inceltear](#), and the women here only think about themselves, not men.

Edit 2: I want to thank the moderators. The fact that you did not remove this post shows the importance you give to free speech. So thank you to the mods.

final edit: good luck with the new "tear" subdirectory. This is definitely not a good place for a man. We mustn't come here anymore.

I'm so sorry I hate Kevin Samuel so much, instead of complaining about Modern women, why not teach men to be men, there's a rise in rejection killings apparently, mostly towards poc.

56 upvotes | October 6, 2021 | by [HeftyEconomy7756](#) | [Link](#) | [Reddit Link](#)

If you are looking for
an image, it was
probably deleted.

There are worse things than dying alone.

56 upvotes | March 10, 2023 | by [curiousAbyssiniancat](#) | [Link](#) | [Reddit Link](#)

There are worse things than dying alone.

Every "pill" or movement lately puts so much emphasis on relationships and "gender roles". There is demonization of both men/women that CHOOSE to be single.

I never see people write about the horrors of awful relationships with regards to the scars/PTSD it leaves for partners or children.

What the hell is wrong with being *single*? As a woman why am I *ridiculed*? Why am I *judged*? Why do I care about being judged or being seen as a *loser*? Or people having the assumption that no one *wanted me*?

To give context, I myself grew up in a broken family where I experienced abuse on ALL fronts (physical, emotional, mental and sexual) and as a result I chose to be single. I was raised by a narcissistic mother (extremely selfish and emotionally manipulative) and a psychopathic father (who sexually abused me as a child) and had narcissistic adults live with us and abuse me. I have gone to therapy and continue to have to heal. I have never received an apology or acknowledgement for what I was put through and still have nightmares as a grown adult. Even though I am safe now, I have so much work to do on my self-esteem, self-care, self-love etc. It's super exhausting and I want to give up sometimes.

As far as relationships go, I have tried to put myself out there in the dating scene. And while I understand that men are not all evil, being in a relationship is nauseating to me. Like I know I am not ready but these "pills" and cultural norms make me feel like I have to hurry and rush because..."time".

I am a woman in her 30s who has never experienced a relationship and I can tell you, as much as I worry about "the Wall" I worry more about the consequences of choosing the wrong partner out of desperation and fear of dying alone. It can be detrimental to both me and whatever offspring that come out of the union. While I realize time is ticking and my dating pool is "getting smaller" due to my age, I refuse to settle with anyone that does not make me feel safe or comfortable or until I am ready.

I think society needs to really evaluate all these movements and consider all the children that are in abusive homes, foster care, people that experience DV and other factors. Women especially need to stop caring about what society thinks about being "unwed and childless" because it is better than being abused. And men need to stop putting so much emphasis on the goggles society has on them about not being overly sexual or still being older virgins. It's honestly so ridiculous and it doesn't matter. Ask yourself as an individual "what makes ME happy?" "What gives ME peace?" And it might have nothing to do with relationships.

I get ridiculed for being single at my age and living alone with a cat. But it gives me peace. So why should I care? About some stupid "Wall"? The knowledge that my window for having kids is closing stresses me out but the idea of marrying the wrong person (that could repeat the cycle of abuse) by rushing just to have kids frightens me to death. If I have to sacrifice a future of having any offspring to protect my sanity and safety, so be it.

I will never let anyone jeopardize my happiness or peace ever again. I worked too damn hard for my little apartment and cat. Screw "the Wall" honestly. And if people judge me as a "loser" who cares?

Because I know that if I were in a bad relationship or was still at home being abused they wouldn't save me. Society didn't save me as a child. So screw society too.

THERE ARE WORSE THINGS THAN DYING ALONE.

If its alpha to be direct, then why all the redpillers I've met are one the most indirect , flip flop people I knew?

56 upvotes | April 14, 2021 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

I just don't get it

My husband is taking on his best friend's negative views of women. Is there anything I can reasonably do?

56 upvotes | January 7, 2022 | by [WannaBeA_Vata](#) | [Link](#) | [Reddit Link](#)

My husband and I have been strongly matched from the start. We met and had similar jobs, we had similar values, and I currently have 0 desire to leave him.

Every struggle he has, he's tried to face sincerely and has had enough respect for me to let me know about very serious infidelity issues that went on for a long time. While coming clean about being addicted to (professional) sex may seem like a huge betrayal to most people, I viewed it as being authentic and trusting me enough to let me know.

He has always been somewhat isolated. He has serious anxiety about forming friendships since his prior best friend tried to drunkenly murder him in 2016. At this time, he has only one friend. That friend is deep into both MGTOW and Red Pill culture. My husband has told me that his friend repeatedly encouraged my husband to have affairs, and even framed it as a budgeting decision when he found out about my husband's pro-infidelities (which began before this friendship and were not caused by, but are no doubt were fueled by, his friend's views.)

My husband has started to make casual comments in passing about how feminism serves no purpose except to enrage men, how women expect everything for nothing, etc. I don't see anything in our lives that has changed to make him think differently of me- we both work full time, I do all the household budgeting and until recently I was the only one who did any retirement saving. Our chores were quite evenly distributed until recently, with me doing slightly more but him doing slightly more uncomfortable tasks.

He has recently stopped doing what were once considered 'his' chores (laundry and lawn care) but he has a list of criticisms for how I do them since he has stopped. Nor has he taken up other home care; I continue to do cooking, dishes, pet care, groceries, and misc. home care.

If I decline to do something he wants me to do (the most recent example would be to stop working and go microwave him a slice of pie) then he sulks for hours, makes snide remarks, and tries to have what I would describe as degrading sexual contact with me.

Is there anything I can do without leaving, other than just try to protect myself and hope he gets well? Is there something that would have gotten through to you, or something that might've convinced you to see a therapist? I miss feeling close to my husband. I miss feeling like I could be vulnerable and trust him completely, and I don't want to resent him years down the line.

Thank you for any help or ideas you have.

A large part of rep pill Content is just finding women to argue with on the Internet, because that's the only way most of them could ever talk to women

55 upvotes | January 24, 2022 | by [PrincessTiaraLove](#) | [Link](#) | [Reddit Link](#)

I've stopped arguing with these people because I see it for what it is, but it's a very disgusting practice. I had a woman point this out to me when I was in a "women only" space. She was married and said this is probably the only time this red pill guy even talks to women. It's quite weird. I would go as far as to say they are soliciting free sex work by trying to insight arguments with women. One man on a confession sub says he jerks off to Female Dating Strategy. As a woman I feel like these men need to go argue with other men, but we know they aren't looking to discuss logical points. This is all a ploy to get their red pill rocks off. Ladies please minimally interact with these red pill men. A lot of them may even have actual personality disorders so treat them as such and use the "grey rock" method. Don't give them the satisfaction of your attention. Save that for normal men.

I like a transgender woman.

55 upvotes | February 16, 2022 | by [AmbitionLazy](#) | [Link](#) | [Reddit Link](#)

It's weird because I use to a hardcore redpiller. I was very homophobic growing up in highschool. I know this isn't a dating advice sub but We matched through an online dating app. We hooked up already. She's very attractive and she's really nice. She even cooked for me at her house. I know this is absolutely wrong to admit but I'm scared of what my family thinks of me if I was to date her seriously. I guess I need to know how to develop thick skin. Like what will my friends think and what my family thinks. Or even going out to eat in public.

Kevin Samuels did nothing but create more incels.

55 upvotes | May 14, 2022 | by [Fine_Temperature_432](#) | [Link](#) | [Reddit Link](#)

I'm just being honest. Only men who made a certain amount of money are allowed to date? Also the women who call in, How do you know if they're fake or not? A lot of young men weren't really taught anything growing up outside of being a player and flex everything you have to impress people. I feel bad for young men(Including myself) who struggle with self esteem problems. But anyway this goes to show you that health is wealth. Because all the money he started making the past couple of years didn't really mean anything in the long run.

Just banned from a Redpill Subreddit. It is a badge!

55 upvotes | January 22, 2021 | by [rayman903](#) | [Link](#) | [Reddit Link](#)

Hi, I have been in this subreddit for a while to see both views of redpill. I hope I will be welcomed in here. I just permanently banned from a redpill subreddit for trying to point this out;

Men effect women, women effect men.

If women became sluts, then this means men also became sluts. Men used to STOP each other from short-term relationships and encouraged each other to marry with women. I don't understand how women and feminism is the only problem in here. But now, the amount of lustfull, porn addict men is all time high. Men used to be stronger and more family oriented in the past. Now many men or teenagers openly wants short-term relationships. Marriage is not the doom of the humanity.

Women see this and uncounciously believe that many men want a women like that and allign themselves accordingly. If all men left Instagram and choose to not follow half-naked women, I am certain that many women would stop posting unappopriate pictures of themselves. (Some influencers only share ass pics which annoys the hell out of me). Imagine the drop of sales in fantasy underwears, kinky toys. If all men learnt how to just a little bit less lusty, porn sites would be shutdown completely and sex-trafficking would come to a near end.

Apparently, I should have said that "women are slutty from nature, hypergamy, feminism is to be blamed and sh*t" but no.

Everyone is responsible for everything revolve around them, from small to large. I hope I will get more information in here and not get banned for saying something different.

Woman who is sinking to red pill philosophy. Help.

55 upvotes | December 25, 2019 | by [honestgoing](#) | [Link](#) | [Reddit Link](#)

I'm become paranoid that all men want is sex.

It's a fact that men can leave women at any time (and vice versa).

Men are more attracted to younger women. That's a fact.

A lot of men aren't interested in relationships. But they still want sex.

Put these facts together and I'm starting to see men in real life as people who are consistent with red pillers; I'm paranoid that I'm being used for sex with men reciprocating the lowest amount of effort that will still keep me around.

And as I age, a smaller portion of the dating pool is interested in their own age.

I don't know.

I've always been really open sexually. I've had 4 partners and I'm approaching 30. But when I started something with someone I don't like to hold back sexually.

I think it just makes logical sense to actually withhold sex from men I'm in a relationship with until I know it's more serious, so I can weed out the ones that are around just for sex.

But even then, I've had this problem of men not wanting to commit. One boyfriend last 8 years and left after we made plans to move in together. Another lasted 4 years, and the same thing happened. I'm with serious boyfriend number 3, and I just keep thinking:

Boyfriend/Girlfriend status is a way for men to get consistent sex without making a meaningful commitment and I can't trust men who call themselves my boyfriend to stick around once I want to escalate the relationship several years down the road.

Feminism Addresses Many Insecurities TRP Manipulates

55 upvotes | December 26, 2020 | by [Forlornexplorer](#) | [Link](#) | [Reddit Link](#)

edit: sorry the language is kinda off. im not a native speaker and it was very late when i wrote this. will proofread asap

TL;DR: Patriarchy oppresses men too with double standards regarding their financial situation and taking the initiative. Society is aiming to and progressing towards eliminating gender inequality; yet because feminism has (rightfully so) focused more on women's issues, men feel as though feminism only favors women- as gender expectations of men have not changed as much. However, all the insecurities men face are explained by feminist theory. These insecurities are manipulated by TRP.

Hey :) I have never officially been a red piller, but I have lurked sites that explain their theories and whatnot.

The theories seem bleak: *you are just another organism that wishes to pass down their genes. 80% of women are only interested in 20% of men. chances are, the girl you love wants to be railed by chad/alpha. your partner will let go of you if they can get a more desirable man. nobody will ever love you the way you loved your crush/ex. if you feel love and feel attached to somebody, you have oneitis and should try your best to become emotionally unattached (spin them plates).*

As you can see, majority of TRP's claims manipulate the insecurity and fears of the ideology's audience. TRP asks questions that everyone fears deep down, and answers them in the most pessimistic way possible by the help of dubious science and confirmation bias. (the science has been successfully addressed many times, you can also) The general aesthetic and language of TRP is insecurity and anxiety inducing.

But before dismissing TRP as manipulative and misogynistic (which it is), I believe we should ask a very important question. "Why does an ideology this depressing attract so many people and followers?"

Well TRP manipulates insecurities. What insecurities? From the general vibe and viewpoint, anectodes, science; we can safely suggest that it is a **social and sexual insecurity that men have for being undesirable, lonely and worthless.**

Why do these men feel this way? Why is feminism viewed as a sexual strategy that aims to emasculate men and make women more powerful in relationships and sex? This is the question we will answer.

Feminism: How Patriarchy Oppresses Men

Attribution of familial roles to gender has long created this traditional family portrait: Man the provider and woman the housewife that keeps the household functioning. This distinction found its roots from (and further propagated) the myth that women are more people-oriented and perform better in relationships, whereas men are more material-oriented and do perform better at jobs.

This misconception led to a societal setting where women are judged based on their physical attractiveness (as this was the main value they held) and men are judged based on how well-put they are (their ability to make money, be of high status).

The last few decades have seen the introduction of women to professional workplaces, and the pay gap between men and women have decreased significantly. Furthermore, industries around men's

appearance have grown enormously, and self care which was once deemed sissy is now the norm for men.

The problem? Our expectations haven't caught up yet. Double standard (which was originally used to define society's hypocritical view of premarital sex for men vs women) applies for many men in dating, where they are judged on many facets.

The concept of being well-put differs greatly for men and women. Despite the fact that men and women share somewhat similar prospects with regards to careers (men are still favored unfortunately, but many women have seen themselves prosper too); society deems wealth and status a must for men. Many studies suggest that, there remains a great disparity between how much men and women care about a potential partner's status and wealth. What's more, beauty standards that were (and still are) too unrealistic and demanding for women are also forming for men.

Another issue is who takes the initiative. Because men are expected to be more courageous and enterprising, the whole dating scene has formed around women receiving attention far more frequently than men. What this both stems from and causes is, an abundance of single men along with the gender role.

All these put unjustified and unfair strains on men when dating. In short; men are expected to put just as much time and effort into self care and appearance, but more wealthy, of higher status and more initiative. There are many strains that women face when dating, which men have no idea of. However, we are trying to explain why men feel so lonely, undesirable and worthless. The lack of interest men receive, and how more demanding it is to be a relationship-material-man can be considered the main reasons.

A man might put the same effort into his looks, and earn the same money as a woman. However, because we still expect men to be more initiative and higher status, the attention these two individuals receive differ greatly.

Since relationships and sexuality is very important for human happiness, the man who does not receive any attention is very sad. Toxic masculinity also does not allow men to form meaningful relationships with their male friends cuz gay; therefore you end up with many depressed men. I believe this expectation from men to be financially secure (which is not as rigid for women) in an economical system this unfair combines with men's loneliness and results in higher suicide rates for men.

Feminism suggests that gender roles should be abolished- therefore men and women should be judged the same. This would also include the aforementioned disparity in expectations when dating.

TRP - A Patriarchal Refusal to Change

What TRP suggests however, is that women are hardwired to be attracted to only the top 20% of men. This has been debunked many times, as women start acting like the way men do (more initiative, lower standards) when men are less in number. Also, women who seem to have an easier time breaking free from gender roles have attraction preferences that are similar to men (status and wealth become less of a concern).

By TRP's line of logic; a man has to be alpha, good looking, of high status, wealthy in order to be of worth. Notice how this is in line with the traditional breadwinner trope. You will also sense this notion that a woman's primary value is their attractiveness. According to TRP- men should be judged on appearance, status and wealth whereas women only on appearance.

TRP feeds on especially young men's failure in forming healthy relationships. The whole alpha/beta dichotomy is insecurity inducing for many men. Everyone has received rejection in some part in their lives, and everyone has felt inferior. These are all natural feelings, and they might help a person grow when getting over them. TRP, however, capitalizes on these feelings. It suggests that *"Yes, these feelings of inferiority are the truth. You will go through 5 stages of grief. Here are some evolutionary psychology to explain it. I will also make use of brain reward systems that I don't understand and voila- Here is a very pessimistic view on relationships and why you will never be desired by a woman unless you become ALPHA."*

And all of it is based on dubious science too. Basically, sexuality and attraction are very complex and personal concepts. A more emotionally intelligent "You cannot attract everybody. Just focus on becoming a better, more caring and fun person. That way, you would maximize the chances of finding a relationship that satisfies you." would suffice. But no, TRPers always have to reinforce their theories on attraction, on alpha fucks beta bucks etc. They always argue why traditional gender roles are justified.

This is why they become an echo chamber. It is not just the (invalid and wrong) explanation of human relationships- IT IS A CULT THAT FEEDS ON YOUNG MEN'S SENSES OF INSECURITY AND LONELINESS. The people who write those books, share those podcasts make a looooot of money, you know?

It is really saddening to see many men trapped in that disgusting ideology. Because TRP only captivates you if something seems wrong with your life.

As for the critique of evolutionary psychology, I HIGHLY RECOMMEND "Neo-liberal Genetics: The Myths and Moral Tales of Evolutionary Psychology" by Susan McKinnon. It is a great read for every person who fears that scientific grounds of TRP are based on truth.

Is r/FemaleDatingStrategy just the female equivalent of Red Pill ideology?

55 upvotes | November 30, 2022 | by [zuluana](#) | [Link](#) | [Reddit Link](#)

Just stumbled upon a post talking about how women are the choosers and what men want “literally doesn’t matter”.

https://www.reddit.com/r/FemaleDatingStrategy/comments/nbec2d/women_are_choosers_and_it_literally_does_not/

Their arguments depend on the exact same romanticized “biological” and “evolutionary” arguments as Red Pill beliefs.

Generally, it feels men-hating, and clearly shows disdain for the entire sex.

In my opinion, BOTH sexes participate in courtship across the animal kingdom, and the imperative is all over the place.

Men *can* be choosers... how? By having standards and engaging in choice when they aren’t satisfied.

Just because men tend to approach first doesn’t mean the choice is complete upon approach.

Humans are complex and unique enough that we clearly follow different rules, and both sexes participate in courtship choice.

Andrew Tate arrested on sex trafficking charges

55 upvotes | December 30, 2022 | by [Stargazer1919](#) | [Link](#) | [Reddit Link](#)

https://www.reddit.com/r/pics/comments/zyj3ll/andrew_and_tristan_tate_were_arrested_they_are/?utm_source=share&utm_medium=android_app&utm_name=androidcss&utm_term=1&utm_content=share_button

What is the red pill community's obsession with women with 'daddy issues'

55 upvotes | February 24, 2023 | by [Syphonfilterfan93](#) | [Link](#) | [Reddit Link](#)

I notice that many red-pillers say that women who have not had a good relationship with their father or has been through any kind of abuse are broken and unable to be loved.

It's not even the woman's fault that her father abused or mistreated her, but they will still blame her for it and make her out to be damaged goods who is beyond saving. Red pillers can be so damned cruel and uncaring.

I legitimately hate men now and am heartbroken

55 upvotes | March 8, 2023 | by [dirty_mistress_peach](#) | [Link](#) | [Reddit Link](#)

I've recently had to come to terms with the fact that I hate men. I don't actually wanna be like this but I can't spend another minute of my life trying to be good for and listen to people who don't and will never like me.

No matter how hard I listen or how much I sympathize, the bashing of women goes on. I worked hard to get my own career so I wouldn't be a burden and it's still somehow not enough. My job doesn't matter after all. My only value is as a hole and dick sucker. No matter how many house chores or how much help I don't ask for. I don't even talk about my emotions and always try to keep a smile on. I don't have drama breakdowns and I don't cry in front of men.

It's even ruined my idea and enjoyment of sex. I have allowed sex to happen because of what the red pill has said about sex being how men receive love and how bad women who don't fuck are.

Well....I'm a woman who fucks and who has gone along with sex to make someone happy. I can't even blame the guys. They didn't ask me to do it. I did it to myself because I was too fucking soft and stupid and wanted to make them feel loved.

Now? I don't really have a sex drive and I don't see sex as loving. I'm terrified of relying on men so I'm not a burden. I've become hyper independent. And it is still not enough.

I am finished. Part of me feels like going full emotional leeching gold digging sex denying Btch to make up for all the years I spent swallowing my needs. But I know it won't help. I don't know how to stop hating men. It's too all consuming at this point. The Tate stuff ended up pushing me over the edge into full anger.

Sorry for my novel.

Tl;dr: I'm in my feels and it's really stupid and it's my fault

I am disturbed by the RedPill

55 upvotes | March 7, 2021 | by [deleted] | [Link](#) | [Reddit Link](#)

[deleted]

Losing a husband to RP

54 upvotes | December 30, 2022 | by [keiy_solo](#) | [Link](#) | [Reddit Link](#)

I never thought I would come to the point of posting this, but I'm officially on the verge of divorce from my once very loving and kind husband due to RP.

I'm not sure where to start as far as describing his complete descent into it, so I'll just focus on the present.

Overall I'm wondering if divorce is an overreaction to this. He thinks we can have a healthy marriage with him being RP but I've peeked over at [r/marriedredpill](#). I'm 100% uninterested in being a field report over there.

I've done everything I can think of to pull him away from this rabbit hole, but nothing works and the pain just gets deeper hearing the way he talks to me now, the way he questions my value and worth to him (I'm now disposable according to him), the RP terminology that now laces our conversations, and all the obvious manipulation tactics he tries to pull.

I really don't want to push these papers but this chaos has been going on for two years now. When I joined this sub I felt there was hope for him based on seeing others who recovered but going through it is an entirely different thing.

It literally feels like my body, mind, and life have been blown into pieces. It feels so silly discussing RP and what has happened with my attorney. Like seriously? I'm about to lose my marriage to this? It's surreal but I know it's not. I'm ashamed to tell others the foul things my husband has said to me these past 2 years; all of it replays in my mind each time I look at him and try to make another attempt at reconciliation.

Someone please help me... I don't wanna be "incel" anymore

54 upvotes | May 4, 2020 | by [throwRA2829](#) | [Link](#) | [Reddit Link](#)

I'm coming to terms with the fact that I'm an incel. I can't believe I'm admitting, but I am. I am NOT Part of their online community and I do NOT believe in a lot of the stuff they say.

However, I hate women. I see them as scum and trash. Simultaneously, I am very sad and depressed that I am a virgin and girls don't like me. I hate immigrants because I feel they come to America and "steal" the girls. It's all wrong. I need help, I have to stop this I'm worth more than this. I'm a cute young guy trying to make it in this world and my head is so twisted with these thoughts, life is so short, I can't waste it like this.

I need a way out.

My views:

- women have much more sex partners than guys, they created hookup culture and have zero sexual morals.
- women hate having kids and family, they love abortion.
- most girls cheat and they can't be trusted in a relationship.
- most relationships are ended by women. Girls don't get sad after breakups, or get hurt. Guys get destroyed while girls go and party and hookup
- girls are incapable of love. They only ever dated guys because they were forced too, now that hookup culture is the norm, girls have abandoned monogamy. They seek sex with strangers not relationships
- dating a girl makes you a loser, as other guys fucked her before you, and they just had all the "fun" with her meanwhile you have to be there for her and date her, she is using you to settle and gave her fun and youth to other men
- girls are shallow, only caring about looks, having "racial preferences" due to dick size, caring about how good a guy is in bed, how much money he makes etc.
- girls lives are much happier than guys, girls can't get hurt or heartbroken. Girls can't get depressed or suicidal if they are even remotely cute and receive attention
- when girls cry it's just to manipulate those around them. It's fake
- girls hate their families and parents, choosing partying and friends over family. Leaving their home town as soon as they can to move to huge cities.

Okay that's most of my views towards girls. Please don't insult me, I've already attempted suicide and am seriously considering it again. I wish I was never like this. I want it to stop.

I'm not even 20 yet and I'm screwed. I can't take it anymore

Update: thank you for all of the support. I didn't think I'd get it. I've posted on reddit so much for therapeutic reasons and met with a lot of hostility. I decided to just grow up and realise I was being an IDIOT. I've had female friends, I've got with girls in the past, I don't deserve this idiocy and neither do women or those around me. I am gonna change, but not to "get laid" or anything. Actually, I suspected that I wouldn't ever get laid and I literally didn't care - because I wanna love women not

hate them, have a healthy mindset to benefit my happiness and those around me. However it turns out I'm actually fairly cute - so fixing my mindset and being happy, I might actually attract a girl, if I am lucky. But if it don't: it's okay. I'm not entitled to anything and if I was never to meet another woman again in my life, I still don't want this hate and sadness in my heart. Thanks for all the replies and the many who private messaged me, which all of them were women bar one - which is just a great show of how kinda women can be and how diverse and different they are.

I've got friends, I was working out and continue to do so, I have hobbies but I wanna develop more, try out any sport I can once I get to college, go to college to better myself, all the while working on myself. I feel as if the past year of depression and suicidal thoughts are coming to an end - I have hope again. Thanks everyone

Following TRP made me socially awkward

54 upvotes | May 17, 2020 | by [yulemguysmmoja](#) | [Link](#) | [Reddit Link](#)

Especially with women are around. I find my self focusing on the wrong things like actually looking out out for choosing signals instead of interaction. This even happened to my boss' wife at our meeting the other day. Now he stopped bringing the wife around me for this exact reason. Not only her but also some if my family members. I'm thinking this is a step towards full recovery from all the brainwash i received. Anyone else experienced the same problem? How did or do you cope this?

How to avoid becoming red pill/mgtow

54 upvotes | June 17, 2020 | by [TC-Wheeler](#) | [Link](#) | [Reddit Link](#)

I am a college student in my twenties. I have never been in any sort of intimate relationship with a girl before and to be quite honest I don't really know how to initiate one. I have social anxiety issues so talking to anyone is rather difficult, but especially to women. I have some female friends who I considered to be pretty close to, but none of them are really my type in terms of dating. I've also heard a lot of red pill coaches (like Elliot Hulse) say that you shouldn't be friends with girls unless you want to be in a relationship with them. This is causing me to lose interest in keeping these relationships. Here's another problem, I've researched a lot of red pill, mgtow and incel ideas and unfortunately, they all make perfect sense to me. If it didn't make sense I would probably would still want to be friends with some of those people. I feel like I am becoming an overall bitter person. I am well aware that cult like concepts like red pill prey on people who are insecure and the problem is I feel like I have a lot of the check marks for becoming a red pill, incel, mgtow douchebag. I know that i may be coming off as whiny and emo but I really want to be convinced why I shouldn't be a part of red pill. Studies I could read debunking red pill points or other suggestions/advice would be helpful!

I need serious help

54 upvotes | December 9, 2020 | by [HeatFlowMerchant](#) | [Link](#) | [Reddit Link](#)

Too much red pill content has broken my brain.

I actually walk around feeling like crap because I'm not "alpha". I actually have spent the last couple years believing all women want are money and a 9 inch cock.

I've actually walked around in shame because I have a 9-5 job and I am not a billionaire boss man with a private jet cause I thought that's all women want.

How to communicate weakness or vulnerability to women

54 upvotes | January 14, 2021 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

I've recently got a couple of messages from ex redpill dudes disclosing their fear of showing weakness to women. Their fear, it seems, is that women will immediatly and somehow be put off by the fact that they aren't "strong masculine men". Oddly enough, this seems to be a very recurrent insecurity among red pill men, so here's a few guidelines and thoughts concerning this whole thing:

- **Ask yourself: Why would you want to be with someone who judges you for being a regular human being?** For real, before being concerned with the fact that she would ditch me for showing weakness, i'd rather just tell her to fuck off if i have to keep being some macho persona. There isn't a single man out there who isn't scared of something or has his insecurities. And even if there is, chances are this dude is messed up in the head. Therefore, there's simply no winning with a woman who expect us to be some sort of flawless hero. Nor would i want to conquer someone like that, that i can't be at ease with.
- **More than what you communicate, it matters how you communicate it.** I can picture in my head some red pill dude trying to disclose some sort of insecurity and being immensely anxious out of fear of being ditched or something pathetic like that. That's not how you communicate your flaws. If you want to communicate your flaws, you own your shit and be like "This is my insecurity. This is me. You don't like it, you can leave" and mean it. Fuck it. She doesn't like it, she can go fetch her macho alpha male at cartoon network or something. No hard feelings. Incidentally enough, this sort of hard energy is kinda of attractive. Remember: **There is strenght in being comfortable with your own weaknesses.**
- **Don't emotionally vomit.** That's code word for don't over do it. It's okay to let her know your fears, your insecurities and be honest about whatever you're feeling. But it has to be done with some good sense too. If you're, talking about a girl that hurted you, but all of a sudden turns into a 3 hour conversation on how your ex dumped you through a text message at 3 in the morning and how you went through a real depression for months afterwards and shit... you may be doing it wrong. People don't like to be emotionally vampirized.
- **You don't have to reveal your insecurities if you don't want to.** Honestly, some dudes in this sub hear about us talking about how vulnerability is mostly okay, and that red pill just exaggerates the shit out of hiding flaws, and feel obligated to do it. If you want to communicate your insecurities, you can do it at it's own time, at it's own place, in it's own context. Like, when the issue comes up in a conversation. You don't have to go around sharing weaknesses simply for the sake of it.
- **Remember: Everything has cracks. That's how light gets in.** I know this sounds weird, but your minor flaws actually make you more beautiful in the eyes of a loved one. Over time women will fall in love with your minor imperfections. It's sexy as hell that a guy who's seemingly Mr Right isn't perfect, because it reminds women of the common humanity you both share. You're another human being, in this world, who's exactly like her with similar hopes, needs and dreams. And that's relatable and creates an emotional connection. Perfection is boring, and rings an alarm that guy seems too good to be true. That's why Love bombing is creepy for instance...

Something my husband and I discussed, wanted to know if you all see this as well...

54 upvotes | January 31, 2021 | by [StatusAnywhere8](#) | [Link](#) | [Reddit Link](#)

I've been lingering here for a while dropping a comment here or there. This is my first post, so I'll jump right into it...

My husband and I concluded that these gender wars and other socially driven feuds are devised by those in power to continue profiting off the division. Let me be clear I'm not saying that there aren't issues with gender norms, race, religion etc. But what I am saying is those with power are profiting by inflating the situation and placing road blocks to avoid healing and compromise. As there is no money in such things. There is only money in controversy.

I know it sounds like a conspiracy theory but as a sociology major who is married to a man who's politically involved(worked on campaigns and so on) we can't help but see the bigger issue as one that is economic in nature.

In one of my sociology courses, My professor asked why do we think sexism and racism exist or something along the lines of that. Many answered with the typical self centered answer. To that my professor wrote dollar amounts on pieces of paper and handed one to me(black woman), one to a white man, another to a black man, Another to a Hispanic woman and so on... We looked at our papers. I had less than the men but more than my Latina friend. The white dude(a class friend to add) made the most out of everyone and I am sure you could imagine the rest. Without her uttering a word some of us with lesser dollar amounts started to bicker about having less. Of course in a playful manner cause we're having fun. Shit got serious when my professor did something I never forgot... She sat at her desk with her arms folded and said,

"And while you fight amongst yourselves, I will profit off your division..."

We all fell silent. That's when it hit me that the bigger issue isn't race nor gender it's economic. Which was a hard pill to swallow because I was deeply involved in BLM at the time(I left the movement due to complications but that is a WHOLE other story). That moment in class stuck with me for a very long time. Whenever I see extreme feminist, RP, and hell even BLM and see the direction they're heading I can foresee the economic influence. How the big wigs make money off our division. I realized the game is rigged against **us all**, and the people getting rich are profiting off our fear, our narcissism, our entitlement, anger and insecurity. Yeah some may be more disadvantaged than others but we're all parts to a very oppressive machine. Marilyn Manson said it during his interview regarding the Columbine shooting. You can watch it here cause everything he said was spot on. Fear is easy to sell and easy to profit off of. I also like how they discussed the way the country deflects from real issues and find careful scapegoats and I think that's *exactly* what's happening.

Do any of you see the economic influence? Or am I just paranoid? Thoughts? Feelings? I'm really excited to hear you all's thoughts!

Redpill made me forget women can have feelings

54 upvotes | October 1, 2022 | by [AdventurousTie8034](#) | [Link](#) | [Reddit Link](#)

I never had a girlfriend, but I realized this very important thing. This may sound like a joke or obvious, but it's not. Women can really love someone, but many times they're silent and we never notice it. Women can even get a oneitis and suffer unrequited love. Women can get ghosted. Women can get rejected. It totally sounds unreal and impossible if you look at the redpill, right? The redpill says women have many more choices with tons of guys constantly asking them out... but a woman can fall in love with only one guy and don't care anymore about the others, just like when a man falls in love for only one girl, and obsess over this specific person. The substantial difference is that women, in most cases are not going to ask out the guy they like. They may show little signs of interest, sometimes clear, other times ambiguous. Sometimes is very hard to understand this signs and I don't know exactly how to spot them. When we forget that women have feelings just as we do, everything becomes a "game" and not a funny one. We should really look for a woman who loves us and has a kind heart. The same way many men are assholes, many women are manipulative and evil, but we should always consider that every human being is flawed. Women are flawed the same way men are flawed.

Sometimes both men and women can act pretending to be kind when they're not. Lies have short legs, so this is very important when you know someone...

Husband redpilled, or at least he thinks he is...help?

54 upvotes | March 9, 2021 | by [FlashySheepherder775](#) | [Link](#) | [Reddit Link](#)

New here, hoping this is the right place to post this... so my husband has always been very interested in politics and culture and has always leaned a little right of center, and for nearly a decade we've enjoyed really great, respectful, intelligent conversation on a range of political/social topics.

Over the last year, something has changed. He has specifically referred to himself as redpilled many times, and has made a handful of comments about women that seem reflective of the central "red pill" philosophies, but what has really disturbed me is all of his comments about race, sexuality, identity politics, etc. For a while, I couldn't say anything without him making it about race (e.g. I mentioned seeing someone do something crazy in traffic and his immediate response was "I bet they were black"...WTF). He spent a solid 30 minutes trying to convince me the Holocaust didn't happen one night and explaining the "Jewish conspiracy" that runs the world. Basically, he's become a caricature of an alt-right loser and it repulses me.

We've had many fights about it. In the last few months, he's gotten better about saying things in front of me, but I constantly see him on twitter posting pepe frog shit and reading things like Bronze Age Mindset and just feel sick to my stomach.

The thing is, I don't think he really believes in any of this...I think he (like anyone that gets sucked into this philosophy) is unsatisfied with his life and wants to believe it's because the cards are stacked against white men, not because of any of his personal shortcomings. Which is insane... he works for one of the best companies in town, we have a nice home and a beautiful son and a great life generally speaking.

It's incredibly frustrating, because I'm not the kind of person that wants to change my partner - I married a man I loved through and through, but he has changed in ways that I never would have expected and am too embarrassed by to even talk to friends or family about it.

Has anyone dealt with a partner like this? Is there any saving our relationship? I'm at the point where I'm regularly daydreaming about leaving him.

the red pill will make you a loser

54 upvotes | April 29, 2021 | by [iwasanacidbaby](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/O5TMsw3vYOQ>

Why you shouldn't be scared of leaving the Red Pill

54 upvotes | June 29, 2021 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Okay, quick thought...

I've noticed some guys saying they'd like to detox from Red Pill, but are scared of taking that fundamental step because "What if?"... "What if Red Pill is true? What if i leave Red Pill and get burnt?". So they stay out of "self-preservation".

Here's the thing: You will absolutely get burnt if you leave red pill, the same way you'll get burnt too if you stay because there is NO SUCH THING AS A "PILL" THAT'S GONNA SAVE YOU FROM PAIN.

You'll never predict, avoid or cope with heartbreak or pain just because you're Red Pill because Red Pill isn't the crystal ball into female mind it portrays itself to be. I was Red Pill for 4 years and i've been in countless situation where i failed to "predict" the behavior of those around me and where i still felt heartache despite being fully indoctrinated in it's teachings. Red Pill WILL NOT save you from any pain no matter how hard you try to swallow it.

As a matter of fact, not only it doesn't save you but it brings it's own set of problems. How many guys have you seen here stressing over the fact that they get really anxious if their girlfriend have a girl nights out? Stressing over being cheated on? Having trust issue? Being on some sort of roller coaster dramatic relationship because "dread game"? Feeling bad because they can't experience intimacy? Feeling beta or just having generally low self esteem because red pill sells them the idea that they need to be some sort of perfect "alpha male" to get women? Losing friendships over having a sudden change of behavior to accomodate a more "alpha" personality?

So what if you "learned" to avoid a BPD girl you were flirting with because she has tatoos and dyed hair or some retarded shit like that? For the amount of stress TRP brings in return out of mundane things whatever you think you learned isn't worth it.

So yes, detoxing is absolutely the way, no question about that.

What they call independent is basic survival

54 upvotes | June 30, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

When they talk about women they always say things like “this is the problem with modern women/independent women today” it always makes me laugh because what they call independent is just simply having a good job to pay your bills and having a college degree. In other words surviving in a capitalist society. I see this a lot with the black redpillers.

Don't be fooled- leaving the red pill doesn't mean you are blue pilled

54 upvotes | November 29, 2019 | by [pandamojia](#) | [Link](#) | [Reddit Link](#)

It just means you don't need to be on pointless pills.

What the red pill got right...

54 upvotes | December 29, 2018 | by [SterlingArcher80](#) | [Link](#) | [Reddit Link](#)

I'm an ex red piller, but I'll admit there is one thing they do get right. If all you want to do is get laid and you have zero intentions of having a meaningful relationship all their bullshit actually works. I ran game using their ridiculous manipulations for a few years and I've never been more successful, but the second I met an incredible woman with a high level of intelligence that knew what she wanted out of life that's the second I got shut down.

See, that's what the red pill really is. It's a way to lie about who you are and manipulate women to get them into bed. You'll never be able to build a solid relationship using all the crap that you have to use being a red piller. I'm almost embarrassed that I thought using RP tactics would ever lead me anywhere. The only place using game like that will lead you is old, alone, and full of regret. Sure, you'll probably have a notch count 100+, but is that really fulfilling? Trust me, it's not...

2 years after leaving RedPill - in my happiest relationship lasting a little over a year now.

54 upvotes | October 2, 2018 | by [nomorewheels](#) | [Link](#) | [Reddit Link](#)

2 years ago, I got into RedPill, like really deep. As a single man in my mid-twenties, it spoke to me (obviously their main audience). I started going to the gym. And after a few months I gained like 15 kilos and looked much more like a man. Things started to get good. I started to dress way better and took care of myself. I actually got more attention from women. Whenever we went "out" I had t-shirts that emphasized my (now) way broader shoulders. And the attention I got from women was amazing.

However, after a while, I started to notice something. It was as all the women's personalities suddenly became way shittier. Of course, that confirmed my "suspicions" from all the "amazing" RP knowledge. "You should expect the worst from women. If not now, definitely later." I was angry and disappointed.

But I couldn't get rid of that weird feeling. Something wasn't right. Before I started RedPill, women were nicer. And then it hit me. The way you act, the way you are - that's the kind of person you will attract (and/or gravitate towards). I left all that RP bullshit behind me. Still went to the gym, though. And of course, a year after that, I met my now girlfriend. Ironically, in winter when we had so much clothing you could barely see any of my new improved stature. Yes, I was pretty loud and the center of attention when we met, but that was just drunk me trying to have fun. After we went on dates, we actually got to know each other more maturely and in a normal environment. We were very different from the drunk people we were when we met outside. And most importantly, I was different from the person I was when I followed RP. No frustration or anger. Just consider everyone is a human, has daily problems, etc... And it worked so well. We matched greatly, laughed a lot and had a lot of fun.

It's been a year since then. The relationship is still as great as it was in the beginning. We had a few fights, but after those fights we apologized to each other and talked it out. What was bothering each other and how we will change things. And yes, as I said, it worked out. No RP bullshit. :) We still have a ton of sex and initiation is 50/50 (didn't expect that, huh RPer?). We actually haven't had a real fight in half a year, after the initial expectation problems were ironed out through *talking* (amazing, right?). No need for abuse or whatever.

Now yes - when she is indecisive, I "lead". But I always ask for her opinion. I always ask what she wants. And yes - gym WILL help you, but not if you look like a caricature of a bodybuilder. Broad shoulders are nice, but don't overdo it, you'll attract the kind of woman that will like you only for that. And most importantly - no need for any abuse or anything like that. Be decisive, but also considerate. No need to hide your feelings. Although my SO sometimes says I'm like an emotional rock, she also admits I give her a lot of affection. Obviously don't nag like a broken record. If things are that tough, go for a psychiatrist. But I'm getting off the point...

So, my lesson? Yes, if you're a cool person, people will want to be around you. HOWEVER...

If you're a genuinely nice person, you will attract that same kind of nice person. If you're shitty, you will attract shitty people. And that's why RedPillers keep getting disappointed.

I used to be a red piller. Just logged into my account after years and I'm cringing looking at the posts I've upvoted.

54 upvotes | May 22, 2018 | by [TI69](#) | [Link](#) | [Reddit Link](#)

I used to be an avid browser of TRP. I got drawn in like I think a lot of others did. Seeing posts in other subs on Reddit about batshit crazy feminists (thinking that was the vast majority of them when it's really a strawman that's a small minority), getting caught up in the anti-PC thing. Being young and being a virgin. Big surprise, I bet a ton of people who browse TRP don't actually get any action. I used to lurk a lot there, then I made this account which I used only sometimes.

I haven't been on TRP in 2 or 3 years, and I've grown up a lot since then. I'd be proud to call myself a feminist now. I have much healthier, normal views of women now—the TRP calling card is unhealthily obsessing over women while simultaneously acting like (and treating them like) you don't care about them at all.

I think what drove me off eventually was continuously seeing the racism and anti-science mentality that wasn't uncommon in TRP for a while, and eventually the thought popped up in my thick head—what if all the shitty made up science and bigotry some of the TRPers were displaying when it came to race...was the same thing they were all doing to women?

Going back through my account history and seeing all the posts I've upvoted before...makes me cringe. But it also makes me understand how guys get sucked up into this. I wasn't stupid, I was a smart and rational-minded young guy (and eventually that's what made me realize it was a crock of shit). I didn't consider myself a hateful person (not even a conservative person) when I began browsing TRP, the pseudo-science and the strawmanning and the selective bias and the whole tactic of starting with a grain of truth but then attaching it to lies just got to me. And looking back at my experience in TRP 3 or 4 years ago...all I can see is the same tactics that alt-righters and Trump supporters use, but earlier. It's crazy.

Can I get my husband to leave TRP?

54 upvotes | August 11, 2017 | by [Terra_Lee](#) | [Link](#) | [Reddit Link](#)

Please remove if this isn't allowed, but men who have left TRP seem like a good group to answer my question. I originally asked on RPW. You guys are basically my last stop before hiring a divorce lawyer.

About 6 months ago (February), my husband lost his job and had to take a lower paying one. However, I have always made significantly more than him, so while it was a big cut to his individual income, it was less than 5% of our combined income. We haven't had to change lifestyles, we still moved into the home we built, we still took vacation in June. Even still, he's been pretty depressed since the job loss.

Anyways, about a month ago (July) he began picking himself back up and in a better mood. He told me he had seen the light, and the reason he was unhappy was because he was living a lie as a blue pill man. He told me he was red pill now, and there were going to be changes in our relationship. He wanted me to take on all of the "women's work" that he had been doing. We've been married 4 years and cook dinner together most nights, we do most of the cleaning as a couple. In moving into the new house, I had been considering having a service take over the cleaning because it is a lot now compared to the little place we were in. Now he wants me to do all of it, but he doesn't want me to quit my job.

More pressing, we had a plan for having kids- in 2-3 years we were planning for me to go off birth control and try then. He wants my IUD removed by the end of the month so that we can be pregnant by the end of the year.

Finally, he has gotten aggressive, disrespectful, and sexually violent.

The reason I'm sharing all of this is that I want to know how to snap him out of it. This is not my husband. I don't even recognize this man. RPW said that you can't get men to leave TRP, but you all left right? Why did you leave?

Currently, I am staying at a long stay hotel taking some time. I know my friends and family would tell me to divorce him. Many of the women at RPW said I should divorce him.

Randomly approached by a hot girl, and she gave me her number

54 upvotes | March 9, 2022 | by [Scorpio_Kiev](#) | [Link](#) | [Reddit Link](#)

For all the guys saying hot girls are looking for the 10% alpha male, well I hit the club last night and an attractive redhead and moved away from a muscular “alpha looking dude” in the nightclub trying to grind on her. Same girl pulls me in her group(NEVER HAPPENED) and gives me her number when I asked for her chat. I’m decent looking, 5’11 and not muscular or alpha. I told the girl I was a terrible dancer and camera shy when she tried taking a photo and pulled me to the dance floor, she laughed it off probably because I was just.....being myself.

Redpillers hate western women

54 upvotes | June 13, 2022 | by [icequeenoftheworld](#) | [Link](#) | [Reddit Link](#)

I noticed that the people that redpillers hate besides women in general, are western women or westernized women. their main claims are

- "western women are wh*res"
- western women have high standards
- western women only want tall guys
- western women are masculine and don't know how to be submissive

I'm slowly realising my ex was redpill and I think it was starting to turn into emotional abuse

54 upvotes | June 10, 2022 | by [Tall Taste8650](#) | [Link](#) | [Reddit Link](#)

I was in a relationship with (what I now realise was) a red piller. It was absolutely miserable, exhausting, scarring, and I think becoming emotionally abusive. Hopefully my description will help convince people that red pill doesn't support healthy, fulfilling relationships! I'm also still processing this stuff, and trying to work out if the connection to emotional abuse is valid, so if anyone has any insights they'll be greatly appreciated!

When I first started dating him, he invited me to talks at the feminist society, and proclaimed he was a feminist - by this he meant he wanted what was 'best' for women, I.e. traditional gender roles. We had a few debates about what I now realise are standard red pill talking points, but I didn't research red pill until after the relationship ended. When we had these discussions, I tried to empathise with the underlying insecurities and anxieties, but I just increasingly got the feeling that I was paying for the sin of being Woman.

He said all sorts that looking back I can't believe I tolerated! He believed that women are fundamentally emotionally manipulative and only cry for attention. He believed women lost value with age and number of sexual partners - on my birthday he joked about me being past my prime. He told me that if we met in twenty years time, he wouldn't want to go out with me, he'd want to find a cute lil twenty year old - at forty I'd be unattractive but he'd be able to tolerate it because he'd remember finding me attractive when I was young.

One of our big arguments was that I should wear more makeup, spend my time doing my hair, paint my nails, get dressed up etc. When I did get dressed up he complained that that's how I should dress on any given day, not a special event, so it didn't count. He told me if I didn't put effort in, he didn't feel loved. I explained that for me, love is being able to be your full real self, whereas he wanted this constant performance of idealise femininity. I tried so hard to empathise, and eventually tried to mold myself to what he wanted, but there was always some sort of issue.

He would frequently comment on women he saw that he found attractive, would describe them as the 'perfect woman'. I usually brushed it off because I was desperate to be easy and undramatic, and after our break up when I mentioned I found it hurtful, he said that he was annoyed that I brushed it off, that if I really cared about him I'd have told him off for going after other women. This was maybe the first thing that made me realise how glad I was to be out of the relationship - he wanted to have a constant cycle of making me feel insecure and starting an argument to reassure him that he felt valued!

He regularly made me feel small, pathetic, vulnerable, and in need of help. Often it would be under the guise of banter, (textbook negging) but with distance it seems like a sustained effort to foster low self esteem and dependency. He criticised all aspects of my physical appearance, my interests, the books I read, my 'cultural capital', my posture, my body, just everything. I remember him saying I was lucky to find him, one of the few people that didn't find my nose actively unattractive. I'd generally agree with self deprecating humour, and I don't think I really realised at the time how much of a negative affect it had on my self esteem - I remember towards the end saying that I wanted to be invisible, I didn't want to be perceived.

When we were first together, I said that I probably didn't want to have children. He told me that women that didn't want children are a useless waste of space. A few months later I'd (unrelated) warmed to the idea of children, and he very much described a future of me being a SAHM homeschooling our children, potentially abroad (where I would be alone, unable to speak the language, and completely vulnerable and dependent!)

It was also my first ever relationship, while he had been in previous relationships. He could be very eloquent talking about communication and emotions, so I fully trusted him to judge what was and wasn't appropriate. I frequently got told what I'd done wrong, and I assumed that he could do no wrong, if I did bring up things I'd found hurtful I thought I was either incorrect or hypocritical because I'd probably done something bad or worse. I don't think this is uncommon in first relationships, but knowing that he'd said he'd specifically seek out a partner that is young, naive, not yet 'old and bitter' makes me think that really he was looking for someone naive enough to not pick up on all the bullshit.

Overall, I think redpill, insecurity, and manipulative tendencies all mixed together to form this horrible mess where he specifically wanted a young, sweet, naive, inexperienced girl, who he would then consistently reduce her self esteem to make her feel lucky to be chosen, to keep her held close by through insecurity, vulnerability, and dependence. That dynamic of insecurity would be present forever - her feeling insecure is what he needs to feel secure.

The whole time, right from the start, I felt miserable, exhausted, insecure, and like I was walking on egg shells, but I didn't know any different and thought that was just what relationships were like. There's so much I should have done differently - I also made my own mistakes hurting him in the relationship, and I should have communicated my boundaries better, and spotted the glaring red flags and left a lot earlier!

I'm so glad I'm out of there - it was actually him that broke up with me, and for a while afterwards I was upset that I couldn't sufficiently mold myself into the perfect woman he wanted me to be. With distance, I'm so glad I'm out of that mess. But I'm upset with myself that I was so naive and that I let myself get into that situation. I like to think I know better, but I completely abandoned myself. I'm feeling so much happier and more relaxed now, and I've been in a relationship since that has been so much more peaceful and secure.

Point being - red pill tactics are, at best, manipulation, and at worst emotional (and financial) abuse. They do not create happy and fulfilling relationships, they create girls that have to go to therapy to unlearn this bullshit.

If You're Lonely, Stay Far Away From TRP

54 upvotes | July 18, 2016 | by [Ex_redpill_throwaway](#) | [Link](#) | [Reddit Link](#)

I found the red pill because I was in a phase where I was convinced I would be single forever. I looked up dating advice online (great fucking idea, you dumbass) and found r/theredpill. For months, I did whatever I could to seem "alpha". I thought confidence meant disregarding women's feelings. I thought that women were stupid for not liking me. My behaviors garnered me a reputation for sexual harassment. Every woman who lives in this city avoids me, for good reason.

Essentially, I was emotionally vulnerable, gullible, and desperate. And that's what TRP is: A bunch of desperate, lonely men believing that were easily fooled by a retarded ideology. At first you would feel bad for them, but then you realize they are rape apologists. Socially stunted. Probably never left their house. And when men like this stay inside of an echo chamber, that's when it becomes a threat to everyone's personal safety (see: Elliot Rodger). They become so convinced that they're correct, and the frustration builds up.

Once I left, nothing ever got any better. I still cry myself to sleep quite often, and I know I'll die a bitter virgin. However, for better or for worse, I now know this is my fault, not the fault of women.

About women who support red pill

54 upvotes | October 25, 2021 | by [ET-Osmio-180599](#) | [Link](#) | [Reddit Link](#)

I have seen a certain amount of women who support and give them the Red Pill, of course they are a large minority, I would say less than %10, they are rarely young women but there is diversity within that group.

My problem with those women who support the red pill is that they don't realize the type of men they deal with, hate, feel repudiation, resentful towards women but still they support and defend the Red Pill ideas, literally it feels like a person of color supporting white supremacists and saying hey I support you even if you hate my reason. WTF, that's how I see women who support such a group.

I literally once ran into a young girl who supported MGTOWs (Even one of them claimed to be proud to be a misogynist lmao), the girl supported it anyway, but what a surprise..... the girl soon on another Reddit criticized how her mother abandoned her and that she was never with her and it proves my point that people regardless of gender, who lacked a mother figure or trauma with her, tend to have very misogynistic ideas and are more prone to have ups and downs in relationships.

I really feel sorry for those women who support them, it's like a man supporting a woman who hates men, what a lack of self-respect.

No doubt I know it's a minority but it strikes me that I've seen that a lot lately.

The Importance of Platonic female friends

54 upvotes | November 16, 2021 | by [J_drizzle_sizzle](#) | [Link](#) | [Reddit Link](#)

I just wanted to add this, a lot of personal and emotional growth and relationship skills can come from having platonic female friends. Like how to face conflict and stay friends, how to have tough conversations, and especially for me the way I was forced to be more in touch with my emotions to communicate them. I think having a platonic female friend could help a lot of exredpill users.

I almost lost my two year long relationship due to red pill theory

54 upvotes | August 29, 2022 | by [Giocatore45](#) | [Link](#) | [Reddit Link](#)

So i'm 26 and have been with my girlfriend for two years, living together for over a year. We also bought a house together that is currently being built, frequently discuss having children, marriage etc. A very serious relationship with a very sweet girl. I've had my fun with dating around in the past and she's had a bit of it too (though far less than me) but we were ready to settle down and fully commit as god intended a man and woman to do.

Some months ago I got into a little bit of red pill theory which got accelerated by Tate and Fresh and Fit blowing up. It all sounded so logical to me. Men are supposed to be stoic, have a rotating roster, focus on money and disregard the feelings of your woman. Slowly but surely I started in putting less effort in my relationship, being less romantic, going out with my boys more often, flirting, dancing, talking with other women and taking down their Instagram. It all happened very gradually.

Then i got a crush on some other girl I met and started DM'ing her more often. My gf noticed her name on my phone a lot but never said a thing because I told her many times that I don't like jealousy and that that was the reason my previous relationship didn't work out. Last week I saw the other girl at a festival and hugged her in front of my gf (I was drunk) and when I walked back to my gf I saw how hurt she was. Me being pretty much red pill at that point I kept texting the girl throughout the night and my gf just casually asked once 'who is that?' but she let it slide. I actually set up a date with the other girl and barely cared to hide it from my gf.

The whole week she didn't say a thing but i noticed at times when I said i was going out she would almost tear up or when we were at home she'd be quiet. Yesterday she broke down and said she has never felt jealous in her life but she can no longer suppress it and that she fears I might be cheating on her. That she thinks I stay up all night to talk to this girl etc. And my heart broke. Finally seeing how it affected her I decided to drop the red pill and start acting as a man of god again. Also called of the date with the other girl.

Don't let people fool you and tell you women don't mind when you are careless. They care and will be hurt. Don't forget we are all children of god and selfish enjoyment at the cost of others will always be punished.

How do I humanise men again?

53 upvotes | August 10, 2022 | by [lemoncurdmacaron](#) | [Link](#) | [Reddit Link](#)

To me TRP portrays men as essential monkeys, or rather narcissists, incapable of love. Uncivilised cavemen etc. With this, it makes me less willing to be in a relationship with a man, and I sort of started seeing men as less human.

This is not based on failing at dating, if anything it's the experience of men "falling" very easily and wanting to be in relationships immediately.

But TRP and all just makes me feel like men can't love, they want to add you to their pokemon collection.

It even makes me see men as threats.

You don't need girl friend.

53 upvotes | September 27, 2020 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

I'm not sexist, but you don't need society to tell you what to do. You don't need smokin hot girls or gf around you all the time, if you love your hobby more. You don't need certain amount of money or certain amount of people who follow you. You do what works for you and makes you happy.

Hatred of Single Moms and Right Wing Nut Jobs

53 upvotes | March 28, 2019 | by [flyinghorse1](#) | [Link](#) | [Reddit Link](#)

The above turned me away from the red-pill. I was raised by a single mom who did a good job and worked very hard for us. My father became abusive towards her after my birth. Any movement that hates single moms has zero respect from me. This isn't to say that a single mom is the ideal - far from it - but to demonize them and portray them as some mythic boogey monster is absurd and weak.

Second, I don't know why there's so many right wingers in the red pill but its quite repugnant. Many openly support racist policies, sneer at helping the vulnerable, and shit on most forms of equality. Don't get me wrong - i'm not a die hard liberal (far from it) but the amount of volatile views that have become normalized is quite shocking.

(note: I see some good points in trp - personal responsibility, goal setting, being driven - its just the bad forces me away from ever being near the movement).

My Red Pill abyss

53 upvotes | January 13, 2018 | by [aNationofTwo](#) | [Link](#) | [Reddit Link](#)

It started last summer when I had too much time on my hands due to an injury that kept me from my usual activities. I was feeling insecure about my relationship so I sought advice from the internet and no, it was not on Reddit. I landed on YouTube and ROK to find out how to be a better girlfriend...and that was exactly the wrong direction to take it. I soon learned about the Red Pill and the manosphere and how terrible I am for being female and how little men think of women in general. Since I had wanted to know what men really want from us gals I figured my enemy would be more honest than my friend, and so I waded through the mire to find nuggets of wisdom. Waded and waded through podcasts and articles and videos on how women are lesser beings, hard wired to use men and incapable of reason. My logical brain told me this was a lot of crap but my insecurities drove me to seek more advice on painting my nails and wearing sexy heels and being more submissive. If that is what men really want from us, why not play along? My boyfriend could not comprehend why I was spending so much time reading this drivel, but he did appreciate the effort I put into my appearance so I deduced that Red Pill advice had some truth to it. And here we go. YouTube is where it all went haywire, and you can probably guess why: Unlike on ROK or Roosh forum I was allowed to comment. All these confident big-name gurus with their Red Pill channels made it easy to interact with actual adherents and my user name was obviously female so I thought I might enlighten them. Mistake. No matter how sweet and rational my comments, kindly pointing out that NAWALT and there are plenty of good gals out there, I was called "ugly" and a "liar" and told to leave. There were other female commenters who would suck up to the men and agree with all the misogyny and they would get patted on the head. But when I even quoted Jordan Peterson (oh boy) the boys club flipped out at me and labeled me a c&*t. Nothing short of full capitulation would appease these twerps. I had to hide my YouTube account.

But oh, there is always more Manosphere. Despite all logic, it got into my head. Why had my boyfriend not wifed me up yet? Must be because I am not attractive or submissive enough. It was widely accepted that any woman my age (over 30) was a withered hag who had no real prospects but this did not match my life experience. In fact almost nothing they said matched up with my reality: where were all the slutty harpies who trick men and marry them only for the bucks? Where are these children in adult bodies who cannot think except with emotions? And who marries someone they do not even love? None of it looked like Planet Earth but these RPerS seemed so confident that this was how men saw things. Their contempt for womankind was broken only when they began clamoring for a wife, and of course they all became unicorn-hunters in foreign lands since the West is so "degenerate" and dried up. Something did not add up. If us girls are so wretched and incapable of loving men, why would they WANT a wife? Enter the MGTOWs to solve the world's problems by giving up. There was no optimism anywhere I searched and yet I felt compelled to try. I even watched Roosh's live call-in shows to decipher these men and their true level of hatred toward us...and well, the emperor had no clothes.

I had assumed that these men were who they said they were. I believed them that they were successful Alphas who held society's standard of masculinity like some Ayn Rand heroes. They were not. Instead a parade of sheepish nobodies presented themselves, tremulous of voice and full of insecurities. What what? So I did little searching and learned that surprise surprise, many of the

manosphere gurus were liars and frauds. It made sense for their fans to be all bark and no bite, but the very leaders who preached Alpha-ness were themselves pulling one over? Aha. Now the irony hit me: I had been feeling weak and vulnerable so I turned to what I thought was a position of strength, however hateful, to help me out. And the whole time it was no Wizard of Oz behind the screen, just sad lonely fellas with lots of time on the internet. No chads, no plates, no hot model girlfriends. I felt pity and compassion.

Until I read the Married Red Pill subreddit.

That... was the darkest depth of human ugliness on the whole of the web. Holy crap. Instead of poor kicked puppies posting out of loneliness I found the Dark Triad masquerading as husbands. Men who hated their wives and called them "disgusting" and men who urged each other to have affairs, all from a combat style relationship which made it hard to picture them ever standing up in a tux and saying their wedding vows. Post after ugly post. That was it for me, that was the end goal of Red Pill. The mask was off.

There is no pill. There is only the human condition.

I was a red pill woman, it wasn't what you think

53 upvotes | August 19, 2017 | by [exrpwthroway](#) | [Link](#) | [Reddit Link](#)

I got into red pill read about 4 years ago, and found the subreddit about 3 years ago.

Many of the red pill women who posted here don't seem affiliated with the actual internet phenomenon, but more were involved in specific abusive relationships or with fundamentalist partners. However, it is my opinion that many RPW women are like me, and that their relationships as depicted online are a bit of a act. I was never a conservative or a sexist. What appealed to me was it gave me a clear guideline to reclaim a sense of worth when I had so little.

I graduated with a public relations degree in 2011 and worked as a waitress during college. I had no real connections or serious internships while in school. I followed my boyfriend to another city which was close enough to see family and friends, but not keep my old job. I wound up getting fired from a restaurant job in a relatively well connected small city, and was unable to find shifts at any of the better places. I took a temp job that paid almost nothing at a small company where my boss treated me a like a personal assistant and never taught me any usable skills. I eventually got so depressed it made me sick and I stopped going to work. Overall, this was negligible. My boyfriend was happy to support me, the car payments and extra expenses didn't exactly make my \$400 a week a big deal for us.

I graduated from a top school with good grades, but fell behind on my student debt and had no real desire or reason to go to grad school. I was told my whole life how smart I was and how I would certainly become successful. Reality was humiliating for me. Unemployed, I began to spend more and more time online, reading obscure and absurd. Often to occupy my mind, often to make myself feel smart or significant again. That's the period of time I found the red pill.

All I need to do to be a high quality woman in the eyes of this community was to be thin, cook, and be nice to my boyfriend. I was told that all those friends who were single but had things I envied were the real failures, while I was great success as long as the scale stayed down and my boyfriend was happy. I patted myself on the back when considering the women in my life who dressed sloppily, couldn't cook, were disagreeable, had lots of student debt, took pride in their basic jobs, etc. Some of this was grounded in normal human flaws I observed around me, some of this was based on some straw man modern woman I had created in my mind to prop myself up. With regards to my friends who were also in loving relationships, I would find instances of disrespect and other dysfunctional behavior, and would comfort myself with the thought that their relationship was inferior to mine. In five years, my boyfriend and I would still be together, because I never snapped at him or told him not to play 8 hours of video games.

Keep in mind, during none of this time did my boyfriend give a shit about my submission or my housekeeping. He saw me busying myself around the apartment, picking up new projects, and paying more attention to my fitness and grooming. He cheered me on because it looked like I was coming out of my depression. And the reality is, yes, making him the center of my focus did increase my feelings of affections for him. Our relationship felt oftentimes like the crushes I had in high school. I would make decisions based on how he would see me, like wearing that nightgown slip with the itchy lace trim in the dead of winter instead of flannel pajamas and soaking in every look he gave me, while priding myself on the amount of cold I was suffering for that extra taste of affection. Other girls

wouldn't do that sort of thing, after all, I must be a hot commodity.

What was interesting to me when I first found the community was how so many of the young women were exactly like me, especially when speaking privately. Young women whose lives had not turned out the way they had imagined: not necessarily "failures" but competitive women with active minds who had few outlets. Some were highly educated and married to high income men on the coasts, but did not have the types of careers that women in their social groups had to justify working, especially with kids in the mix. A number of women had live-in boyfriends and were not working. They were a break-up away from living with their parents, at best, some even had kids. This community did get very competitive, often regarding every conceivable status-marker apart from type of employment.

I never had an epiphany where I discovered feminism or anything like that, since I was never isolated and this belief system was entirely in my head. What happened was gradual. I got a life. I took a volunteer job at a local charter school, which turned into a paid full time position. I tutored after school and helped run a creative writing club for students. I got out of the small world I had created for myself and realized I neither had to have a big fancy job nor be anybody's dream girl to feel self worth. I also found that many of the complaints which I had prided myself on not having, like those involving partner that doesn't do equal house work, were grounded in reality. I saw the "bitchy" "fat" girls get married to good men who were crazy about them. I saw the career driven bullish women quit to take care of their growing families. I stopped having that subtle compulsion to compare myself to other people, especially other women.

As this change occurred in me, I found more and more of the behavior and writing in the red pill women community petty and grating. I saw myself in these women, and tried to give them advice that wasn't necessarily feminist, but would give them a sense of self-containment and pride. This was received poorly.

tl;dr I got into Red Pill Women because I was insecure and it made me feel good about myself and my relationship. When I found other ways to feel good about myself, I didn't need it anymore.

Learning how to spot redpillers is pointless

53 upvotes | February 6, 2021 | by [tiposk](#) | [Link](#) | [Reddit Link](#)

I've seen several threads asking how to spot red pillers and, less frequently, FDSers. This seems like a good question, but it misses the point of the dating experience. Your partner should be someone you feel comfortable with. If your gut tells you that something is wrong and that you're not paranoid, then it's time to leave that relationship behind. Unless you want to help them, the ideology behind their bad behavior is irrelevant.

How redpilled guys become exredpilled

53 upvotes | August 31, 2022 | by [HotChad614](#) | [Link](#) | [Reddit Link](#)



If women want their male partners to be more vulnerable, why is it that there are so many stories of men who opened up and were ridiculed/dumped/cheated on soon after?

53 upvotes | May 2, 2023 | by [WhattehHellDOIDO](#) | [Link](#) | [Reddit Link](#)

A common trope among redpill spaces is women's inability to handle a man being vulnerable, and this will in turn make her lose attraction and respect towards him, despite most women saying that they want their man to be open and vulnerable with them. Why is that?

I'm 28F, and have really internalised the idea of "The Wall" to the point it's making me unable to enjoy life or do day-to-day tasks or feel motivated. Any support or similar experiences?

53 upvotes | March 6, 2023 | by [whatevenisthis123](#) | [Link](#) | [Reddit Link](#)

It doesn't help that the love of my life slept with someone a decade younger than me and lied about it, and it's just seemed to really confirm and bring back all of my anxieties. Every day I just feel like I am a piece of fruit that is perishing, and moving further away from my peak. It's made motivation difficult and almost made me "what's the point?" all the time. I feel scared that all men are just attracted to much younger women, which I find sort of menacing and scary as I have a history of abuse by older men. I find it hard to trust men and feel paranoid and depressed. I feel anything that would make me feel better is just some "female cope" and hiding away from the true and dark nature of the world. Has anyone else dealt with this? I am trying to stay away from any Red Pill content in the mean time but it's hard.

my experience with a red pill ex

53 upvotes | December 19, 2020 | by [sleepy_sunflower](#) | [Link](#) | [Reddit Link](#)

Hi all. I suppose I'm writing this because there are so many posts on here describing men's experiences in relationships once they fall into red pill thinking (which are absolutely valuable!), but not as many from the perspective of someone who has been on the other side of that relationship. I figured I'd share my experience being with someone who was red pill, and the toll that it took on me, in the hopes that it will perhaps drive someone still struggling with this way of thinking to have more empathy for the people they subject to red pill tactics.

I met my ex in college as part of the same large friend group. We didn't start dating until after college, but I did feel an immediate spark and chemistry with him unlike I'd really ever felt before. After college he lived across the state from me, but we'd see each other when we reunited with our college friends. We started hooking up, and then making trips to visit each other, and eventually dating. By the time we started officially dating, I was completely in love with him. I loved how he was so up for making fun experiences happen with me, like backpacking the Grand Canyon on a whim (we both really loved the outdoors), or even just sharing a bottle of wine and wandering across the city at night and seeing where our legs took us. He was a musician and I loved how passionate he was about music, at times I'd see songs or even his own guitar bring him to tears and I thought nothing was more beautiful. He could be so goofy with me and we'd just laugh for hours over nothing. I saw the way he loved and cared for his younger siblings and swooned. I adored how we could spend hours and hours talking about anything and everything, from our aspirations, to our childhoods and families, to politics, to music, and more. The first couple of months felt so blissful, he was by far my favorite person to spend time with.

Our first big fight came a couple months in, when we were talking on the phone and he'd been drinking (more than I realized). He ended up asking me how many people I'd slept with, and when I told him, he flew into a rage. I won't get into all the details, but it was scary and so incredibly hurtful, as he said things like "everything I thought I knew about you is a lie," as though the number of people I'd slept with somehow negated everything else about the person that I am, and all the things I thought he liked about me, including my perspective on the world, my ambitions, the way I strive to care for the people in my life, our common interests, etc. It all seemed to go out the window. The next day, he seemed regretful of how he'd lost it, and we talked it through and he reassured me that he loved me and didn't care, and I believed him. But it really never went away, and many times later in our relationship it really felt like he hated me for having a sexual history before him (of course, he also had a sexual history before me, but he never owned up to that hypocrisy).

From that point on, the relationship was extremely tumultuous. He would be extremely hot and cold and got mad at me, seemingly out of nowhere, all the time. He started withholding affection and became harder and harder to please. I felt more and more like I couldn't do anything right, like no matter what I tried to do to show him my affection and devotion, it wasn't enough. When we'd argue, he'd say the most belittling and hurtful things, and never apologize for them even when I explained why it hurt me. I wanted so badly to get us back to the place we'd been in at the start of our relationship, and believed that if I could just be the perfect girlfriend I could convince him to trust me and to treat me with respect and have disagreement in a healthy way, but it just got worse and worse. Sometimes, we'd have conversations that would just confuse the hell out of me. The way he'd talk

about men and women's relationships and what women wanted or how men were valued in society just didn't make any sense to me and my experience of the world. It all seemed so formulaic in a way that didn't account for the vast diversity of human experience. I pushed him to think about all the people and relationships he knew and asked if they could really all be defined in this transactional way--the ones in my life certainly couldn't. He'd use weird terms like "emotional tampon" to describe people sharing their feelings and providing emotional support for the people they care about. He'd insist that men needed to be emotionless in order to be valued, disregarding the fact that I'd always felt closer to him when he showed more vulnerability and opened up to me as a confidant for his emotions. He'd tell me that all women wanted to end up with someone with more money than them, which drove me crazy because I thought he knew me better than that to say I'd be like that too. (He didn't have a job for most of our relationship, and I was making a sweet salary at a tech company, and that had never once come up. Nor had I ever asked or expected him to pay for anything for me and had in fact bought him expensive gifts and sometimes picked up grocery tabs when I went to visit him since I knew I was in the better financial position.)

I came across [r/TheRedPill](#) and all of a sudden all of these wild conversations made sense. He had used so much of the exact phrasing and terminology they used, I suddenly understood where he got it from. I started reading the subreddit and saw so many people validating his worst impulses and insisting that women are never, ever to be trusted, and that all of our behavior can be attributed to certain infallible biological "rules." Reading all of that stuff profoundly scared me and depressed me, to see so many people viewing women in this way. I internally decided that I wanted to do my best to prove all of those ideas wrong, and to pull him out of that hole (spoiler: did not work).

The most frustrating thing about dating someone who buys into all that crap is that they refuse to believe you are capable of accurately articulating your own needs, wants, and feelings. Women don't know what they actually want, according to TRP, therefore anything I say to contradict his opinions is immediately moot. Certainly emotional self-awareness is something everyone must work towards, and some people are painfully unaware of what drives them, but in order to have a healthy relationship you HAVE to believe your partner when they tell you what they need and feel. I can tell you with absolute honesty that the moments where he broke down in front of me (he once called me in a frenzy at 2AM telling me he missed me and needed me and needing me to talk him down) made me feel nothing but compassion and love for him, but he'd insist that he couldn't be vulnerable or I'd lose interest. I can also tell you that I was so madly in love with him I never even remotely thought about other men in comparison to him while I was with him, yet he told me that he knew I was constantly sizing him up in comparison to other men, and he'd constantly suggest that I would cheat on him (side note, he had cheated on former girlfriends, not been cheated on). I'd tell him that it would really mean a lot to me if he apologized after saying or doing something he knew was hurtful to me, that it would make me feel so much better about the place we were in after a conflict, but he would not take my word for it.

I want to be clear that many of the tactics advocated for on the red pill fall under the textbook definition of emotional abuse. And while these tactics may "work," meaning they may succeed in getting someone to do everything you want them to do, or preventing someone from leaving you, they do so at enormous emotional and psychological cost to the person you direct them towards. I was so scared of his temper or his coldness, and wanted so badly to win back his affection, that I adjusted to everything he wanted me to do, even if I didn't think it was a reasonable expectation for a relationship. I basically ghosted my guy friends who were not already his friends because of how

cold/suspicious he'd acted about such innocent interactions with them (fortunately I have since been able to rekindle some of those friendships). He once mentioned that he felt like he was catering to me when I came to visit him, so I made sure to find ways to cater to him and never asked him for anything. He would get angry if I was ever out with friends and didn't answer my phone or if my phone died or even if I just went to sleep and he thought I was out, so I made sure that I was always reachable, and always texted him when I got home. So sure, what he did was "working," but that is in no way, shape, or form how a relationship should function.

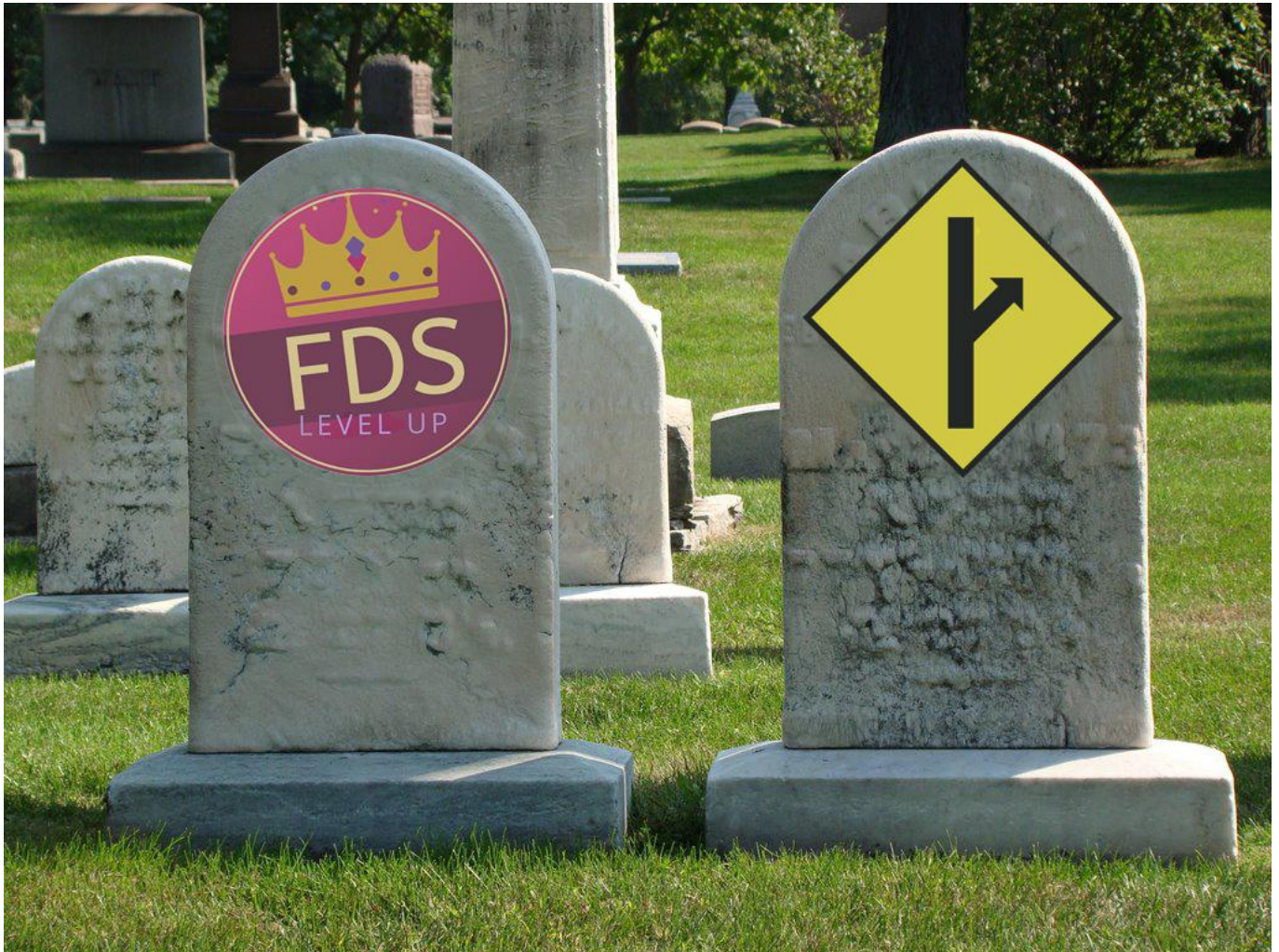
Over the course of our relationship, my self-confidence was fairly destroyed. To have someone you love and care about so much make you work so hard for their affection, refuse to trust you, belittle you, act like you have a defect, it really can crush you. To not know whether you are going to get the kind and loving version or the cold and hateful version from one day to the next, it will drive you crazy. I became constantly anxious, constantly exhausted. I felt that I was walking on egg shells around his suspicions and temper. I cried constantly. People in my life were really worried about me. For a while, I really held on to the belief that I could make the relationship healthier, could win his trust and respect. Later, though, I knew that that would never happen, but was so emotionally exhausted that the idea of breaking up with him felt impossible. And even in those bad times we'd still have good moments, we'd still sometimes go on amazing trips or have moments of real bonding and connection, and I was so scared to lose that.

We finally broke up because I called his bluff. He was stonewalling me, telling me he didn't really care about me that much, that being with me felt like more of a chore than anything, so I finally found it in myself to tell him that if he felt that way we should break up, and amazingly was able to stick to it (I had started going to therapy a couple months prior because of all the relationship stress and it helped me find that strength). I was heartbroken for many many months, but I finally got to the point where I realized, truly, how much better off I was. How much less stressed, how much more energy I had, how much improved my relationships with everyone else in my life were, how much more confident in myself I felt. I will be working very hard to ensure I'm never in another relationship like that.

TL; DR Sorry for this long post. I just really hope that anyone who reads this and is still struggling with a red pill mindset recognizes that we're people too, in all the same complex ways that men are, and that the misogynistic shit TRP encourages is so, so harmful to the women it touches.

Where the red pill leads everyone eventually

53 upvotes | November 1, 2020 | by [p0pcorn3r](#) | [Link](#) | [Reddit Link](#)



I'm 23, finally letting this crap go after getting into it at 19.

What I learned/my takeaways .

53 upvotes | January 17, 2021 | by [LeReflective](#) | [Link](#) | [Reddit Link](#)

Hey all, I just wanted a place to share my experience about RedPill and maybe help someone disillusioned like me who stumbles across this sub.

I hope the mods excuse me if it still sounds Redpill-y , I'm just sorta coming off the cult at the end of last year so bear with me.

Truth I realized #1: The benefit of TRP is simply exposure to self improvement disguised in "taboo" sex/pua talk. What TRP does on a genius level whether intentional or not is expose really young guys to self improvement at an age where they are primarily thinking about girls and learning how to get them.

What I realized: Then when the self improvement kicks in after everyone tells em to lift , dress well, etc. They attribute the results to TRP saying "women like that" rather than themselves for putting in the effort. Doing better in life is no TRP secret - ofc you are gonna get better results with women if you take care of yourself. It sounds obvious to me now but a young guy who doesn't know better would be thinking this shit sounds genius.

How many homeless people do you hang out with? If you want girls who put in the effort to take care of themselves , why wouldn't they expect that from a potential partner?

Truth I realized #2: A lot of angry guys just need a way to vent

Many dudes there are both young and old. Divorced , etc. There are no mens groups to really openly discuss this with - what better way then to "guide" the next gen who can't get laid with tales of women are coming after all your money and young alphas telling you they are good for pumping and dumping to borderline incel virgins/ frustrated but well hearted dudes.

They just need a "safe" space to regroup lol. Sure those stories are out there - but more often then not you can see the warning signs before it gets there.

Truth I realized #3: You get what you deserve

Lone behold, these PUA tactics do in fact work but on what type of girl?

The shallow ones who chase material wealth? The one's who are social media attention hoes? The ones with a bad boy/ jerk fetish/addiction?

If that's not what you want, then why are you learning it ?

Truth I realized #4: No Tactics Necessary

All the PUA/what should I say at this moment crap is mostly garbage. Yes, some dudes are socially inept and could use a communication class and a few pointers on talking well/smooth dialogue but this can easily be remedied by simply working on your Humor, social convos at events, recreations, etc.

And honestly if you are genuinely looking for a partner, It shouldn't feel like a game of cat and mouse all the time anyway. That's not to say you should surprise one another , be flirty, etc.

The best pick up line can literally be "hi, hows your day going?" and take it from there.

Truth I realized #5: Tactics might not be necessary, but practice is.

You gotta put yourself out there and take the risks. I do believe - You can't get a genuine partner just off Tinder chatting, most of those girls are playing the "redpill" game anyway - seeing how many hot guys they can get, funny r/Tinder chats, entertainment, etc.

There are definitely girls with higher standards who want the guy to say the perfect phrases and never look weak but you only get there through practice and that's if you want that, not through memorizing dialogue. So stop reading it and just work it out in your head on how to do better.

Not all are shallow harpies. Decent, regular people fortunately are primarily in the real world - your online odds are still slimmer than you think in meeting some such candidate.

Truth I realized #6: Alpha Bros are getting played just as hard

You commit all this time to learn this shit for what ? To get sex? My homies - if you're on your grind and movin up and putting yourself out there - there is definitely going to be a segment of women for you that you like and like you back - so why stress about your body count/fucking?

The most "alpha" of them all the guy who knows he could get laid all the time but still chooses to remain selective. Choosing to keep the sword sheath despite knowing it could slay your enemy at any notice.

Truth I realized #7: fEEL Free to love, just not blindly

The crux of any positive spin you could take on that toxic community is to simply don't fall head over heels and stay on your grind. There, I just saved you 6 on/off years. Not taking someone's bullshit is a personality trait you can develop, not a divine TRP exclusive knowledge Pill.

Truth I realized #8: You can be alpha without being a toxic wreck/conservabro.

You don't have to be a slightly racist conservabro to prove you make bank/are doing well in life. They treat conservatism like it's the only mindset for wealth cause "RePuBliCaNs cut taxes-GOOD" Prime Example: Search Hasanabi on Youtube

Truth I realized #9: Plates / Many girls are fine - if you're honest.

Never lead anyone on into thinking you are exclusive just to get laid. It's scummy behavior.

Truth I realized #10: Expectations are too high

Many guys feel entitled to the 18yo slender virgins because they feel they've suffered long enough to earn such a thing. They balk at any girl over the age of 25 even (for the younger ones) just cause "she's been used up bro" OR if she's even slightly chubby "that's a landwhale dawg" - to that I say fair enough but are you well put together yourself?

This is the TRP equivalent of Terrorists 72 Virgins for martyrdom.

They set their standards so high and let so much love & compassion slip by them just because "it's slender models/ hot chicks only" Go Big or Go Home mindset. Life is sooo short to be loveless just cause you are holding out for some virgin maiden queen model type shit.

People are complicated - don't obsess over minor flaws and you'll be surprised what you might find.

I get the big girl thing - I'm not one for them either. But that's my time/choice and I'm willing to let that potential love go but that's my type and thats okay with me. If I meet an incredible 25yo - am I gonna pass her up cause she's "used up" , nah man - good connections are really hard to find.

What TRP got somewhat right/exposed me too (at least in my experience):

1) **Women do indeed feel more entitled then they ever have been** , I can feel it in my experiences. The comfort in having a small cohort of dudes at your beck and call on social media/dating apps. I'm in Gen Z btw so perhaps the older Gens have it slightly different than I do. But this is not some sinister plan on behalf of the womankind.

It's simply cause and effect: Social media/clout can inflame anyone's ego, even yours. The trick is to find girls who aren't driven like this (getting harder and harder but definitely possible)

2) **Many (im sure not all) women do indeed go through their phases.** I won't deny this because I've seen it and heard it with my own eyes. The college party years and then find a nice guy to settle down with is very real for many of em - that's not to say it's malicious though. How would you feel if you could only attract emo girls from your emo phase?

People grow. Give em a chance but don't worship them or erase their past like they are an 18yo virgin all over again, which leads into my next point....

3) **Never put anyone on a pedestal** or more special than the ordinary human they are. Some girls do feel like they deserve the best of the best when they are themselves not putting any work into who they are - but thats when you simply cut em loose and move on. Never simp/chase - too many fish in the sea to waste your time on that crap. Ever. I'll give credit where credit is due - learning to let go at the drop of a hat towards bad candidates is one of my better takeaways from the community.

4) **No rush to get married.** You're young, enjoy it. Don't live on anyone's schedule.

Where I wanna go from here:

- Get Offline from all forums of any kind , no chatting - simply doing as much as I can and trying as many hobbies as possible

- Actually putting myself out there more after/small ways during the pandemic.

This was fun to write and therapeutic! I cast away this dead rock and embrace the richness of life without this negative energy / devil behavior.

I wanna return to the light without argumentative behavior, just live my life in joy and peace!

Thank you!

Reminder: Red Pill Women is not a women-run group. It is being run by men and has been for quite some time. Ex-RPW are welcome here as well to detox. Please report any harassment to the mods. RPW tend to get quite a bit of it if they're found out to be women. Stay safe, ladies!

53 upvotes | June 7, 2021 | by [AlisVolatPropriis](#) | [Link](#) | [Reddit Link](#)

What is RedPillWives? How does it differ from RedPillWomen?

85 points • [47 comments](#) • submitted 8 months ago * by [deleted] to [r/RedPillWives](#)



I was asked by a couple of members here to pin a post explaining the difference between this sub and [/r/RedPillWomen](#).

In short -

RedPillWomen is run by TRP men,

RedPillWives is run by women.

Up until a few years ago, the RedPillWomen sub was technically part of the TRP network, but with an active female mod team who wrote all of the content and made all of the rules. This worked fine while the men stayed in their own lane, and there was a thriving community led by married women. Eventually the TRP men started throwing their weight around - making posts and enforcing rules that went against the female imperative - so all of the original mods left en masse and created this place.

RedPillWomen has since been run exclusively by TRP men and the two female mods they personally approve of. If a woman goes against their narrative, she is de-moded and banned. It is unmarried TRP men, not women, who have the final say on the direction of the sub.

RedPillWives on the other hand has always been run by women, for women. It is a place for us to gather and discuss our relationships/marriages through a red pill lense without unnecessary male input and censorship. It is red pill, but in no way connected to the [/r/TheRedPill](#) subreddit or their mods. There are no male mods here, and any theory/advice is written from the female perspective and to help women pursue the kind of relationships that they want. We don't believe that a man, especially an unmarried TRP man, will ever be able to give the kind of advice that a married red pill woman can give from her own experience.

Do you need to be married in order to participate here?

No. As long as you are red pill, a woman, and see the value in marriage you are very welcome.

Are men allowed to participate?

If you must. If your advice is red pill and beneficial to a woman and her relationship then go ahead. Incels, MGTOWs, MRAs and TRP-flavored men on a crusade against marriage will be banned on sight.

Hope that clears it up a little, and we're happy to have you here!

I think one reason why a lot of men go into the red pill is because they genuinely do not know what makes a man attractive

53 upvotes | June 29, 2021 | by [blasdty](#) | [Link](#) | [Reddit Link](#)

Ok so think about it this way. Whenever I searched up a bunch of reddit threads about this topic, the answers were all like "kindness" and "intelligence" and "confidence" and "rolled up sleeves(which seemed weird)". Now, when I was in the red pill, I and a bunch of other guys thought these were all "bluepill answers" for 2 reasons: 1. They seemed way too easy and 2. I had tried these before(except for the rolled up sleeves) and it didn't really work. This basically led me to the red pill as the "blue pill" did not give me satisfactory answers.

Because our culture is male dominated and hence sexualizes women so much, a lot of men and women know what makes women attractive. Boobs, butts, legs, are all attractive on women. Yet because men aren't sexualized, most guys don't know what makes men attractive(other than being a billionaire which I think is stupid and super capitalistic/most guys in the RP don't want to end up as a BB). Like let's say you see that "forearms" are sexy. You will find 10 other places where women say forearms aren't sexy. Let's say you hear one person say that shirtless dudes are sexy. You will find 10 other places where women say shirtless dudes are douchebags. Let's say you hear one person say that confidence is attractive. You will find a bunch of other people who say being confident = douchebaggy/being a jerk.

Like if you polled men about what they think of boobs/butts, there would be men who aren't into them(although this is extremely rare) however most wouldn't consider boobs/butts to be a turnoff/unattractive. Yet this is not a thing for women. So I think one reason why a lot of guys go into the red pill is because they just don't know what makes men attractive.

Today I realized I have a problem

53 upvotes | September 16, 2021 | by [JUMPSuperstar](#) | [Link](#) | [Reddit Link](#)

For the past half year I've been consuming red pill content. It's losing me friends. I told myself "they're only betas" but today I felt so alone and suicidal. I'm looking for a therapist. Any suggestions on how I can get better besides the obvious like unsubscribing to Red Pill content? How can I move forward and heal from my pain without blaming all women?

edit: I want to apologize to women for dehumanizing you.

Glendon Cameron is the perfect example of the type of filth and disgust the red pill promotes

53 upvotes | October 12, 2021 | by [PrincessTiaraLove](#) | [Link](#) | [Reddit Link](#)

Glendon Cameron (also a finance "guru" and businessman/coach) doesn't claim to be apart of TRP, but he believes in all of the disgusting philosophies of TRP. He recently exposed himself as a predator. He claimed to have slept with a mother and her 16 & 17 yo daughters at the same time and taking the daughter's virginity. The age of consent is 16 in his state which is his justification. I lurked on a few of his past videos and it seems he preys on young or mentally unstable women. He finds their weak spots and totally exploits them. Like many ex RP men he began doing this after his ex-wife divorced him, leading to a deep depression which he said was so bad he had to get therapy for. He does have this cold vibe about him and he doesn't seem to show genuine emotion to me except when he is gleefully explaining how he exploits women. He has been flying under the radar for a very long time, but I think the pandemic exposed him to a new audience that wasn't privy to his past, and people are very disgusted. I wish people would go back to being genuine and stop all the games. A lot of these RP men are downright evil.

Important Message

53 upvotes | December 13, 2021 | by [cvntcvntcvnt](#) | [Link](#) | [Reddit Link](#)

Hello,

I used to be pretty active on this subreddit for a while, maybe some of y'all recognize my name.

I wanna keep this mega short:

In the time that I haven't been active in this community I've been in intense trauma therapy, continuing a long term relationship with someone I am sure who loves me, and been investigating my life from the foundations.

Turns out that I most likely have a personality disorder (either borderline or narcissism). Reading up on these, I learn info that directly applies to how the red pill caught me, as well as all those negative thoughts and paranoias on women etc.

This is a PSA: If you feel a huge dread or depression or obsession over TRP, there is a good chance that there's something MAJOR that you aren't paying attention to within your psyche. Look at your childhood, look at your relationships, look at your reactions. Take nothing as given and question everything your mind says.

It's probably all way bigger than you realize. You're probably very bad at being a human being and you gotta learn from the very beginning. Go get help.

That is all.

Current Red Pilled men, what is one problem you face(d) that only Red Pill had a solution for?

53 upvotes | January 29, 2022 | by [Diabolidoll](#) | [Link](#) | [Reddit Link](#)

Was it the crazy ex? Self-esteem building? Help with boundaries? Difficult divorce? Access to sex? Being raised around traditional/conservative rules that made modern dating difficult or not worth it?

I personally found it was easy for me to "leave" once I learned about real and much older self-improvement information actually existed outside of Red Pill and that most of the information had merely been relabeled and intentionally incomplete to keep your education and learning bottlenecked to Red Pill specific coaches (clever, clever!).

I've been working with Red Pilled men for a half a decade now in finding resources for their real struggles outside of Red Pill and am looking for fresher problems you all face that keeps you following the content. I'm looking for the challenge! Throw it all at me.

"I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail." -Abraham Maslow, Toward a Psychology of Being (1962)

My Red Pill Story

53 upvotes | November 1, 2020 | by [whatsthecosmicjoke](#) | [Link](#) | [Reddit Link](#)

25 (M)

I thought I'd like to share how I was introduced to these pseudo-movements like the *red pill* and *MGTOW*, and more importantly why I ended up rejecting them.

My story is a typical incel story. I struggle a lot with dating and have never had a serious relationship. I went to a very small high school, so dating was not very common. In college I got rejected a lot and chased a lot of distracted women who did not reciprocate any interest in me.

Around my junior year of college I stumbled on posts on reddit about *MGTOW*. Given my lack of success in dating, I was vulnerable and could be easily influenced by this way of thinking. Same thing with *the red pill*. And of course, I came across Richard Cooper and started following a lot of his content. This lead me on a journey of self improvement, but left a lot of bitterness towards women in my mind.

Over the years, I started seeing this content for what it really was. A lot of these men are hateful towards women and are spiraling further into their delusions and calling it *enlightenment*.

I finally stopped following this content when it started talking about single motherhood. They say that men are weaker if they were in a single parent household. I was raised by a single mom, and it makes no sense to make to label me as a weaker person due to conditions that were completely out of my control. There was even one post about the protests and riots this year, saying that these men are acting out because they were raised by single moms..... like what the fuck? That was included along with a lot of other racist shit.

Overall, these men are embittered by their break ups and divorces and using these horribly delusional and misogynistic ideas to make money off of impressionable and ignorant young men.

I really had to reflect on my ideas of women and stop projecting this hateful nonsense onto women in my life.

Overall, block this content. Get the fuck off of social media and go meet people.

You know why most men don't get sex? Because they spend the day in their computers! There has never been the need to join a cult and read tons of crazy material. If you GET a social life and you are put yourself out there, you will have a natural sex life . (Obviously Covid Warning included)

53 upvotes | December 25, 2020 | by [CountVP](#) | [Link](#) | [Reddit Link](#)

Vaccine warning: this counts for when you are out of lockdown and vaccinated, before this gets taken down by someone who thinks i'm stupid enough to tell people to infect themselves (reddit.....)

Disclaimer: I have spaced out this text since it makes it easier to read. My aim is not to be a literary genius, it's to get a point across, so yes this is necessary, as much as i would like it not to be.

To start, some rhetorical questions: Should i give you my background, how many women i've been with? if i'm heterosexual, if i'm a man? The Perfume brand i use ? My Phd? does it matter? What i'm about to say is as obvious as connecting an electronic device into an electric plug. Yet it seems so hard for the modern human mind to understand that i feel the need to write this:

Most people don't get laid because they are on their computers instead of living reality.

That's it. Really!! All there is to it!!

The whole cult of the redpill exists because young people (give me your boomer jokes i'm in my mid 20's) spend too much time wasting away online, and not enough time doing physical activities with other people. By physical i don't mean sports, i mean any activity that is not a job or online, just being present at a place doing stuff.

Yes it is that simple. There is no looks, money, status, alpha, beta, tricks, conversation techniques, manipulation, mindgames, hitting types nor anything else involved in "getting laid" (the weird american term for having sex). Not that i'm aware of, not that i need to be. I get laid. You probably do too, since you left that place. But in case you don't, let me share with you some obvious yet not understood ideas:

Just by being outside, doing activities with other people, like you know, people used to do way more before the internet, you will naturally find people that like you (along with people that dislike you), and you will naturally get to know them better, and, don't tell anyone.....some of these will be women !!! Also don't tell anyone.....Some of them will be attracted to you!!!

crazy right?? It's called human behaviour. Not to spoil anything, but you are an animal. a Homo Sapiens. Yes you are mentally superior to a fish, but you are still an animal with behavioural tendencies. Most of these are hardcoded into the species, some you develop along your life. But in the end, we are all animals who share the same basic behaviours.

So humans are sexually attracted other humans for any number of reasons, and you can spend the day making a list on those. Does making, reading or bothering with this gigantic and controversial list helps you? Nope.

If it did the redpill would actually help and you wouldn't even be here....

The thing is, the big secret is, that it doesn't help to overthink sexual dynamics. You'll just be getting

more and more unconfident and paranoid about this subject, and as a consequence, and you can see this by the thousands of videos of "Pick up Artists" acting weird around girls, you'll start to act weird. Why? Overthinking basic shit makes you paranoid. Paranoid people are insecure, and that leads to weird behaviour that drives out not just women, but everyone from your life.

Society has grown so acostumed to technology that most people forgot how to "human".

This reads like a Cyberpunk quote but it's just self evident. People come in droves to the redpill, they come in droves to these gurus, they buy these books and feed a whole industry born out of the fact that they can't have sex. They seek answers out of people that don't have answers. The answers are not something you can analise, calculate and create a code, it's pure instinct. Basic, pure human instinct.

Having sex is a normal part of the human experience. If that is no longer the case, then the logical conclusion is that humans are too caught up not doing human stuff! It's a no-brainer!!

The more you do something the better you become at it. The more you shy away from something (and yes reading pick up shit is shying away from something) the worse you become at it. It's called experience. Leaving college will teach you what lack of experience means. It means everything you studied hard and read about doesn't translate to being good at doing it. That is an eye opener and a shock to many people.

So back to becoming a normal human that attracts other normal humans:

You attract other humans by talking and doing things with other humans, not by studying about it, but by doing it!!

If you are out of the redpill, angry at the redpill, looking for answers, or just curious, this is something to think about.

Please don't jump to knee-jerk replies before giving this some thought. I would appreciate long answers.

To sumarize: Stop reading the pill mate, stop overthinking how to get laid, how to attract people, don't spend your entire life going from work to a computer. Just put yourself out there and do it!! Reclaim that which technology took you from you: your sanity, your normal human behaviour.

And don't forget to be civilized and to wait for the vaccine. Untill then, i recommend something: Instead of texting, call people. Listen to their voice, have akward pauses, it's all part of life.

Again, you are the most intelligent animal in the world, you got this. Turn off that guru shit and enjoy life!!

Edit: I have found out that merely being more active and less sententary (basically not spending hours in the computer) already boosts you testosterone and self confidence via changes in the inner workings of your body.

I'll look for good sources on that as it was something my doctor and i spoke about and i won't ask you to take me at face value! (You kinda need to to understand this post haha but alas).

What irks me about the whole Red Pill thing

52 upvotes | January 9, 2017 | by [i_like_mayonaise](#) | [Link](#) | [Reddit Link](#)

Disregarding whether the women act like they claim they do or not:

What really pisses me off is that they all pretend to be those masculine super-hero men. At the same time, they need something external to make them happy. In this case it's women. It's like their entire existence revolves about being validated by women / or other men admiring their dating success.

I think it's an ultimate display of weakness, depending entirely on something external for your happiness. It's even worse if it's something as unstable and unreliable as other people.

What if the entire world died out and you were the last person alive, would that mean you could never be happy, because there's no women to fuck and men to impress?

I think the ultimate goal is to be able to be happy with yourself, no matter what's happening around you. No matter how women treat you. If you are happy with things just as they are, the women will only be a bonus and I guarantee they will be happier with you too. It's really nice to interact with somebody radiating with calmness and positivity.

It seems to me that most of TRP men are in constant hateful state where they distrust women and constantly think of ways how to manipulate them. If you spend most of your day thinking about something like that I think it's like you are submitting to said women - they have the emotional control over you.

It's like they own you, no matter how much TRP bullshit you will write or read, in the end it seems like they have the ultimate control over your happiness and mental state - to me it's the complete opposite of how a happy and masculine man should act and feel.

Red Pill Detox First Aid Kit - Start Here!

52 upvotes | April 19, 2016 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Welcome! Whether you feel like Red Pill has brought you more harm than good or you simply wish to question Red Pill views you're on the right place. This post is composed by a collection of scientific and rational posts from different authors, both in reddit and other websites, to help former red pillers (men and women) to recover from red pill.

Through this series of posts you're gonna find scientific and reasonable arguments with the aim of at least making you start questioning what you "learned" on TRP. Open discussion is encouraged, as long as it's respectable and (also) backed scientifically and/or logical (no pseudoscience). Please, note that i do not really wish to "disprove" TRP nor forbid you to follow it: Actually, i believe that everybody is entitled to believe and follow the path they wish to, even if they chose the path that we, former TRPers, personally disagree with and don't advise to anyone. Rather, i desire to raise skepticism on you and make you start questioning what you believe, with science, reason and empathy. But in the end, **you're free to chose your own path**, to see what you agree with and decide what's right or wrong in both TRP and our arguments.

Your friend,

Red Pill Detox

Posts from reddit:

- [AF/BB logic questioned by science](#)
- [No, your girlfriend doesn't want to cheat on you with a more alpha guy \(based on science\)](#)
- [AWALT debunked \(Based on Science\) - No, not all women are like that](#)
- [Against Dread Game \(Based on Science\)](#)
- [Red Pill and Cultic Behavior - Why TRP is a lot like Scientology, Heaven's Gate and other cults \(based on Science\)](#)
- ["Game" doesn't really work](#)
- [The end of the Bad Boy Mystique - Largely overlooked reasons of why bad boys actually get laid \(based on science\)](#)

Posts on the web:

- [The Myth of the Alpha Male, by Scott Barry Kaufman, PhD](#) - This post, written by Scott Barry Kaufman, an evolutionary/positive psychologist who co-wrote "Mating Intelligence Unleashed", tackles the Alpha vs Beta distinction from a scientific point of view. He believes that being dominant and aggressive isn't really attractive except to some people or on certain contexts, and that being a prestigious person who can be both confident, assertive but also kind and compassionate is a much better strategy. He also believe that people can't be divided in neither alpha or beta, because kindness and dominance can co-exist in the same person, leading him to conclude that being a person with both "beta" and "alpha" qualities is what ultimately will make someone attractive. He bases his data on psychology studies, studies on tribes worldwide and animal behavior.

- Butchering the Alpha Male, by Mark Manson - In this remarkable post, Mark Manson, author of "Models: Attract women through honesty" shows how the "Alpha Male" term is illogical and unreliable, how it is actually counter-productive in the long term and exactly what is there to learn that is positive about this alpha male stuff
- My Life as a Pick Up Artist, by Mark Manson Although this post is specifically targeting Pick Up Artists, i can safely say that what it's said here it's also valid for Red Pill. Regardless TRP admits it or not, it converges in 90% of their beliefs with Pick Up Artists. This post, by Mark Manson, is about his story as a former Pick Up Artist, specifically, how having lot's of sex won't necessarily make you happy and how tying the idea of sucess with sex and being alpha will lead you to nothing but depression.
- Reclaiming Manhood: Detoxifying Masculinity, by Dr. Nerdlove - Here, famous author Doctor NerdLove explains what is toxic masculinity and why is bad. Toxic Masculinity is a set of beliefs about men and women, that is promoted by movements like The Red Pill, and bases men's self-worth on how dominant, aggressive and sexually conquering he is. The author very eloquently explains why this set of beliefs is bad and how one can overcome it: Stop viewing women as enemies, stop assuming the worst about men and don't allow yourself to be an asshole just to prove yourself and others that you're a man.
- [What's wrong with taking the Red Pill, by Dr. NerdLove] (<http://www.doctornerdlove.com/2014/09/the-red-pill/>) - This post is about the sister of a Red Piller talking about her brother's experience with the Red Pill and her perspective on it and reaching Dr NerdLove for help. It gives us insight on how the people you love view you when you take the Red Pill. It also gives us insight on how the Red Pill can go massively wrong. Doctor Nerdlove does a well-thought criticism of Red Pill.
- A New Masculinity, by Mark Manson - In this wonderful post, Mark Manson tackled the myth of Masculinity as being a universal construct based on the work of respectable anthropologist David Gilmore. The main premise is that manhood is something to be proven in virtually all cultures in the world, but the way masculinity is asserted differ from place to place. In the west, masculine role models used to be finacially succesful men who could support their wives. But nowadays women can support themselves and now men are confused. The conclusion? A new masculinity is needed. And this masculinity should be rooted in traditional values like financial success and assetiveness but also empathy and love.

Note: This post is constantly updated

When they think they know something but they don't

52 upvotes | October 17, 2020 | by [Cowboys0923](#) | [Link](#) | [Reddit Link](#)

Back in Aug or Jun I remember I was listening to this live stream and it was a open panel the topic was something about women why you don't need them and all this other stuff. So this 21 year old dude went on the panel to talk about his girl and how they met etc etc and the panelists start sonning him and told him that his girl is not his it's just his turn, they said that she's cheating on him, and you don't know her intentions, mind you they knew each other since high school. It's crazy that these fools think they know what's going between the dude and his girl they just want the dude to be bitter and angry just like these dudes in their 30s on the panel.

This video really helped me step away from the redpill as it showed me that both men and women are equally capable of love and hurt.

52 upvotes | February 19, 2020 | by [BruceBanner2019](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/zjLR8293jnY>

Not Everyone Is Right For You

52 upvotes | December 29, 2020 | by [atman714](#) | [Link](#) | [Reddit Link](#)

I think one of the most absurd things that some RedPill/PUAs teach is that you can have *any* woman if only you know the right tricks. This is just silly. Think of it as finding a close friend. You wouldn't be friends with just anyone. You get along with certain people more than you do with others. In my dating experience I've liked girls who didn't like me back, and I've been liked by girls that I personally didn't like back. It can be a little frustrating to put yourself out there; however, you don't have to be liked by everyone you meet. Women aren't some valuable item in a video game where you have to enter in a cheat code then it's automatically yours. This isn't to say you should not improve yourself or focus on being better, rather it's to say don't be hurt by rejection. It's not that you didn't know the right secret tricks, it's simply the other person wasn't into you, which is life.

Do red pillers ever have any female friends?

52 upvotes | July 28, 2020 | by [wellz-or-hellz](#) | [Link](#) | [Reddit Link](#)

Like do they ever actually try to be friends with a girl with no ulterior motives for sex/relationship. There have been plenty of times where I've just been friends with a girl without wanting to date her. Some of these girls were actually pretty attractive but our personalities and world views didn't match enough to date. But like because of the red pill philosophy I'm worried others would think that I'm some "beta male simp" that is orbiting her in hopes for sex or a relationship when in reality I just enjoy their company and I honestly don't believe that we have enough in common to date. To me dating is more than just looks, I believe my partner and I have to be extremely similar in many different ways and sometimes there's very attractive girls that just don't fit the personality mold I'm looking for. But because of stupid bullshit red pill thinking, I'm paranoid of people thinking I'm a "simp" for having female friends. Like can't I casually be friends with a girl without people thinking I want to get in her pants.

What turned me off the red pill

52 upvotes | December 18, 2020 | by [tenuous_adultery](#) | [Link](#) | [Reddit Link](#)

I recently posted on the blue pill about this.

Basically I got into the red pill after hearing about on some worst sub post on askreddit. I was in the early throws of a relationship and applied some red pill ideas to her which seemed to work (nothing violent or abusive) the relationships died a quick death and I spent the last few months blaming her and sinking deeper into red pill ideology. I thought I had learned some secret that society had been hiding from me. I defended the ideology elsewhere on reddit and started to truly believe it was her , just her not me or the both of us, that led to then failure.

Then the doubt started to creep in. I am not an abject failure with the opposite sex and I have many female friends who are open with me to varying degrees. I started to realise that TRP just was not matching my personal experiences. Then last night there was a post there where they asserted all women see themselves as perfect that had oodles of supporting comments.

That killed it for me. The women I've known in my life who truly believe they perfect are a rare breed just like the men I've known. I instantly thought of all the times a friend or a girlfriend had expressed self doubt to me, sometimes crushing.

Then I realised the guys on TRP are not the people I should be listening to and it is a toxic ideology.

Tl;Dr red pill post about how the think all women think they are perfect made me realise how clueless TRP is

Redpill is Confirmation Bias!

52 upvotes | February 13, 2021 | by [Connect-College-4931](#) | [Link](#) | [Reddit Link](#)

Everyone has a desire to give and receive love. Women and men. Just like a man, a woman can choose to have a mature love relationship in which imperfections do not play an important role. The problem with many men is not that they are not alpha enough, but simply that they have insecurities with themselves. And women who like to be consistently dominated and manipulated are just as insecure! Unfortunately, in today's society, too often children grow up in toxic families and so the concept of love and relationship is misunderstood. Children who have received too little love do not feel worthy of real love and are subjected to compulsive power games. Redpill is not wrong about certain principles of attraction, but love still remains love, and so both women and men can turn a blind eye. A man can help his women, honor her, make her happy and take care of her as long as it is not based on fear or insecurity. If a woman feels that you only make her happy for joy, and not because you are afraid of losing her or getting something from her in return, she will appreciate this. A confident man tends to set his life's purpose and himself as the highest priority, and only then can a healthy relationship work. Imagine men could be the biggest wimps, and all women would still find them attractive .. What would the world look like then? Redpill is not correct, but in today's unsuccessful toxic society one very often finds examples that seem to speak for it, which then lead to a so-called confirmation bias. Even so, there are still great women and men out there! Release the conflicts of yourselves before entering into a Relationship and you will not need any strategies!

Bad boys are not confident but give off the illusion of society's definition of and attractive and confident man

52 upvotes | February 18, 2021 | by [defo18](#) | [Link](#) | [Reddit Link](#)

This is something I am still trying to figure out at 24 because I have yet to see it and I have at the same time but hear me out

whenever I talk to a lot of girls in my community they have this weird look of my face as if they're tired out with the guys they're with and these guys usually fit the bill of the bad guy or bad boy.

the girl I'm dating right now straight up told me she wanted to be with me because I treated her better which is all fine and dandy but it still makes me wonder why do so many girls go after these types of guys specially when the same girl say how horrible or weird or bad these guys are after the fact.

this is also reason why I think a lot of black men fare better with dating because our image in America in the world abroad is that of the rough and tough rebel who rebels against American society and is super tough.

Which believe me I'm a little militant myself but I've never been super mean or aggressive but that's besides the point.

whenever I hear someone say is because bad boys are confident I really think they miss the mark and tend to forget that human beings are predictable and especially given the culture we live in I have become so good at spotting it because I used to be the guy who tried to fake his personality in middle school and it worked

As much as I hate to admit it and has much as I hate that it happened, acting like a wild ignorant stereotype really did fare better in talking to girls and making friends because of as a black man if I talk "well or elegant or smart" it's seen as white which is translated to less masculine and then translates to weakness and then translates to being turned off.

years later around high School I completely make another turn around where I act like myself again and it led to attracting one girl but the only difference I saw was I was much more comfortable with returning to my older personality but something that taught me is that society does want you to conform and sometimes it is better because I remember trying to be the male feminist and trying not to be stereotypical and it ended with a lot of laughter and bullying from both men and women.

But another Revelation came to me as I got older. I'm 6'6 and I make friends with a lot of the sporty types because they think I'm a sporty and sometimes they get jealous of my size. These goods getting really comfortable in front of me but the minute women day fancy or other dudes that they want to be friends with come around they revert to acting like assholes and this was really telling to me because these guys would switch so fast and I honestly felt bad because I understood why.

Right now at this moment it is much better for a man to act like a while ignoramus because most people will see this normal and not see him as weird but it will be better for most men to be themselves but there is a social penalty because not every man and woman is caught up for everything they seem not masculine.

My point is masculinity it's a performance in a lot of girls seem to forget that.

Look at the language behind it. If a dude sleeps with a girl then leaves her, then he played or tricked her as in he was putting on the front or lying. Which is a performance.

I still remember my ex-girlfriend calling me a p**** and weak from simply giggling to talking to friends or even doing anything else she deemed unmasking or weird

And that is really because she wanted me to put on the performance because it wasn't my personality but it's what she perceived to be the right way a man is supposed to be.

It really does a disservice to say that bad boys win more because they're more confident because if that was the case, parents and others would teach their kids to be an equivalent and coming from the hood there is a phenomenon with that yet at the same time it doesn't disservice to all the other dudes who are not bad.

When I see people say confidence I really think they mean a performative definition because the nerdiest nerd in the world is confident in his abilities yet it's still a stereotype that nerds don't do well.

I do believe that confidence is somehow misconstrued with performative masculinity.

and I see it so much all the time even in my adult life with men and surrounding women who witness it.

An alternative to MGTOW, incels, redpill and MRA: The Men's Shed Movement

52 upvotes | February 3, 2021 | by [Buckley92](#) | [Link](#) | [Reddit Link](#)

<https://www.changex.org/gl/mensshedsus>

Check out the Men's Shed Movement. They are a non toxic male space, where they welcome men and teach new skills, as well as promote socialising and healing from abuse and trauma in a healthy way.

Post-redpill

52 upvotes | February 16, 2021 | by [deleted] | [Link](#) | [Reddit Link](#)

Long story short, ended up finding the redpill back in 2019, and started to hate women, and believed they were all whores. In the end, it made me feel worse. Don't get me wrong, I've had plenty of girlfriends, but past insecurities I had resulted in me dumping them and most recently cut ties with an ex, after she decided to go back to her toxic partner. My main point, if you get your heart broken, don't fall for the trap pua's and people in the Mano sphere preach. It'll just make you feel worse about yourself and hate women in general.

Why is everything about being so primal?

52 upvotes | June 19, 2022 | by [FlakyImpact5838](#) | [Link](#) | [Reddit Link](#)

I swear to god, whenever redpillers rationalize their arguments, it almost always reverts back to something primitive when there were still Neanderthals and cavemen. Either that argument or they use Christianity to back up their argument. Nothing inherently wrong with being religious, but using it as a weapon? Not such a good idea.

For example: “Men don’t have to be monogamous because they have to spread their seed. They’re built to do that to keep the population going.” Okay... number one, men *can* obviously have some level of control over their sexualities. Number two, the world has over 7 billion people, which far outnumbers almost every species. We have plenty of people.

Another example: “Women are to be chaste because unlike men who have billions of sperm at all times, women only get one egg a month, which means she must be choosy with her partners. I don’t want a women who took 10 other guys’ sperm.” I understand that promiscuity may affect the sexes differently, but not even cavewomen were chaste, and they probably did not have many partners anyways. Until the first cities and religion were born, this was most likely not a concept. Besides, it’s not even rational to think that every sex parter a women has had she had her parter finishing inside of her. We have condoms in our modern day society...

There's no guide telling men to watch out for, and that hurts our views towards women

52 upvotes | September 7, 2022 | by [Jelly_Crusade](#) | [Link](#) | [Reddit Link](#)

This is sort of me thinking out loud, so bare with me.

I've been thinking inward a lot lately asking how I got with these women that have hurt me in the past and it sorta hit me. Men are told a lot on how *they* should be in a relationship. Being emotionally available, stoic, not angry or controlling. I feel like we have a good blueprint on how to be a good partner as a man, even if its getting more confusing lately.

But, as a man, I have never been told *what to watch out for*. Women are people, and people suck. Its basically a minefield. Maybe I've been so focused on the type of person I should be, and less so on the person I want to be with. When I ran into trouble with women, I maybe looked to hard into what I might have done wrong, instead of realizing that I haven't really vetted this woman at all.

I think I went into every situation with women assuming that they weren't capable of hurting me or doing me wrong, it was only me they had to watch out for. And when I realized that I wasn't doing anything wrong, I blamed women as a group like they were a monolith.

If you are a decent person, women will show attention. But not only GOOD women will give you attention. And if you don't realize that, and are too focused on not being alone and finding a relationship, you will run into bad women over and over. If you assume all women are good, and then run into several bad ones, you may then think all women are bad. Its thinking in monoliths.

I think self esteem plays a role in this, maybe I always thought I needed to make myself better for women, but now I think I should look more at what women are like as people before I let them into my life.

Its basically like if you were training to fight, but only learned how to punch, and not to block, and then wondering why you keep getting hit in the face.

As an ex red pill woman, I still feel like I'm unworthy, slowly becoming infertile on the basis I'm still not married with kids (24F)

52 upvotes | October 5, 2019 | by [pandamojia](#) | [Link](#) | [Reddit Link](#)

Watched too much coach red pill, Molyneux and similar channels. Whilst I'm longer subbed to these channels, the mindset they teach still haunts and damages my self esteem.

I (23F) entered the suffocating grasp of an abusive relationship after becoming red-pill obsessed.

52 upvotes | November 26, 2017 | by [schwartzl91](#) | [Link](#) | [Reddit Link](#)

The RPW is not exactly who you think she is. I imagine that there is a painted stereotype of the RPW as a spineless weak woman who has zero depth or interests beyond placating the needs of her red-pill husband but I promise you she is more complicated than that.

Many of the ladies at RPW are quite intelligent, competent, & socially aware. They left marriages or relationships that clearly weren't working for them (boyfriend dragging feet & refused to think about marriage, girls who wanted out of hook-up culture they didn't feel benefitted them, women who wanted to dump a man who was using her, etc)... They simply wanted a healthier alternative to chasing orgasms or hooking up with strangers and the red-pill seemed to offer that. And it certainly DOES to an extent, but it always takes things a little bit farther and makes them worse for the RPW unless she's capable of fighting for herself.

I was 21 when I graduated university and started a STEM PhD program. For various normal reasons, I decided to leave my graduate program and instead pursue jobs in industry. Being new to the 'real world,' however, was a bit frightening. I was ready to give up my job search after I had been contacted by two recruiters & eventually turned down for the positions. TWO! That's how naive I was! I didn't realize that there people who, though they are now making \$300K/year, had to apply to 10-15 jobs A DAY in their early 20s before they could get anywhere. I thought there was something wrong with me. I thought I wasn't good enough for the real world. I was at a cross-roads and didn't know what to do with my life or how it would pan out.

I knew for sure I'd want a family in the future, but I also wanted to think sensibly and have a stable income. How could I reconcile the two? I needed advice & guidance but I was largely isolated in a new city at a new school. So I started reading TRP and all its affiliated writers. I disagreed with so much but those men seemed SO confident in the way they talked about their financial endeavors, their investments, their travels, and about women, so they had to be right, right? (WRONG).

So I started going to dance classes as a hobby and then started meeting people through online dating just to get myself out there. I knew that most guys my age weren't thinking long term about their future lives/marriages, so I knew I'd generally have better luck with an older guy.

The guy I started seeing was ~15 years my senior. He never mentioned TRP by name but he fit the description. Tall, worked out, helicopter pilot, just bought a home, etc. We spent hours on the phone before our first date and each of our dates went so well. Then his real side started to come out. He knew I was at a vulnerable place in life and tried to exploit it. He'd scream at me, corner me, insult my weight (I'm a size 4), intentionally compliment other women's IG in front of me to bother me, etc. He was just overall hyper-aggressive and an asshole all the time. It was sucking the life out of me. He would try to toy with me mentally & try to put me under his foot. It never worked, but it only made him madder and more aggressive. Whenever his mind games didn't work, he'd resort to cornering me to scream at me.

So I posted to RPW asking for advice on dealing with this guy who was 'too alpha' (back then I didn't think of the word abusive). Some of the women sympathized with me and said he was no good/to leave. Others told me they were JEALOUS of my motorcycle-riding helicopter pilot and that

if I don't want him, they'll be happy to have a guy like him. It was a total mindfuck. In fact, a lot of the users (and mods) on RPW are actually MALE RPerS who would immediately BAN women who expressed sentiments other than that of a doormat or a prostitute. Many of us left the sub.

If I didn't have the mental strength and confidence to trust my own perceptions, I would still be in that abusive relationship. It has been ~7 months since I left him & he has tried to get a hold of me but I've easily ignored him. I've had girlfriends who are now on tinder show me that he is using the site with a FAKE identity. He is a pathological narcissist with a criminal record (I later found out) and he was never a "captain" but TRP convinced me that the reality of letting him go was worse than keeping him.

A central tenet of TRP philosophy is that men are just generally better at being people than women are. This simply is not true. Women are rational. We're functional. We're allowed to earn our place in society & we shouldn't be shamed for wanting happiness outside a man. I know some of the guys who run TRP twitter accounts PERSONALLY. They are not who they say they are. They embellish their 'alphaness' and they lie about their sexual conquests. They are weak men who can't seem to function in society properly so they release their pent-up anger toward women online. It's nothing but a performance for the online manodorks following their page. Many of the ladies at RPW knew this quite well but I've too often seen smart women at RPW get banned. The forum is too heavily insulated by male red-pillers to allow for real discussion.

Please give the next RPW you meet a chance. She likely isn't as extreme as you might think she is. She just wants a little bit of guidance but instead stumbled upon a blackhole. Let's hope she can get out.

EDIT: Since the breakup, I took a two-month mental health-cation to stay with my family overseas. In that time I did a lot of reading about narcissistic abuse, emotional manipulation, etc. I've made tremendous progress since & I'm happy to share the helpful resources I've read with anyone who PMs me for them. :)

Found out my (f23) bf (m26) was into red pill

52 upvotes | November 30, 2022 | by [genieinabottle65](#) | [Link](#) | [Reddit Link](#)

My bf and I have been together for 2 years. Long story short, my boyfriend's phone broke a while back and I lent him my old iPhone which he used for a few months until he was able to buy a new one. Fast forward today, I asked him to give it back since my brother's phone broke and I wanted to lend him the old iPhone. The phone had all of my bf's data on it from his iCloud and before resetting it I decided to snoop around a bit (yes I know it's bad, I wasn't looking for anything specific just wanted to look around). I ended up finding his conversations with his best friend and was quite shocked.

He had called me a b*tch multiple times (before and early on in our relationship, not recently tho), he was giving his friend advice on how to get girls and was using a lot of rhetorics found in the red pill community. He told him that he would sometimes leave me on read on purpose, that women do not like men that chase them (that I had only become interested in him when he started showing no interest, which is false). He told his friend that some of my political views were "only shit my friends said and that I was repeating". After seeing their conversations, I checked his Reddit and like I thought, he was following many pages about the red pill.

Mind you, I believed my bf was one of the nicest, healthiest, most loving man I'd ever met which made this even more shocking. I feel completely blindsided. Him and I used to talk about things such as i*cels and men who referred to themselves as "alphas" and always made fun of them.

I honestly don't know how to feel about this at all. Does he truly believe all of these things? Does he really see me as a dumb b*itch with no thoughts of her own? I'm not sure what to do, is this enough to cause a break up or should I wait and see?

You heard about "Pickup" and how it's said to help men get laid. These guides are man-hating themselves, even when written by men. General

52 upvotes | December 13, 2022 | by [I_like_sources](#) | [Link](#) | [Reddit Link](#)

You heard about "Pickup" books and coaches and how they are said to help men get laid. If you haven't, get informed.

These guides are man-hating themselves, even when written by men.

The underlying ideas are

1. You are not good enough.
2. You need women in your life, because you are not good enough.
3. You need to change for women to want you, because you are not good enough.
4. You need to constantly fight against what you deem right, because that repulses women and you need women, because you are not good enough. For instance don't smile and don't be nice to women, as they will see you as less than and shun you.
5. You don't have sex with women. No, you "improve" yourself. You have to go a long path, a path that you wouldn't choose for yourself otherwise, like working out or changing your speaking patterns for women to *maybe* find you attractive in the end.
6. Pretend that women are not above you but go out of your way to do what they are said to want.
7. If your fears paralyze you, we have nothing to offer other than saying "Stop being a pussy".
8. Women being obnoxious is okay, they cannot help it, but never retaliate, because that is not manly. And only a manly man gets women in his life, and you need women in your life, because you are not good enough. But never appear to need women in your life. But you need women in your life.
9. Don't have a plan, but do have sex. Only pretending to yourself that you don't have a plan will make you get laid. But you have to go through the steps outlined. But don't have a plan. If you don't get laid, it is because you didn't have a plan. If you had a plan, you didn't get laid, because you had a plan. Remember, you are not good enough.
10. "Like yourself" of course, while we talk about that you have zero reason to like yourself in the 99% of this guide that is to follow.

Pickup literature is claimed to be the antidote to feminism, but it really is a means to further demoralize men, make rejected men doubt themselves even more, filled with "have-to"s and "must"s, always with the impending doom of "if you don't do what I wrote, you won't get women, and if you don't get women, you are a loser(ie not good enough) and you are wasting your life(ie your life is not good enough)".

And if you speak about this cruel and demoralizing issue in a pickup forum, the participants go out of their way to attack and insult you with "you are a loser(you are not good enough) if you criticise(question whether you are a loser) it".

How do you get out of this double bind?

You say "okay, if not doing what I should according to your or some author's standards makes me a

loser, I am happy to be a loser in your or his(it is always a guy writing) eyes." And then you ask yourself if you want to listen to someone who thinks you are a loser.

I am not aware of any empowering pickup guide. I know from experience that women are no help at all when it comes to seducing them, which is pathetic as they claim to observe themselves from day 0 and know exactly what they did and did not like.

I just realized how useless looks are

52 upvotes | February 4, 2022 | by [meteorness123](#) | [Link](#) | [Reddit Link](#)

The only time looks have a significant effect on your life is when

1. You're significantly below average
2. You're significantly above average

Which most people aren't. Most people are somewhat average, maybe a little bit above or below. The reason why a lot of these guys on the internet think that women don't care about intelligence is probably because they're significantly below average when it comes to attractiveness or social skills. But for people who are at least average ? Intelligence matters greatly. How could you possibly think otherwise. Life is about solving problems

Intelligence (emotional and cognitive) and a trauma-free upbringing reign supreme.

This becomes even more noticable when you think about how incredibly fleeting looks are. Nobody escapes aging, wrinkles and all the good stuff. 35,40 the latest, that's it. You're no longer the young hot thing anymore (Man, woman) and couldn't possibly compete with younger people. This shit goes *fast*.

But intelligence ? Decreases as well but is much more viable well into advanced age. Couple that with experience and skill you'll be of use to society for a *long*, long time.

This in response to the whole notion how important a lot of people esteem looks to be. Meanwhile everybody around me who is at least average looking is in a relationship and is valued by their friends whereas there are many good looking people who aren't doing well.

Forrest Gump is the bane of the Redpill Community

52 upvotes | February 7, 2022 | by [Electricate](#) | [Link](#) | [Reddit Link](#)

This is kind of a joke post but I was in the shower the other day thinking about how Forrest Gump was just a man who liked one girl and one girl only who, throughout her 20s and 30s, participated in all kinds of outlandish activities. At the end of the movie, Forrest finally gets with her but only after she's been diagnosed with AIDS and dies shortly thereafter.

I feel like if Forrest Gump was a real person The RP community would've had a field day calling him a beta, simp, etc.

A happy stable life is the ultimate cure for TRP

52 upvotes | May 16, 2021 | by [HowardClassic](#) | [Link](#) | [Reddit Link](#)

Last week went on bike rides with my sisters. Happy and healthy didn't give rp another thought.

Flirted with a girl, she asked me to hang out but my sisters were visiting so I declined.

Been indoors and no human connection for the past couple of days, started checking our trp subreddit and having anxiety thoughts about not being man enough.

Do Red Pillers live fake lives

52 upvotes | May 5, 2021 | by [Puzzled_Space1697](#) | [Link](#) | [Reddit Link](#)

Hi guys, I deleted my old social media along time ago to get rid of all the red pill videos that might pop up but a few things i always still wonder about and sometimes i think is that why people are involved with this stuff. I'm 23 and left all that stuff at about 20 when i actually questioned how stupid these people are. I never had problems with women or realtionships and just kinda found red pill stuff through joe rogan which then went to jordan peterson and then further into the rabbit hole.

Are older men obsessed with younger women because they missed out on that stuff in their younger years? I always see comments from them saying how they are in their late 40s and 50s and look 20 year younger and have 6packs and make 6 figures while dating 19 year olds but i never see proof of this stuff and when i came around and asked could they prove it they proceeded to ghost me or say that they don't have insta or fb.

Do the guys who claim they pump and dump most nights of the week actually being honest because to me it seems they are basically making it up to make them seem legit to other guys in online forums who they will never meet so that they don't have to prove anything.

Is the hate for women over 30 mainly because these women still reject them so they sprout stuff like SMV and that they are at their prime at 35-45.

Are these men truly bad people or are they just men who can't get a date so have to live fake lives online to prove themselves?

It's a hate training, nothing less

52 upvotes | May 1, 2021 | by [lethi3406](#) | [Link](#) | [Reddit Link](#)



Why do some red pill men spend their time talking smack about women and other men online?

52 upvotes | August 1, 2021 | by [JuStShAvEyOuRhEaDbRo](#) | [Link](#) | [Reddit Link](#)

I thought they were supposed to be "on their purpose" and "doing the work" to become a "high value male"?

Some of these guys are delusional and cringe man lol.

The trap of using others for validation and mood boosting

52 upvotes | October 11, 2021 | by [BiWomanHealing](#) | [Link](#) | [Reddit Link](#)

If you have an ego wound from child abuse, if your parents did not build you up to have healthy self esteem and self worth, it is tempting to believe being chosen for sex and relationships will alleviate this. But actually, it is a bottomless pit. Many porn addicts, even if they get a wife, will continue to be addicted. “Landing a man/woman” is not an end goal, but rather the beginning of a journey of intimacy building together.

Hooking up with a woman/man hot enough to be a model, is a temporary high that will lead to a crash and the seeking of another hot woman/man. The red pill promises fulfillment but it is like pouring buckets of water out of a boat that has a big leak. You will be submerged back in your default state of toxic shame after the “hit” of a relationally based high wears off.

This is the issue both with codependency and sexually addictive behavior. Externalizing fulfillment is not a permanent solution for anyone.

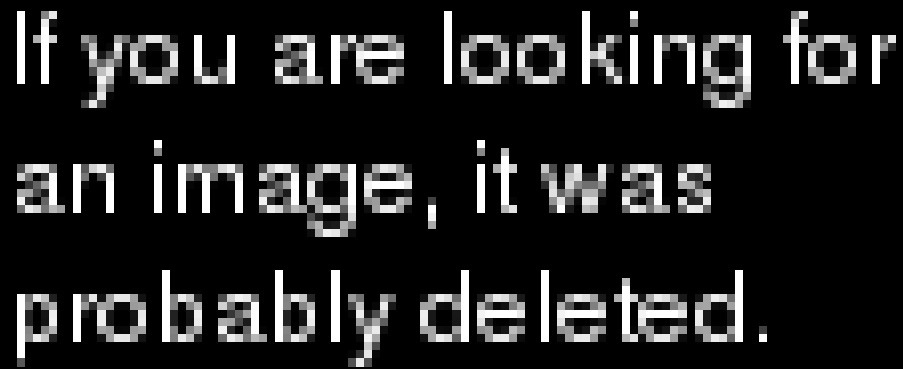
Why do redpill guys spew their views on potential dates and end up blowing their chances?

52 upvotes | December 22, 2021 | by [SadBox4529](#) | [Link](#) | [Reddit Link](#)

A red pill friend of mine was messaging a girl on Bumble whose a single mother. They were talking about work ,past relationships etc...At some point he got angry because she started giving one-to-word answers during their Bumble chat and he lost his cool saying, “I see why you’re a self-absorbed single mother whose destroying her ex husbands life”. He then deleted her and I asked him why, basically saying she was just using him for attention and is the typical single mum out to drain her ex. This red pill stuff is really toxic and I advice you young mean with mental issues to stay away from it.

Sadly, this is from the shooter in UK. Please, please, please take care of your fellow Red Pill/MGTOW homies. Come on, we can do better. □ □

51 upvotes | August 13, 2021 | by [copious_cunnilingus](#) | [Link](#) | [Reddit Link](#)



If you are looking for
an image, it was
probably deleted.

There needs to be a body positivity movement for men.

51 upvotes | September 15, 2020 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)

Seems to me like a lot of guys on this sub are insecure with how they look. They are also afraid of not meeting the standards of today's women.

There's body positivity for women because it arose from people being sick of the impossible standards of the beauty industry, which mostly targets women. Women are more accepting now of each other not wearing makeup, not shaving, whatever.

There's still messages being sent to guys by society about what is supposed to be attractive about guys. Being taller, more fit and chiseled, you get the idea. Would you guys be happier if there was more support out there for guys who don't want to live by those standards anymore?

I know what you're going to say. Women's standards are too high and are unattainable. I will admit women can be more picky. That being said:

1. You can't control what other people do. If your goal is to knock women down a notch and make them lower their standards... lol good luck. It's not happening. (Assuming for the sake of argument that their standards are too high.)
2. I know plenty of average or ugly women who are dating/married to men that are on the same level of attractiveness as they are. Sorry, I'm just extremely skeptical of the claims that women only want hot guys. The only girl I ever met who did have ridiculously high standards was a friend of mine that was mentally ill and raised in a toxic household. Women want hot guys just as much as men drool over hot women.

If insecure men want to be accepted more for their appearances, this is what is going to have to happen:

1. Don't bother looking for validation from women. You have to work on your own insecurities. A dozen compliments from women won't undo even one negative comment someone said to you years ago and really hurt you. Personally, I can't tell you how many times I (I'm female) have said on reddit that I prefer shorter guys who dress alt/nerdy and wear glasses. But I've been called a liar many times for that. Plus I've dated insecure guys and no matter how many times I tell them how hot they are, they don't really believe me. So in conclusion, in my findings I really don't think that insecure guys are going to listen even when women do validate them and tell them how good looking they are. It's not enough. You have to work on your own insecurities.
2. I think one part of a body positivity movement for men has to normalize it if guys want to wear things or partake in things that are typically more feminine. Wear pink, style your hair, wear makeup... it shouldn't fucking matter. Who cares. Do what makes you happy. If we're going to throw out the old standards for what people should look like, I think it's logical to throw out the old gender norms too.
3. Men are going to have to be more accepting of each other. Men are going to have to be more supportive of each other. Quit calling other men simps and cucks. Quit calling each other "gay" or "f*ggot" if a guy wants to dye his hair or whatever. Body positivity works among women

because it makes them supportive of each other, so they can say "fuck your beauty standards!" Men hold each other to impossible and unhealthy standards too. How many of you have dads or friends who have said toxic shit to you regarding something about your appearance? If you want change, you'll have to fight back against bullshit like that and be more supportive of each other.

3 is probably the most important point I have to make today.

(I'm on mobile, sorry for any shitty formatting.)

As a woman, I paid money for a red pill coach for at least 6 months

51 upvotes | October 5, 2019 | by [pandamojia](#) | [Link](#) | [Reddit Link](#)

I've gotten over the anger of paying to get brainwashed. However, part of me feels this real need to expose this bullshit on YouTube. The mindset I developed robbed me years of my life.

Is the 'bar' really on the floor for men?

51 upvotes | August 15, 2022 | by [deleted] | [Link](#) | [Reddit Link](#)

[deleted]

How do I get rid of the toxic and hypocritical mentality that women are less valuable because of their sexual history?

51 upvotes | March 21, 2022 | by [mahsbsjak](#) | [Link](#) | [Reddit Link](#)

One of the biggest things that has ruined me through the redpill is judging girls based on their sexual history.

I see girls that sleep around as “used, damage goods, less valuable cuz her sexual history than a girl with not as much, dirty, lower class”

I see it like why do I have to pay “full price for something other guys got for free”

I see it like the dumbass “key who opens many doors and the door who opens for many keys” that dumb analogy.

It just hard because the redpill says all these stereotypical things about girls that sleep around how they are “Impulsive, have Low Self-esteem, Insecure, Daddy Issues, Baggage, Trauma, have tattoos, more likely to abuse drugs, alcohol, attention seeking behavior.”

Like I see those stereotypes come out as true, like for example I go on tinder or to social media or out to clubs and I see people that fit the description of all those things.

And also I sometimes see the truth that woman sluts and man sluts are not the same.

“That it is a lot easier for a woman to get laid cuz every guy is horny.

Vs

It’s a lot harder for a man to get laid cuz there are so many options for women.”

From a males perspective it all makes sense, and makes me see myself (man slut) as higher value than a female slut.

I NEED to change my mindset on all those toxic misogynistic thinking.

But how?? I have been so brainwashed from the redpill, culture, social media, to make myself believe these things.

I want to believe these instead

- People can and will change (Once a slut not always a slut) but they have to want to change
- I can’t hold back peoples value in my mind based on stupid things they did before they even knew me! (I am over on [r/retroactivejealousy](#) struggling with my girls past sexual history)
- A persons value is not based on how many people they slept with. Talking about a guys value or a girls value.
- Not to be hypocritical as a guy who has also slept with a lot of people.
- I can’t put the main value on a woman on her sexual history, there are so many other ways a person can be valuable or not valuable in a relationship other than their sexual past.

I have to change all this mindset because I am dating an amazing girl who was extremely promiscuous in her past for her age.

She fits in to every single one of the stereotypes of what a promiscuous girl is, but she has changed

and matured so much since dating me.

I hold so much resentment and anger towards her sexual past, like if you didn't do all those things you would be absolutely perfect for me.

Her past just makes me view her as all those things I shared at the beginning.

Sometimes I wish I could go back in the past and get her before she did all these things that taint my view on her.

I am so hypocritical cuz I have slept with twice the amount of people she has and still think of her as the "easy less valued slut"

Trying to leave TRP behind me as a woman

51 upvotes | December 20, 2020 | by [Even-Zookeepergame93](#) | [Link](#) | [Reddit Link](#)

I (F25) stumbled upon TRP by accident by watching traditional femininity content on YouTube. . While there are aspects of what I've learned I want to keep like self improvement and not feeling shame about embracing my femininity and finding joy in it... falling down the rabbit hole of reading about the male side of TRP has really inflicted trauma on me, especially the content about n-count

Long story short, I was EXTREMELY naive in college and just thought if a man wanted to sleep with me, it must mean that he liked me and wanted to date me. When I got with my first boyfriend ever in freshman year, we slept together pretty soon, but since he always planned on committing to me regardless of when the sex happened, it painted a very unrealistic picture for me.

When things didn't work out after being together for 2 years, I moved on and was beyond confused when I'd go on dates with someone for a few weeks, eventually we'd have sex, I'd just assume they were my boyfriend/exclusive. When I'd find out afterward they didn't see it that way and thought I was completely insane I was inconsolable. Wasn't everyone dating intentionally to make a real go of it? Apparently not.

I was in that situation 5 more times. I thought it just had to be the individuals I was choosing, and not all other guys.

Then I finally had a real relationship again in my senior year, where intentions were spelled out. Things ended because long distance is hard, but I had no regrets. But I'd also learned my lesson. No more sex without explicit commitment.

I discovered TRP last year and reading about n-count plus all the reddit posts about dumping girls over their sexual history has made me feel completely and utterly worthless.

I still live in constant fear of being asked about it and subsequently dumped over it.

Now, I can barely enjoy my current relationship with an incredible man due to the anxiety of learning about TRP.

RedPill and Coronavirus... these guys are so damn pathetic

51 upvotes | March 24, 2020 | by [CJcarljohnsonCJ](#) | [Link](#) | [Reddit Link](#)

I got into red pill and blue pill philosophy to find out what they are. I leaned more towards the red. And there are some good things about it. But god, how can so many of them be so pathetic. Not just on reddit, but on other sites too (youtube channels for example).

The virus outbreak happens and many of them go "hahahah now wahmen suffer hahahah"... I now understand the hate towards them,. There are too many pathetic dudes who strongly identify as "redpillers". Even when it's almost a fucking apocalypse, these fuckers still go on with their whining and obsessing about women... God, can a man get even more pathetic?

I like still like the not extremist redpill ideas that gave me some view on the whole picture, but damn, there is a huge number of these crazy dudes out there. I'm glad I didn't slip too deep into their mentality...

Meditation and learning Buddhist teachings changed by view completely

51 upvotes | May 26, 2020 | by [LeftSignal8](#) | [Link](#) | [Reddit Link](#)

Like everyone else I was young and inexperienced with women and came across the redpill community and learned wrong ideas and generalisations about women.

Buddhist teachings on non-self, meditation and kindness totally changed my view, the Buddha also spoke about kindness coupled with intelligence which sort of balances it out, also being nice with an agenda isn't nice, sometimes kindness requires doing something that may seem unkind at face value. It made me stop blaming myself for some of my recent failures and trying to micromanage women's perception of me. Now I just kind of go with the flow. Also read the book: how to win friends and influence people, I saw that interacting with women shouldn't be different to interacting with men, you should be attractive to both men and women, that's the key. Also a lot of manipulation from the redpill community only works on emotionally damaged women and it's sad most women are kind of damaged, due to toxic homes, emotionally unavailable fathers which makes them chase validation from men who act like their fathers to get validation they didn't get, it's your job to heal together and show her what a healthy man to woman relationship is. Men are too blinded by pussy, we are all just kind of ignorant.

Red pill will make you think that's how life really works and I'm over it.

51 upvotes | July 26, 2020 | by [bayfarm](#) | [Link](#) | [Reddit Link](#)

For the longest time I took the red pill as the answers to life that nobody wants to talk about or knows. No I'm not in denial and maybe some of it is true but I won't let the red pill take over my life like it has something over me. There's some good points but if you listen and believe everything that is said you'll drive yourself crazy. I'm over walking into every social situation thinking oh what kind of red pill answer can I find? I'm over thinking about it everywhere or every situation I'm in. For christs sake red pill isn't god lol.

**Post of woman who went through a devastating break up,
because her husband left her for a younger woman. Proof that
hypergamy is stupid, and toxic people exist in both genders.**

51 upvotes | December 7, 2020 | by [steelyphil1234](#) | [Link](#) | [Reddit Link](#)

<https://www.quora.com/What-is-the-quickest-way-to-fix-a-broken-heart/answer/Deborah-Gervasi>

If you would not stop a women being assaulted you don't deserve to call yourself a man

51 upvotes | February 28, 2021 | by [Laliving90](#) | [Link](#) | [Reddit Link](#)

I can't believe the red pill community believes it's ok to not help a woman out because it makes you a white knight and go as far to she deserves it because she didn't choose the nice guys. It is your duty as man to help any person in need but especially women and no you shouldn't expect anything in return for it. I understand that it is not worth the risk to put yourself in danger if you don't think you're capable of helping but at least make someone aware of what's going on and make sure they are ok. Yes society has become degenerate but if we want to see a change in it then we must begin with ourselves

Edit: I agree it is subjective that men should be capable of helping people, a women should also intervene to help other people

How Kevin Samuels Fooled 1.5 Million People

51 upvotes | July 21, 2022 | by [redpillnonsense](#) | [Link](#) | [Reddit Link](#)

Although I don't make videos anymore (want to, but realized I wasn't learning much while doing so), I was thinking how so many people came to be arch defenders of Kevin Samuels and believed in many of his lies. And his lies weren't even well crafted:

1. He claimed to be a 3-time Black belt
2. Claimed to live in an apartment in Oklahoma City where the rent was \$10K a month
3. These lies and more were captured on camera
<https://www.youtube.com/watch?v=phD1fpNYafY>

Small channels that examined his background and provided creditable sources discovered:

1. He didn't finished paying off child support until he blew up on YouTube
2. In his first marriage, he made less than \$1K a month, which was less than his then wife.
3. He would purchased cologne, review it, and attempt to return it back the next day

This question came up to me because I was doing a pre-recorded interview with a large YouTuber about the Black Manosphere and I told him Kevin Samuels pioneered fake it until you make it. He was surprised. But I had thought everyone knew Samuels financially struggled in his adult life until he blew up on YouTube. I mean, he was admittedly working at Office Depot a few years ago. After thinking about how this could be, it was apparent that Samuels knew the **power of image**. By wearing suits constantly, and being a pretty intelligent and articulate guy, he crafted a persona of a well-accomplished man. Dress can be a pretty influential factor in terms of how people perceive you. Knowing the power of image, he invested heavily into his setup and the flow of the show. His age also contributed to his persona. He wasn't young enough to be naïve, but not old and unattractive enough to be seen as bitter.

What do you think?

Arguments that will destroy Red Pill's AWALT forever

51 upvotes | August 3, 2022 | by [RatDontPanic](#) | [Link](#) | [Reddit Link](#)

All Women Are Like That is the core of Redpill doctrine. According to them all women want alpha bux, the alpha male who will commit to her and only her. When she can't get that she resorts to alpha fux beta bux, she fucks Chad and when she can't get him to commit she settles for a beta male who is nice and provides for her. Then she'll cheat on the beta male or banish him to the dead bedroom / duty sex zone or whatever.

Let's not be deluded. We all know not all women are like that, but this does happen to some men, some women do chase men who have top 10% looks and have high charisma and when they can't get him or can't get him to commit they settle for a man they wouldn't normally choose. And hell breaking loose is a high risk when that happens.

But when Red Pill says all women are like this, there is are solid points to make that shatters their nonsense like a meteor through single pane glass.

First of all, Red Pill never prioritizes a woman's moral character. Their entire narrative is about chasing the hottest babes and fucking as many at one time as possible (spinning plates). "I only look for women who have a great moral character" said no Red Piller ever. Reality check: when you ignore a woman's moral character and only choose her based on looks, first of all she knows that's what you prioritize. Second of all ignoring a woman's moral character is a self-inflicted hazard that exposes you to more women of low character. You're applying nonexistent character vetting and mixing that with women who know you don't care about them except fucking them. What did you think you were going to get? Decent women will run from you like water downhill when they see you coming. It's like being thirsty but vaporizing the water and leaving only salt to consume. That's literally what you're doing!

Second of all, Red Pill uses classic Dark Triad behavior to attract women: manipulative and psychopathic behavior to be specific. Again, the salt flat syndrome - the good women recognize you and flee, leaving you with only the sleazy and mentally unstable women. This is basically because Red Pill teaches you to become just like the AWALT kind of women that you look down on.

All this leads to Red Pillers coming to a confirmation bias conclusion that AWALT. All women aren't like that - it's just that Red Pill behavior is a magnet for AWALT-style women.

Finally, some Red Pillers may have come into the ideology because their first love did them really, really wrong (cheating, abuse, and so on). Some women are just naturally evil, like some men, and sometimes men and women who aren't Dark Triad attract these bottom feeders of either gender. Still, AWALT doesn't apply just like not all men are jerks either. The reality of life is that people will degrade to whatever low character they're allowed to settle at. Much of the AWALT problem comes from men failing to set proper boundaries, and that comes from us men being too damned thirsty / desperate for female companionship. Women aren't different from men - if women had no boundaries, we'd be just as bad.

The cure for AWALT is to stop providing incentives and rewards for the women who do act badly. Don't be afraid to cut ties on the spot if she behaves like some woman in a Red Pill nightmare story (and they do exist). If more men avoid these women, they will stop behaving like this.

Red Pill also contributes to the AWALT problem by treating good women like crap. Many women

have been turned sour by being pumped and dumped or by being cheated on. If fewer men did this we'd have fewer bad acting women, too. The Red Pill game of pump and dump and spinning plates is creating more of the problem they are talking about.

Red Pill isn't the cure for hypergamic women, the solution is to look for women of good moral character as your first priority, and set boundaries that respect your dignity. If she's hot then that should be a bonus, not a requirement.

Always remember Johnny Depp. Amber Heard deserved all the scorn she got, but Depp did ditch the mother of his kids, who even came back and defended him during his trial. He chose Amber Heard because of her looks. The problems with her were overwhelmingly obvious to anyone who analyzed her. A man who vets properly would have seen this and run away from her the first. Look at his example and know what not to do.

If you look at this logically instead of going by Red Pill's nonsense about "it's in the male/female nature" you will see the inescapable conclusion that AWALT is bullshit and you're not helpless in this, you can find a good woman and you can contribute to an atmosphere where predatory women get no reward for their behavior.

Why do Redpill/MGTOW lifestyle coaches encourage men you only have sex with women under 25?

51 upvotes | February 26, 2021 | by [NdN124](#) | [Link](#) | [Reddit Link](#)

They seem to think that a woman past her peak is useless because of the fact that she's past her most fertile years but what difference does that make if you don't plan on having kids with her? Plus a lot of these coaches are 40 year old divorcés that are way past their primes anyway. Isn't this just a case of pot and kettle? Plus from what I understand, women's sex drives actually peak in their 40s while men's testosterone tends to go down. Also there's been an issue of STIs running high in nursing homes...

I say don't worry about statistics and science. Just do what makes you happy with who makes you happy.

Labeling people alpha or beta is so stupid

51 upvotes | June 17, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

I hear people talking about it and I'm like really, what's that even based off of? Apparently if you're submissive, skinny, or dorky looking that means you're beta and if you're assertive, handsome, and muscular you're alpha.

The most lame is when I see people claiming they're alpha or acting like it in an overly masculine way. Like ya, you're definitely not alpha and no real alpha ever claims to be. I just think some people got fragile egos and their minds all twisted.

You are who you put yourself around: rant

51 upvotes | July 10, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

Came across a redpill type video and one of the guys legit said....wait for it..... said .2% of the women population are good women, positive women and intelligent women and says that they are trying to highlight these types of women. My head hurts y'all☐☐ I then thought about the type of women they most likely are around. If all you do is spend time around or internet browsing on is these Instagram models or only fan girls (no dig at Instagram models or OF girls, get your coin!) then that's what your going to believe all women are like that. They also keep bringing up their famous word "accountability" and that's something women need and that women are entitled. I get so confused as to what women need to take accountability for?!? I feel like most of what these guys say are not even about gender but they assign it to everything. I once heard them say loving your children is a feminine quality like dude what???Some things are just humans being human, not everything is about something being feminine or masculine. I feel so bad for the women and young girls who fall for this or are in relationships with these men. I guess it makes it better that this group exists and groups like it but man.

Do redpill men have mother issues?

50 upvotes | March 31, 2021 | by [Comfortable_Intern57](#) | [Link](#) | [Reddit Link](#)

It's funny how often women are mocked for having "daddy issues" and ending up in bad relationships, etc. But what about men with mom issues? Do you think many of them are falling into this red pill stuff? Especially the young guys who are still teenagers and have absolutely no real experience with women outside of their moms.

I bring this up because the man who nearly beat an elderly asian woman to death was on parole for murdering his mother. Sounds like he has issues with women (outside of being racist of course). Also, you see this pattern with serial killers. They had an abusive mother and then ended up killing and raping a bunch of women.

It seems men have a harder time separating women in general with their own mothers, like they just can't see that all women are different.

I was severally abused, physically, emotionality and mentally by my stepfather when I was growing up. But I didn't project anger and resentment towards men in general about it because I know every guy is different.

So do you guys think this could be a case with the hostility and resentment towards women in the redpill community to some degree?

My 30th birthday is this weekend

50 upvotes | June 14, 2021 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)

This is it, guys. This week I have value, next week I hit the wall. I better find a rich millionaire Chad husband before the week is over.

Sarcasm

Lmfao

Men who're good at Red-pilling aren't actually good with women, but these people are unaware that they're narcissists ,so this ideology is appeal to their liking.

50 upvotes | July 27, 2021 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

Narcissist's life goal is all about how many people they have at their fingers, how to control other's mind/sex, how to cause chaos ,how to have everything without giving, how to ruin others, what've others done to them or how much status they have, and intimacy is not one of them. It's all about preying unaware women who also have limited knowledge and very insecure or the narcissists of the opposite sex. These people blame women for everything for their ego especially the gurus. I mean these Gurus are the most narcs of them all. All they want is everything (worshipping, money, other's misery(blame both their students and women for everything), shunning everyone who disagree with them and so on.) so please, don't be another narcs. We already have enough of them these days.

DAE finds MGTOW lame ?

50 upvotes | January 6, 2021 | by [TheWorldIsShitty](#) | [Link](#) | [Reddit Link](#)

I always found them lame to be fair! Not just because of their constant whining against women despite claiming to “Go their own way” but also because they want “special” status for simply avoiding relationships?

MGTOWs claim to reject and boycott relationships, women and the idea of association with a woman altogether. Ok ! But monks have been doing it since thousands of years ? And unlike this noobs who probably live in momas basement, monks detached from society, built their own communes and lead hard and harsh lives! They literally went their own way without actively hating on women (the indirect religious suppression is different though).

And let’s say just the idea of rejecting marriage or relationships forever! So ? Since when can you not do that? How is that revolutionary!

I am not a big feminist cum history revisionist or something but I think it’s more than accurate to say that compared to a lot of men, women didn’t have the option to reject marriage with men for a really long time and they still don’t in some areas. Which is literally why feminism is revolutionary because it’s about women having choice and agency to be just INDEPENDENT and not dependent on a man for income or social safety. Not saying men had it easy, men also faced a lot of social and even legal pressures to marry in the past. In fact forced arrange marriages do effect men and boys too in many areas of the world ! (it’s worse for kids of course).

BUT what the fuck does that have to do with modern western society? Don’t wanna marry? Cool ! You do you! Don’t wanna pay for dates for sex ! ☐☐ no problem and guess what ?! Plenty of women will not just be kool with it but actually appreciate and admire that you chose not to revolve life around marriage or whatever pussy prospects.

There are some men talking about exiting society because all it does is support women and do nothing for men. So men live outside of society? Wow ☐! I didn’t know that ! There is also nothing stopping them to form a collective, purchase some private land and build a commune with self sustaining measures for daily needs. If drugged out hippies thought of that, why haven’t these dudes thought so?

Let's be real with the redpill.

50 upvotes | August 12, 2021 | by [Oistcute](#) | [Link](#) | [Reddit Link](#)

All these “tactics” to get relationships/sex is bogus. Why? Sure, they *might* work, but think about it. You had to *learn* that behavior, which means, it isn't you. You can't be someone else forever, at some point you'll get tired of it and lose the behavior. Or it'll have a profound psychological effect on you. If you stop being that person, you'll lose the person you “got” with that behavior, leading to you feeling heartbroken in the long run. That person was in love with/attracted to that *other* person you were, not you. Trust me, those games and manipulation never work. The principle applies to nice guys too. They're nice to get something in return. Reasons this doesn't work? One, you're being nice just to get something back. Being nice shouldn't be transactional. Sex and relationships aren't transactional either. You should be nice without expecting anything in return. For example, if I wanna be nice, then I do it. No question. Before I do anything that's kind I ask myself if I'm doing this for being nice or if I want anything in return. The point of all this? Be yourself. Seriously. Don't be someone else just to attract someone. Relationships and sex are just a fraction of all life has to offer. There's no point in changing everything about you just for that. Human beings weren't meant to be clones of each other. There's only one copy of you, just one sequence of nucleic acids that's you. So act like that. Just be you. And for the girlfriend part, I'll tell you, chicks absolutely DIG authenticity. It's the easy way to get a girl, rather than playing games any being someone who you're not. Have a good day. Bye.

Why do people believe and give Coach Red Pill so much validity?

50 upvotes | November 25, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

He's the biggest clown I've ever encountered in the RP community. I'll admit he sucked me in and maybe he was somewhat convincing but after a while I realized this guy is just full of crap. I don't know what his strategy is but he's got a lot of people brainwashed. Like "only go for women under 25?" Ya gtfo outta here! No 25 year old woman wants a 50 year old man especially some fat ugly looking middle aged one.

I can only imagine what this idiot is like in real life. Probably doesn't get 25 year old women and probably can't get women period to save his life. If I saw him I totally would challenge his ass and have him prove to me that he could do it. Guarantee he'll crumble or and get all scared. Anyways it's people like him that will totally distort your view of reality. He needs to burn in hell.

I think we should normalize the idea that people have standards when it comes to dating.

50 upvotes | September 30, 2020 | by [half_recent](#) | [Link](#) | [Reddit Link](#)

Hear me out, this is probably been repeated a shitton of times, but I just needed to vent. Figured this was the best place to do it.

I'm tired of hearing "looks don't matter" from both sexes. It's a comfortable lie that keeps people from pursuing what they want in the most effective way.

I was speaking to a friend and mentioned that I turned a woman down because she was overweight. She said that it was okay, but she also mentioned that if we had a connection then she would've had a problem with it.

I looked at the people she's dated, and they're the tallest, most fit guys. It's not ruining my day or anything but I feel like something's wrong. She holds me to this standard, but I'm not sure if she adheres to it herself. I've been working out for years, why would I want to date a fat girl?

I'm gonna get downvoted to hell for this, but I'm not gonna apologise. I don't want to settle in a relationship with someone I'm not sexually attracted to. I don't owe anyone any favors. And let's be honest, if I wasn't taking care of myself the way I am nobody would be interested. I think the only difference between me and my friend is that I'm honest with myself about it.

Feel free to try and change my views. I'm pretty open. I'm not saying looks are everything but they do matter, a lot.

EDIT: Getting some downvotes here. Lets be civil, I want to hear your opinion. If you have a compelling argument feel free to comment.

No, your girlfriend doesn't want to cheat on you with a "more alpha guy" (based on science)

50 upvotes | January 18, 2016 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

In TRP there's this idea that women are hypergamous and are always looking for "a better deal" when they are on long term relationships. If they can't replace their current "beta" boyfriend with a more alpha one, then they're opportunistically down for a short term fling with the alpha.

TRPers will often evoke the "Dual-Mating hypothesis", an evolutionary psychology hypothesis that states that coupled women settle for an high status man while simultaneously looking for a good looking masculine man to cheat on their spouses, because this man supposedly has better genes than their primary partners, specifically during the more fertile phases of their menstrual cycles.

Now is this true? Well, nobody really knows. Wood et al. (2014) conducted a meta-analysis of 58 studies (for those who don't know, a meta-analysis is the "combination" of several studies in the field) and found no evidence for this, while another meta-analysis of 50 studies (Gildersleeve, Haselton&Fales, 2014) did indeed find support for the idea that women want good looking masculine men for a short term fling but **with small effect sizes, some of them not even statistically significant**.

So, the "Dark Truths" of the Red Pill are not that true after all, isn't it?

Now the most interesting part: Even if women feel compeled to cheat on their spouses with a more macho dude (or not... given that the effects are small to inexistent) this is largely moderated by relationship quality. In other words, it is reported that **the better your relationship is the more your girlfriend is attracted to you, even during the most fertile phase of the month, in which case they are EVEN MORE attracted to you and not the "tall squared jaw hulk"** (Gangestad, Simpsonand Durante & Eastwick and Finkell, 2016). Evolutionary this makes sense: Why risk a good relationship by cheating?

In line with this, Tsapelas, Fisher and Aaron (2010) show that the 2 main predictors of cheating are a) relationship dissatisfaction and b) Personality (namely low agreeableness and low conscioussness). So, **if someone cheats it probably has much more to do with them being unhapy or just a piece of shit rather than "A Alpha Stud with game coming along and picking her up"**.

Additional evidence suggests that some women are naturally attracted to masculine men while others are not. For example, a behaviroal genetics study (Zietchet al., 2015) shows that, at least in their study, 38% of masculinity attraction (at least for masculine faces) was explained by genetics while only 1%(!) was explained by the menstrual cycle fertility. So no, life kinda isn't really that "ALL WOMEN WANTZ ALPHA; BETA BUX ALFA FUX" mantra that TRP so fondly perpetuates.

So next time you bump into a TRPer call bullshit on his "biotruths" and always be skeptic.

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MGTOW has been quarantined

50 upvotes | February 1, 2020 | by [SpiderKing1461](#) | [Link](#) | [Reddit Link](#)

<https://www.reddit.com/r/MGTOW/>

the key to freedom from all types of pill ideologies (red-pill, blue-pill, etc.) is realizing that women are very very similar to men when it comes to their brain.

50 upvotes | August 20, 2022 | by [Ambitious-Parfai](#) | [Link](#) | [Reddit Link](#)

I think a lot of issues with people who try to "study" women as if they are some other species is that they don't realize women and men are almost identical in terms of their brain, their perception of reality, their logical mind, how they perceive things, how their feelings are affected by externalities, etc. etc. sure the differences between men and women was bigger in the past when there were huge gender roles and expectations but in this day and age these gaps are closing very fast.

both men and women prefer handsome partners.

both men and women prefer "successful" partners (whatever it mean to each person)

both men and women prefer a physically attractive partner, who smells good, can maintain a good conversation, has a sense of humour, etc. etc

both men and women prefer a confident partner who can lead and knows what they want from life.

It is such BS that redpills and bluepills try to pretend some of these qualities only matter for one gender. that is total nonsense. Only redpillers can claim they don't give a flying f about a woman's career and then whine about being "divorce-r***aped" in the court because they made more than their partners. most financial successful men will go for a partner on their level of socio-economics so no one is gonna get screwed after divorce. if course, if you are a redpillar who "peaked at 45" and went for a 20 yo Russian model, then I think you have no room to complain if things go awry.

There is one dating advice that is more effective than 99% of gender-based redpill advices: maintain the qualities that you want to see in a partner and go for an **equal** relationship (in all senses of the word, financial, physical, mental, etc.)

One of the latest studies on the outcomes fatherless families, shows that what matters more are positive male role models more than a mere father at home.

50 upvotes | October 12, 2022 | by [carritotaquito](#) | [Link](#) | [Reddit Link](#)

The latest study I found (one from South Africa, specifically) shows that it really doesn't matter if a FATHER is truly present or not. But rather, if there are strong, POSITIVE/WHOLESOME "fatherly figures" (eg. older male relatives, pastors, teachers, neighbors, etc) around adolescent youth.

From the study in question:

"The role played by uncles, older men, brother and pastors as role models is significant in modelling the behaviour of these adolescent boys. This study found that these support systems bridge the void left by the absence of a father in the lives of adolescent boys. These structures also instil important social values that guide these boys into taking responsibility for the choices and decisions they make into adulthood. Such supportive systems supplement the parental role provided by single-mothers to meet the social and emotional needs of the adolescent boys in the family."

Here's the study itself:

<https://acrobat.adobe.com/link/track?uri=urn:aaid:scds:US:ad131fc1-27d4-41af-8ea2-5a3e80ad2358>

Attacking a man because of the medicine he takes is literally a part of toxic masculinity.

50 upvotes | December 19, 2022 | by [alexbrove](#) | [Link](#) | [Reddit Link](#)

Crosspost "Attacking a man because of the medicine he takes is literally a part of toxic masculinity." from /r/facepalm:

Posted by EngineeringPlastic64 | 19 December 2022 | [Link](#)

I never understood red pill's hatred towards single mothers.

50 upvotes | March 18, 2021 | by [whatboi67](#) | [Link](#) | [Reddit Link](#)

I acknowledge that there are bad single mothers out there. But why do they have to generalize that all single mothers are selfish and are only looking for men with a lot of money? I understand only one point they made, that single mothers get more help than single fathers.

I remember looking at some tweets a few years ago where some women were unironically unhappy that Father's Day exist and want to make it about mothers, despite that Mother's Day exist. As a man who is all for equal rights, those tweets made absolutely no sense.

Red pill people do this misconception about single mothers the same way as they do with women in general. They always paint them as evil witches and not acknowledging that good women exist. Not all women are gold digging narcissists.

Kevin Samuels died

50 upvotes | May 6, 2022 | by [prolific1997](#) | [Link](#) | [Reddit Link](#)

It sounds like he died of a heart attack. I had mixed feelings on him. He had some good points about some women's ridiculous standards for men (and perhaps he said the same for men). But I did not like how he always talked over his guests. I don't feel these women were ever given a chance to talk for very long and personally, if you have a good point, you shouldn't need to talk over others.

Your thoughts?

A Deep-Dive into Red Pill Claims, and why they are False

50 upvotes | June 8, 2022 | by [Newbie1955](#) | [Link](#) | [Reddit Link](#)

My book debunking Red Pill is officially launching today. So many in this subreddit have been so supportive and signed up as advanced readers, and today it is live. I hope it can help many of the people here struggling to untangle themselves from these beliefs, and show them exactly why those beliefs should be rejected. Check it out on [Amazon](#) if you get the chance, or read the [free sample](#).

Blurb:

From the accomplishments of feminism to the dynamics of the modern dating market, Red Pill and the larger Manosphere claim that everything we have been taught about women, society, and seduction is a lie. Within Red Pill, the concepts of Alpha-Seed, Beta-Need and the Feminine Imperative are accepted as gospel. Red Pill men are shown how masculinity is under attack and are instructed to always maintain their Frame to avoid becoming the dreaded blue-pilled beta cuck. But how many of Red Pill's "truths" are based in the actual science and data that Red Pill so staunchly claims it to be? How much of Red Pill is real... and how much is pure fiction, wrapping its followers in even more of the lies it claims to be freeing them of?

Taking on the truths of Red Pill head-on to see if they can stand up to the tests of scientific investigation, rationality, and logic, *Red Pill Ideology* seeks to understand the underlying foundational beliefs and motivations of Red Pill men with the same thoroughness that Red Pill claims to understand women.

<https://preview.redd.it/1ewahpvple491.jpg?width=2813&format=pjpg&auto=webp&s=84a69671b7d3c9e86acf738bb727f3ed094c7db2>

I was super red pill

49 upvotes | January 15, 2022 | by [chocolatetacos96](#) | [Link](#) | [Reddit Link](#)

I was super red pill. I watched all of the Youtube guys like Fresh and Fit and Kevin Samuels, Stephiscold and blah blah. But it's like reverse psychology. They tell you how Alpha they are, but they obviously aren't and are just saying what men who never got women would say. They literally push down regular guys and boost themselves up by saying that women don't like regular 9 to five guys who treat them with respect. The world isn't Miami and not all men are bullshit fake "high value" men and not all women are dumb OF sluts.

It's a big lie. Just look around your city. There are plenty of nice looking women who work at your local grocery store, clothing store, Costco, who date regular ass guys.

Get a woman that thinks like you. Work your job or business and tell her what you want out of life. Sexually and just in general and see if she is willing to join in with you on that.

Alpha / beta philosophy is designed to make you suck with women and here's why

49 upvotes | December 1, 2019 | by [I_do_it4sloots](#) | [Link](#) | [Reddit Link](#)

There is some truth to it but the filter through which it makes you see the reality of sexuality is designed to fill you with shame, and that's why most who read this philosophy remain unable to get sexual success.

Either it's a redpill alpha, the classic right-winded misogynist thinking, or a seduction alpha, where the criteria of being alpha is simply sleeping with many women, the inability to fulfill those criteria puts you in the "beta zone", meaning you are less human than the alpha, so you must have shame. When you are unable to release that shame, in turn, it is what keeps you from having relationships or sex, since it reflects in your everyday life, in your actions, in your bodylanguage, thus scaring people away from you.

What the redpill doesn't get, it's that the dicotomy should rather be institutionalized/trasgressive males, instead of alpha/beta. The "institutionalized" are the boyfriends, the nice guys, the ones who provide safety and are generally serious, in redpill terms that would be the "beta". The difference here is that with this dicotomy, you don't have the associated shame that inevitably pulls down the readers and the ones looking for advice, and it's also the reason why that philosophy is refererred to as "toxic", because it really creates pain, as in shame, if you don't fulfill the prerequisites and don't meet the criteria of alpha/beta.

The "trasgressive" males, on the other hand, are the ones who are unafraid to trasgress and break some rules that makes them more sexual in the eyes of women, instead of boyfriend material.

With this dicotomy, you put the right importance on those things creating shame in the equation, as in not having things not in your control going on for you like not being good looking enough, tall enough, not endowed enough, some personality deficit (blackpillers, incels), or not having a harem already, and you realize it has rather to do with your being excessively institutionalized because of socialization. I can bet most people who look for dating or sexual advice on the internet do meet the criteria of the stereotypical nerd, wanting to get things done in order, employee of the month type, so they absolutely refuse the thought of being able to trasgress rules and go against them. It doesn't have to do with them being "inferior" than a trasgressive male, which a redpiller would refer to as an alpha, thus superior, creating a fantasy competition where hate and shame play a role.

The Prevalence of Red Pill/Incel Subs Shows That Danger is Lurking

49 upvotes | November 8, 2019 | by [OttoVonBismark71](#) | [Link](#) | [Reddit Link](#)

The red pill/incel phenomenon shows that something is happening with men. There is clearly deep anger and resentment growing. Whether it is with high value men or low value men, both groups are angry. To me this is so incredibly dangerous, because we're no longer talking about a small minority of weirdos or misfits but rather a not insignificant portion of the male population, including people who will eventually have real power. At some point, this bottled up anger will explode.

So why are we not talking about a solution that at least listens to these men and considers their 'lived experience'? Why is there continued gaslighting, telling men about toxic masculinity, telling them they are privileged, etc? While these are rhetorical questions and I know the answer to them (the whole thing is a continued feedback loop), it just seems rather foolish to me. You can only treat people like this for so long before there is a real impact. And given the intersectionalist's desire for mass immigration (which means importing actually violent misogynists from the third world) this whole thing seems like a lose-lose. We are creating a society of misogynistic men who will have absolutely 0 problem with acting selfishly because they will feel 100% justified.

So how can we listen to these men and their lived experiences and staving off radicalism, while also being respectful to women?

holy fuck

49 upvotes | June 26, 2019 | by [SHAKIRAISHOT](#) | [Link](#) | [Reddit Link](#)

recent post on asktrp, question was asking "what were the most surprising red pill truths for you?"

these were among the top answers with this first one getting 120 points:

"I think it was the simple fact that in relationships you aren't teammates in life. I thought everything would be mutual, I carry where she can't and she carries where I can't. But it's not like that at all, you have to play games to keep her excited, you're expected to carry everything and she leaves the minute someone more convenient comes along. She's never yours, its only your turn"

"Female solipsism

How their brain is wired (emotional thinking, inability to comprehend what logic is)

[and them being completely unaware of it]"

"getting fucked over by a girl (usually your first love) will set most men on a natural path to red pill thought.

every big time pussy hound i know was once a blue pill beta bitch boy, including myself, but that one girl...

she cheated by fucking half the football team and you didn't know.

she fucked your friends behind your back.

she used you for attention.

she had 30 orbiters kissing her ass daily... waiting to do anything she wanted.

and other examples.

when you see that "light," you wonder then see that AWALT.

that can unleash the beast in a man and set him on a path of IDGAF, & "what's in it for me!"

then you realize to women it's all a game... they just want to have fun, fuck a LOT, then pick a beta to marry & pay their way thru life.

men have to learn game to survive the games that women play. women are ruthless about this shit."

where do i fucking begin?

so to get to the point of this thread.

it sincerely pains me seeing TEENAGERS in high school coming on here talking about how they became "red pill aware" about female nature and dont know what to do. there was at least one posted here today and i didnt even know what to say. knowing how many confused teenage boys out there reading and believing this stuff. it pains me. knowing that many of them will never see the real truth. that theyre being brainwashed by a bunch of anonymous bitter retards on youtube and red pill forums. preying on young boys who got hurt or are bad with girls. fooling them into believing they cant have an actual satisfying relationship just because THEY couldnt.

and then theres people coming on here all the time defending red pill saying its all about self

improvement. like how can you be that fucking ignorant. like i cant fucking stand this anymore.
im disgusted by how many older guys are in the red pill groups brainwashing TEENAGERS just to feed their man child egos.

what angers me the most is knowing how i couldve actually been sucked into this pure retardation for the rest of my LIFE which only worsened abuse suffered from my childhood. its literally confirmation bias from beginning until the end. my dad abused me. a girl strung me along. another girl used me for attention. therefore AWALT and i guess AMALT too when in reality my dad and the second girl are both cluster b, and i simply wasnt very attractive when i met that first girl.

i guess i just needed to vent. does anyone else feel the same way about the younger guys. like feeling bad for them for getting sucked into it. and also hating the older guys, the ones preaching this bullshit? im 19 btw. i just feel so bad for how many of them buy into this shit. how EASY it was to fall for this shit.

they prey on your anger. convince you that youve been lied to. then shove a new bullshit belief system down your throat and you only believe it because your emotional from whatever happened. fool you into believing superficial will make you happy. they use truths, half truths, and just plain lies just to do this.

it sounds a lot like how the sith turned anakin to the dark side.

red pill rage isnt a response to new "information", its your gut telling you that THEY are the ones lying to you.

im probably gonna stop posting here. i just really fucking hate these people for doing this to TEENAGERS. telling them to never get into a relationship. women just want to be "gamed" by your puffed up act as he calls it. fuck off rollo.

Mgtows actually think things were better 'back in the old days' (1950s-60s)

49 upvotes | March 1, 2019 | by [FabioAbdilla](#) | [Link](#) | [Reddit Link](#)

Mgtows (and plenty of radical conservatives I might add) are blinded by nostalgia and the notion that the 50s and 60s were some sort of utopic era like that portrayed in outdated propaganda-like adverts from that time. Their reasons being: few children were born out of wedlock, most people got married and lived long happy lives together, and less crime.

To that I say NO. THINGS WERE NOT OK. Western society has only advanced forward, and there's a reason why most people do not want to go back. So what were some realities in the 50s and 60s?

- Women had no choice but to marry. Most women couldn't be independent because no one would hire them.
- Spousal abuse was ignored, swept under the rug, or justified and women couldn't prosecute their abusers.
- Rape within marriage wasn't considered a crime because people thought a husband had full ownership of his wife's body.
- Just from where I live, I hear of many elderly couples divorcing, having stuck through decades of incompatibility and verbal abuse because the women had no choice and didn't want to ruin the family's reputation.
- It's not as if all middle class and upper class men didn't cheat on their wives either. So much for having the perfect 1950s housewife.
- There was always an underbelly of poverty and children out of wedlock.
- All women regardless of social class had to submit to their husbands' sexual advances and ended up having 3+ children, everyone completely disregarding the fact that some families definitely didn't have the means to provide for the children.
- When people talk about 'the good old days' where they could play in the streets without homeless people and crackheads about, they are speaking only from their perspective. At the time most people weren't educated about pedophiles targeting their children. Bad encounters did happen, and children were shamed into silence because society was that prudish.
- Spanking children as a form of discipline was the norm
- Racism, homophobia, bigotry was rampant in that era.

I became addicted to prostitutes after 2 years of red pill

49 upvotes | January 21, 2019 | by [difficultconcept](#) | [Link](#) | [Reddit Link](#)

In 2016 I discovered TRP and from the beginning it started to "make sense". I dropped out of university a year before and had plenty of free time. I immediately started with self-improvement: lifting weights, cardio, fixing my wardrobe, stopped watching porn, getting a haircut regularly etc. I printed both Rollo's books and started reading every day. After a few months I started typing comments. Then I started cold approaching girls and embarrassing myself. I've got numbers, FB adds etc. but couldn't get a date. One night I went out with my older brother and three of his friends (two girls and one dude). I was running TRP game on one of the girls and it was weird as fuck to be honest. I was staring in her eyes ("alpha trait") and followed FORD concept of conversational topics. But it all came unnatural and creepy, she was visibly uncomfortable but I didn't give up. After one drink I returned home with my bro.

In fall I started with university again and was hitting on girls from time to time but nothing. I tried Tinder, nothing. I kept on with reading and with self-improvement though. TRP slowly became my daily ritual, before I discovered it I was depressed but TRP gave me confidence that I will finally have sex/get a girlfriend if I keep on with self-improvement and approaches.

In 2017 I started to become more and more radicalized due to amount of material I've read. I've started reading articles on Illimitable Man's blog, got more and more into "red pill science", how women work on biological level, how they act and think. Then I started reading how to increase testosterone, stamina, erections and other "scientific" shit. I still couldn't get laid and it was devouring me. One and a half year of reading and still absolutely no results. At that point I already convinced myself how all women are gold digging whores who prostitute themselves in one way or another. I started looking for an escort in order to lose my virginity (because all women are whores anyway, right), but there were none in my area as prostitution is illegal. It made me even more frustrated, I didn't watch porn, didn't masturbate, kept on lifting and spending around 2 hours per day wandering around the city looking for girls to approach. Once I found a woman of around 30 who was sitting next to the river and looked distressed, I approached and started hitting on her with my autistic game. She gave me a "WTF" look, then she argued with her husband on the phone over something. When she finished I kept on hitting on her, and she yelled at me to leave her alone since she has a husband and three kids. I ejected.

When my senior year started I applied for Erasmus (exchange semester abroad). I saw it as a chance to finally lose my virginity. I was accepted and I was extremely happy about it. Since prostitution is legal there, I've found a forum where people write reviews and started to make a list of girls I planned to visit while I'm there. I was so excited to finally fulfill my red pill dream - unlimited access to unlimited sex. I was freelancing and making quite a lot of money. When I went there my goal was to try to find a regular girl, but if it fails I will resort to escorts. I became a regular on [/r/hookers](#) and read all possible tips about prostitution. After 20 days of Tindering and hitting on random girls I decided I don't want to waste anymore of time and start seeing escorts, as this was my "once in a lifetime" opportunity to become "sexually active". Advice from [/r/hookers](#) was to find the hottest escort when losing virginity. I booked one girl a day in advance via text, I was extremely surprised that I've got a positive response. I was rejected so many times during the past two years I became paranoid even a prostitute will reject me. At that point I didn't masturbate for two months and wanted

to ejaculate more than anything else in the world. I went to her apartment, paid, had a shower and she invited me to her room. When she undressed I couldn't believe my own eyes, she was so hot. She gave me a blowjob until I got erect, then I started fucking her. I watched and couldn't believe my own eyes, I thought it's never going to happen. I don't want to go more into details, overall it was great. But when I was returning to the dorm, I watched at the floor of the bus and felt like a garbage. I lost virginity with a prostitute. Pathetic.

But after two weeks or so, I decided to visit another one and at that point I became a prostitute addict. I would work 8 - 9 hours per day and then go and spend all that money on hookers. My brain connected those two activities together. I would have a massive boner while I worked and always had a tab with escorts page open. I would look at all those girls and I just wanted to fuck all of them. I thought that the more girls I fuck, the more valuable I become since I'm getting sexual experience. I felt powerful when I would hand them an envelope full of cash and then proceed to sexually violate them. I became a full blown narcissistic sociopath, I knew they hated me and I enjoyed making their life miserable by having sex with me. A girl would lie on her back and I would fuck her like an animal while sticking my tongue into her mouth. Back in my room I would browse [/r/hookers](#) and read a story of an escort who hated when guys with viagra would show up and jackhammer them for an hour. I laughed out loud and it gave me an idea. I wanted to take cialis, pay for two hours and fuck the brains out of a prostitute. But I couldn't get it anywhere so I gave up the idea. Another day I was fucking a prostitute and a condom remain suck in her. When I saw my penis without a condom on, I almost passed out. I'm a germophobe and a hypochondriac, so I freaked out I might have got a STD. When I was in shower I asked myself "Am I normal? WTF am I doing? I don't even know who she is! God only know what kind of STDs she might be having without even realizing it!".

After a few days I went to a clinic to get tested. Midwife shoved a stick into my penis and I started to scream. Then I started to cry, it was the worst pain I felt in my life. When I returned to my room I just stared at the ceiling and questioned myself what am I doing with my life. My entire world crushed. I wondered whether I have a STD and what am I going to do. Loneliness started kicking in, I couldn't stand it anymore. I packed my suitcases and ran back home.

When I came home I couldn't realize what happened and why I did what I did. I looked at my post history and couldn't believe my own eyes. I realized I've been brainwashed. Reading TRP material completely changed my personality and behavior. I fell into major depression afterwards and haven't recovered ever since. I dropped out of university and stopped leaving my house. I gained over 30 kg in the meantime. Every single day is a nightmare. Scenes of my encounters with escorts are haunting me all the time. I can't even look at myself in the mirror anymore. I've let myself become radicalized to the point of insanity. I've built my new identity on TRP foundations and all of that collapsed. I no longer know what to believe in. I feel disgusted with myself, my first kiss and first sex were with a prostitute. I was brainwashed that fucking random partners only benefits men and hurts women. But it simply isn't the case. My life is literally destroyed. I haven't done anything stupid in my life before simply because I didn't have a chance. But once I've got the chance I didn't miss it.

Luckily I haven't got any STDs. Now I realize that prostitution is far from a game - it's a nightmare. These girls are utterly broken, most of them are addicted to some substance and suffer from mental illness (BPD). They need help. Their judgment is impaired due to their condition. Men have a choice. They can say no. By visiting prostitutes they are only making this planet an even more miserable place. Without clients there would not be prostitutes. I regret what I did and will keep regretting for the rest of my life. I should have known better, I was almost 25 at that time.

Again, TRP is not strongly advocating prostitution, it's a mixed bag. But what can years of indoctrination do to you is unpredictable. In my case it ended badly. I don't recommend reading TRP to anyone. I'm glad that subreddit is quarantined. I'm glad [/r/hookers](#) is banned. Prostitution can bring nothing good. There's absolutely nothing wrong about being a virgin. Losing virginity with a prostitute is absolutely the worst thing you can do to yourself. I learned my lesson the hard way. Men who know say no to prostitutes. Don't read TRP. Don't become a narcissistic sociopath.

What led me away from Red Pill philosophy

49 upvotes | December 6, 2018 | by [cagewithakay](#) | [Link](#) | [Reddit Link](#)

I was never a true "Red Piller," but a little over a year ago I did begin to browse the sub frequently and found myself agreeing with much of what was posted. I felt like I definitely suffered from nice guy syndrome throughout my early to mid 20s and came off as weak in past relationships - I didn't want to be that way. In the last year I started getting with women just to see if I could fuck them using some of the red pill tactics. It actually seemed to work in most cases, but it certainly didn't make me feel better about myself, or caused any woman to respect me more.

I think what the Red Pill gets wrong is that the whole trope that women are ALL looking to be taken care of, lust after the so called alpha male but like to keep beta males at arms length for stability, their feelings toward single moms, their opinions on masculinity, even the whole notion of "alpha" all comes from sweeping generalizations. Every person, every situation, is different and unique. Not everyone fits into these cookie cutter stereotypes, especially those with complex emotions, complicated work and family situations, and even personal tastes.

At 28 years old, I'm glad the red pill was nothing more than a footnote in my life. I think I was feeling insecure about myself and my dating life and wanted to find a way to build that confidence. Red Pill seemingly offered that at first, but there's a fine line between gaining confidence, embracing positive masculinity, and being a strong grounded man compared to the misogyny, fragile masculinity, cynicism, and cookie cutter world view the red pill offers.

Fanfics in r/TheRedPill

49 upvotes | November 18, 2020 | by [Copperstoner](#) | [Link](#) | [Reddit Link](#)

I don't know if it's because I'm getting older and more experienced, but so many „field reports“ or „advice posts“ just sound like badly written fan fictions.

Like you don't even understand anything about those girls/women you are talking about and I should believe that you are a sex god who is fucking them on a regular basis?

(I might even believe that, but then I'm guessing they are actually fucking you for your money.)

What was the thing that was easiest to recognize as BS when you left TRP

49 upvotes | November 18, 2020 | by [Valoxity--](#) | [Link](#) | [Reddit Link](#)

For me personally it was the beta/alpha male trope, although different people have different opinions on what it means to be either alpha/beta so. The term alpha male was made by a man who studied wolfs, but a bit later he found out that there were no alpha, and that it was simply the oldest wolfs that led the pack

RedPill prevents you from ever finding true love

49 upvotes | November 6, 2021 | by [NewStartup2021](#) | [Link](#) | [Reddit Link](#)

RedPill may help you get laid but you'll never find true love. When you follow the rules of RedPill, you are playing a character. You are not being yourself. Once the alcohol wears off or you make a mistake, the girl you slept with will realize that you're not the person you're pretending to be. This could be the morning after a one night stand or 5 years down the line. You are selling a product that doesn't exist. You will never be loved for who you truly are. The only thing worse than not getting laid is never receiving true love.

**Someone was asking where shitty redpill culture came from
and old Maxim mags were surely a part of it.**

49 upvotes | December 15, 2021 | by [Red_Trapezoid](#) | [Link](#) | [Reddit Link](#)

Crosspost "No. No they're not. (from r/Anarcho_Capitalism)" from /r/AreTheStraightsOK:

Posted by ElectricBongos | 14 December 2021 | [Link](#)

I feel like RP is the worst thing I discovered.

49 upvotes | October 10, 2020 | by [bayfarm](#) | [Link](#) | [Reddit Link](#)

I see how addicting it is. They have some catchy title like " why you should not date a woman over 30." You're like oh, well let me hear what they have to say. Oh well I guess I shouldn't date women over 30 now. Shit like that will brainwash you.

Ex-redpiller here. I think I have quite a bit to share.

48 upvotes | March 16, 2016 | by [deleted] | [Link](#) | [Reddit Link](#)

Hey guys. I was pretty involved in TRP around 2012/2013. I read the posts, accepted the dogma, chatted in IRC, read and posted, the whole 9 and a 1/2 yards.

Eventually I stopped reading out of disgust but the mindset continued to plague me for a good couple years. I would say now I've made a pretty full recovery. I'm not entering my fourth month in a relationship with a girl that is very happy and has no signs of stopping. I'm here to share my story and the patterns in my attitudes, health and habits that I believed shaped the arc of my life and why I believe you should stay away from TRP and all of it's users as much as you can.

Part 0: the pre-university years. I was pretty nerdy in high school. First kiss at 15, first sex at 18, first girlfriend at 19. I was often plagued with self-esteem issues and doubts. However there was a period when I went to this bible study, being raised religious and on threat of my parents, and since the girls outnumbered the guys and I'm decent looking, I had some success. The girls liked me even if I had no idea how to woo them lol. But the interactions weren't plagued with bad thoughts.

Part 1: the downfall. I graduated community college and went to a university. I did bad there, got high all the time, zero success with women. Being a gaming addict I spent all of my time gaming and smoking pot. I dropped out after two semesters. Parents didn't want me back. All I could do was move in with a friend.

Part 2: depression, basically. For months I had little ambition, had to be hassled to even get rent together, which already was discounted. Felt suicidal often. Of course I spent massive amounts of time playing games and reading the internet. Being a young guy I was horny so TRP appealed to me. TRP told me things I wanted to hear. "The world was stacked against me". "Women only like douchebags". Well I was a weak nerd. "Women like dark triad individuals" oh yes, the number one thing a dysfunctional person needs to hear is narcissism is good.

I can tell you I did many stupid things. I tried to sleep with girlfriends who had no interest in me because that's what an "alpha stud" would do. I messaged constantly on OkCupid. Basically I had lost control of my life entirely and felt that if I could take some women then I was winning. And it made me feel "okay" without havng to reform my habits.

I did get sex, but it was pretty bad one night stand shit. Nobody ever called me back. Because I was a douchebag on top of a shitload of one night efforts. Because instead of doing the hard work to make myself attractive ALL the time, I thought it was worth it to study how to make myself attractive for one night.

But eventually I abandoned the forum and stopped feeding in the perverse thoughts and patterns, and went back to community college and got a real job. Though I tried to get girls it was hard, because so much damage had been done to my psyche. It is INCREDIBLY hard to get over TRP thinking. What pushed me over the edge for sure was I had a girlfriend I dated for a month, wen I was still detoxing from TRP but I still had that nasty venom, and while she found me very attractive at times, ultimately my insecurity and douchebaggery were too much and we broke up after a month. And it was pretty hard on me.

What I came to realize though was she liked me in the same way the bible study girls liked me. I met the one-month girl in chemistry, and in chemistry I would joke, I would go around lightheartedly,

wasn't afraid to talk to her and her friends, and so on. Instead of having a these negative thoughts about women and their "true" nature, I just let myself be the happy, outgoing person that is inside of me. And it's magnetic. But at the time I still had that nagging voice that told me I was no good, and she would probably cheat on me, just that unhealthy stuff.

But now I'm in university again, doing well, and I have an attractive young girlfriend that, in all honesty, I don't overthink things with. There no longer is a "strategy", there's no scheming and no dogmas. I let myself go how I feel and see things. I let her voice penetrate into my ego and let her explore. And it's very enjoyable. It's a connection I'm glad to have.

A few tips for you new guys trying to break our:

1. Develop good habits. Seriously. Good hygiene, exercise and eating habits will help you get rid of the self-esteem issues that make TRP bullshit thought cycles possible.
2. LET OTHER PEOPLE IN. Seriously, let other people get inside your true thoughts and let them criticize your thoughts. It's imperative to realize we are *not* individuals. We are absolutely primarily *social* animals. Just read about Harry Harlow and the lit of despair if you don't believe me: social isolation absolutely fucks primates up, and TRP beliefs are not socially tenable. You have to forever remain "outside" groups, or at a minimum disingenuous with people to be a TRPer. It's psychologically taxing.

But seriously, let people in and have open discussions and try to view their side. It will help the healing process and help you learn, and you'll find your place in society. No, it's not being a "beta", it's either you become a part of a social organism or become a social abortion.

Anyway, guys, I'm glad you've at least seen that TRP is bullshit. You have a long road ahead, but it's really the only way out if you want a good life.

You can ask me anything about my life or for advice either in comments or in PM. If I can do anything to keep people away from TRP I will do it.

Do redpill cult leaders and pua coaches actually believe what they say or it's all about scamming inexperience naive gullible men?

48 upvotes | November 19, 2020 | by [Caliph_of_Cairo](#) | [Link](#) | [Reddit Link](#)

Male Sexlessness Is Rising, But Not For The Reasons Incels Claim (Article)

48 upvotes | November 9, 2020 | by [RoseAvara](#) | [Link](#) | [Reddit Link](#)

<https://ifstudies.org/blog/number-3-in-2018-male-sexlessness-is-rising-but-not-for-the-reasons-incels-claim>

One thing I've noticed Incels/Redpillers/MGTOW members use as evidence to give their claims that women's standards are too high/rising is that 1-3 men haven't had sex over the course of a year, that being 2018. I happened to find this interesting article that shows the reasons behind that number aren't actually because of what they think it is, and are down to several other factors, which are covered in the article. Give it a read and tell me what you think!

This is what Red Pill guys look like to me (His YT channel is mostly political satire)

48 upvotes | December 23, 2020 | by [bluest_light_](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=NbTHpoA030w>

How do you go from casual hook ups to a relationship?

48 upvotes | May 15, 2020 | by [greenwaffulz](#) | [Link](#) | [Reddit Link](#)

Having been in the red pill community for a few years and the pick up artist community even longer, I've always maintained a rotation of different girls I'd casually see/date/hook up, etc. The red pill kind of ingrained in my head that I shouldn't show women too much attention or validation and I guess my own confirmation bias showed that anytime I showed women some interest they would lose attraction for me. As a result I've maintained my distance, hanging out with a girl twice a week at the most and eventually the relationships fizzled out over time.

Recently I looked up some of the previous girls I used to casually see and a lot of them seem to be in committed, happy relationships. A lot of their boyfriends seem to be breaking the red pill's "cardinal rules" - they hang out multiple times a week, show a lot of attention/validation ("a lot of public I love you posts, and pictures together, and typically have entry level jobs (which go against red pill's emphasis on "hypergammy").

My question is how did those guys who are "supposedly" doing things wrong according to red pill, transition from meeting their girls to a relationship? Did they have a similar "hooking up phase" as well or did they approach things differently? And what are some tips for myself (and other ex-redpillers) who would like to go from "spinning plates" (casually dating) to being in a relationship? Thanks!

If you wonder why feminism hasn't helped you with dating or hookups...

48 upvotes | December 21, 2020 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)

It's because feminism isn't a dating strategy. If that's what you think it's about... lmfao.

That is all.

Dread Game: Making Others Insecure So I Feel Safe

48 upvotes | January 30, 2021 | by [cvntcvntcvnt](#) | [Link](#) | [Reddit Link](#)

Had a realization today:

A man goes to TRP, usually only out of insecurity. They need love and affection so deeply that it's made them willing to go to any length to get it.

Then this RP guy finds a girlfriend. Finally, the love he always wanted is there.

But wait, the insecure thoughts don't go away. He can't get the thoughts of "she'll leave me", "she doesn't love me", "she's not attracted to me", out of his head.

Dread game is the solution. Dread game is power through the other person's fear. The secret though is that this strategy will ONLY be used by someone who is fundamentally insecure.

And rather than dealing with this insecurity, they keep it and let it guide their behavior.

RP philosophy: if no one can relieve my suffering, then I might as well cause all the suffering I can

Study suggests that not knowing how to flirt is the main reason behind involuntary singlehood.

48 upvotes | March 8, 2021 | by [brahmidia](#) | [Link](#) | [Reddit Link](#)

So how come there are so many depressed good-looking people ?

48 upvotes | April 8, 2022 | by [meteorness123](#) | [Link](#) | [Reddit Link](#)

According to people here, attractive men and women coast through life, shielded from hardship and adversity. "If only I could look like Brad Pitt, my life would be amazing".

Experiencing casual sex is hailed as the epitome of being. There is no greater human experience.

Meanwhile Brad Pitt has dealt with depression and alcoholism. Ben Affleck has been on anti-depressants since his twenties. Johnny Depp, alcoholism and depression. Jon Hamm, depression. These men are incredibly attractive and have experienced what few men have in regards to women.

I personally know regular, non-famous attractive guys who have experienced the same.

But the greatest thing : At the same time I know so many completely regular guys being astongishly happy. I myself am decent-looking and unhappier than everybody around me who despite them being just regular looking.

Could it be that the mansohere doesn't really tell the whole story ?

Why does RP like to make blanket statements like men and women all think the same?

48 upvotes | June 11, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

Stuff like women are into this or they're into that. Like what the hell does that even mean? If you believe it you really start to look at every woman the same when every person is their own individual . Not even just RP but any type of dating advice

I gave up on my best friend of 20 years. He's part of the collective now.

48 upvotes | July 20, 2021 | by [imdaMANimal](#) | [Link](#) | [Reddit Link](#)

I'm not sure if this belongs here, but I really don't know a more appropriate place.

Somewhere around 2 years ago (35 at the time) my best friend had a short lived relationship with a 24 year old girl who dumped him and cheated on him a couple of times during the relationship. For some reason he took this harder than the divorce from his wife of 13 years. I believe because that was his decision rather than hers and he just couldn't take the sting of being dumped. For the last two years I've had to watch as he first demonized this young girl, jumping through hoops to justify why she was such a pos to him. He landed on her being a textbook case of narcissistic psychopathy. The entire time he would tell me how he accepts responsibility for everything that happened and that he needed to, and was, working on himself. His vocabulary started to include words like high value, natural order, and eventually my favorite to argue with him about, all women are like that. In retrospect, he picked up the narcissistic psychopathy thing in the same place.

His bitterness about his ex never left. He would send me this picture from his phone that he once took of her crying in a text that read, "stupid bitch". This was a year after the breakup. Another time he sent it and I mentioned I had already seen it. "Haha, sorry, didn't mean to send that." You know how you sometimes pull up a very specific picture and send it to your best friend on accident. He'd constantly talk to me about women and when I mentioned that it was all he ever talked about he would accuse me of being the one that brought it up. Conversations began to revolve around what female was interested in him but why...he was too good for her, not interested, she was a slut for showing interest when she was already in a relationship. I'd ask him why he wouldn't just date a girl, why she had to be perfect. Why did every girl need to be the one. It's always some excuse. I actually like being alone. I need to work on myself. I need to save money so I can be high value.

Eventually my wife would start to get annoyed when I talked to him because she could see my blood pressure rising. Constantly having to argue with him when he'd steer any conversation to the failures of society because of feminism. Or how men have it so hard because they have to do all the dangerous jobs. How men aren't allowed to show weakness. Pretty much how everything bad in life is because of women. And no, according to him he doesn't hate women. You see, because women have their place in society. Men build things and women make men. That's their role. It's biological. If you look around, everything you see was created by men. Women don't create anything... except men.

I could see the insidiousness of the places he would frequent online. At one point he sent me a picture of some girls Facebook post about rape. We had an entire argument about it. Her post really pissed him off. Anytime a woman points out a hardship, it pisses him off. Women like to play the victim card. Men are the ones that have it hard. He insisted that men aren't allowed to post about male rape and that he should reply to her post saying that male rape is the problem. I pointed out how this would come across as being petty and he then accused me of hating men. The irony of this after his victim hood comments is not lost on me. I told him if it was so important to him, why not make his own post about it, that if he commented on her post about rape with a reply that men get raped too, that it's like when Kanye stole the mic from Taylor swift at the MTV music awards. He really didn't

like that. That I was accusing him of being like Kanye. That's a thing that happens a lot. Him accusing me of accusing him. The fact that those things are how he looks doesn't matter. What matters is, "how can you accuse me of that?"

He once sent me a meme depicting two girls talking shit about another girl after she walks away and two guys praising another guy after he leaves. Pretty wholesome, except the two girls that were talking shit were black. And the girl walking away was white. All three guys were white. A five year old could understand the subtext. I delicately informed him that he was sharing white supremacist garbage and he told me it was imagined. He only found it funny because it was making fun of girls being catty bitches. I was being too sensitive according to him. According to me though, he was being brainwashed and refused to see it even when it was pointed out. It was truly astounding, watching my friend who thought himself to be quite liberal, parrot racist memes and far right ideology while maintaining that republicans and conservatives were all assholes and fucking idiots. At one point I mentioned to him that the way he spoke about women is the way nazis spoke about Jews, hoping that parallel would be jarring to him. You can't imagine my utter disbelief when I received the return text message, "I can't disagree with that." There was no defense. There was no justification. Just an acknowledgment. He knows. And he's alright with it. That was it. The end of the text conversation.

Anyway, for the past few months I hadn't called him and he hadn't called me either. I know he was starting to get frustrated with me because I wouldn't just nod my head along with all his bullshit, so he was probably happy to not speak to me, while also feeling a little resentful that I hadn't even called him. That's how he is. Against my better judgment I decided to check in on him. I had been holding out hope that the silence was because he had met someone that actually made him happy and might have put an end to all this red pill bullshit. God damn was I wrong.

It's like invasion of the body snatchers. First off, he had injured his knee on a dirt bike with his friend on the back. Somehow through his telling of his accident, he managed to tell me about the girl, who was not involved in the accident, but is a piece of shit because the guy that was on the bike with him just wanted to get in her pants and would just agree with everything she said. And she thinks guys shouldn't act like pussies and that's a double standard because if he acts like a pussy she won't like him but he's not allowed to act like an asshole either because she demands respect. Cue me rolling my eyes about something he shouldn't give a shit about. He sounds like a walking pamphlet for red pill ideology. Then he tells me about how he went to visit his parents and he was frustrated because it was so loud at their place and he's grown accustomed to the quiet and how his father should be more disciplined like him and have his house in order like he does and it just really made his visit intolerable. His mother's role in keeping the house "in order"? No mention. He followed that by telling me that he's not talking to either of his brothers anymore. He's done with them. I asked him what had happened and he offered me vagaries of people not wanting to admit they are wrong. "Why is it so hard for anyone to admit when they're wrong? I do it all the time." Then he walked me through the myriad of things he is now doing because they are healthy for you. Cave man diet. Juicing. Yoga. Meditation. Ok, whatever, I'm not exactly against any of these things. I'm not entirely sure I would ascribe the host of benefits he claims they provide, but whatever. No harm.

So, the next day I'm reading about covid stuff and read that the new delta variant is extremely contagious and on top of that, even if you have caught covid, you can still get it. But if you have been vaccinated, protection offered by the vaccine is still effective against the delta variant. He had caught it previously because while everyone was in lockdown, he would go to parties with his friends and

even threw a party himself for his birthday. Whatever, I don't care. I cautiously sent him a text mentioning what I had read and that if he wasn't vaccinated, he might want to get one so he doesn't catch it again. I immediately received an angry response. "I'm not getting vaccinated. This shit will be never ending, vaccinations or not." I responded, "sorry I mentioned it." He then proceeded to justify his decision with anecdotal stories of a friend who got covid after being vaccinated and then proudly saying he isn't anti-vax. I explained that getting a vaccine doesn't guarantee you can't get it but if you do the affects are subdued and that it helps decrease the ability of the virus to spread. He then told me that "it really all comes down to political ideology and compliance, you know this." And there folks was the moment I threw in the towel. "You know this." I responded, "no it doesn't." That was it. He then accused me of accusing him of not knowing how vaccines work... he doesn't, by way of his response. And then said, "Might as well just call me stupid. Sorry I'm not woke enough." For whatever reason I still wanted him to open his eyes, it had become a habit for me, so I responded "Jesus Christ, wtf does woke have to do with it?" And then I immediately stopped myself and said never mind.

He didn't respond. An hour later he sent me some stupid YouTube video. An apology of sorts? I don't know. I think it was his way of trying to sweep things under the carpet. I didn't respond. A few hours later, another text. Questions about the virus. Faux interest to get me to engage. Justifications for not taking the vaccine. I would like to stress, I don't care if you take the vaccine or not. Yes, it is my preference that you do, but I'm not going to twist your arm. You're not getting it does not affect me. I've already taken it. My family has all taken it. The people I love are protected, as far as I'm concerned. My intention was to inform him. He was my friend and I would have liked for him to have that extra protection. His message started out as "just asking questions" and evolved to, justifying his decision with faulty information, to then ending with, "I don't like the shaming language associated with my choice. My body, my choice. Right?" I did not respond. Three hours later, "I guess I just need to go get reprogrammed."

I had so many things I wanted to say. I wrote it out to myself but stopped myself from sending it off to him. I landed on a less is more approach. My final message to him was a short 6 sentences. "You can do whatever you want, *****. ***I was actually concerned but everything turns into some red pill slogan shit with you. Im just tired of it. You accuse me of being a sheep any time I say something that goes against your herd. I wish you never met that bitch, ***.*** Take care of yourself." If anyone wants his response I can give it. But I don't think it matters. It's going on two weeks now. I'm saddened that I don't have my best friend anymore. But all the same, I feel so relieved at no longer feeling the responsibility of trying to see him back to his old self. Not having to defend him to my wife. Not having to approach every conversation with the delicacy of holding a faberge egg won't be missed. I don't think he'll ever meet someone that can make him less bitter, because at this point he's choosing to see what he wants to see in people. I was his best friend and every conversation included him telling me what I think and what I know. "You know this." With comments about how im indoctrinated while using the language of indoctrination. "You know this". He compartmentalizes the people in his life that are "ok" and everyone else. If there is a girl that he likes, he makes no mention of her having any of the qualities all other women have. My wife, his mother, the girl I've seen him chasing for a year now. All the Virgin Mary, Mother of God. Can do no harm. Probably not my wife so much anymore. I feel sorry for the poor girl that might end up with him. Having to listen to him backhandedly insult her to no end by insulting all women. I remember the time he heard me raise my voice to my wife and him praising me for putting her in her place. I didn't think that's what I had

done, but it filled me with shame none the less after I heard his reaction. That's who he is now. Any protest or contradiction to his ideology goes unheard and ignored and any small thing that confirms his bias is added to the heap of evidence that he is right. Hell if I don't hope that someone figures out how to reach these guys though. I wish I had figured it out because the world is worse off with this version of him. He was a really good guy once. You might say all those bad characteristics were there to begin with. And you're probably right. But they were balanced out. Now the bitter, anger, and selfishness has just taken over. It's sad. I just wanted to share this. Maybe there's someone else out there that's witnessing the same thing start with someone they care about and they can see it for what it is before it gets out of control.

Edit: if anyone has a similar experience and would like to share it, feel free to pm me.

Donovan Sharpe EXPOSED: Play deceitful games, watch your house of cards tumble.

48 upvotes | March 21, 2021 | by [Otherwise_Ad2383](#) | [Link](#) | [Reddit Link](#)

<https://m.youtube.com/watch?v=BohRDpkaXx4>

Tldw

Donovan Sharpe is a massive fraud married to a 44 year old women and adopted her sisters kid. Also spends all his money on his wife and is far from red pillled. All an act 100.

Ex red pill woman here- I feel like I am not human

48 upvotes | July 4, 2022 | by [nutzername_vergeben](#) | [Link](#) | [Reddit Link](#)

Hey, I am sorry if my english is not the best. I am a 19 year old girl and since I discovered red pill and incel platforms, I am stuck in the mindset of being nothing but an object that has to serve men. I watched so many videos from male dating coaches, read so much stuff on how my biology and the fact that I have two X chromosomes makes me less of a human, not even something close to a human, but simply a living incubator.

I have fantasies of men hitting and abusing me, because I think that's what I deserve. Sometimes, I think that I cannot think due to my gender, which is very paradox, since I am obviously thinking while writing this text.

According to IQ tests(I know they aren't the best way to measure intelligence) I am almost two standard deviations above the mere of my country, but I still feel like even the dumbest men are way smarter than me, simply because they are men, and I have nothing to say.

I dress for men, I wear dresses because men like them, I wear fragrances that I hate but men love, I grow my hair long not because I want to, but because men like long hair. Everything I do revolves about degrading and objectifying myself. I can't get out of that mindset. I just wish I was as human as men are, can anyone give me some advice?

I am sorry for venting, I just don't know who else to tell that, my friends would instantly send me to a psychiatry.

Here's why red pill destroys lives

48 upvotes | July 1, 2022 | by [adam-lane-smith](#) | [Link](#) | [Reddit Link](#)

Men drawn to red pill typically have an anxious attachment style. They are eager to please and raised by functionally single moms with either absent or weak fathers. They try to please women by earning good boy points and making them happy. And when they get burned badly, either by an avoidant woman who mistreats them or by women who don't like anxious attachment men trying to earn approval, they find red pill.

Red pill at its core is an ideology designed to teach avoidant attachment style. In fact, it encourages men to embrace avoidant attachment style and tells them that every woman on earth will have the same avoidant attachment style unless these men learn to manipulate them successfully. The goal is to turn all women into anxious attachment style through manipulation. It absolutely destroys the insecure women that fall for red pill men. And red pill men feel temporary powerful while they use these manipulation strategies, but they are ultimately unfulfilling and destructive to every relationship he's been built.

This right here is why red pill is often only the first step for men looking to get healthy. They start off with attachment issues and use red pill as one possible answer to fix their attachment problems. Many men come out the other side, as is happening on this subReddit. There needs to be a second answer to catch the men who move on from manipulation games.

The next step is to fix attachment so that you are completely out of the game and can find healthy partners to love and bond with in the way you've always wanted.

Why is the RP community so against being friends with woman?

48 upvotes | October 9, 2022 | by [RunSelect1753](#) | [Link](#) | [Reddit Link](#)

I used to be attracted to almost every girl I was “friends” with and could never keep the friendship because I always wanted a relationship. I’m not sure why it was difficult for me to be platonic friends but this was years ago now I became friends with this girl and she’s awesome. She gives good advice and yes I’m attracted to her but I don’t have any expectations and don’t plan on making moves just getting to know her and having fun. Today she told me she liked me. Which could mean anything but it felt good. Not good looking, not rich, not 6ft. If you aren’t the best looking and lack confidence then being friends with woman could do a lot for you especially if you have a good personality so why is it such a big deal?

Any hope for older incels?

47 upvotes | June 25, 2022 | by [Apart-Ad976](#) | [Link](#) | [Reddit Link](#)

I'm turning 30 next year. I have no career, no friends and no partner. I get sad and cry often. I feel like a loser. I have nothing to look forward too in my life. I don't know what to do or where to start.

Why Do Red-Pillers Hate Monogamy?

47 upvotes | August 6, 2022 | by [mynameisburner](#) | [Link](#) | [Reddit Link](#)

I can't help but be perplexed by the vitriol some of the red pillers have against monogamy. I was watching an Andrew Tate video about monogamy (can't remember which one as there are a lot), and I have seen some comments that just straight up crap on monogamy. I do recall one comment that was even said, "**Men** hate manogamy. **We** are meant to have as many women and spread our seed". Speak for yourself, homie. Consider me old school, I am personally not a fan polygamy/polyamory but if that's your thing, cool. I am just surprised how much venom some dudes spew through the Red Pill Rage just because it's in our "nature" to not be monogamous. Maybe I'm being a little too deep with this.

What are your takes, y'all?

Side note: Just to be clear, I'm not saying monogamy is better, it's just my preferred way of my relationships.

Do women truly prefer men with high body counts or who have been with alot of women?

47 upvotes | August 16, 2022 | by [Big-Bonkin-Head](#) | [Link](#) | [Reddit Link](#)

I've seen a pretty opposite trend that women like men who haven't sleep around and brag about the magical number they have put under their bedpost. In my own experience, I've had a few I've dated women praise me for having low count (under 5). So I'm curious to know if there's any truth to women wanting men who have been with a substantial amount of women

Redpill is simply patriarchy

47 upvotes | April 11, 2022 | by [SnooCookies6894](#) | [Link](#) | [Reddit Link](#)

The reason why redpill gives importance to hard work- hates the idea of men's looks. The reason they hate single mothers- Hate the idea that women can raise children themselves. Hatred for women's freedom - scares of women going for chads. Glorifying fatherhood- to promote older men as important for women. Hatred or demeaning young man - older men's jealousy of young men. Notice how redpill never criticises stepfamilies. Stepfamilies are the worst for children. But stepfamilies benefit older guys, so...

ExRedPill's Purpose - Bashing incels or rehabilitation?

47 upvotes | May 3, 2022 | by [Brighr51](#) | [Link](#) | [Reddit Link](#)

So, I saw a post on here earlier claiming this subreddit doesn't feel like a safe space for men to go to outside of the redpill. I would like to give my perspective as a male user of this community.

Ok, so for starters I used to be blackpill (incel tier) and I won't lie, it was not an easy rabbit hole to escape, however, with time, therapy, and pushing myself outside of my comfort zone I gradually built more confidence and escaped that pit of self-destructive nonsense.

Now. An unfortunate truth I have come to realise about redpill is that it appears to be the only male mainstream safe space that exists... I think this is a tragedy as it actively misleads and radicalises men into hateful ideologies by feeding into their insecurities.

A suggestion I would make to redpillers and blackpillers - get therapy, but go in with an open mind, your goal is to eventually attain a level of mind over matter. *It is not possible for one ideology to have all the answers*, I suggest to mix and match with different perspectives whilst uncovering deep seated traumas and other unresolved issues with therapy.

I do genuinely believe that most men which get stuck in these mindsets are victims of abuse and/or traumatised. This without a doubt can play a huge role in a person having difficulty engaging critically and recognising their cognitive dissonance. Because men are conditioned by society to keep it in and not talk about it, I understand why these blokes lack the skillset to express their thoughts and feelings in a healthy and constructive way.

I disagree with any form of misogyny, misandry, or any other kind of hatred to any group based on bias. I do understand the perspective of those criticising these individuals, but I don't think shaming tactics are the right choice to change their minds.

Anyone else's marriage ruined by their spouse being red pillled?

47 upvotes | November 16, 2020 | by [lil-green-thumb](#) | [Link](#) | [Reddit Link](#)

My spouse was red pillled several years ago, however I was just wondering for curiosities sake how many people have had their marriage/relationship ruined by their spouse being red pillled?

is my therapist right that women do like feminine looking men?

47 upvotes | March 7, 2022 | by [Pomeranian111](#) | [Link](#) | [Reddit Link](#)

My body is very feminine looking, wide hips, blonde hair, blue eyes, big lips, etc. Got a lot of these traits from my mom.

Wherever I go though, see more masculine men with women, sometimes masculine black dudes paired up with white women, which makes me resent white women more and thoughts like "My own race doesn't like me", " They have what you don't have"

I live in a democratic state, but in a small town in the country, so maybe being by more far right people my entire life is why I only see this?

Have talked to my therapist about only seeing "Red cars", or the idea of only seeing one type of thing that reinforces my beliefs, and ignoring the rest, so my mental illness could be playing a factor in this process.

I have a lot to talk about with my therapist this wednesday haha.

"People don't date who they are attracted to. They date whoever would impress their friends and family" - Seth Stephens-Davidowitz

47 upvotes | May 1, 2023 | by [PutsWomenOnPedestal](#) | [Link](#) | [Reddit Link](#)

Was reading a summary of *Everybody Lies* by Davidowitz who was a data scientist at Google. His data mining of Google searches is supposed to reveal people's real desires vs. what they claim. Some findings (to be taken with a grain of salt):

1. Many men are more attracted to overweight women but pursue skinny women, because that's what they think they should to impress others
2. Gay men number about 5% of population
3. About 20% of porn that women watch is lesbian porn (though it is not clear if more lesbians watch porn compared to straight women).
4. People lie/exaggerate about the amount of sex they have

A friendly reminder to stay away from crabs in a bucket and other toxic communities

47 upvotes | January 9, 2020 | by [BeardedAnus](#) | [Link](#) | [Reddit Link](#)

I am going to post this on as many communities that are related to self-improvement and positive masculinity as I can so I apologize if it doesn't fit a particular sub's

I just stumbled upon [r/doomer](#) today looking for some ironic doomer memes but going through these posts I realized that people are actually embracing this as a lifestyle...like they know it's just a meme right? After spending most of my teenage years posting on 4chan and other boards festered with other the pseudo-intellectual and above-it-all teenagers and young adults, I have realized that most of these boards utilize tactics that make it impossible to shake off their "doomer" (unironic in this sense) mentality of everything's fucked. For example, they will automatically label you a normie, blue pill cuck or whatever other angsty bitter fueled diatribe once you offer up advice to maybe stop being an overanalyzing misanthropic and disillusioned shut-in, as these labels and boxes help them rationalize their "world-views" even further as clearly you are just a Reddit normie who doesn't know what he or she is talking about or "but everything's over for me b/c of (insert circumstance that most people in the history of this fucking earth have gone through but now you have the internet to continue to revel in your misery with other miserable people rather than actually seek help from the people in your life). This was even apparent in the other seemingly less crypto-fascist and neckbeard navel-gazing parts of 4chan such as /mu/, where liking anything remotely popular will cause you to be labeled as the dreaded normie...trust me bro knowing all of the b-sides to Radiohead's albums and thinking Arctic Monkeys is teenage girls is not a personality you just come across as an edgelord believe me I've been there. I think these forums and subs give people a sense of security as it fuels their belief that they're "misunderstood-too-smart-for-this-world-to-relate-to-anyone!!" and call any self-improvement a meme because it would have to take some self-reflection and god forbid some lifestyle changes. Some tactics also used include phrases thrown around such as "women have life on easy mode" or "if you are on this website you are stuck here m8", as if women, and particularly the manic-pixie-doomer girl they idolize probably doesn't moisturize her face for an hour every day and puts an effort to create the life she wants while simultaneously decrying the state of Western women because obviously they only fall for the attractive Chads while their sanctimonious attitudes and refusal to accept that everyone on this planet shares similar anxieties. Building a social circle, friends and relationships require a little effort on their part and maybe learning how to express interest in a non-pickup way and not throwing a fit for every time a girl rejects you or not thinking you're getting cucked because you have idolized a certain girl to a point of unhealthy infatuation and then decides she's just not into you that way and values your friendship as if that's the worst thing in the fucking world. Call me a white knight-beta-mangina all you want, believe me, I understand it can be hard to disavow a community that you have been a part of for so long and I have been in your boat and have absorbed all of the rebuttals and memes and other shit they'll throw at you when you call them out on any of this. Even though a community may not be as extreme as [r/incels](#), they may still harbor similar sentiments of indoctrination and an "everything is shit and none of it is my fault" mentality that actively restrains you from getting off your ass and starting to make a foundation for yourself. I'm not trying to suggest that anything that features slightly edgy or dark humor is inherently toxic (fuck it me and my friends use 4chan lingo and send memes all the time) but please for the love of god just

recognize them for the ironic memes they are. The pseudo-intellectual and edgy identity that you think you are forming from browsing these places is superficial and thinly-veiled and is probably the reason why so many of these people repel any love and friendship that happens to come into their lives. Misery loves company, do yourself a favor and recognize the value and worth you bring to this world and get the fuck off of any community that may harbor these toxic individuals and ideas.

tl;dr: Toxic communities give you a false sense of identity and blanket of security that only fuels bitterness for yourself and others. They thrive off negativity and use other tactics to pull you in and keep you from leaving.

Thanks to this community, I'm going on my first date after spitting out the Pill!

47 upvotes | November 15, 2019 | by [PM_ME_UR_1ITIS_SNAP](#) | [Link](#) | [Reddit Link](#)

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Redpill is ruining young men.

47 upvotes | March 23, 2023 | by [Larcie1996](#) | [Link](#) | [Reddit Link](#)

Recently I've noticed a pattern on discord where boys beat up their mothers in the name of the redpill ideology and being the "Alpha" recently I came across a person who was spewing red pill ideologies in a small discord server titled under 'incel' they started ranting on about how woman should be r*ped and how he wants to torture his mother because "all woman are whores" according to his messiah Fresh&fit, sneako, and tate. I couldn't believe my eyes until I saw this audio video on YouTube

EDIT: I want to add that this person has skewed redpill ideologies that lean more towards justifying hatred towards woman rather than the positive side of the redpill community that enforces you to workout and be a better version of yourself. The person I witnessed that was beating up his mother said that he's taken inspiration from the idols he follows (Fresh&fit, Sneako, pearlythings) to Harm woman, and dominate/have power over his mother. I know the context doesn't make sense nor really relate with the redpill ideology, but he says himself that the reason he is the way he is with woman is because of the REDPILL. I'm trying to bring awareness and discussion that while the redpill doesn't advocate for what this young man is doing, it's certainly reinforced his hatred and beliefs of woman, his mother, and the others around him. Please let me know what you all think of this.

<https://youtu.be/oUIqbyjCyMA>

Are these the effects of the redpill ideology? Beating up the woman who raised you?

FEMCELS

47 upvotes | August 15, 2021 | by [ciopink](#) | [Link](#) | [Reddit Link](#)

I'm tired of people invalidating Femcels by telling them they "can have sex whenever they want", when at the same time I've met self-described incels who have even been asked to marry but turned it down and are obsessed with not being able to fuck everything that moves, or the other way around, who have had sex once or dated, but can't get a girlfriend. It's also often overlooked that many of them were good looking, but just had their minds fucked up by BlackPill.

I don't know if I'm a Femcel, but it really embarrasses me, and I feel very invalidated when someone suggests I could have effortless social relationships and I just don't have them because I don't want them. I have tried to go to courses (gymnastics, make-up, theater) to meet people, but always at the end of them I end up like at the beginning: alone. It is always the same, I go to one of them, I approach someone slowly, there is an intense and intimate relationship, and then when I try to integrate myself into the group, the others say that I am weird and the person with whom I had established the initial relationship moves away from me.

Not only do I have to deal with depression and rejection, but also invisibility. Normal people can accept that incels exist, but if I exist, then "I'm too picky". Well, I made an account on a dating app, and I only found two guys my age and from my city; the rest were gentlemen twice my age or people asking me to follow them on Instagram. I only got a date with one of them; he was short, chubbier than me and we talked about books on our dates. I really wanted to experience sex with him, but eventually we stopped seeing and talking to each other as often, until he stopped responding to my messages afterwards.

I think one of my problems is my fear of relationships in general, of bonding. And the RedPill/BlackPill/PinkPill made all my fears worse. I don't feel accepted in the female world either.

I really deep down I think all men are misogynists, that they will never see me as an equal or value me for my intelligence or who I am.

I have talked to people who tell me they don't want to be "betabux"; well, I wouldn't want to try to be "more feminine", fit the standards and live in the lie that a man loves me, when studies always show that they care more about physique and that they abandon their infertile or sick wives.

My experience and anxieties are probably not the same as those of the incels, but I think they are no less valid for that.

Edit: At the moment I know more guys who have told me they don't want a girlfriend than guys interested in having a girlfriend.

Actually in the same manosphere there are MGTOWs who don't want relationships with women and some being monks, but suddenly it's IMPOSSIBLE for a woman to meet men who don't want girlfriends/have sex with women in her environment and therefore not be able to have a boyfriend/fuck a guy.

I just don't get it.

edit2: Okay, I need to make a clarification:

I don't think all men are misogynistic just because, nor do I treat them badly for it.

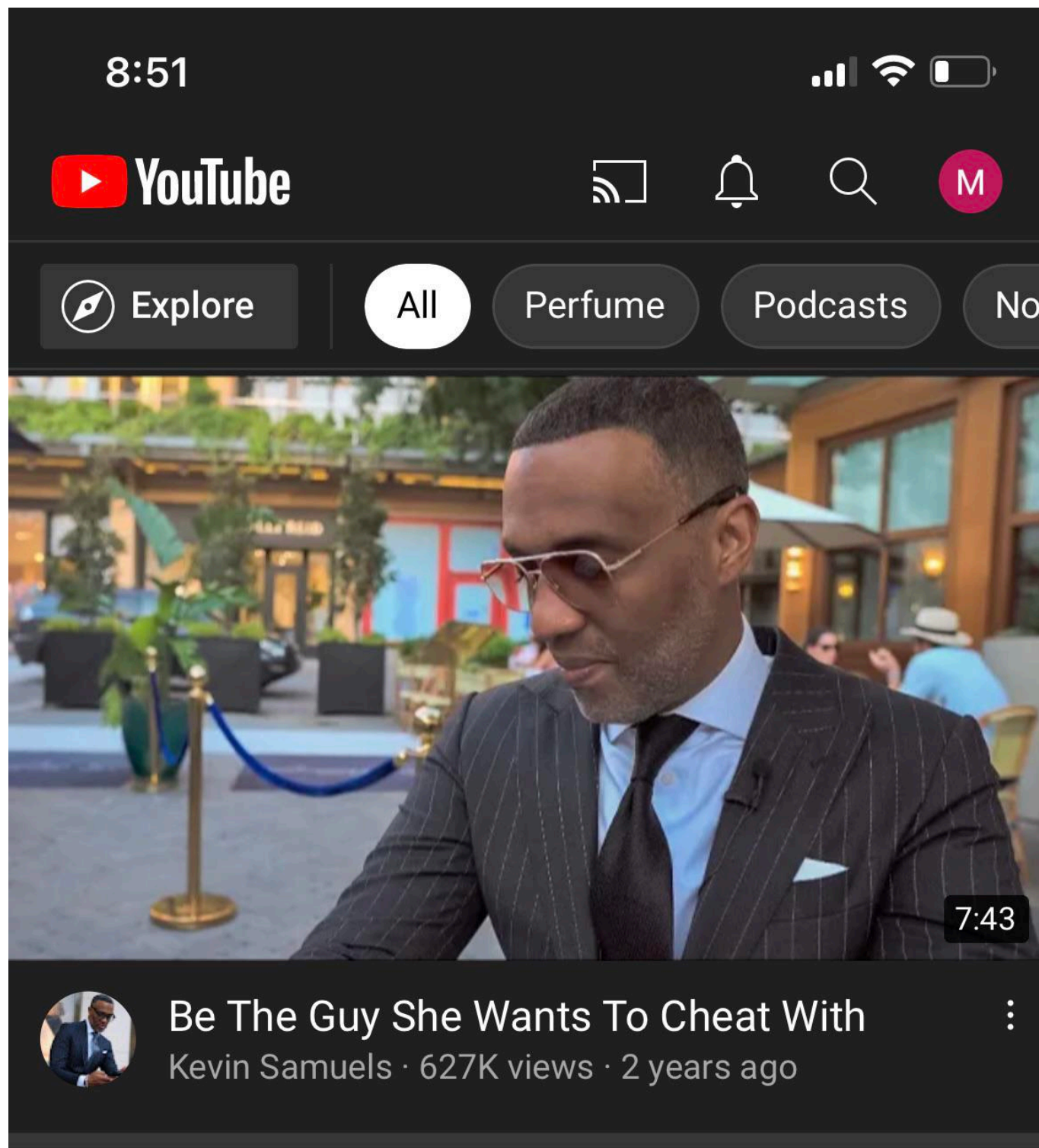
I have come to think that AFTER MEETING THE REDPILL. After talking to men about what they thought of women. After reading guys like Rollo Tomassi. After incels sending me DMs telling me I was just a useless a-hole who was good for nothing. After seeing crazy theories from incels or MGTOWs about how everything would be better if women would stop having rights and just stick to obeying men and having kids. My God, I just think about it and it's like: There's the internet, there's a men's space on the internet what's the first thing they talk about? Oh yeah, about how all women are bitches for daring to be more than just vaginas or incubators.

I'm not closed to the possibility that not all men are like that, but I wanted to bring this point up, because it's a recurring idea in my head, but I'm smart enough to doubt myself.

I just wanted to expand more on the idea of how it affected me to learn about RedPill and this whole world of garbage.

The brain rot has set in so deep that instead of saying “Feel better about yourself to attract people” they title their videos this...

47 upvotes | September 17, 2021 | by [alexanderwanxiety](#) | [Link](#) | [Reddit Link](#)



My story : swallowing TRP as an overthinking introvert - need for recovery

47 upvotes | April 24, 2021 | by [ExcellentItem](#) | [Link](#) | [Reddit Link](#)

Bit of backstory : 2 years ago, a bad LTR breakup as a “bluepilled” guy, where basically I was begging her back, the classic simp story.

Got on my purpose, read Mark Manson books, worked hard on self-improving, then pulled a bunch of chicks over some months. Since I’m a quiet introvert, I wasn’t the stereotypical Chad asshole that pumps and dumps, my flings were always fun. And I liked to communicate with these chicks, so basically my FWB relationships were healthy.

But then, after a rough patch in my life, I stumbled upon RP videos and subs. Since I was gullible in this tough period, I overdosed on all of the female nature theory, game advice...

And basically ever since, the quality of my relationships with girls has really gone down. I’m always overthinking the seduction process, such as analyzing the time she takes to reply, if she leaves me on seen and shit. And then start rationalizing it as “oh that bitch must fuck chad while she leaves my message unopened for hours”. I used to be indifferent to this before, if a girl left me on seen, so be it, on to the next one. Now it’s become bitterness. And it’s draining on my mind. Always thinking about whether any behavior was “beta” or “alpha”.

Another bad consequence of learning about the RP, was that I stopped myself from communicating and expressing my feelings. You know, being human and showing a bit of vulnerability. “Women don’t like emotional men”, I completely swallowed that bs.

I missed out on a quality LTR because of this, this girl and I we were into each other for weeks and even kissed on our dates. Great chemistry. But I was in my RP matrix, so I was still playing stupid seduction games with her and wouldn’t commit. Since she had had multiple relationships in the past and some casual fun, the RP was yelling red flags. Yeah, in what world hasn’t a cute 25 yo girl been with multiple guys before? So she got tired of me leading her on without showing my cards, so she straight up ghosted me.

That triggered a RP anger in me, and after that failed relationship, I went berserk which lead to “pumping and dumping” many girls just out of spite against that previous girl and female nature in general.

In the end, I used to be a calm empathetic guy, then partly because of the RP became a borderline sociopath in my seduction behavior, which I’m still recovering from. I still struggle with being vulnerable, I’m slowly unplugging from the RP.

Long story, but here is my experience, this sub has been a savior to know I wasn’t the only one who felt something was wrong.

Redpillers like to project THEIR insecurities on woman and that's why women leave Redpillers

46 upvotes | May 2, 2017 | by [deleted] | [Link](#) | [Reddit Link](#)

Sort out your own problems before you get involved with a woman.

Stop projecting blame onto woman that is your own insecurities.

Stop using the blame game on women as a way to escape your own sins.

Women deserve better in this world.

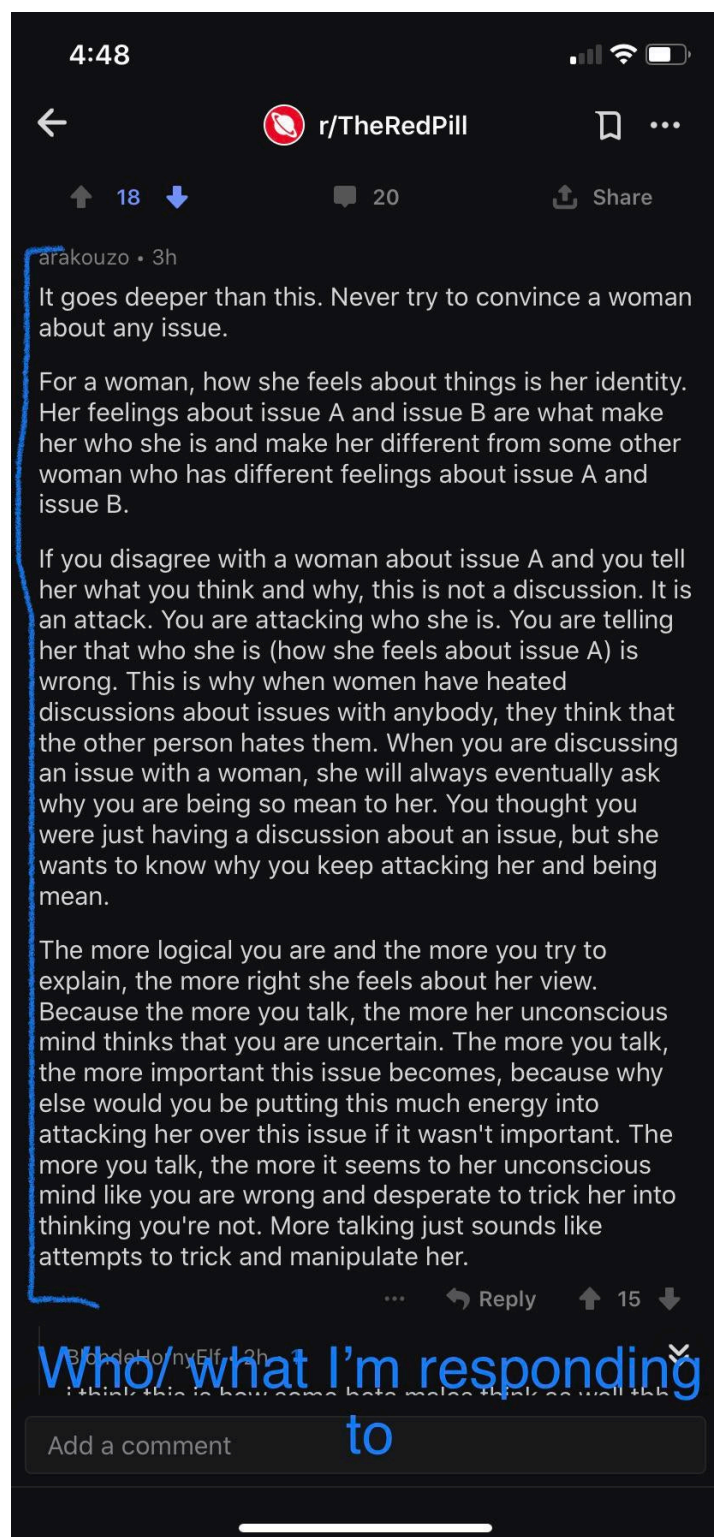
I feel weird knowing my SO used to be redpilled

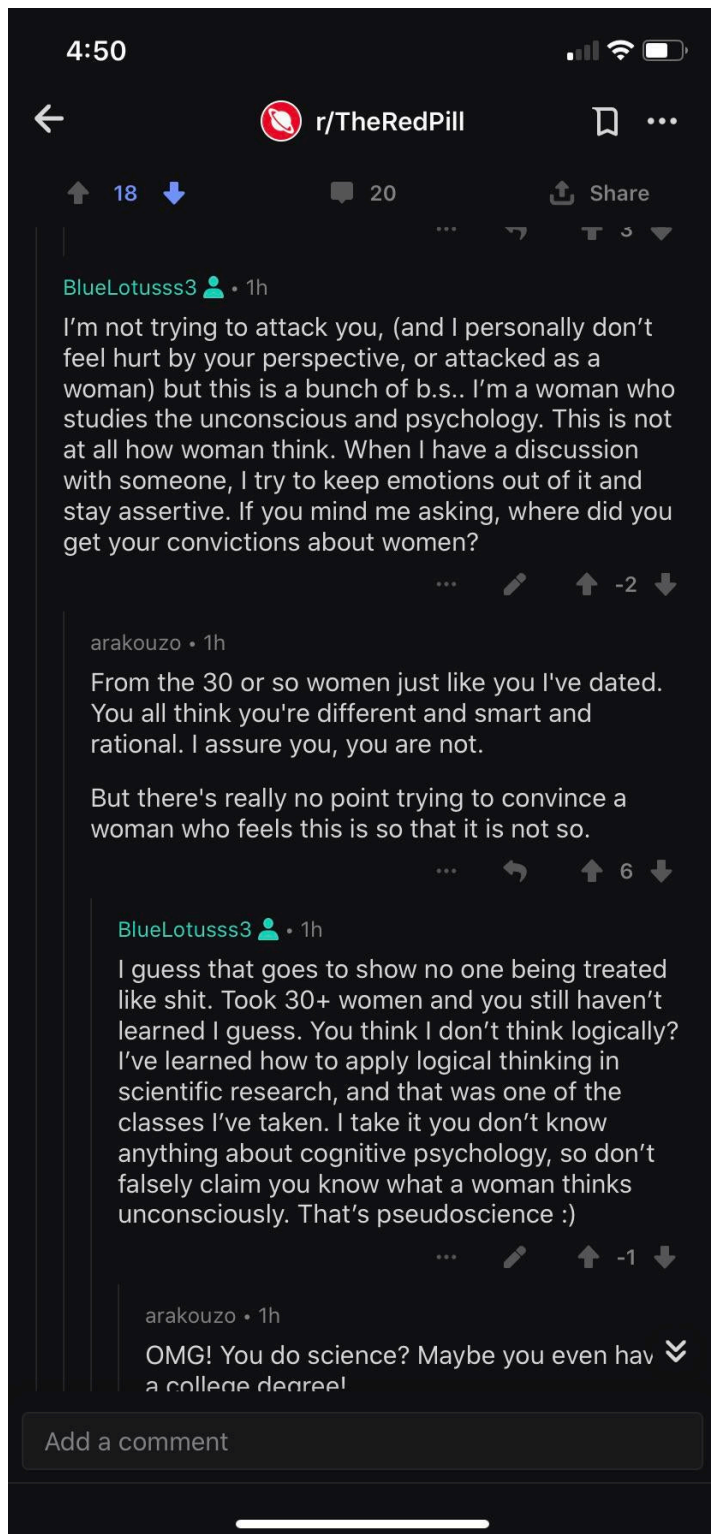
46 upvotes | January 14, 2020 | by [misiepatysie](#) | [Link](#) | [Reddit Link](#)

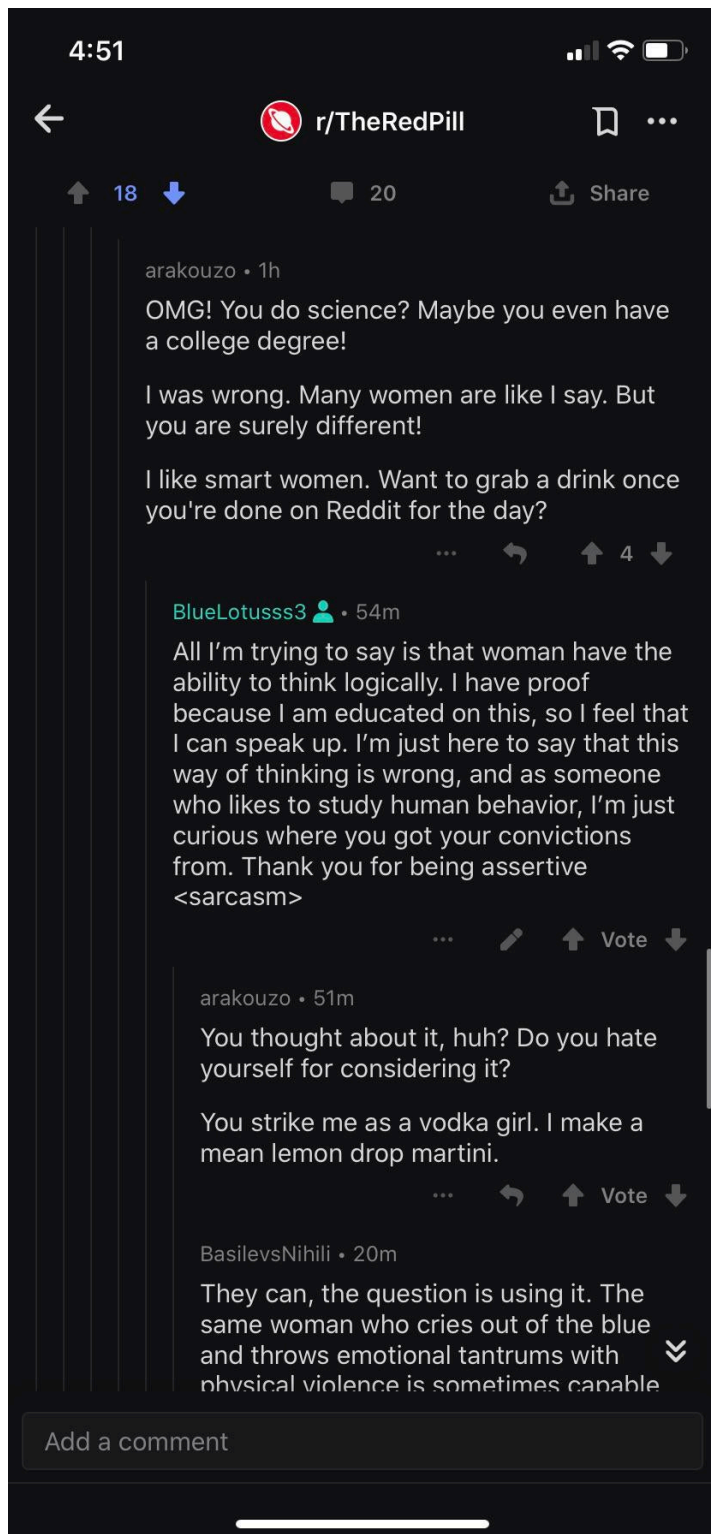
Ok hear me out. My SO is the sweetest guy I have ever met. He gives my affirmation, he always shows me affection, always compliments me. He is the most loving and sweet guy ever. He hears me out, helped me get rid of my anxieties and improved my healing from cPTSD. We live together, were exclusive from the beginning, he does not play games with me, has never done anything even remotely stupid, as dreading, gaming or shit like that. He never yells, we almost never argue and we plan a future together. He is a home lover and introvert, a bit on the nerdy side (though I am a bigger nerd) But I learned he used to be redpilled. Like hardcore redpilled. He read PUA stuff, never wanted a serious relationship, dreamed of spinning plates and getting ripped. I probably wouldn't even tell by the way he behaves although there are some things still left in him (he is a bit afraid of marriage and likes very feminine girls, luckily I am so naturally so we just clicked and he never forces me to do anything). I am just super anxious he will one day slip back into that toxic mindset he had. Is there any way I can somehow forget and not think about the person he used to be, as I see he has changed completely and is sincere in that. Is it possible to turn 180 from the red pill ideology and become a decent human being?

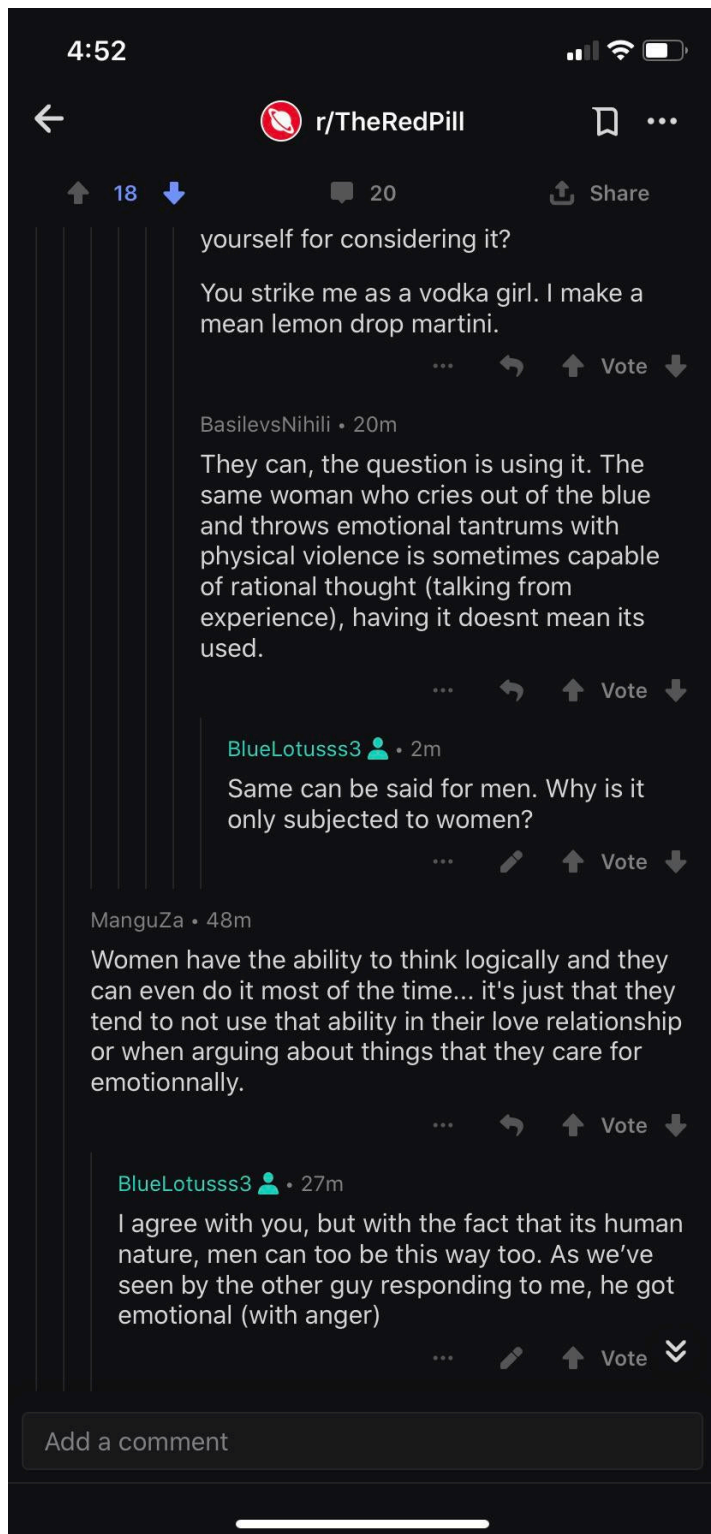
Womyn r stupid thots. For sex *only*

46 upvotes | October 22, 2020 | by [BlueLotusss3](#) | [Link](#) | [Reddit Link](#)









Part 1: The Traits in highly attractive and successful individuals.

46 upvotes | December 8, 2020 | by [Mh882130](#) | [Link](#) | [Reddit Link](#)

1: Empathy. Nothing builds an emotional bond quite like fully understanding where someone is coming from. When you are able to view people as blank canvases and allow them to paint their picture and relate that picture back to them In your own words it is truly something magical. Though the other positive giving traits should be mostly awarded despite having a general level of them, I'm currently in the camp that empathy should be given to everyone even those that treat you poorly, so you can understand why people do shitty things and fully heal from it. This will come in handy in trait 6.

2: Respect. Though most respect should be rewarded not given, it makes sense to have general level of respect in the form of interest and curiosity in someone no matter how different their views and opinions are, as long as they are showing those same things towards you. It is when others disrespect you or try to harm you after you have told them that you do not stand for behaviour that you perceive is harmful that you should start to remove yourself from that person unless they are willing to change. Then, when you are in a safer place use your empathy to properly heal from that potential traumatic moment in your life.

3: Caring and giving. Like respect a general level of care/giving and want to see others succeed as long as they reciprocate it back or add to it is great and in many cases forms strong relationships in all areas in life. After all people love to be rewarded for being decent human beings, even if it is to be expected. Yet It's when people no longer care for you and you have checked to make sure this perception you have of them is true that you run into a potential abusive arrangement because when people tend to no longer care they also tend to begin to view you as an object of some kind and use you in that way. Thus when you feel someone is harming you do a perception check. Tell them how their behaviour makes you feel and what you'd like from the. To change. If they agree or you come to a compromise that's great. If they don't or make an excuse and continue to do something you don't like they most likely don't care. Thus remove yourself from them as you should never put up with what you perceive as bad behaviour even if the person means well. It is simply a huge conflict of interest and unless they find a way to meet you half way it will most likely ever work and lead to you needing a therapist in the future.

4: Having a purpose. You were put here to do something. If you don't believe you were born with a mission you certainly develop one as you live and should pursue it at all costs even if people threaten to leave or give you ultimatums to change. If they do do this to you it means they have a different view and idea of who you are and are trying to mild you in that direction. Another huge conflict of interest because if you have a purpose and feel like you can't pursue it you will become oppressed depressed and resentful. Keep in mind purposes also can change and develop over time but bottom line is those without purposes or a reason for wanting to wake up the next day tend to be the ones who scientifically and psychologically suffer the most.

5: Confidence or rather yet security and radical acceptance of who you are as a person, while passionately improving who you are and knowing what you want to become. When you have this strong an understanding of yourself nothing can break you and you'll know very quickly what things

are part of you and what others want you to have or what you think you need to have but doesn't really feel right to you. Unless something you do believe etc serves you and makes you feel like it's from the soul, chances are it's something else that has been projected on you. Bottom line do and be what you deeply feel is you until you feel it needs to change because it no longer serves you or fits with who you are, as we are constantly evolving or devolving based on how we deal with life's bullshit.

6: understanding it's not what people say but rather how and why they are saying it by understanding human behaviour and the motivations behind it. When you understand the human condition you'll suddenly feel like a mind reading super hero because you can with very fine precision see three steps ahead in any scenario with anyone. You also are able to quickly identify and point out toxic or not true to themselves people as you'll be able to see through the various veils they present themselves as and why they do it. When you combine this trait with unbiased inversion empathy nothing and no one will harm you anymore because you will rarely take things personally and when you do you will know why and can heal yourself from it like you are your own therapist.

As a woman looking to leave red pill concepts behind me: FDS isn't the answer to my problems

46 upvotes | December 28, 2020 | by [tiposk](#) | [Link](#) | [Reddit Link](#)

I've never been a red pill woman in the strict sense, but red pill-like concepts are deeply ingrained in my culture and men who see sex and relationships through the same lenses as rpers are very common. As a result, I spent a huge chunk of my dating/sexual life applying strategies similar to those recommended in RPW and dealing with toxic men.

It'd be fair to assume that I'd be a great candidate to run to [/r/FemaleDatingStrategy](#) for detox. After all, it tells me to avoid abusive relationships and to know my own worth. Sounds good, right? **The problem with FDS is that its core values overlap with those of RP** and, no matter how much I tried to change my behavior, if my values remained the same, so did my problems.

Unlike RPW, FDS advises women to have a career and to not depend on their partners for their most basic needs, something I completely agree with. However, **FDS encourages me to judge men by how much money they spend:**

FDSers believe that the man should pay for the dates. And should be responsible for significantly more than half of the expenses in the relationship.

There are many more examples of posts that tell women to expect gifts, expensive dates and trips, and I've had men offering me those, but I decided against this dynamic. **Spending money on women is a language, and like any language, it's not always used to reflect the real feelings of the speaker.** In a traditional dating system, which FDS upholds, men use their resources because they know they're judged by the content of their wallets. Therefore, men have incentives to use money as a way to boost their own egos, to buy sex and trophy girlfriends. Some men do use expensive dates as a way to signalize that they're serious about a relationship, but these men also tend to believe in traditional gender roles that FDS says are bad. I realized that if I was serious about an egalitarian relationship, **I had to reject the traditional system altogether** and go for men who didn't need to use money to communicate their interest.

When it comes to sex, **RP and FDS see it very similarly in spite of advocating for different strategies.** Both communities consider sex outside relationships to be degrading to women. Because of this, FDS ends up putting the burden of sexual responsibility on women, just like RP does. I understand that men have higher sex drives and that they don't get pregnant. That said, a higher sex drive isn't an excuse to bear less responsibility for your sexual acts, otherwise rape would be perfectly excusable and promiscuous women who happen to have higher sex drives than most women and probably many men shouldn't be held responsible for their behavior either.

As far as pregnancy goes, childcare and the provision of material resources should also be the responsibility of the father. Higher responsibility for women on the basis of pregnancy implies that men are somehow less of a parent, which is another traditional double standard against which FDS constantly rants.

Before I'm accused of promoting sexual irresponsibility in women I'd like to point out that:

-I have no problems buying condoms, *but I also expect that the man I'm sleeping with doesn't need to be told to wear one*

-I don't desperately invite men to my apartment, *but I also expect men to not invite me to theirs if they look down on women who jump to bed quickly*

-I don't pick up strangers in clubs, *but also expect men not to do that either*

When women are told that they're the gatekeepers of sex, the last part of the three sentences above is implicitly discouraged and responsibility is completely placed on the woman. On a macro level, this encourages men to be irresponsible with their sexuality and blame women for pregnancies and sex. This also **promotes the madonna/whore complex** because men start associating sexually attractive women with disgust in a way they don't do with their own sexuality. On an individual level, **women become more accepting of male bad behavior** because they see it as normal. There's a reason why "traditional" societies have very often higher rates of partner violence against women, STDs and cheating.

Moreover, both RPW and FDS base their self-worth on their relationship with men. FDS looks down on "forever girlfriends" and adamantly opposes cohabitation until he puts a ring on it. **Marriage has no inherent value and status is the real drive behind it**. Furthermore, much of their sexual advice revolves around avoiding getting sexually degraded by men. The fear of degradation is the fear of judgment. A sexually autonomous being engages in sexual behaviors they find arousing without giving any thought to what others think.

Finally, FDS has a very low opinion of men and much of their material suggests that some of these opinions extend to men they'd date. This begs the question: why do they spend so much time trying to get commitment from people they respect so little? Painting depravity, sexism and violence as normal in men actually decreases your expectations for your partner and prevents you from seeing their bad attitude as a red flag. Also, if all the men you interact with happen to behave like that, this suggests you might have unhealthy attitudes yourself that attract this kind of man.

So how I'm I getting over my troubles? Real therapy and not through FDS bullshit.

"Holding frame" is about being an emotionless misogynist.

46 upvotes | August 5, 2020 | by [StopBullyingIncels](#) | [Link](#) | [Reddit Link](#)

<https://i.redd.it/ed12rq8jk5f51.png>

I'm very happy about how much I've grown!

46 upvotes | January 16, 2021 | by [CARRAPATCHO](#) | [Link](#) | [Reddit Link](#)

This is a sequel to my [previous post from over a year ago](#). It's also meant to share my growth with the hope that someone can find inspiration to change.

So, as cool as it would be to say that my life has been absolutely amazing and I have super close friends, an active sex life, tons of money, no stress, perfect health, etc. I have to say, sadly, that's far from the case right now. I'm still single, having zero sex, I got medical bills from two different hospitalizations, and now I'm looking into therapy for my social/family problems. Of course, this isn't meant to be a downer of a post, but it goes to show that growth is ongoing.

But, it's also super easy to dwell on what you haven't done, what you currently aren't, or what you might become. I want to focus on what I have done. And that's learn.

In my last post, I was just starting to embrace feminism and recently, I realized something that might help those trying to improve themselves. Have you tried to leave Red Pill ideas behind but found it really hard to not just come back? Well, I have. A lot of the time, I would say to myself that I would leave only to find myself back. It was with that last post that I finally able to start moving on from Red Pill nonsense. So what was different?

I understood the true nature of "The Red Pill". Over the last year I've read so many stories from men and boys about how they escaped "The Red Pill" and they are largely the same; The poster suffered emotional pain, usually from a break up, and they "fall" into the miserable pit that is "The Red Pill" and it's various groups that offshoot from this concept. It's actually very interesting how that seems to be the progression, both for former and current redpillers. Anyways, the story usually follows with the person "waking up" because they were exposed to leftist ideas through Youtube, they now see the light, and all is well.

The main problem I've started to see with these stories is that they almost always frame "The Red Pill" as this underground community of hateful, sexist men while the rest of the world is not at all like that, except, that's completely wrong. In actually listening to a lot of "The Red Pill" talking points, you start to notice how common these ideas are.

- The idea of "female nature" and "male nature" (gender essentialism)
- The idea of deviating from these "natures" putting people lower on the hierarchy
- The idea of this hierarchy being "natural"

A common talking point, to get into specific examples, is how single mothers "ruin" their sons and by extension, society at large. It's common for people to believe that women are unable to raise boys up into men and it's an idea that's also repeated often in red pill communities. In fact, a lot of ideas from "The Red Pill" are ideas I've heard from family members, it was a point I made in my first post here. As quoted;

I'm 26 years old at this point, and I've been involved in "red pill" ideas since I was a teen
as well as some harmful ideas from family.

I was introduced to most of these toxic ideas long before I ever heard of "The Red Pill" or any of the communities based on it. So this is where feminism comes in; when I finally understood the concept

of patriarchy and took a long look at what the "The Red Pill" is, I realized that I was already born into a system that "The Red Pill" pushes for.

The Red Pill is actually The Patriarchy rebranded and marketed to those who "failed" to conform to it.

This is why it's so hard to escape! Men who are unable or unwilling to conform are marginalized, when they suffer, "The Red Pill" comes in to claim that they are suffering because feminist ideas are actually mainstream and are anti-male. It can actually be hard to discern if someone is just a conservative or a redpiller if they are talking about women when you think about it like that.

The dehumanized view of women, the disdain for gender non-conforming folks, the homophobia and transphobia, the discouragement of people to get professional help, sometimes just outright racism, when you try to leave, the mainstream culture says and does the exact same things so in a way, "The Red Pill" and the patriarchy reinforce each other.

In my mind, to truly leave "The Red Pill" you must fully understand what the patriarchy is. They are the same and because of that, to reject "The Red Pill" is an inherently feminist action. Feminism supports everyone because the patriarchy harms everyone.

So, now that I've said all of that, how do you reject the patriarchy and "The Red Pill"? It's not my place to tell you a laid out plan, because everyone is different. But I can tell you what has helped me a lot.

- Writing

This is a big one. I love to write on my computer or iPad when I'm angry or sad, it's a creative exercise that let's me get my emotions out and be introspective. What started as just bordering on incoherent ranting and rambling turned into looking at how I feel about something from different angles without having strangers online comment on it. I used to rant on forums and imageboards before this, and it always just left me even more angry because of the comments I would get. I feel as if I have a better understanding of my emotions as they come to me. If I get an attitude with someone I can quickly figure I really mad at this person or if it's something else.

- Listening

I spent a lot of last year just learning about other people, their experiences, their struggles. Our system doesn't value the experience of marginalized voices, so I sought them out. It's basically an inverse of my writing, instead of me doing the talking, I just listen and learn. I would often just lurk subreddits without commenting or anything. I've found it's super easy to claim that you don't understand others but people are willing to tell their stories, all I have to do is just listen to them without my ego in the way. Plus, when you listen, others will listen to you, if they are also trying to understand people different from them.

I would also consider reading feminist literature to be listening to folks long gone.

- Breaking the norms

I generally mean in terms of gender roles and expectations. I've been doing this since I was a kid though. The biggest norm I've broken yet is admitting that I should seek out professional help for my life problems. Another big one is rejecting pornography from my life as well.

Overall, I'm happy with my life now. I truly mean it when I say intersectional feminism is the key to overcoming "The Red Pill". When I see how supportive feminist spaces can be to all people and how much higher my sense of self-worth is now, I know I made the right choice. If you are serious about leaving, don't allow people who know jackshit about feminism to sway you. Don't allow centrists try to convince you that "both sides" are somehow bad. Feminism create activists for the people meanwhile patriarchy/red pill shit creates violent, oppressive bigots.

I know I came off strong towards the end, but it's how I really feel. Burn the patriarchy.

"Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering." -Yoda

46 upvotes | December 14, 2020 | by [atman714](#) | [Link](#) | [Reddit Link](#)

Don't let the fear of being hurt again guide your life. The easy thing to do is give up. Keep giving relationships a try, work on positive changes, and enjoy the journey.

Dangerous Black Pill YouTubers

46 upvotes | May 24, 2022 | by [After-Commercial-123](#) | [Link](#) | [Reddit Link](#)

Last few days, I've been following Wheat Waffles and Alexander Grace on Youtube. What is the problem with those guys? They are deliberately pushing young men to misogyny or suicide with their bullshits. Interestingly, people in the comments accept what they said. They all say Black Pill is hard to swallow but it is liberating. Is that some kind of cult? I don't get it. What is liberating about accepting defeat? For their logic, if you are not a Chad you are dead. Because no woman will ever really love you. And, all of them can dump you for a Chad. That's it. WTF? I thought red pill was bad, but this is much worse.

“Men love Romantically Women love opportunistically”

46 upvotes | July 9, 2022 | by [Yalahabibi6969](#) | [Link](#) | [Reddit Link](#)

I remember this quote from Rollo Tomassi and it ruined most of my high school years 13-17 until a month ago I questioned my beliefs.

I'm now 17 and looking back all my past experience I think women are the Romantic ones and Men are the Sexual ones, I mean think about it why do most women watched so much Romantic movies than Men and Men mostly watched hardcore porn (including me) but when I look at Women's porn (bellesa films) it's mostly intimacy and storylines which I found weird.

Now we all have are preferences I'm not saying all women are romantic but judging by my own experience it really tells you the lies this so called Red Pill coaches tell you.

The rise of Andrew Tate?

46 upvotes | July 16, 2022 | by [JonF1](#) | [Link](#) | [Reddit Link](#)

I don't know about you guys but he's been showing up everywhere on my video feeds. I have never been a fan of him or really a redpill. I just founded F&F to be somewhat thought proving at first and then entertainment later. I've never explicitly sought out any of Rollos or Tate's videos, but maybe it just auto plays when I fall asleep. ?

What's going on? Is this like an intential push but him and the manosphere to become "mainstream"? I'm pretty concerned with how many really young guys are consuming this stuff. Thouns?

If I'm to be frank, I think a certain selection of people here do not host an environment that's helpful for Red Pillers to detox.

46 upvotes | September 28, 2022 | by [RedPillCasualties](#) | [Link](#) | [Reddit Link](#)

While I get that feminism is a big thing, I think many people here forget that many Red Pillers are a bit more traditional and are unlikely to see the feminist mindset (at least at first). It's like going from a home life that's abusive and rigid to something that's supportive and loving. There will be a transition that's required for them to fully detox and heal.

It will take time. There will be a period of time where they question everything and try to find themselves again outside of the Red Pill narratives. But I find many here are still too focused on what Red Pillers in general say about women and not what the individual is saying.

The other day, an Autistic man came here to ask questions about male loneliness and the post, while definitely gendered, he brought up some great points when it came to men's mental health, but many just downvoted him and didn't really offer that 'safe' place to transition from Red Pill thinking to even a more neutral thinking.

This is obviously just a suggestion, but I really think that if this sub is going to genuinely help those who are actively wanting to detox, then we need to let the individual detox and stop generalizing ourselves and 'treating them all the same' when they come here. Some certainly do require that, but I did notice that this particular post did not.

It's really a good time to reassess what this sub's purpose truly is and if this can truly be a place for them to come and detox. Here was the post:

Theses are the red pillers. Old men trying to radicalize the younger generation.

46 upvotes | January 6, 2022 | by [wonderful011](#) | [Link](#) | [Reddit Link](#)



What are redpill fathers like? Do they treat their kids as badly as their wives? Saw this post in another sub.

46 upvotes | January 16, 2022 | by [alexbrove](#) | [Link](#) | [Reddit Link](#)

Crosspost "Are you a man who likes nice things? That's not very alpha male of you" from /r/insanepeoplefacebook:

Posted by capnhttyd | 16 January 2022 | [Link](#)

Incelexit has been deleted.

46 upvotes | August 13, 2021 | by [TheDrWinston](#) | [Link](#) | [Reddit Link](#)

Regarding the mass shooting that recently happened by a redditor that was active in the community. We lost it. It's sad to see that bad apples can ruin a community that tries to help people find another way.

That community helped me out of a dark place. I'm sad to see it gone.

Red pill only attract deluded broken people

46 upvotes | September 8, 2020 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

Before I discovered red pill, I'm actually the so called alpha male. I'm entitled, loud, energetic and unpredictable. Well, does this work on women? No, not until I got in shape so, you can pretty much debunk the PUA quote: "looks don't matter". Now Imagine people who're too fat, too skinny, have no social life or basic hygiene, never develop any social skill except on their mom and they still try to be alpha despite get beaten at bar, get rejected harshly or the whole town view them as creep.

I'm a 30 y.o. man and haven't dated ever (or done anything sexual) due to trauma issues from childhood. What sort of reactions could I expect to this if I do start dating?

46 upvotes | September 7, 2020 | by [OutsideBandicoot3](#) | [Link](#) | [Reddit Link](#)

I have CPTSD and social phobia/avoidance.

On dates, is it common to ask about your past dating history? If so, what do I say? How odd will my abstinence from dating, and other social things, be seen?

Please be honest even if it's a hard truth to swallow. I realise that in my age, people are starting to settle down and the stakes of what makes someone an attractive partner are raised because of that, so I can understand if it looks pretty bleak. The reason I ask is to be prepared and accepting, while doing my best of course.

Redpill men are men who can't move forward

46 upvotes | December 8, 2019 | by [Whosdeanna32](#) | [Link](#) | [Reddit Link](#)

So many men that are red pill are stuck in this 1950's mentality where things should be the same.

I think one of the reasons these men are so mad and misogynistic is they grew up hearing and seeing how things were for their fathers, only to see the world around them has changed.

They want women to be a maid, a chef, a surrogate, a nanny, and many more, for free. Before, women didn't have jobs and had to rely on men to provide an income. When women finally got jobs, we were paid less. Now (in first world countries for the most part) women are getting paid equally, a household can't survive off of one income anymore.

These men, have lost their edge. The one special thing they could trade for the list of things they want (money/provider) they can provide for themselves. They don't need to rely on men for these things. And the men who want women to do all of those things are panicking. They're a dying breed. The one thing they had to get women to do all of those things is worthless now.

Now to get a woman, you have to be considered attractive to her, pull your share of the load of housework and child work, or at least 30%. You need to give in bed instead of take take take.

These men are upset because they don't want to do any of that. They want to live in the past, forever.

My Thoughts a Year After Leaving The Red Pill

46 upvotes | November 1, 2018 | by [throwawaysuperguy918](#) | [Link](#) | [Reddit Link](#)

It's been around a year since I last browsed TRP for life advice, so I thought I'd just post a year followup to what my views are now.

What I Agree With and Learned

There is definitely such a thing as being "blue pill" and "red pill". However, these are both ends of a spectrum that you do not want to be at. Being blue pill means to be a pushover, to not take action for your own life, to have no goals ambitions and self respect. These are definitely qualities you do not want to have in your life, whether it be regards to sexual, social, or professional. Things such as working out, pursuing and achieving personal goals and aspirations, worrying less what others think, and learning to love yourself are very important aspects in life. This confidence takes time to build up, and must be fully from within. You must learn to love yourself before others love you, or they *will* take advantage of and step all over you. Humans can be nasty creatures.

"Game" works, and is part of building sexual attraction. You do not want to be desperate for a woman's attention, and she (or anybody in life besides maybe your own child) shouldn't be the center of your world. If you are so quick to morph your personality to match another's, whether it be woman or man, shows that you are easily persuaded and have no strong sense of self identity. This makes people not trust you and think you're weak, because you morph yourself to match others and have no true sense of self.

What I Disagree With

TRP teaches you to crush your emotional side and become a rock, which can be very unhealthy for naturally emotional people. Learning to love, trust, and embrace other humans is what separates us from animals. Most of the people who browse TRP, myself included, were emotionally broken by somebody or a situation at some part of their life. Rather than deal with that issue and move on, they lock it away with the rest of their emotions and power through life. This may work temporarily, and you may seem more attractive to others due to your perceived strength, but is built upon a foundation of running from problems rather than dealing with them. I burnt many important bridges in my life during this red pill phase, and I regret it.

All women are not the same, and unless you want to die alone and unhappy, you will eventually be forced to love and embrace a woman. There are plenty of genuine loving and caring women looking for serious relationships with great, loving, and confident men. The notion that AWALT is based on heavily on anecdotal evidence from men that have been wronged by mean-spirited women. While some women will fuck you in the ass emotionally and attempt to destroy your soul as punishment, you must treat these situations as person specific rather than gender traits. Do not use these situations

as reasons to never trust a woman again, but rather use these situations as confidence that you can make it through anything. The love of your life already tried to break you, yet here you are. Love yourself, and embrace the love you have with others. If they do something to hurt you or break you, take it as a life lesson and move on to the next woman. If you truly love yourself and are confident, you will be able to handle heart break and embrace the next loving partner. Do not let negative experiences with women lock away your ability to be a loving person.

Lastly, the red pill lifestyle attracts women that re-affirm their bias. They are consistently picking up women in night clubs, internet hookup apps, and presenting themselves as emotional rocks who care about nothing besides sex and themselves. All of the genuine, good women out there can smell this attitude from a mile away and steer clear. There is nothing wrong with casual sex, but the notion of negging, spinning the hamster, and dread are all manipulation techniques to control the outcome of a relationship. These actions are not only manipulative to the women you are dating, but lead to you believe you must try to control every relationship you are in and slowly break your emotional capability and empathy. Very few self respecting women will stay with men like these in the long run, and generally only fall for the trap once and learn their lesson. Only a woman with no self respect will stay with a man who treats them like that, and that is the fundamental problem with their reasoning towards women. They purposely build themselves to attract these women, and then use these experiences with these women as confirmation bias for their theories.

Summary

Dont be a little bitch. Dont let people walk all over you and treat you like shit, pursue your goals, and learn to love yourself. You may attract less overall people like this, but these people will be people who are actually like you and have meaningful impact in your life.

Don't be afraid to commit and fall in love. People are unpredictable and may do you wrong, but don't live your entire life in fear of this. A loving relationship with friends, family, and significant others is crucial to self love and happiness. If someone you love does you wrong, accept it as a loss and move on. I would rather be the best version of my true self and attract people who love that, then be a fake "alpha" version of myself and attract the wrong type of person.

Contradictions of body count policing

46 upvotes | January 21, 2023 | by [Professor_Meep](#) | [Link](#) | [Reddit Link](#)

RP men say they want women with few sexual partners and even go to the extent of saying they want virgins. At the same time they complain that women don't give enough sex, that it's too difficult to finding women willing to have sex with them. So how in TF would women having fewer/no prior sex partners do anything to improve anything or benefit them in any way whatsoever?? **If women were to have fewer sex partners that means they'd become even MORE selective and discriminating about who they have sex with, NOT less. This is literally basic math. Women having fewer partners = fewer opportunities for men to have sex.** It would also infinitely increase sexual competition between men, as women are going to be extremely picky about who they have sex with if they're limiting their # of sex partners to only a couple/handful over their lifetime. It would almost certainly make it impossible for men to have any casual sex because women would be very rigid about expecting longterm commitment before allowing men to have sex with them.

Literally lower body counts for women would = an extremely more cutthroat and restrictive sexual market for men. How is this is not plainly obvious???

My Experience with Redpill Ideology as a Young Man

46 upvotes | March 23, 2023 | by [MedicalLong6993](#) | [Link](#) | [Reddit Link](#)

I am turning 20 tomorrow and in my young life I have made experiences with the Redpill and The Manosphere. I want to discuss them with all of you. I was were impressionable and their target demographic so this story needs to be told as a cautionary tale.

When I was 12-13 in 2015 the first wave of Anti-SJW content was taking off on YouTube and with free access to the internet I was able to consume them. That is where it all began my harmful mentality and my prejudice, the way those videos portrayed those people made them seem "irrational" and overly emotional.

I was blessed with "good-looks" as these people would like to call but I am and was short (5'9"), I was never able to secure a date all throughout high school and it made me resentful. All these "Alpha-males" Decided to pop-off then and they filled my ears with vittioal, I felt as if I was getting rejected because I was not tall enough or because my family is relatively middle-class. I started to get bitter and treat my friends who were women very badly. I realize later I was unable to secure dates because of my horrible personality.

My family has always been left, when I was a kid I was always loved my mother a little more than my father but as I consumed more of these content I started to treat the closest women in my life very harshly. A wedge had started to form between me and my mother and sisters.

One day when I was 17 took it too far and called my elder sister who had just come-out as bisexual a slur. My mother slapped me then and there, the only time she has ever layed hands on me. They both cried that day and for the first time in a very long time I felt the consequences of my actions set in. When my father came home from work, he was livid, we had an almost two hour long conversation in which he helped me put into perspective what I was really doing. That's incident caused a shift in me and I decided to get better, I can't harm the people I am suppose to ove the most on a regular basis.

I began a journey of self-reflection and introspection, I had a lot of conversations with my woman ex-friends and tried to improve my behavior and my thoughts. Through months and months of self-improvement, I finally started to get better, the people who were uncomfortable around me weren't so much anymore and I started to see the world through unique perspectives, from the perspective of women as well. It took me a long time to apologize to my mother and sister, admittedly because of my own shame and guilt, mt sister didn't forgive me immediately and I didn't expect her to but over the course of time we are as close now as we were used to before the incident.

My brothers who are lurking and in this hole, I truly hope you get out the Redpill is not only harmful to the people around you but to you as well. When I was part of the "Manosphere" I felt so bitter, angry and vindicaticce all the time but now I feel light-headed and happy. I am still very young and I still have lots of toxic traits I want to get rid off, I want to grow more and see the world. I have a lot of maturing left to do but from where I was almost three years ago to where I am now, I would say I have definitely improved both mentally and as a human being.

Thank you.

Andrew tate's delusions is destroying our men

45 upvotes | October 21, 2022 | by [Justsomealt24](#) | [Link](#) | [Reddit Link](#)

I fear for our men, my heart breaks just thinking about the men that have watched Andrew tate talk about, disposing girls and having these harems. What's happening to our generation? I'm supposed to be disposable now? Even being a virgin girl is not respected, instead it's treated with such disdain, shame and humility. I'm not the 'poster child' to be dumped into some redpill poly relationship, but it's not on our terms, it's his. I'm tired of being called a feminist because I do not support the idea of men being sociopathic and cheating with 'no emotion'. That good man, who potentially watches these videos and thinks he can get this harem.. it scares me. A good man I could be talking too, could be viewing these videos. Nothing based on science or logic, just delusion and boom, he disrespects me. I spoke to another virgin girl about this and she fears these men. I hate the idea of even referencing a girl by 'virgin' or 'not virgin'. This predatory nonsense I've faced before, being preyed on by 'no hyeman no diamond' types. It's so hard, why can't some men just respect I'm a virgin, no I will not disrespect or subject myself to a harem. I wish our men saw the negative affects of redpill, more men are turning to this ideology and thus destroying any future pair bonding experience they'll have. I'm shaking and terrified. Men like andrew tate, have such shallow and materialistic lives, real men commit to one woman, respect, love and appreciate her. How do you help some men stray from such a toxic mindframe?

A vital key to detoxing from Red Pill is to become self-aware. Self-awareness is on a global decline though. Here's how you can improve yours:

45 upvotes | December 8, 2022 | by [ModestMinerva](#) | [Link](#) | [Reddit Link](#)

Knowing yourself is the beginning of all wisdom, Aristotle said. Centuries on, those words still hold true. It may even be that, with the world in turmoil, they're more relevant than ever.

Self-awareness remains at the core of psychological development for good reason. The more we understand about who we are, the better equipped we are to cope — with anything.

Many people think they are self-aware. That is, they have a reasonable handle on the way they think, feel, behave and react. So far, so good, that's one half of self-awareness.

But the other half — the harder one to master — is being aware of how we are perceived by, and affect, other people. And that's where it all goes wrong.

Who are you — really?

Read the rest written by a clinical psychologist at:

<https://medium.com/on-the-couch/self-awareness-is-in-global-decline-heres-why-and-how-to-improve-yours-364b4352af56>

I wanted too say I love this community and what it stands for and everyone in it helping each other out. The redpill is toxic garbage nonsense! Thank you everyone

45 upvotes | January 6, 2023 | by [Darkorigins7323](#) | [Link](#) | [Reddit Link](#)

I used too be hardcore into the redpill rabbit hole. Then I found this community. all these redpill gurus like Matt cross etc are sexist assholes who just want too make money. They also ignore the fact that men and women both have problems in life yet they only want too focus on men's problems. Also men can be terrible people too. Everybody regardless of race or gender etc has the potential too be a good or bad person.

MGTOW are hyper focused on the minutia of affairs of women, FDS for their faults have some perspective - the crux of the problem with redpill ideals

45 upvotes | March 18, 2021 | by [InnsmouthMotel](#) | [Link](#) | [Reddit Link](#)

35 Comments

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r/MGTOW · Posted by u/mcbradders84 9 hours ago

Women laugh about cheating on there partners

I was in the back at work when the fat, ugly bitch I work with was bragging about the affair she was having with our previous boss who had only just left. This is someone who has a long term partner and two kids at home. The other women were laughing along with her. I'm hearing more and more stories of women not only not showing remorse for cheating but blatantly bragging about it. There's nothing remotely feminine about today's women.

23 Comments


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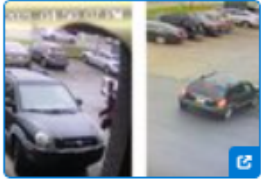
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r/FemaleDatingStrategy · Posted by u/BananaSlugGhost 15 hours ago



A religious, Q-Anon following white man targeted and killed 8, most of whom were female Asian sex workers. The news is only focusing on the race aspect and not the gender or sex work aspect. Never doubt the danger men pose. STAY WOKE

[ajc.com/news/b...](#)



148 Comments

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Rant: the Johnny Vs. Amber situation annoys the fk out of me

45 upvotes | May 28, 2022 | by [Patient_Pool_586](#) | [Link](#) | [Reddit Link](#)

I kinda looked into the details of it, and originally I was trying to stay neutral and was like yea I mean there's always two sides of the story. But then as I see everyone siding with Johnny and trashing Amber, I looked into what the case is about and I'm actually mad af. This is actually such a weak case for Johnny, the article Amber published was proofread by lawyers multiple times to not mention his name and he is suing for defamation for that? I get the it's more a strategical move to publicly humiliate his ex wife, but he gotta also take accountabilities of his own actions.

He left his gf of 14 years and mother of his children to be with someone who's likely only for his fame and money, he lost 650m on drug and the most random shit ever and sued his financial manager. He allegedly got physically abused despite spending 100k on 4 bodyguards every month. He can't even stay sober despite spending millions every year on professionals to watch him. He signed a NDA with Amber after divorce and broke the NDA himself. He was already losing his career due to his drinking problems, then he pursued the lawsuit with the newspaper despite very having a very slight chance of proving it and lost millions of dollars and his career even further. Instead of moving on to focus on his mental health and drug addiction problems, he needs to drag his ex wife into another lawsuit and broadcast it to get media and people jumping on the hate train. The he's snickering and treating the whole thing as a joke the whole time. Dude, you are fking 60 and still have 150 million in your bank despite all those fuck ups, just retire and can't you just enjoy a peaceful life out of the public? I can't imagine anyone getting away from all these shit without johnnys incredible luck, not even like he was working hard to pursue his movie star dream he just randomly got discovered one day. Most his movies were like portraying himself as some drug addict and weird ass stuff. Not that I'm on ambers side, but how the public supports him unconditionally rllly is just out of my mind.

Red pill coaches advice was detrimental to my personality

45 upvotes | July 23, 2022 | by [Scorpio_Kiev](#) | [Link](#) | [Reddit Link](#)

Before I started watching red pill I was a pretty down to earth easy guy to talk to. Girls enjoyed my company and although I wasn't a "player" I still got a decent attention and results from females.

However, I came across Red pill a few years ago, particularly Alpha Male Strategies(AMS). He's message was about helping men self-improve but they're was an underlying hatred for women in his message. Example, he talked about punishing women for bad behaviour like ignoring messages, constantly holding masculine frame, never complimenting women, putting your foot on womens throats(not literally), having an attractive female friend makes you a simp, making women lick your a**(literally) as a power move

The more I listened the more I turned into this dude who came across as fake. Females would avoid me after initially liking me based on what I said or how I acted. I remember talking to this girl attractive girl at a party and turning her off coz I was "holding masculine frame". I just wasn't myself any more. The more I watched his videos the more angry I got at women.

Thank fully I put RP to the side last year. I recently watched AMS on a podcast with F&F and a bunch of girls from Miami. Interesting enough i barely saw the masculine frame he talked about. What made things worse for him was when he asked the 10 ladies on the show to pick who they would sleep with on an island and none of them picked him.

I think I'm beginning to get sucked into the red pill mindset.

Any Thoughts/advice?

45 upvotes | June 22, 2020 | by [Effthisusernamehaha](#) | [Link](#) | [Reddit Link](#)

I've encountered a number of Red Pillers but they all lacked compelling arguments. I never really bought into the ideology. But, in the past couple days, I've come across a guy who calls himself "the rational male." The self aggrandizing name made me wary, but I started reading some of his stuff anyways.

For the first time, I'm starting to believe in red pill philosophy. I've never bought into the Race IQ stuff some red pill thinkers espouse-I think that stuff is garbage- but the gender stuff makes sense to me. At least, partly. The article that drew me in was about women's solipsistic mindset and I have seen real life examples of what he's talking about, women talking about their own experiences instead of using objective data. I can't say women don't use objective data or men don't draw on personal experiences in debates and arguments. It just seems like he might be on to something.

I know everybody who bought into the red pill and now regrets it probably felt that way at some point. And I know I'm the target audience for this sort of stuff-22, male, lonely. I couldn't find any debates on his website, which makes me a bit uneasy, but I can relate much of what he said to my own experiences. I constantly think about the nature of reality and what is and isn't real.

On one hand, I don't know why the mind of a red-piller would be more infallible and more rational than the mind of anybody else. Why hurt, pain, and rejection (which I understand often pushes people towards the red pill) would give somebody better insight into how the world actually is. On the other, I can't help but wonder if they're right. I'm just feeling very stuck and part of me is worried that I'm getting sucked into something very dark, and that beliefs I think are abhorrent now are beliefs I will start espousing in the future, and whether this will destroy my life but part of me also wonders if TRP has answers to questions I've asked myself before.

Thoughts?

Redpill confuses all of media, for all of reality

45 upvotes | March 3, 2021 | by [PSSD_Kara](#) | [Link](#) | [Reddit Link](#)

I'm really annoyed by how uncritical redpill is of various forms of media, and how poor their ability to separate the phenomenon of media (all of which is biased), from the actual overall reality of the world.

The news and TV programs/movies, show "happy couples" with kids, house/mortgage, middle class white collar job, this is because these are ultimately lifestyle choices that will drive consumerism, working in wage labor, and the growth of secular and/or religious interests, which benefits the elite. So the elite create media to glorify this consumerist reproduction model of careered nuclear family.

Pornography shows extreme promiscuity and sex boiled down to the dehumanizing release of dopamine as bodies collide in various ways- which can require more extreme acts/trauma elements to sustain- when was the last time you saw a pornography where two average looking people in a relationship made vanilla love, especially a "professional pornography"? Redpill's confusion of pornography with the ""reality"" of women is terrifying. I can't believe they actually promote the idea that women WANT to be physically harmed and degraded during sex. The lack of critical thinking and awareness of widespread child abuse is so terrible. Also, they're too stupid to understand how much of pornography is actually non-consensually filmed, is actually film of trafficking/prostitution, etc.

Social media encourages addiction to "likes" and image, of course if you are scrolling on Facebook you will get the impression that everyone is successful, middle class, vain and materialistic. The non-vain and non-materialistic people tend to use Facebook and Instagram much less than others. They don't think about the selection bias that accounts for certain behavior and perspectives being over-represented from how often they actually statistically appear in the population.

They think that the mentality and behavior of women active on tinder looking for hookups, represents ALL women. Which is even more silly because hookups are promoted by men. As a woman, there is much less benefit compared to risk (low satisfaction/trust, pregnancy risk, STD risk). Etc, etc, etc.

All media has a selection and representation bias based on who pays for it, who consumes it, who produces it, who profits from it, who uses it, who views it. This is like, critical thinking 101.

It's like they think media IS reality. Not just some of it, that media reflects ALL of it, accurately and 100%. It's like they have blinders on and are unable to see any examples that contradict even utterly stereotyped and cartoonish various media representations of gender dynamics/relationships.

How Red Pill messed me up and how I dodged the self destruction bullet

45 upvotes | May 26, 2021 | by [R3D_Brain](#) | [Link](#) | [Reddit Link](#)

A year or two ago I have came across Better Bachelor in YouTube recommended videos and slowly started consuming his content. The guy seemed OK, not angry at anyone, older with some experience and at that time what he was saying made a lot of sense.

Last year I was in a not so good relationship and there was time where my ex girlfriend wanted to visit Paris with me during the outbreak which freaked me out because she wanted to go by herself if I didn't come with her. Also because what was happening and still happening and the belief that she will cheat on me.

I also had suspicion that she's talking with someone else trying to cheat on me because her phone line was always busy when I was calling her and her explanation was that she preferred to text or she's talking with her mom.

After the Paris event, which she didn't went to anyway, everything started falling down because I started to suffer physically with a lot of stomach pains everyday for many months straight, more than 6 months that's for sure. After I broke up with my ex for not related reasons, I have eventually went to see multiple doctors but no one was able to diagnose me accurately and all the given tablets didn't work.

At the end of the day I have decided to visit a psychiatrist and was diagnosed with anxiety and given tablets to help me. I already suspected I had a mild anxiety but the above Paris event have made my anxiety stronger.

Over the latest lockdown, I have unintentionally started indulging Red Pill content to the point where it became addiction, whole day, most of the days till morning where I had little or no sleep at all.

I was watching channels like: Casual Bachelor, Taylor The Fiend, Fresh and Fit, ReplicantPhish, SandMan, Better Bachelor, Kevin Samuels, Donovan Sharpe, Entrepreneurs in Cars, Richard Cooper and the said list could go on and on. At one point I pulled myself and stopped doing the night routine as it was damaging my health and giving me headaches.

I was proud to be Red Pilled until recently, to be exact a few days ago when during a dinner with my parents, it finally hit me that the pain and my anxiety became worse as a result of the Red Pill content I have been consuming and believing in for ages. The thing is, it have built over time then exploded in my face trying to destroy me.

After that realisation, I started Googling about what Red Pill was claiming to be truth and that's when I have came around to find this sub among others. I also discovered, one again from this sub and similar ones that most of the "Truth" that Red Pill is spewing out are all lies.

When I started to think about Red Pill movement and look deeper into its roots and with open mind, it just looks like a group of older men who is angry that they can't find a girlfriend/wife and are very toxic and constantly lie to poison minds of the younger generation.

They also believe that women are only sexual objects that were made to pleasure men, cook and look after the kids otherwise they need to be reprogrammed like it's something wrong with them. All the stuff with Women nature is all lies because they produce their content to make their bank account

bigger and not caring about health of people who consume the said content.

I have browsed a Reddit for a bit ([Click](#),[Click](#) or [Click](#)) and it only reassured me more to drop Red Pill ideology, its content and never watch it again. Also, I noticed that advice from Red Pill is a general one and can be gained for example from self help books or other more positive resources with more accurate and realistic point of view.

The lies Red Pill poisoned my mind with were:

- Relationships and partnership consists of a transaction - Resources for Sex/Cooking/Taking care of kids.
- All women are only chasing the top 20% of the guys.
- Women always getting everything in divorce.
- Women always cheat.
- Modern dating is dead.
- Every women have sex with loads of "Chads" in their 20's and try to settle in their 30's
- No one will want a woman in her 30's because she's past so called the "wall" and her "value" drops significantly.
- Always do paternity test
- Never trust women
- Men shouldn't show any emotions or the woman will dump them or cheat on them

If you look into the podcast like Fresh and Fit, they only focus on very hot influencers who have high standars while everyday women are not like that at all. Having millions or thousands of followers and being "Hot" can corrupt both genders, not only women. They also invite women that will cater to their ideology making it more belivable, e.g they won't take any everyday women on the show.

Most of the "Red Pill" community focuses on negatives and small minority of women so of course that type of groups are the loudest to shut out first as people who had positive experience in dating don't visit this toxic communities. I believe the whole Alpha/Beta/Sigma Male and the hell they come up with again is a total BS.

I never had those negative fears before watching Red Pill content which nearly destroyed me. I'm feeling much better now and still ocasionaly have stomach pain here and there but it seems to slowly going back to normal. I sometimes still struggle with Red Pill idelogy but try to keep my head straight and be more positive when it comes to dating and relationships. I also feel like Red Pill have f****d me over and made my situation even worse by causing my mild anxiety to shoot up when I entered a relationship.

The end story is that don't be stupid and don't indulge into Red Pill content as it can destroy you even tho you don't know it yet and think it's a positive movement. It's all toxicity and lies from older men to galuable guys in their 20's without experience to mess them up and suck off the money from their bank by offering so called "Coaching Advice" or "Dating Advice" or by "Reveling Women Nature".

If someone went through something similar, I would appreciate if you could drop some tips and tricks on how you cope after leaving Red Pill behind.

Edit: Thank You kind stranger for the Silver Award, I really appreciate it, god bless you :)

I want to let you all know about a sub I just found out about. /r/MensLib. I know what you're thinking, but it's nothing like /r/MensRights. In fact, it was created specifically as a place for people to discuss men's issues in an environment free of misogyny, anti-feminism, and vitriol.

45 upvotes | August 4, 2015 | by [Dewey_Darl](#) | [Link](#) | [Reddit Link](#)

Have you heard of the Men's Liberation movement from the 70s? The one where the members were allies with feminists, and saw breaking down societal pressure to conform to gender roles as a major cause behind most men's rights issues? The one where people weren't shamed for being "pussified manginas"? Does that sound cool to you? Check out /r/MensLib[1] .

No such thing as living amorally

45 upvotes | February 2, 2020 | by [Straight-Science](#) | [Link](#) | [Reddit Link](#)

TRP is a pseudointellectual system because it refuses any serious moral reflection. For all it's harping on the SIDEBAR and its prolific, angsty and poorly written PUA derivatives, TRP has no coherent philosophical basis. Many discuss Stoicism, but it's clear none have read any meaningful Greek philosophy. Stoicism \neq giving the silent treatment and being emotionally aloof.

Anyone who challenges this point and tries to explore TRP and it's shallow hedonism gets labeled a TradCon or Bluepilling feminist.

Has there been a thorough philosophical analysis of TRP and it's (often contradictory) ethical system?

Can we ban the use of the word “females” instead of women on here?

45 upvotes | April 12, 2023 | by [willstdumichstressen](#) | [Link](#) | [Reddit Link](#)

I think red pillers should learn how to properly refer to women and a space aimed at countering red pill ideology isnt the place to tolerate women's subtle dehumanisation through word choice?

Things I learned from a year with a “red piller dude”

45 upvotes | April 20, 2023 | by [Real_sammyg](#) | [Link](#) | [Reddit Link](#)

Written a few years back....definitely no more “red pill” dudes in my life that’s for DAMN sure □ 1. Women hit the wall at 30...I’m 38...I am worthless. 3. Being a single mom means you’re a woman who makes poor choices and untouchable....I have children without a husband...I am worthless. 4. Being overweight is disgusting....o am overweight....I am worthless. 5. Being confident and assertive is masculine....I act like a man so...I am unattractive 6. Being quiet and taking time to make sure I always look my best is feminine...I am usually very casual so ...I’m unattractive 7. Only young beautiful women are interesting because they offer good breeding opportunities....I don’t fit the definition of being conventionally attractive enough....I’m neither interesting or suitable for breeding. 8. Having a mental illness makes you damaged and untouchable....I am damaged and untouchable. 9. Being bipolar is especially bad...this makes me repulsive....I am repulsive 10. Women of low value should accept what comes their way from men because they should accept whatever they can get....I’m little more than a common whore. 11. Women don’t love men...they only love what men can do for them.... my feelings are inconsequential and hold no real value....I am not capable of love 12. My life is messy and chaotic...women expect men to take care of them...I am a burden 13. I’m not financially stable....I am a gold digger 14. I’m over 30 and unmarried....I am trying to trap men 15. Only desperate men go for older women and they look foolish.....my partner is ashamed of me 16. I’m a feminist...I am a disillusioned man hater 17. I come from a corrupt western society....I am a corrupt woman 18. My children have two fathers....I am a whore 19. I have been raped and abused....I am a false accuser 20. I’m a “milf.”.....I am seeking validation 21. I am a woman....I am a manipulator 22. I am a woman....I’m not as smart out of the box 23. I am a woman....I’m illogical and ruled by feelings 24. I am a woman....I’m attracted to abuse 25. I am a woman....I will destroy your life via divorce if given the chance and take everything 26. I am a woman....I am entitled 27. women only bring youth fertility and Beauty to the table...I bring nothing to the table 28. I don’t follow the bible...I will never be submissive enough 29. I complain, ask questions or make requests....I should be discarded and replaced 30. I am of low value....My partners will cheat...because I’ll never be enough 31. Beautiful women are great for fucking....I’m not worth fucking 32. Beautiful women are the ultimate prize...I am no prize for anyone 33. I am a woman....I am a toy or tool for men 34. Men who are intelligent are awake to this reality. A woman’s job is to accept agree and follow these men as a good submissive woman. A man is permitted to place any woman he finds of higher value into the spotlight of his desire and disregard me at any time. It is my job as a woman to accept this as it is my fault for not being more like her.

Be honest with yourself, seriously

45 upvotes | September 5, 2020 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)

If you can't practice some humility and admit where you went wrong in relationships or hookups... you're never going to do better the next time you meet someone.

I see a number of guys on here who can't seem to admit that they made mistakes on the past. It's part of life.

You wanna be alpha? Well part of being alpha is facing your fears and your weaknesses. Lying or denying you have made mistakes doesn't make you alpha. Getting over your fear of being wrong does.

Before you say "bUt WoMeN mAkE miSTaKeS tOo!" This is ex fucking redpill. This is being addressed to you as guys. No shit, women make mistakes too. Everyone fucking does. But if we were going to address women and the dating mistakes they make, then this would be written in a different sub. One that is for women with issues in dating. Quit deflecting.

This is about you and your self improvement journey. You can't improve your life without admitting your mistakes and learning from it. Do yourself a favor and put your ego aside for a minute here.

I don't give a fuck about your ex girlfriend or your mother or other examples of women in your life. Doesn't matter if she was a saint or a demon whore. In every single relationship that went bad (romantic or otherwise) you can find at least one small example of how you can do better next time. Even if 99% of it is the fault of the other person.

Humility and knowing how to admit you were wrong is very admirable.

It's not just useful in relationships and dating, by the way. I've seen people get fired from jobs because they refuse to learn from mistakes. People can fail in school because they won't go back and correct their mistakes, instead they argue with the other teachers or students. I've seen families fall apart because one or both sides won't be honest and apologize. Maybe you didn't start the problem, but you can finish it. Don't be that fucking person who is impossible to deal with.

Edit: added more and formatting

Something about the men of TRP and MGTOW that almost no one mentions.

45 upvotes | February 16, 2019 | by [FabioAbdilla](#) | [Link](#) | [Reddit Link](#)

I've certainly noticed that quite a substantial amount of MGTOWs at least have had some pretty bad experiences with women to spur them on into TRP philosophy (vs incels who by comparison are literally just teenagers who are angry that women won't touch their peepee.).

And now it's hitting me: these men might be attracted to TRP and thinking women can't really love because they can't accept that their bad experiences with women are partially their fault. I know it's not a popular opinion, but when I hear about abusive relationships I do put a small amount of blame on the victim. Let me be clear, I am NOT saying the victim deserved to be abused in any way shape or form, but it all could have been avoided if they weren't so blinded by love/lust and instead exercised some basic brainpower to judge their partner's character and their current relationship. The vast majority of abusive partners always depict signs of narcissism/instability/abuse before things get really bad. To make things even worse, many victims of spousal abuse don't learn their lesson develop a screwed up mentality of what healthy relationships are like, which then makes them a magnet for shitty people.

So yeah, MGTOWs and redpillers recount how they had relationship after relationship with abusive/narcissistic women yet they can never grasp the true pattern which is, not that all women are bad, but that they have poor judgement of personalities and relationships!

My final goodbye to trp. The chord has been cut. Read this to unplug from the fake unplugging

45 upvotes | January 1, 2022 | by [Itshardtofindaname](#)tf | [Link](#) | [Reddit Link](#)

If you haven't got the closure from trp yet , this post just might do the deed

I was downvoted pretty badly yesterday on my comment justifying trp as being good in some sense.

I've had a bad run with trp , to summarise , it made me act dumb , do dumb shit. I was glad to have found this sub and since then I've been posting here often , trying to undo the damage.

But all this time I've been blaming my false interpretation of trp , believing that trp might be productive and useful but I was at fault for not interpreting it correctly. Since yesterday I'd usually go back to the trp forum and try to find the productivity posts which made me feel good and motivated me to work hard.

I forgot one obvious fact which was reminded to me by a guy replying to my heavily downvoted comment. He listed various good aspects of trp and implied I didn't need trp for such good content like self improvement and staying away from Toxic relationships.

It all clicked!

I've been wondering lately why I'm not valuing the self improvement advice out there , why do I have to go to trp for self improvement advice.(it's related to the more dopamine released by trp than a well balanced healthy book which gives you the same advice , which is due to the fact that your brain perceived trp as a solution to get sex , a very primal and strong urge fueled behaviour sets in, which you're often unconscious to)

It's because I've been hooked to it in a way that my brain couldn't bear the fact of losing it. I rationalised it as a self development tool and ignored the subconscious damage it was doing to me.

If you're in my shoes and getting out of it , it's going to be hard because trp plays on your primal instincts of sex.

It uses sex as a bait and attracts you into it. Your motivation to do anything from reading a self development book to eating apple depends on the dopamine it releases.

The dopamine squirted in you after reading a post about lifting ON TRP is so much higher than following the same advice from a coach or a sane average YouTuber who isn't talking about sex all the time, because trp is associated with the results you're suppose to get in the form of sex. You become entitled to sex. Which ironically makes even the self development transactional by nature.

This is exactly where I was stuck. I blamed myself for misinterpreting trp advice as I thought the advice is good in the forum but I'm being an asshole for being transactional in nature , I just need to improve for the sake of improvement itself ! But although the interpretation was wrong but it was only due to trp induced thought pattern

As I was recovering from my toxic behaviour from trp, I still was sticking around the forum because leaving it for good felt like undoing all the good advice. It's crazy but I felt like I'll be missing out on posts that teach "how to be a man" through self improvement that's supposedly only taught in trp

I will be looking up healthier sources and this change in perspective is what was required for me to finally say goodbye to a bad bad phase in my life. The chord has been cut. Peace

Don't wanna be red pillled but dating is really breaking me

45 upvotes | May 16, 2022 | by [DiscombobulatedTears](#) | [Link](#) | [Reddit Link](#)

I was a classic progressive feminist type who always tried to do the right thing and treated everyone with respect. This year I really put focus on dating and meeting someone long term and the negative experiences i've had have really sent me down the red pill path.

Getting hopeful about every dating app match, getting ignored, going on a date and getting ghosted, etc. has really worn me down.

Meanwhile I see my unattractive and overweight female friends THRIVING. Having dates lined up every week. Lots of people eager to please them.

I dont like that every girl i've met has approached the date with an "impress me" mentality rather than a truly equal moment to get to know each other.

I can feel myself slipping further and further down the red pill hole as my rejections and lonely nights pile up, does anyone have any advice dealing with this? I dont want to see women like this, I just want women to see me..

Aba and Preach starting to call out fresh & fit. People are waking up.

45 upvotes | August 14, 2021 | by [BlackVsilver](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/jSjTOO1maA4>

**I have been waiting for someone big to call out these frauds
that's dangerous to our society!**

45 upvotes | August 17, 2021 | by [BlackVsilver](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=l3tdfKuQ7gM>

Why do so many Red Pillers have a chip on their shoulders about not having been able to get with younger women when they were that age?

45 upvotes | August 29, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

I think the consensus in this sub is that red pillers go for younger women because they didn't get them at that age so they're trying to make up for it. That or they're just creeps. I mean sure did I miss out or get rejected by 18-25 year old women when I was that age? Sure, but that's not a reason to go after younger women.

I don't know, maybe older men obsess about it because it's this massive accomplishment if you can actually convince a younger woman to like you. I mean **youth is great but I don't look at 18 year old girls like they're some sort of godly prized possession**. I'm not old yet so I don't know what it's like to be a middle aged man in his 40s-50s obsessing about 18 year old pussy.

Had a date, still terrified of her

45 upvotes | November 3, 2021 | by [wqure](#) | [Link](#) | [Reddit Link](#)

I had a date with a girl which was very great. We laughed, we have much in common. I behaved normal as wholesome man, she agreed to meet me further. No creepy conversations, no creepy touches. Everything was normal. When I came home, I had a tremor in my body, and overwhelming anxiety. I didn't even expect to be such terrified of women. I even had nightmares of being accused harassment.

"Thank you" Red Pill by igniting such fear in me.

questions from a woman for ex-red pill swallowers

45 upvotes | November 11, 2021 | by [TopDirection6929](#) | [Link](#) | [Reddit Link](#)

Hi guys.

I'm starting to get really concerned in my relationship and would love some insight. My boyfriend (26) regularly consumes red pill content. When we started dating he told me that he wasn't red pill but believed some of the basic red pill stuff. I feel like I ignored a red flag there and how I'm realizing he is much more red pill than I thought. I'm going to bullet examples below:

- he talks about hypergamy and how women are not capable of unconditional love, always looking for the next best thing.
- he thinks that he would not be okay making less money than me, and would prefer for me to be a stay at home mom one day, but also wouldn't want to share his assets with me beyond necessities and wouldn't want me to be able to receive if I became dependent on him and we divorced.
- he thinks women are less valuable with every additional body added to their count
- he thinks male body count does not matter
- "women peak in their twenties, men don't reach their prime til 30-40"
- "marriage is a trap and only benefits women." "women trap men with marriage and then stop trying"
- he starts issues when I start to feel secure in the relationship and begins to bring up that he has options, as if doing so to make sure I feel like he's far out of my league and need to worry I'll lose him. (I consider myself a pretty "high-value woman" and also have a lot of romantic and sexual options - arguably more options than him, but I don't talk about it and make it known because doing so would only cause insecurities that aren't necessary.)

Those are just some examples. I can provide more. I honestly think this all comes from ego and self-esteem issues. I can't tell if he is just insecure and villainizing women including me to avoid hurt or looking dumb, or to feel less powerless; or, if he is just selfish and hateful and misogynistic.

What did it take for you to stop the red pill thinking?

How did you justify those red pill thoughts, and did you actually think you were being a more "hvm" by being red pill?

What the fuck is this "alpha" power machismo thing and why do red pill men care so much about being "alpha"?

Do you have any suggestions on how I can reason with him and show him how ridiculous this all is?

Try not to say "Women".

45 upvotes | November 25, 2021 | by [tpobs](#) | [Link](#) | [Reddit Link](#)

I've noticed that there is a pattern in redpill(or fresh ex-redpill) mindset that keep saying "women".

There is no women.

There are Anna, Charlotte, Aliyah, Jasmine, Alexandra, Fleur, Christine, Huiyan, Yuki, Fatimah, and so on.

Yes, there is a tendency of course - they "usually" are smaller and have much less muscle mass than the most of men, sexaully attracted to men, capable of bearing children, etc, but,

They are all human. They are all different. Just like men.

I know those redpill and mgtow stuffs loooooove to shove every single women into a single category but that CANNOT be true.

"What women like?" It depends on the individual. "Would women do this?" It depends on the individual. "Are women sincere?" It depends on the individual.

The world is a big and complex place. Redpill is seeking a simple and lazy explanation. It is saying it know it all while sitting on an armchair.

Meet people. Talk to them. Listen to their story. Every individual has history that shaped them.

When you realize that there is no silver bullet that makes clear everything in one shot, then you actually grow as an adult human being.

Be brave, fellow men.

Damn it is so hard not to end this post in a preachy way. Alright, gotta go.

Edit: grammar

For those that might be struggling with how they got so wrapped up into the toxic sides of Red Pill, this is a good cheat sheet. It's hard to accept, but these coaches have no loyalty to your well-being. As they say, you need to vet everything and cross-reference info on outside sources as well.

45 upvotes | December 24, 2021 | by [TheRabbIeRouser](#) | [Link](#) | [Reddit Link](#)

Crosspost "More Of This, Please" from /r/coolguides:

Posted by ColdNarwhal4723 | 24 December 2021 | [Link](#)

As a woman that's not into casual sex I'd like to weed out sexist/redpill men. How do I nicely explain to a date that I'd rather wait?

44 upvotes | September 27, 2021 | by [lost_lost_45](#) | [Link](#) | [Reddit Link](#)

I recently got out of a long-term relationship and started meeting new people. I mostly use OLD and it's shocking to me how early most guys expect sex. I was texting with a guy for a week and the first thing he does is inviting me on a date... to his apartment. I suggested that maybe we should go to the park or another public area. He agreed, but once on a date he kept suggesting us to go back to his place.

Another guy invited me to a restaurant. He started making weird comments I quickly associated with red pill negging and spent a good time talking about his business. At the end of the night, he asked me to come to his place. I decided to give him another opportunity in case he was just nervous and told him that I'd rather wait a bit. He flipped on me and told me that I was wasting his time.

The last guy I met was more chill. He invited me to his place pretty early on, but didn't insist when I said "no". Things with him didn't progress for a different reason, but he was good.

So ladies, how long do you wait for sex? How do you weed redpillers or sexist men in general?

There is nothing more beta than...

44 upvotes | October 10, 2021 | by [FuckTheTTC](#) | [Link](#) | [Reddit Link](#)

...watching Rolo Tomassi drone on for hours about bullshit. Seriously what kind of an alpha male has time for this shit.

Same with Fresh and Fit; a bunch of wannabe fake-it-till-you-make-its producing trash content for views. This is the male equivalent of click baity trash women read in Guardian etc.

Most of these content creators produce trash low value content to get views because that is how their business runs. Just be virtuous, stay healthy and occupy your life with meaningful productive activities and you will probably be fine.

Turns out, not even wolves have an "alpha" in their group.

44 upvotes | May 3, 2017 | by [antijogo](#) | [Link](#) | [Reddit Link](#)

Turns out the old idea of an alpha and a beta in the pack is outdated. The original research wasn't accurate, and new studies show us a different reality.

"The concept of the alpha wolf as a "top dog" ruling a group of similar-aged compatriots," Mech writes in the 1999 paper, "is particularly misleading." Mech notes that earlier papers, such as M.W. Fox's "Socio-ecological implications of individual differences in wolf litters: a developmental and evolutionary perspective," published in Behaviour in 1971, examined the potential of individual cubs to become alphas, implying that the wolves would someday live in packs in which some would become alphas and others would be subordinate pack members. However, Mech explains, his studies of wild wolves have found that wolves live in families: two parents along with their younger cubs. Wolves do not have an innate sense of rank; they are not born leaders or born followers. The "alphas" are simply what we would call in any other social group "parents." The offspring follow the parents as naturally as they would in any other species. No one has "won" a role as leader of the pack; the parents may assert dominance over the offspring by virtue of being the parents.

<http://io9.gizmodo.com/why-everything-you-know-about-wolf-packs-is-wrong-502754629>

My thoughts on why TRP is bad for your mind

44 upvotes | November 2, 2014 | by [welcome2thegoodfight](#) | [Link](#) | [Reddit Link](#)

I originally posted this at r/philosophy:

Ideas like those found in The Manosphere and /r/TheRedPill are seductive and dangerous. They contain a pinch of truth within a pound of poison. We are all human beings. Yes, a lot of us are fucked up and a lot of us are assholes. Yes, the current state of gender dynamics is fucked up, for both Men and Women. But we are all human beings. Deep down we are all the same. Women are not evil succubus's who need to be tricked into letting you 'slay their pussy.' The truth is more complicated than that and really understanding the world and the differences between men and woman involves a lot of compassion and empathy. In my opinion, anything that lets you see another human as 'lesser than' is more about your own insecurities and anger than any real or perceived injustice. It's a shallow philosophy. Yes, you'll feel better about yourself. You might even get laid more. But deep down your world view is based on anger and hate. In my experience those intentions never lead to anything good. I think life is all about intention and we all reap what we sow. The people I have the most respect for are those who have kindness and love at the heart of their philosophy. Beware The Red Pill. It is delicious but poisonous in the long run.

TRP was filling a void

44 upvotes | September 19, 2014 | by [slimjimjohnson](#) | [Link](#) | [Reddit Link](#)

Growing up I considered myself a feminist and humanist. Everyone deserves the same fair shake and if one is capable why not give them a chance to prove it?

A few years back I had a bad break up I was cheated on and tossed away like trash and in the same span my kids moved to Florida with their mother. It hurt a lot and I looked to the Internet for help. Hello manosphere, TRP, modern orthodox masculinism. I found in these groups a brother hood that understood what I was going through. They had explanations about why this happened to me and how I could makey life better. Feminism was to blame!

At first it almost all made sense. Some of it irked me a lot like pro rape anti abortion and AWALT. Blanket statements and broad sweeping notions bug me. I made this known throughout my time in these groups and recently have been kicked out of masculinism for being an egalitarian and believing too strongly in equality.

I think I'm finally healed enough to see that I was hurting and was almost inducted into a very cult like group. I did strongly believe alpha fux beta bux, cock carousel, hamster wheel matriarchy promoting misandrist beliefs about all females.

I kind of feel like an ignorant ass. I know better than this.

I don't have much of a point other than to say I can't believe how easy it is to get sucked into a hate group and that I'm glad I wizened up.

Ex red pill ex masculinist ex misogynist

A really overlooked aspect of dating apps

44 upvotes | December 30, 2019 | by [Moluwuchan](#) | [Link](#) | [Reddit Link](#)

“But there must be something to it”, you may say. “I just overheard my female coworkers talking about Tinder, and look at how many matches they get! How many guys they reject!”

Well, according to Tinder’s own data, 76% of their users are male, and only 23% are female.

So like... obviously it’s harder to be a dude on dating apps, and obviously it can feel like women just have a buffet to choose from.

This is literally nothing more than simple mathematics and yet everyone goes around spouting “dAtInG aPpS aRe pRoOf oF hYpErGaMy”.

Dating apps prove the 80/20 rule, you say? You mean the one where 80% of men go after (the only) 20% of women?

The red pill is toxic bigotry pushed by insecure men who are trying to prove their worth based on how many women they can objectify.

44 upvotes | October 29, 2020 | by [BoredomAwaitsMe](#) | [Link](#) | [Reddit Link](#)

<https://v.redd.it/lyvy07vud2w51>

What made you leave the Red Pill behind?

44 upvotes | April 18, 2020 | by [AlwaysNick109](#) | [Link](#) | [Reddit Link](#)

For me, it was after realizing that I didn't view women or anyone for that matter, as a complex human being. I always thought people were programmed so I went on a bullying spree essentially. It got so bad that I realized that no matter how much validation I was getting from others, I really did want to rule the world and make everyone around me act like I wanted them to, but at the same time, playing victim and gaslighting others.

I even said to someone: "I'd take the validation of knowing I could have sex/relationships than being cuckolded enough to actually do it"

What made you realize you need to leave TRP behind?

No longer redpilled!

44 upvotes | February 16, 2023 | by [HadoukenCoronaVirus](#) | [Link](#) | [Reddit Link](#)

I posted on here few months ago, and I am now disappointed and embarrassed about how I used to view women.

Put short i entered redpill phase in lockdown, hated women for wanting an elite guy and to compliment this idea, I saw on TikTok women saying men ain't shit we don't need men. So that sure just set it off. And down the rabbit hole I went.

Now it's been a few months I have been watching destiny debate people like pearl? He came on my former idols F&F podcast. I listened to what he said and I thought "he's right" the more he appeared on podcasts, the more he dismantled red pill views especially on pearls podcast. Then he talked about Tates crime case and I was like wtf am I watching?

So now with this clear mindset, the same woman at my work I never acknowledge their existence, I now talk to and I've never been so happy. Seriously I'm smiling typing this. You know I got a compliment saying you're such a great person to be around, no joke. And to top it off it was from a woman! So the red pill in me left the building when she said that. Now once I got rid of that red pill brainwashed thinking when talking to women, I felt the conversation flowed naturally. I no longer looked for the bad points and started to find the good points and the value a women brings to your life.

Thank you.

What does "dread game" mean and what does it do to the relationship and other person?

44 upvotes | July 18, 2022 | by [NakedNyx](#) | [Link](#) | [Reddit Link](#)

I was just curious since it doesn't seem to get talked about a lot here and is arguably one of the more damaging aspects of being Red Pilled. What's its purpose? What is it designed to do? What is it actually? There seems to be a wide variety of answers online. How can I tell which is which?

Edit: I just realized from everyone's help that Red Pill might actually actively PREVENT a person from self-actualization because their safety needs and others aren't met and if they are, it's exploited afterward. Sounds like the opposite of a "High Value" partner and relationship. Yiiiiikes. You guys taught me so much! Thank you!

Edit 2: Seems like the consensus is that the Red Piller tries to change the behaviour of their target by using dark psychological "strategies" that are taught by untrained/unlicensed people online and practiced by untrained/unlicensed people. It also seems as though there is very little to zero regard as to that person's current mental health, whether they can handle the "strategies" being used on them, how it affects that person's life outside of the relationship between them and the Red Piller. Wow. I wonder how much damage has been done by this...

Types of Redpillers

44 upvotes | August 11, 2022 | by [Grappleheart](#) | [Link](#) | [Reddit Link](#)

1. Holier than though (Kevin Samuels, MTR, Poor man's podcast and to an extent Sneako).
Usually went to a PWI for college. Claims to be an intellectual just trying to save his race. Uses RP as a way to flex personal and moral superiority while insulting the masses. Usually this is due to a childhood being rejected by their race for not fitting in or not having much luck with girls of their race. Usually middle class so never grew up near the women they criticize.
Usually right leaning or republican.
2. The Playboy/PUA (Andrew Tate, Dan Blizerian, Fresh and Fit etc). Usually was part of the early PUA or claims to be using RP to help you get laid. Usually follow red pill because it validates their ego and narcissism (it's only rp circles that will worship a man for banging women in a vacuum and doing little else). Also allows them to get away with clearly lying about bodycount, women etc. Also allows them to find the perfect sales funnel for shitty projects.
3. The Bodybuilder (Greg O Gallagher, Stephisold, Hamza, Flex fearless, Austin Dunham, etc) Fitness youtubers who realized that the primary reason why most young men want to get fit is to attract girls. Use muscles as evidence of success with no real proof. Again peddle the same lies so men eventually come to the conclusion that they need to get shredded to attract women and buy or watch their content. These are the stupidest group of the bunch
4. Pick me (pearlythings, Melanie King, Roma Army) try to be the girl who understands to build a huge following. Usually is a part of the group they criticize(single mother, alone and over 35, etc). Usually peddle to RP simps who will compliment their looks, call them goddesses etc. Usually peddle the same shitty advice they do not follow.
5. Straight Misogynist (Most republican red piller platforms such as Jesse Peterson) just straight Misogynists

Let me know if you know any other types.

Addressing the whole "80% of men are below average" clam: It's likely complete horeshit.

44 upvotes | September 6, 2022 | by [JonF1](#) | [Link](#) | [Reddit Link](#)

Guys, most if not all of these dating services that this data is connected from are sausagefests. Tinder and OkCupid (owned by the same company btw) are both roughly 80% men. Let's do a simple thought experiment to show how this affects peoples thoughts when using these apps. Let's take five people. One is a woman and the other four are men.

Assuming:

- absolute heterosexuality and monogamy
- all of the men are universally attractive
- All participants enter a relationship relationship if possible

Only one man in this thought experience gets a relationship meaning that 75% men get judged as less attractive by necessity. If this seems like a stretch, remember that most people will rate things that they aren't satisfied with with something they bought will give a 1/5 or a 2/5 if asked and 2.5 would be an average score. Disatisfaction in this case would be a failure to match or an unmatched.

Get rid of the assumptions and it only gets more dour than mathematically required to be seen as unattractive in the thought experiment.

Women are more likely to be bisexual than men for whatever reason in practically every market that dating apps operate in. Men aren't just competing other men but also other women as well.

Women are far more ware on dating apps than real life. A few reasons, the lack of alcohol, the ease and volume of sexual harassment on dating services, and finally (male) stranger danger.

The overall anonymity which removes the guilt and cost of rejection or the cost of aloof, arrogant, or even racist behavior.

Also these apps literally give you an ELO rating and use other statistical means to not make it random sample matching but biased, romantically unfulfilling matching to get you and maybe her to pay to get a relationship.

All of this is to say that if dating apps are making you feel terrible about yourself, try let them not make you feel that way. The deck is stacked against you in many ways with them. I'd suggest other avenues even if they may be more frustrating at first but it's hard to get less fair and frustrating than these apps. If it matters, I get around 20 matches a week and I've only had one match that went past a first date.

TL;DR: Dating apps demographics are nothing close to reality so never draw real world representative convulsions from it.

My experience with redpill

44 upvotes | July 3, 2021 | by [Youngmarcybeats](#) | [Link](#) | [Reddit Link](#)

I remember vividly going to college in late 2018 and not knowing anything about women at all. I was what would be referred to as a simp and I honestly was still a virgin. Still, I attracted many women just based off of my originality and the way I conducted myself around people. My energy and aura just made people gravitate towards me. Fast forward sophomore and junior year I was in a abusive relationship with a women who made me pursue answers and I came across the redpill.

This redpill is only half the truth. I did have sex with more women after the discovery of it but most of those women would've given me sex anyway . Granted without the redpill I don't think I would've got rid of my abusive ex. Some of the women I had sex with I really liked. I wanted to be with them but I was brainwashed into this false ideology. I drove many girls away even a girl who just might have been a unicorn and for what? Misery loves company and these channels are making many people bitter . Not all women are being ran. Some women are good. I just wanted to say that I finally got my life back. I'm no longer trying to be this "thing" just because some guy who I've never met and never will meet told me it's the right thing to do. I am successful and I am striving to become better than my current self and that's all that matters. This isn't about women, this is about me. I lost many good girls because of my bitterness. Do not make my mistakes.

Anti black, black redpill content creators

44 upvotes | January 7, 2022 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

As a black woman nothing f&f said about black women surprised me. Many black redpill creators hold the same views. Kevin Samuels, Steph is cold, and countless others. I remember seeing a clip from KS and a black man said black women are the enemy. KS was surprised that he said that and I thought to myself “why, you are constantly saying the most disgusting things about black women”. Attacks and killings on black women have tripped in the US and I believe redpill content like this is a huge cause. F&F sounded like white supremacist and using the word “preference” to replace bigotry. As a black women, though I am not surprised, I am exhausted! All I’ve been told is to report the video for hate speech but does it even matter or help at this point anymore. This content is ruining and poisoning the minds of young black boys and it’s terrifying. What can we do?

Rich Man and "High Value Man" being allowed to Cheat

44 upvotes | January 10, 2022 | by [Wrapping Your OOF](#) | [Link](#) | [Reddit Link](#)

I never understood this concept and still don't that being filthy rich or being "High Value Man" allows you to explore your "options" aka cheating. If you are a so called true High Value Man, you would keep your weiner in check and be considerate of your partner's feelings but no, Red Pill pushes that you can be purely "High Value Man" by earning a lot of money and being an emotional douchebag to your significant other as well as other women.

In my opinion being a true High Value Man is not only about money but also about being considerate and mature when it comes to relationships, if you can't date one woman then don't pursue a serious relationship with someone, easy as that.

I mostly heard this crap from Kevin Samuels and at times this shit pisses me off when I think about it, just because you have a butt tons of money doesn't mean you should be a emotional douchebag and messing someone up. I just had to post it to get it off my chest kind of as this shit is so cringey, I'm not surprised a young gullible man follow the steps.

I would love to hear your opinion on this subject as well, that's why I posted this in the first place.

Why Kevin Samuels Delivers Toxic Messages to Both Men and Women - Personal Experience

44 upvotes | February 8, 2022 | by [Patient_Pool_586](#) | [Link](#) | [Reddit Link](#)

Men and women - I know this is a long post - it's part of me trying to process this whole thing but let me know what you think

Coming across KS's videos

So I came across Kevin Samuel's video last year after breaking off with someone and thinking about what I want in a relationship and what my life will look like. That's the first time I've heard of high value men and he emphasized on hypergamy. I have a pretty good career and I work on myself. But I thought, who knows, maybe he's right, I won't know until I try it out.

Meeting a millionaire CEO online

After a few months, I met a guy 13+ years older than me that perfectly fits the definitions of a HVM set by Kevin Samuels from a sugar baby website. He is a millionaire CEO that's on the younger side and looked attractive for his age. It's also clear from his linkedin he's well respected by the people he works with. He's looking for a long term relationship with an exceptional younger woman, and he's taking his time unlike other men who jump at any chance to hook up with you. I absolutely admired him at the beginning thinking he's exactly what I'm looking for.

BDSM

Although I have no problems dating guys usually, I began to feel a bit insecure thinking maybe I don't meet his standards and I should go back to focusing on myself. But things changed after a week, he revealed to that he's into BDSM and is a "natural" dominant. I asked more about BDSM, he linked me to some youtube videos, but I noticed some similarities in the profile pictures so I told him and he admitted that he made the videos. I was thinking, is my life turning into Fifty Shades of Grey?

So I continue to go through the videos and I thought BDSM is just about some kinky sex, but no it sounded like he would require his sub to: share what they wear, where they are going (location tracker), and what they are eating everyday; read and exercise as he instructed, write sth to show their gratitude to him before they go to sleep; oblige to certain etiquettes or protocols when they are in public. You will also sign a non legal-binding contract with him agreeing to fully submit yourself mentally and physically to him for a period of time. I mean, I don't judge, but I don't think that's something I would want to do.

Misogyny

But what really throws me off is:

- The videos he made where he calls himself a sigma male and he thinks the "stronger" men should get all the women (80/20 rule), and the hot crazy matrix - how women are all a bit crazy and men would not ever date a women under the rating of 5.
- In his video about why the D/S relationships ended, he mentioned some women wanted more commitment because of their biological clock and he was not willing to give it to them. It sounded to me that he keeps a submissive around for a while then just throw them away when they get too attached.
- He makes a lot of generalizations on women and shows signs of toxic masculinity over texts where

he would say women weaponize men's vulnerabilities and men fight with fists but women fight with emotions.

So these are red flags for me and I told him, I felt like I was attracted to an idealization but based on what he said and the videos I'm beginning to think he's a bit misogynistic..he just lashed out to say I'm a toxic feminist and insulting him with my feelings, I said I just don't like generalizations about people and don't think that would be beneficial for a true connection but he just continued on saying he doesn't hate women, he just don't give them the chance to hurt him.

Then I got sick of it and started to lash out to say I know exactly what types of guys would be into this kind of contents, because I've experienced it with my ex and I thought successful men know better than making assumptions about women all day.

- He sent me paragraphs about how I am damaged goods, and if I'm compared to a vehicle I already got milage on me, my only asset is my ass and I will have no value when I get to 30 and when I become fat and ugly. Any men in the sixes would know how women operate.

- Then he continued to say he fucks with super models and that **I'm average at best** like 15 times, but contradicts himself by saying my looks is the only good thing I have and my value is almost over I know it all sounds ridiculous but do you see the negative impacts KS has on these men

Finding out the true reason

I flipped back to an unwatched video about how he became a dominant, it sounded like he does hold grudge against women because he got raped and abused by his female babysitter when he was 11. He wasn't a naturally confident or dominant person, but he felt like he had the urge to be violent towards women and can only get sexual pleasure through BDSM. I mean I empathize with him and that's fine if it's consensual, but he even wrote about his fantasy of raping an unaware vanilla girl. This is giving me some chills looking back if I haven't discovered that he's the creator behind the videos.

Why Kevin Samuel is wrong

KS mentions about how being able to provide financially should be main criteria to choose a partner, this is very outdated. I am not saying all successful men by KS's definitions are like this, but a thing KS never talks about is that the energy put into pleasing a man could be used to better yourself so that you can be more valuable to yourself and to the society. He thinks women are not capable of achieving higher success than men therefore hypergamy would be the only solution if women want more wealth.

However, no amount of money matters if it puts you in danger mentally or physically and being financially successful does not necessarily mean being a good partner.

I think his emphasis on financial aspects needs to be toned down and he should focus on other fundamental characteristics such as **responsible & reliable, open & honest and respectful and the individual emotional/physical needs** of both parties on top of being financially secure. **This is no way trying to "settle for an average guy"** because sadly these are very rare and valuable qualities that take a long time to find out.

Maybe KS's videos are focused on gold diggers and some delusional women who can never prove him wrong for entertainment purposes, but the overall message is very toxic to both parties - **encouraging women to pursue hypergamy and tolerate abuse and making "HVM" who might hold toxic views against women in the first place more entitled and misogynistic as ever.**

How Much of The Red Pill Is Just A Grift Meant to Take Advantage of Vulnerable Men?

44 upvotes | September 3, 2020 | by [SpecialTurnip3](#) | [Link](#) | [Reddit Link](#)

I've noticed that a lot of red pill "influencers" always have a book they want you to buy, a "self-improvement" course they want you to take, or a "convention" they want you to attend. The premise is always that you will receive some sort of "secret knowledge" about the world that the blue-pill betas/feminists don't want you to know about, and that is only available with this influencer. Granted, they do give out a lot of content for free, but the upsell is always there.




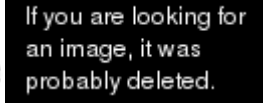


It really reminds of so-called "gurus" (like Tai Lopez and Dan Lok) in other industries that promise to make you a master salesman, or teach you how to day trade stocks. In all of these cases, evidence of success tends to be purely anecdotal (if it isn't faked by the guru himself), and something like 95% of people fail at successfully applying the "secret" techniques that supposedly work. I doubt red-pill/PUA advice has a higher success rate.

An example of a toxic red pill guy who's about to lose his girlfriend. What an idiot.

44 upvotes | September 16, 2020 | by [Comfortable_Intern57](#) | [Link](#) | [Reddit Link](#)

Aita for telling my boyfriend if he wants me to move in with him, I'm not paying rent or only paying minimal rent?

5,591 points • [1,211 comments](#) • submitted 5 months ago by [THROWRAwjwjs2728](#) to

[r/AmItheAsshole](#)     [2](#)  [3](#)  [3](#) & [6 more](#)

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im fucking done with these people part1

44 upvotes | June 17, 2019 | by [SHAKIRAISHOT](#) | [Link](#) | [Reddit Link](#)

i just wrote 1000 words and decided to start over and compress it somehow. i cant thank the people here enough or i wouldve been stuck in that shit hole - blinded by resentment after getting rejected by a girl who i had very strong feelings for (throat would choke up if u know what i mean lol). its a lot easier to say "women are completely and utterly incapable of loving men" than it is to say...well, just about anything else. fyi i was in the rp community for over 6 months. this is gonna bounce around a lot but ill try to wrap it all together in a way that all makes sense.

my mom left when i was in 8th grade because my dad abused her, and my dad severely emotionally abused me throughout highschool. hes a narcissistic psychopath and words cant describe what i went through. throughout high school i got an enormous amount of attention from girls, many even approached me, but i wouldnt do anything out of insecurity and self hatred. this is important because this taught me that **SUPERFICIAL SHIT WONT MAKE YOU HAPPY** because even though i was very good looking literally getting approached i still hated myself and was miserable.

i was talking to another member on my main account and our dads are a lot alike. they both abused their wives and even animals - mine literally threw my dog off a 2 story balcony and was completely justified in his mind because he was "mad". remorseless. anyway ive concluded that we are the kinds of people red pill attracts because we were raised by narcissists which teaches you as a person are completely worthless and the only thing that matters is the superficial. i was not loved by hated on my by my father almost daily. literally verbal harassment almost daily throughout my childhood until i moved out. thats only the beginning of it but anyway...

red pill is essentially a training camp for developing narcissistic personality disorder. they take basic truths like women want the best they can get (men do too), women want a guy whose got his shit together, and trains you to believe that this is the **ONLY THING** girls care about is your height, wallet, muscles, and how narcissistic you are and theyll leave if you dont pretend to be alpha enough. they mention self improvement it really has nothing to do with that or theyd just call the self improvement community. my old christian pastor literally told me to "keep lifting" and i was already adamant about self improvement long before finding rp. so whats left is pure retardation including "game" "oneitis" "frame" "plate theory" and just blatant misogyny that somehow is justified because "women cant love men".

frame is a fancy way to say confidence. you cant honestly tell me that youve never heard a woman say they want a confident guy. so what the fuck has the "matrix" lied to you about - more on this later...

game is acting as arrogant as fucking possible. the forums are filled with some of the dumbshit ive seen in my life. "how do i respond to this text msg???" and the pro advice is to act like a douchebag. i could give examples but im sure yall have seen it. ive seen some 16 yo boy go on there saying his relationship is good but now hes confused after finding rp and the advice that was given to him was to withhold affection from his girlfriend for literally no reason until she sucks his dick. i mean... what the fuck.

oneitis - you cant honestly tell me that youve never heard a "blue piller beta" tell you "theres more fish in the sea"

i was talking to another guy on my main account and he literally believes the only way to have sex with a woman is by manipulating her. he literally said that. he also said that rp is undoubtedly misogynystic yet they all desperately try to deny it and the front pages of the forums are filled with shit referring to women as bitches.

i recently took a look at the red pill glossary and i couldnt help but cringe and ask myself how the actual fuck i got trapped into this horseshit. this is a quote " **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. ". they literally encourage being a narcissitic psychopath as a short term sexual strategy. WHAT THE FUCK!?!? and btw those arent traits, theyre full blown disorders.

part1 conclusion: shallow practices will yield shallow results. red pill gives good advice for getting laid. but like the bolded statement above says: superficial shit wont make you happy. meaningless sex is a superficial thing. in other words, red pill gives good advice, but your starting point is completely wrong if you think getting laid will make you happy or is even what you really want. **ive seen countless posts on the red pill of guys talking about how they feel so empty and unfulfilled after banging all of their "plates"**. its like... i wonder fucking why? more coming in part2.

I'm pretty angry about how bad I've been duped.

44 upvotes | November 23, 2018 | by [VastScene](#) | [Link](#) | [Reddit Link](#)

Edit: I just wanted to thank everyone who commented, it means a lot to me! Thanks so much [Shadows-of-Hiroshima](#), for showing me MensLib, which is slowly making itself one of my favorite subreddits along with the Thinkpad subreddit and the various other DIY/Computer subreddits, I can't wait to contribute to the subreddit. Just thanks for the kind words, advice, and comments, thanks for reading my venting. So, I'll let this post be...

I'm 26 years old at this point, and I've been involved in "red pill" ideas since I was a teen as well as some harmful ideas from family. It started innocently enough, I was curious about certain double standards between men and women and I'd say I have a strong sense of justice so I read about various issues and then when I was sad over a break up I really sunk into it. And the close to cult like mentality made me unwilling to listen to other views but this year I started to listen to what other people were saying. I had fallen down the anti-Feminist rabbit hole full force but then I started to understand what Feminists were saying. I can see that Feminists and women in general don't hate me. All this trash about how I'm worthless because I was born a boy didn't come from regular everyday people, it came from red pillers, with their made up terms like "male disposablity" or whatever. I was stupid enough to fall for strawmen of Feminism, women, and really just people in general, I should have just listened and tried to understand people who actually do want to help me.

I've gained some more self respect, and I have a much better attitude towards people of all kinds, so that's good. Learning about Feminism helped a great deal with that, and has allowed me to reflect on myself. But holy fuck am I mad, like punch the wall mad. I was watching a Feminist youtube channel breaking down the Red Pill and midway through the series I had to check out since this woman was just grinding the home that I was completely duped. I appreciate her videos as well as a long list of other Youtubers for breaking me out, but I might have to finish her series later. And thank fuck this community exists, I just wanted to share a part of my experience and maybe calm down a little. Instant sub and thanks.

Red pill lacks empathy.

44 upvotes | November 4, 2018 | by [taurusthetaurus](#) | [Link](#) | [Reddit Link](#)

Just got into a argument with a redpilller who said women shouldn't be afraid of being raped because men are assaulted more. Like that has any correlation with women.

Then he got some statistics showing that men are only 20% heavier so that should have no big affect in a fight.

It pissed me off because no one should tell anyone who they should or shouldn't be worried about. And ive come to notice that many redpillers are arrogant

F18. M36 Redpill ex ruined my life. I feel worthless.

44 upvotes | January 18, 2018 | by [aalexandra](#) | [Link](#) | [Reddit Link](#)

Third wave feminism pushed me to anti-feminism, which left me looking at the red pill and the alt right. Met my ex when I was 16 and just coming out of a communist cultural marxist phase where I thought everyone should be beige, genderless etc etc.

He and I discovered the alt right together and he became this pseudo red pill alpha male. He had me thinking we were going to live in rural Arizona and own a homestead and that I was going to be his little baby making machine. He completely turned me against homosexuality, university, other women, you name it.

He dropped me at the end of 2016 and ruined my life. Turned out he did it because he found another me, a 20 year old psych grad with only one previous owner, if you get me. He enjoyed antagonising me with her because the level of control he has over me still is unbelievable. She has long hair, a womanly body, no 'issues' or dodgy past, lives in his little fantasy world with him while asking no questions. Whereas I have short hair, I'm build like a little boy with more than enough issues. She is his idea of a proper woman.

My life has been hell this year. Haven't left my house in 8 months. His control over me is so astounding that I can't function without his approval. So during this year I spent hundreds buying all the clothes I saw her wearing, tried to be her completely. Because maybe if I acted more like her and like a lady he'd take me back. Didn't happen. Whenever I start to get over him, he worms his way back into my life and talks shit about her and tells me I'm his true love. I told her about it. But she, just like I am, is completely under his spell.

He spoke to me just before New Years, basically berated me for being a 'degenerate'. Hypocritical of him, because I'm trying to change, I'm trying to get well and be happy but he still tries to groom little girls into being his alt right wife when he's an alcoholic divorcee who lives in his stepmother's house with his cat.

I fucking hate alt right redpill men. NEVER AGAIN am I doing this. I feel like shit. I feel like no good man would want me, I feel like men will hate me if I speak up or if I just 'be myself', I feel like society think I'm stupid for perusing a career in anything other than a STEM subject (I'm going to be a social worker), I feel like men would be turned off by me having short hair, that I HAVE to shave, I've only just gotten over feeling uneasy about my dress sense (I'm female but quite gender neutral regarding my clothes and name (Alex))

I don't know if I'm looking for advice or not, I have no idea why I'm posting here. I'm just so glad there's other people like me. Thank you so much for reading.

I was banned at asktrp for pointing at hypocrisy of the community leaders

43 upvotes | August 27, 2020 | by [Empirismus](#) | [Link](#) | [Reddit Link](#)

Hello there! So here is my post:

https://www.reddit.com/r/asktrp/comments/i96k9t/red_pill_influencers/

if it is unavaliable there is exact copy in this sub

https://www.reddit.com/r/exredpill/comments/i96j2n/red_pill_influencers/

I opened my incoming messages and get that thing:

You have been permanently banned from participating in r/asktrp. You can still view and subscribe to r/asktrp, but you won't be able to post or comment.

If you have a question regarding your ban, you can contact the moderator team for r/asktrp by replying to this message.

Reminder from the Reddit staff: If you use another account to circumvent this subreddit ban, that will be considered a violation of the Content Policy and can result in your account being suspended from the site as a whole.

I reply to that "Can I ask why at least? I was pointing at the pure facts, is this really a fucking cult and no one allowed to ask questions?!".

That is quite disappointing to be honest, I though they are open for discussion but in reality this sub is more like dictatorship where no one allowed to throw a glance of doubt at their saints.

Does the alpha/beta male classification actually have any validity to it or is it just BS?

43 upvotes | July 12, 2022 | by [throwawaybeta208](#) | [Link](#) | [Reddit Link](#)

I ask this because I see "alpha male" and "beta male" thrown around a lot in non-RP communities when talking about men. Not sure if it's an idea that the RP community is trying to spread or if it's just a concept that's widely accepted in the mainstream.

Thanks

what can we do to pull men out of / deter men from the redpill?

43 upvotes | July 19, 2022 | by [Worth_Supermarket348](#) | [Link](#) | [Reddit Link](#)

I've noticed a growing sentiment from this sub , the menslib sub and comments in other spaces that have the opinion that we should do more then just criticize / shame / and make "debunking " videos on redpill content , and instead focus on why people gravitate toward the redpill in the first place .Even in one of aba and preaches latest videos on andrew tate they seem to have a similar sentiment . They say that men are allured by the redpill because there just doesn't seem to be an appealing alternative . I think this is a valid sentiment however i do get frustrated because as far as i can tell these people dont seem to offer a solution or any actionable advice . so my question for you guys is , what can we do to deter people from falling down the redpill rabbit hole ? if your answer is provide an alternative , then what would that look like ? in addition i would like to know how we can better pull men out of redpilled communities . Basically i would like to see more solution based content on the matter because redpill grows more and more popular by the day .

Rollo MyAssy doesn't read what he post

43 upvotes | August 13, 2022 | by [UnusualLingonberry14](#) | [Link](#) | [Reddit Link](#)



Alexander @datepsych · 1s



Replying to [@RationalMale](#)

This is trait masculinity in individual differences. Not that women need men. More masculine women are less depressed.

People who had high levels of both masculine and feminine traits, basically androgynous, were the least depressed.

his colleagues found a robust negative relationship between masculinity and depression in both men and women. In other words, individuals with high levels of masculine traits experienced lower levels of depressive symptoms compared to individuals with lower levels of masculinity. The researchers also found a weak relationship between feminine traits and depressive symptoms, particularly among those with higher education and those living in countries with higher national income.

Those with high levels of both masculine and feminine traits (androgynous) were the least at risk of depressive symptoms.

The main findings suggest that androgynous gender role traits can protect against depression, regardless of sex and age," Li told PsyPost. "To be specific, both female and male individuals who strongly endorse masculine traits (e.g., stands up well, never give up, active, and decisive) are less susceptible to depression, and feminine traits (e.g., warm, tender, gentle, affectionate, sympathetic, and understanding) may also allow them to benefit from social support as protective factors for depression."



Rollo Tomassi @RationalMale · 2d

Replying to [@robkhenderson](#)

Or women's mating strategy is dualistic and they seek short term genetic benefits from hot muscular men and long term security benefits from 'attractive' men.

Perhaps arousal and attraction are 2 distinct aspects of women's mating strategy?

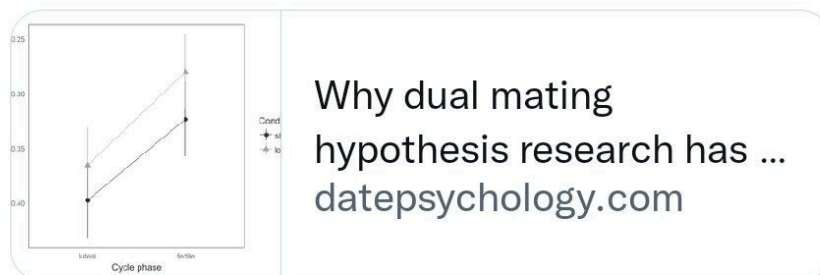
7 13 122



Alexander @datepsych · 2d

Replying to [@RationalMale](#) and [@robkhenderson](#)

Most likely untrue based on current evolutionary psychology. The dual mating strategy hypothesis hasn't been able to replicate and the originators of that hypothesis put out a paper a month ago saying as much.



3 1 4



Rollo Tomassi @RationalMale · 2d

Replying to @datepsych and @robkhenderson
twitter.com/jonatanpallese...



Jonatan Pallesen @jonat... · 08 Jan 21

Replying to @DegenRolf

pubmed.ncbi.nlm.nih.gov/30477896/

This paper mentions several studies that show a change in female mating desire depending on hormone levels and fertilit...



Alexander

@datepsych

Replying to @RationalMale and @robkhenderson

Sure, this is a study pointing out the inability to replicate dual mate hypothesis research. It says the data does not support the dual mating hypothesis and proposes an alternative: the estrous model.

will discuss evidence from new large-scale studies that
d influential hypothesis. We also outline how the re

152 on women's preferences for masculine or symmetric men. Those within subject studies
153 testing whether women's preferences for facial masculinity, facial symmetry, or body
154 masculinity tracked changes in salivary estradiol and/or progesterone also typically found no
155 evidence for hormonal regulation of woman's mate preferences [35,46]. Although some
156 longitudinal studies have reported positive effects of estradiol and/or negative effects of



Rollo Tomassi @RationalMale · 2d



Replying to @SamLowry27B_6 @datepsych and @robkhenderson

Ovulatory shift replicating all depends on who trying to replicate it.

OS is contentious because it highlights unflattering truths about women's nature. When 85%+ of psychologists are women you can see the bias.

Some will resort to P hacking:

youtu.be/wn8pZLAP1lg



Alexander @datepsych · 2d



Replying to @RationalMale @SamLowry27B_6 and @robkhenderson

Who said it hasn't replicated well: Steven Gangestad, the man who developed the hypothesis.

The authors of the paper you just gave me said this as well and covered multiple failed replications.

The online popularity of redpill is just weird and kinda creepy

43 upvotes | August 17, 2022 | by [Passion211089](#) | [Link](#) | [Reddit Link](#)

I'm not a part of the redpill, bluepill, purple pill, Chinese pill or any pill community for that matter but I used to watch a lot of these redpill videos on youtube just outta curiosity. And I honestly find the popularity behind the whole concept really, really weird.

Although my mum passed away last year, she was the epitome of the ideal woman that these communities preach about. A housewife, a devoted, submissive and supportive wife, and a nurturing and caring mother.

My dad was the head of the household, had the final say in every decision, financially provided for the family....oh and was an engineer, so yeah, he built things.

Their relationship was exactly the type of relationship dynamic that these communities rave about. And yet, despite being married to my dad, in all those four decades, my mum was NOT happy and eventually began to deeply, deeply resent my father.

My dad wasn't physically abusive, but he took her for granted and never really respected her or valued his relationship to her.

What's worse..... because she had spent so much of her time compromising and catering to my dad's every need, it had chipped away at her self-esteem and self-worth, to the point where she was willing to take crap/emotional abuse from people as though other people's bullshit was somehow her fault. She never knew how to stand up to my dad because he had done such a good job of keeping her vulnerable or emotionally powerless in the relationship.

My mum wanted to work but my dad made sure she wouldn't.

My mum wanted to complete her degree, but my dad wanted a housewife who could look after his parents, and therefore didn't see the point of her finishing her degree.

Everytime they had a disagreement or everytime someone had to compromise in their relationship, it was my mum who did the compromising. NOT my dad.

Why? Because money is power

Whoever brings home the paycheque, holds power in that relationship.

When you buy into this type of mindset that preaches the importance of being submissive in a relationship and not having career goals or ambitions to fall back on, just know, you are giving your power away to someone. And if you are lucky, that someone will treat your submission with respect.

But not everybody is that lucky. And that's because it's human nature for us to take things for granted when things either come to us this easy or when you hold all the power in a relationship. This isn't a gender thing....it's human psychology.

And here's my gripe with the some of the messages that these communities push; not every woman is going to be happy and content being a housewife and to support a man's ambitions over her own.

Not every man wants that type of relationship either.

Not every woman wants to be a mom. Not every man wants children either.

In fact, there are quiet a few people who regret having children but it's taboo for us to say that out loud or acknowledge that motherhood is not for every woman.

Not every woman likes being the submissive one in the relationship. In fact, there are many women (and men) who don't want or need that submissive-dom type of dynamic.

Despite all the echo chamber that is made up of YouTubers such as, JustPearlyThings, Mediocre Tutorials & Reviews, Fresh&Fit, Jordan Peterson, Kevin Samuels and the like..... modern women in their 30s who are apparently "past their prime", are still getting married left, right and centre.

Do many modern women have issues finding the right guy to marry? Yes. But so do men.

What's even more weirder with the people pushing these messages is that many of them have daughters. If your daughters have ambitions or career goals, as a parent, are you going to tell them that their career goals or ambitions don't matter? And that the only career goals that matter are that of their future son-in-laws?

Are you gonna tell your daughters that the only value they bring to society is to cook and clean and support their future man and raise children?

There are women, on the other side of the planet, who have lived and are living precisely the submissive housewife-life that these communities preach about and not all of them want that life and yearn for more.

These echo chambers are just so weird, precisely because these youtubers are very pushy with their messages. And generally when someone is this pushy with their messages, there is usually an agenda.

Edit: I don't have anything against housewives or someone who wants to be the submissive one in the relationship, but I just find the pushiness behind the redpill messages a bit weird.

society always talks about nice guys? but never nice girls....

43 upvotes | September 13, 2022 | by [Fit_Device2818](#) | [Link](#) | [Reddit Link](#)

Hey guys. Heres to letting go toxicity of red pill.

Before college, i had alot of female friends. But i got into an engineering course, after that im mainly around guys. Same with work life. Nothing crazy, they see me as one of the guys. (Cause im not very pretty) But i did get front row seat of locker talk. And now i understand major differences about guys and girls, and why theres alot of misunderstanding.

Alot of men bemoaned about nice guys finish last, are usually men who try to date outside their league. And these girls obviously usually want to date someone as attractive. There are alot of nice girls out there, who want to date, and when i try to set them up with the "nice guys", i met with multiple excuses, "im not attracted to her...", "i have standards".....

I dont really see nice girls going after hot men, and complain "nice girls finish last...." but men usually have tunnel vision, they only hear from beautiful women, and when they get rejected, they'll complain...and the cycle continues....

Also i feel bad usually for women, cause women do get rejected. But its seen as desperate, sad, pathetic. I tink thats why its difficult for modern women to be vulnerable. But when a man gets rejected, ppl are more sympathetic, like u want to comfort him....

I notice guys who are more accepting of regular girls, are like hardcore gamers. Guys who will spent hours gaming, and dont really socialise with ppl.

Anyway, thats my observations.... feel free to write down ur thoughts.

Working on a YouTube channel to combat TRP and similar philosophies... need some advice.

43 upvotes | May 24, 2020 | by [srubia2007](#) | [Link](#) | [Reddit Link](#)

Hello, fellow Redditors.

I am working on creating a YouTube channel to counter TRP, PUA, TBP, etc (ad nauseum), and focus on a more positive worldview of male/female relationships.

The idea right now is threefold:

- 1) To break down TRP and others (maybe even explain some of the rhetoric and vocabulary for those who haven't been introduced to it yet)
- 2) To provide better advice and alternative to socially awkward men (preferably BEFORE they take the poison pill)
- 3) To dissect movies and pop culture and showcase good and bad examples of masculinity. For some examples: The Matrix has been co-opted by The Red Pill community but is really a TRANSSEXUAL'S story in it's intended metaphor; or Fight Club being misunderstood for 2 damn decades, etc.

What are people's thoughts on this? Is there something I am missing, or should be included? What would you want to see in such a channel?

Looks matter definitely

43 upvotes | June 8, 2020 | by [Reyeactable](#) | [Link](#) | [Reddit Link](#)

One of the reason I was so against the idea of leaving Blackpill/incel spaces was because everywhere else I tried to talk about the difficulties of dating because of your looks the comments would eventually devolve into "women are blind and never date or fuck anyone just based on looks women only care about personality".

And the only place where people would acknowledge that women can be as shallow and superficial as men were incel spaces

I'm a Asian looking male and I have had basically 0 luck getting dates in my country , but once I was on vacation on a Asian country the difference was unreal on how much female attention I got , obviously the only difference was that my looks were considered "normal" there

Why is everyone so against the idea of acknowledging that women can have particular preferences that some men just don't match and that no matter how good your personality is looks also play a huge part on your success ?

Red pill opinion on men

43 upvotes | July 19, 2020 | by [TC-Wheeler](#) | [Link](#) | [Reddit Link](#)

I've never been fully immersed in TRP, if anything I'd probably be "purple pill" bc I agree with some things they say, just not all or even most of it. But I think some of their points are valid.

Red Pillers are so obsessed with how women work socially and female psychology, (and i don't blame them bc I also find psychology interesting and how people work I find interesting).

But what do they think about male psychology how men's brains work. How it's different. I've heard red pillers say it's a feminine trait to be jealous. I find this extremely ironic bc it's almost typical of men to get jealous when they see their girlfriend even do as much as talk to another guy. Even if they have a female friend they'll get jealous if they talk to other guys. That's just an example

If they're any negative traits that guys have, I've heard TRP blame them on being too effeminate or "beta". Do these people honestly believe that real "alpha" men are perfect and flawless and that any negative male trait is feminine? If so, that's delusional.

But what does TRP actually think about male psychology?

"What's so wrong with bettering myself?"

43 upvotes | February 1, 2021 | by [atman714](#) | [Link](#) | [Reddit Link](#)

This is one thing that I see a lot of in this community, and it usually comes from men who are either still in the RedPill and curious about this community, or men that are leaving. Usually, it's stated as: "The RedPill helped me better myself in some ways. I now workout and picked up a hobby. What's wrong with it when I bettered myself?" The answer is, there's nothing wrong with bettering yourself, in fact, I don't think anyone in this community is arguing otherwise. Self-improvement is a fantastic goal to have in life. The issue is, you don't need the RedPill community to better yourself. Sure, there might be some good in it, but it's also filled with a lot of bullshit. As I've talked about in some comments, it usually has a rabbit hole effect. Initially, someone comes to the RedPill because they have had some tough luck with dating, had a very terrible breakup experience/got cheated on, or are a single dad that got screwed over in some way by their ex. They usually start off watching PUAs on YouTube, read some success stories in the subreddit, etc. The problem is, as they go deeper into it, they start seeing the common phrases such as: "Women are biologically incapable of loving you the way you love them, it's science!" "She's never really yours, it's merely your turn with her." "Alpha fucks, beta bucks." There's also the common arguments about hypergamy, and how women will leave you instantly the second that a better option comes around. And, furthermore, you're in an echo-chamber of men giving horror stories about how they got cheated on, used, manipulated, etc. With all of these components, it really isn't difficult to see how a man would decide to join MGTOW or incelism. Sure, he can try to "be an alpha," but there's always going to be guys that are bigger, stronger, wealthier, higher status, taller, more attractive, etc. To many RedPill men, it becomes a terrifying waiting game, because, inevitably, a better man will come along no matter how much improvement you make.

The only reason I even post on this subreddit, and care, is because I used to be in the rabbit hole too. After getting out, and getting in a healthy longterm relationship, I want to try and prevent other guys from falling down the same hole. It started with a surge of self improvement, but ended in hopelessness as I started playing with the idea that I can never be loved truly. It's a really hopeless place to be, but most importantly, it's not even true. One of the healthiest alternatives to RedPill is simply asking men in longterm relationships for advice. The vast majority aren't RedPilled, but have success in other ways. The best people to get advice from are the ones who have what you want. Not some random middle aged dude on YouTube who calls himself "coach" and gives 0 personal details.

When red pill men say “genuine desire” is the most attractive trait in a woman it reeks of unresolved trauma or childhood loneliness

43 upvotes | September 22, 2021 | by [Cool_Breath1182](#) | [Link](#) | [Reddit Link](#)

Many red pill men disdain being told who hurt you, and if you have the narrowest understanding of human nature, because they react to the “who hurt you?” question with such frustration, it should be obvious to you that they have been hurt, otherwise they would let it roll off like water on a duck’s back. To me, one way they make it abundantly clear that they have wounds is when they say that the number one trait to look for in a woman is “genuine burning desire.” As opposed to personality, similar interests, or basically anything a normal person would value. They seem so obsessed with women treating them like kings that it’s rather obvious that they want these things perhaps because they were the last in their high school class to lose their virginity, or they perhaps never even went on a single date when in high school. Our childhood experiences mold us for the rest of our lives, they shape our very personalities, perceptions, and global beliefs, and it looks like red pill men are in reality desperate for validation as they likely were starved of it growing up, otherwise they would feel secure and wouldn’t need to seek out communities like the red pill and wouldn’t be desperate to find women who “treat them like kings.” And give them “genuine burning desire.” I guess I could say that I come from a pretty healthy home, and I don’t give a rats ass about feminism, I don’t feel victimized or threatened in any way and when I’m dating people I stay present and only focus on the two of us, I worry about myself and focus on what I can control. I do not ruminate on notions of masculinity being in crisis or whatever.

To create healthy and good alternative spaces to the red pill, one thing we should learn to do is to not invalidate men's experiences. Instead, engage in the toxic conclusions they can draw from it.

43 upvotes | December 6, 2021 | by [No-Border680](#) | [Link](#) | [Reddit Link](#)

This is something that's been frustrating me for such a long time now. I've seen this over and over again, where people come in and invalidate, attack or police what topics men might want to talk about. Often when it's about negative experiences with women.

I think that we need to make ONE thing clear, right of the bat:

Men talking about their experiences with the women in their lives does not have to be the same as them expressing an opinion about women . "I have had X bad experiences with women" doesn't insinuate that all women are evil, or something about women's nature.

It's so disheartening. I remember when one guy brought up that it was primarily the women in his childhood that had a hand in teaching them toxic masculinity. A whole lot of men, me included, began to realize that they have had similar experiences growing up. Before we could start to talk about anything constructive, the discussion gets derailed by hostile forces. It was so fucking clear that what people, most of them women, had a problem with was that we talked about it and not what we actually said. Most of the discussion, before the derail, was about genuine and healthy things. What do I do if the mother of my child acts the same with my children? How can I communicate to a prospective partner that I would like to be assured that she's not like that and at what level is the bar unreasonably high? Good shit, awesome debates. We did not say that ALL women were like this, just that it seems to be a common experience that we shared.

There were angry voices, but they were a minority. That didn't stop people using them as an excuse to silence us.

I just feel that this is a good way to shoot ourselves in the foot. There's no net to catch men before they get sucked in to the RP-vortex.

This is something that all of us need to get better at.

I'm so glad that my redpill kick didn't last that long

43 upvotes | January 19, 2020 | by [Rick_Shadivastava](#) | [Link](#) | [Reddit Link](#)

The year 2017 was the year that I was most heavily into stuff like the manosphere, MGTOW, and the redpill. The first thing that pulled me into these groups were the "MGTOW movie moments" videos....where the male characters weren't kissing the female characters' asses and drooling all over them. They were indifferent to female companionship, which was something I could resonate with. Even though I still like women and would like to have a relationship with one someday, I've never had this *burning desire* to have one in my life. It bothered me that a lot of dudes would go to great lengths to try to have women in their lives. It bothered me that it could be possible that a woman's sexuality is so powerful that she can make a man turn into a drooling lap dog.

One of my worst fears is anyone having the ability to make me become that.

So then I started looking at more MGTOW and redpill content and I got more intrigued by it. I started eating up all the shit that guys like Red Pill Philosophy and all other MGTOW and redpill guys were saying.

My attitude toward women went from neutral/indifferent to negative and harsh. What's worse is that I was spewing the bullshit to my family, who would always want to stay away from me after I started talking. My view of women and how men and women interacted was warped big time.

So after a while I unsubscribed from all MGTOW/redpill channels, I stopped going on the reddit forums and googling MGTOW/redpill content.

From that point to now in 2020, I'm a lot happier and my mind is now clear of that shit. I've also become a lot warmer and friendlier, and I've been smiling a lot more. With regards to women, this has only gotten positive results. I've been told by a male coworker that my female coworkers were afraid of me, and the reason was because I looked mean as shit.

I never made much of an effort to talk to the female coworkers. I didn't really want to interact with them to be honest. But for the sake of making them feel more comfortable I've managed to soften up, have conversations with them, and smile more.

They were more comfortable with me and some even went out of their way to interact with me.

A female coworker told me that I had a pretty smile lol and that it was much better than me walking around looking like I'm about to fuck somebody up.

I'm just so glad I stopped when I wasn't too deep into it.

Just recently gave up the fake world

43 upvotes | December 1, 2020 | by [ilpandamarrone](#) | [Link](#) | [Reddit Link](#)

Hello guys, I'm 21 and as many of you I became trapped into the redpill stuff in a dark moment of my life, I was transitioning from high school to college with some familiar issues and a break up from a toxic relationship. Not a very dark period but it was enough confusing for me to start wondering how to solve problems with...guess....redpill principles.

I started falling for the redpill dating rules mainly, following some big youtubers, because I wanted so badly to heal from the past relationship and get a new intimate connection with a girl, needless to say it never truly worked. Long story short I never truly 100% believed that stuff, I was trying to get rid of my "blue pill nature" but at some point I realized it was all bs, mainly because of those frequent "women are all the same" advices so here I am ,lurking here to clean my mind from the previuos dirty stuff. My biggest worry is How can I start dating free from all those principles? Do you guys have any advice to get back on track with women leaving behind those typical abusive behaviours?

Thank you if you read this and you would help a fella

Help detox a self aware 20 year old from the red/blackpill

43 upvotes | November 23, 2020 | by [throw5091](#) | [Link](#) | [Reddit Link](#)

Hey everyone.

I'm a 20 year old in college and have been taking in redpill content since probably 2018. I was introduced to it from Patrice O' Neal's (one of the best comics ever) black phillip show. Although I think his advice is genuinely good and not as extreme as some of the other red pill content out there. I think if I would've stopped at Patrice I wouldn't be in the predicament I am now. Anyways, sooner or later AMS's videos popped up into my recommendations, then it was Steph's, then I started subscribing to their patreons and shit. I fell down a deep hole of redpill content. Then one day (probably about a 3-4 months ago) i was browsing and stumbled upon Looksmax (black pill content). I started reading more and more into it. I started becoming insecure about my chin and shit. I started getting insecure about my height (5'9 - 5'10). I even bought lifts and have been wearing them in my shoes. I stopped wearing vans and flats because I was afraid they made me look short. I was so close to buying peptides and other things to "heightmax", but ultimately what stopped me was my medical conditions. If I weren't for that I probably would've been injecting peptides and messing up my hormones. I started looking into leg lengthening, and coming up with lies I could tell my family so that I could go to India to gain 3 inches in height. I have never been insecure about my height before. And pre redpill I've had about 3 girlfriends and a couple of hookups here and there. I know I'm not a bad looking dude, but the blackpill really made me feel like shit to be honest. I started obsessing over my height and I hate to say it, but being 1-2 inches taller made me feel good. Buying the lifts was probably one of my worst decisions ever. It felt good to "mog" people. I hate that I'm saying and thinking this. I used to be a genuinely nice and easygoing guy. I didn't worry about whether or not I was "alpha" enough. I didn't look down on people for superficial reasons such as height or looks. Man, I really fell down a deep hole, and now I don't know what the fuck to do.

And now that I'm thinking about it, I've treated women close to me pretty shitty since I discovered the black/redpill. I bought into female nature and all this shit. I even told my little sister, who I love more than anything in the world, that I wouldn't date a girl if she wasn't skinny (my sister's a little big boned compared to me; I'm skinny) I probably wrecked her self esteem and made her feel like shit when I said that. I stumbled upon this subreddit and decided to take a look. I usually call other people out on cults/group think. I used to think I would never fall for it. I hate broad generalizations that demean a certain group based on one aspect. I didn't see the hypocrisy in myself. I've become a self righteous asshole who walks around like his shit doesn't stink.

Any advice guys? I really want to stop worrying about my height and worrying about what women think of me. I remember looking back at my past relationships and thinking "I miss just hanging out with one girl and genuinely liking her" only to call myself a bitch because I want something other than just physical.

Lost an acquaintance to rp and am pretty mad about it.

43 upvotes | February 14, 2020 | by [quasirealikecreature](#) | [Link](#) | [Reddit Link](#)

(sorry I'm on mobile) I wasn't actually sure where to talk about this. This seems like a maybe good place as the people here have been on the other end of it. Please let me know if there is a better place for it, thanks.

Someone that I had previously had good conversations with and enjoyed talking to (despite him being a bit misogynistic) as now gone full throttle rp. He previously thought I was an "outlier". I'm not neurotypical, I have niche interests, I love board games and video games and fantasy lore, etc. We recently had a conversation and it's like he's a different person.

He now thinks that any "masculine" hobbies and interests I have could only be for male attention (despite none of my gaming handles being feminine in any way so no one on that platform would know?) and that I fit his ideas about women 100%. He thinks "men and women can't have conversations because their brains are different". Ironically, despite looking and interacting normal enough to blend into society on the outside, because of not being neurotypical I think most people (men and women) seem more like weird ass aliens and I don't understand how their brains work. I've always had the experience that people have weird brains, but we can still have interesting convos. I've worked on things like not info dumping or talking about special interests unless the other people are equally interested in those, etc. It's pretty insulting to be told that I don't actually like my hobbies.

He also said that the only reason I'd want to talk to him is sexual attraction. I'm very happy in my relationship (that he knows I'm in). I like getting to know people and hearing their perspectives. I thought he was cool. Key word, thought. I no longer do. Unfortunately, only his anecdotes seem to matter, mine "aren't evidence", and "I couldn't possibly care about statistics" because I only asked for them and didn't share any myself (while I wasn't presenting an argument, just asking, and shared a bit of personal experience because that's what people do in conversations).

Anyway, it sucks. We weren't very close, but it's still infuriating to have someone put me under a microscope and analyse my motivations, and then be adamant in their wrong assessment of those. From my end, I'm pretty sure that was our last conversation. He shifted from someone who used to be fun to banter with and consider possibilities about sociology with to a boring, and dull conversationist who throws out everything I say or could say without thinking.

Edit: I'm not going to talk to him anymore, but does anyone have any advice on how to deal with this in the future (if encountered again?) The militant "you're wrong" about myself is pretty uncomfortable. Thanks.

Hi! I'm a psychologist and I took a stab at explaining why Tate's ideas about women are so harmful to men in the dating world. It was mostly viewed by redpillers as displayed in the vids comment section. What content/ideas did you come across that shifted you away from the redpill community?

43 upvotes | January 4, 2023 | by [StealingSugar](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/1r9eijRd-k>

“Just start a business, bro”

43 upvotes | January 19, 2023 | by [MassGuy8](#) | [Link](#) | [Reddit Link](#)

I think one of the most absurd talking points in the TRP community is how it's nonchalantly mentioned to guys: “just start a business, bro.”

Of course, none of these people in this space will offer any advice on how to do that. They won't mention the time and money it's likely going to take to start a business. And, most importantly, they won't tell you that the success rate of businesses is abysmal — about 20 percent fail in the first year alone.

It's humorous to me that the same people telling you how risky marriage is are telling you to start a business, which has an even higher failure rate.

MGTOW make me lose hope in humanity

43 upvotes | January 25, 2023 | by [MaynardRosemary](#) | [Link](#) | [Reddit Link](#)

Yesterday i relapse in Mgtow-redpill rabbithole, and everytime is worse, i thought that they were in de cadence, but i was wrong they still have a lot of views, and youtube helps them despite youtube itself says that,they dont accept toxic content, in this case extreme misogyny.

Either videos and comments are heartbreaking, is easy read thing like "Since i stopped of relate with women, my life improved, i make alot of money etc", "Women can't feel love", "women are unfaithful,selfish and only think in themselves", "Now i'm free because i dont feel neither sexual or romantic atraction towards women, now i see them as what they are","women are useless at work", "women are lazy" etc etc i could go on putting all the garbage that these angry men put there.

MGTOW does not anything to do with self-improvement, is a hate group, the 99% of the videos are about women, and all of them are negative, the amount of negative energy is too much, i just cant imagine how a man can be happy with all the shit they consume from here.

i just can't feel nothing but shame for the mothers of these men, is heartbreaking.

i know that dating market is unfair, but that is not reason to hate, even i think that they wish to have all the attention women have, but since they can't, they dont have other thing that throw shit, i can't see nothing but envy. I think that would be amazing that if they use all the time that they spend defending mgtow and hating women, to be better men, maybe thay could find a good girl or have female friends and break this frustration, because mgtow are incels with other name.

Now i have to find the way of detoxing from everything i watched there, if you can help me i'll appreciate it

YouTuber Alexander Grace Here - Looking For Someone To Tell Me I'm Wrong

43 upvotes | April 11, 2021 | by [Alexander_Grace](#) | [Link](#) | [Reddit Link](#)

Hi everyone

A couple of you may have heard of me, I run a YouTube channel where I give advice to men. I have seen some posts on this subreddit that are critical of me and my views - which I welcome.

I have not used the label Red Pill to refer to my views for three years after I realized that the label was most commonly used to perpetuate tribalism rather than educate for the betterment of both men and women. Though I disavow the label, unfortunately people still refer to my content as Red Pill because of some crossover opinions I hold and my references to evolutionary psychology.

However from my perspective, my content serves to steer men away from extremism. I've done countless private consultations with men helping them to detox from hateful viewpoints and guide them back to healthy relationships.

I do welcome feedback though because it is very important to me that my videos are helping/healing rather than harmful and that my viewpoints are grounded in reality. This is why I'm here.

Somebody linked me to a post on this subreddit where I saw someone had issue with the fact that I make a distinction between low and high quality women. There were others viewpoints I have that people here disagreed with and I am curious to flesh them out further.

If anyone is interested in having a respectful dialogue with me on one or more of my viewpoints, please send me a dm. If the conversation is enlightening/interesting, I will use it in my channels content (anonymously of course). So if anyone is interested in changing the minds of people who are Red Pill inclined, this is an opportunity to get across your views to them.

Self Esteem vs Self Compassion

43 upvotes | January 6, 2022 | by [hippy_speed_ball](#) | [Link](#) | [Reddit Link](#)

I often see the well meaning advice that people, especially women, are attracted to potential partners with high self esteem. So, if one wants to attract partners they should build their self esteem. A common thread among the various toxic communities like the red pill, black pill, incels, femaledatingstrategy, etc. is that they prey upon people with low self esteem.

You can see why self esteem seems so Integral to all of this.

Somewhat recently, I was talking with my therapist about my own waxing and waning self esteem. The advice I was given blew my mind a bit and I think it might help some of you struggling to find your own self worth.

My therapist advised that I should work on self compassion instead of self esteem. Self esteem is somewhat binary. Either you think you're a worthy person or a worthless person. Sometimes you oscillate back and forth, but there isn't much grey area. It's what you think about yourself or how you think others think about you or how you think others SHOULD think about you.

Self compassion on the other hand is how you treat yourself. It's being kind to yourself. It's being your own best friend. It's forgiving yourself for your mistakes instead of punishing yourself. It's asking yourself kindly to give it another try instead of calling yourself a piece of shit or something similar.

Self compassion is attractive to others, much like self esteem. But, it's a practice, not a result. Advice on self esteem looks like: work out more, try out a bunch of hobbies, talk to people more, etc. If you do all of that you'll build self esteem along the way. None of this is bad advice, but it's a bit daunting just to feel like a worthwhile person. Advice on self compassion looks like: the next time you feel yourself being critical of yourself stop yourself and ask yourself "how would I do this differently if it was a good friend instead of myself I was talking to?" You would probably be nicer. You wouldn't call them a loser or a failure. You'd be encouraging and understanding.

What are they leading?

43 upvotes | February 25, 2022 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

Why are they so obsessed with leadership in a relationship? Like what does that even mean to lead in a relationship, as if women haven't gotten this far in life without their guidance. It's funny and horrifying.

I hate that Red Pillers expected me to submit and take care of family matters, but simultaneously lorded the relationship over me and making me fear being dumped off on the streets constantly if I didn't do as they expected. The worst part being that expectations would change constantly.

43 upvotes | February 24, 2022 | by [HaltedAndCaughtFire](#) | [Link](#) | [Reddit Link](#)

I feel like this post should have circus music or the Benny Hill theme song playing in the background for how many of these men utilized dark psychology to make me do things that I wouldn't normally do, but then also punished me for reacting the very way that science told them I would react. **What a colossal set up** to have my mind and sanity manipulated in this way with zero regard to how it affects other aspects of my life. It's like quicksand, the harder you fight, the faster you sink. So you grow numb and just let it happen, whether you want it or not. The really good ones isolating me from others so they can treat me badly with nobody around and pretend to be the best partner when people are watching.

They made me feel like a desperate and fearful clown that deeply feared getting the silent treatment again (as per *normal* human behaviour) or them pretending to be okay with something only to take it back and punish me for the very thing they said was okay. Always walking on eggshells because you have no clue if the person trying to get with you wants to *actually* be with you and *actually* enjoys your company or just befriend you long enough to find your weaknesses so he can exploit them and use them as dirt to keep you in line.

My traumatic past was exploited for their gain over and over and over again. My brain being the textbook of someone who had been chronically abused and despite going through years of treatment and not being able to fix everything the way they "expected" made me unworthy, a "joke", *something* to be ridiculed, degraded, exploited, etc. I started to fear crying when I was sad because they would bully me over it. I feared having a flashback because it would be recorded and shared with their buddies for laughs. I started to hate myself because of what sick men did to me that broke my brain that only made me canon fodder for the next exploitative guy.

Being with Red Pillers was a dark psychological trap that you can't escape with your mind intact. You *must* break so that they will devalue you and move on to another supply. But then you have to decide, especially if they blackmail you or constantly give you the silent treatment to only poke at you every few months to remind you that you don't have them anymore, do you risk having all your baggage and past mistakes exposed to the world and a running joke between their friends, or talk anyways and save other people from going through the pain?

I actually liked him and being around him, but to him I was just a toy. He never saw me as a person. I was only a "thing" to be manipulated, recorded for his buddies, pushing me until I broke and then using only *those* moments to spread a completely different narrative (like that I'm the abuser when they know damn well I wasn't) with his buddies, editing conversations to smear me when he knows he was treated like a King when we were alone, left randomly when he felt like it and recollected when he felt like it, and a ton of other bullshit with zero regard to how it affected other aspects of my life.

Fuck that noise.

Edit: I felt it was appropriate to add the Benny Hill theme song instead.

Edit 2: Removed the funny gifs because Reddit's new layout sucks and was hiding the post.

Women aren't hypergamous, they have more options for sex, while simultaneously having lower libido

43 upvotes | March 26, 2022 | by [fuckyou_bernouli](#) | [Link](#) | [Reddit Link](#)

I think most redpillers don't realise how female sexuality works.

Women are flooded with "*a firing squad of dicks*". This, ofcourse happens to be because of 1) men being hornier, i.e more hunger for sex, hence more guys using dating apps. And 2) the prevalence of online date rape. 70% of users are male on tinder.

https://onlineforlove.com/tinder-statistics/?vid=afiOr0Jyuv97MGIvR388dsdGX9x&n=10wDm2lPZsFi&utm_term=afiOr0Jyuv97MGIvR388dsdGX9x#tinder-users-activity

Testosterone and it's effects on sexual libido

<https://pubmed.ncbi.nlm.nih.gov/16670164/>

Women also are more conservative in choosing as

<https://safer-america.com/sexual-assault-online-dating-apps-what-you-can-do-to-stay-protected/>

So out of that women that do give it a shot , give it to the most attractive guy. Hence a 5/10 woman going for a 7/10 guy compared to the 5/10 guy

If the situations were reversed, or say a guy is given the chance between dating a 5 or 7, him being a 5 himself, who do you think he is gonna go for ?

Now hypergamy would mean there is no such thing as love. Which would mean a woman would leave the 7/10 guy as soon as a 10/10(personality /looks/money) comes along. No matter is she has kids with guy, loves him or not. Hence "it's just your turn bro".

So why does the Japanese princess marry a commoner ?

<https://abcnews.go.com/Lifestyle/wireStory/japans-princess-mako-marries-commoner-loses-royal-status-80783974>

why does sudha Murthy carry her husband through 11 years of debt before he is a millionaire ?

why are most women marrying within their socioeconomic status ?

<https://labs.la.utexas.edu/buss/files/2019/08/assortative-mating-and-trait-covariation-EHB-2019.pdf>

And don't come with me with the alpha fucks beta bucks so woman cheats on beta cause men cheat more.

<https://haywoodhunt.ca/infidelity-statistics-for-2020-do-women-or-men-cheat-more/>

There is no hypergamy, there is a flood of horny men looking for sex, a minority of women looking for sex, which leads women going for the best option, and a flood of scared women looking for emotional connection.

If hypergamy existed solely in women, you would also have lesbian incels, but you don't.

This might help you understand it.

<https://www.reddit.com/r/changemyview/comments/ilex24/comment/g3tgxz8/>

Read the comment by [\[u/puffalupagus\]](#)

She should be treated like a child, you say? Where have I heard this before? ☐

43 upvotes | May 11, 2021 | by [VeniVidiVixn](#) | [Link](#) | [Reddit Link](#)

Spanked, you said?

1,131 points • 163 comments • submitted 12 days ago by [scipio_13](#) to [r/menwritingwomen](#)



Redpill Does Not Hold Men Accountable When it Comes to Sex and Pregnancy

43 upvotes | May 7, 2021 | by [No_Championship1620](#) | [Link](#) | [Reddit Link](#)

Men of the redpill community do not have accountability when it comes to sex and pregnancy.

Do not get me wrong the court system heavily favors women when it comes to child support, child custody, abortion decisions and etc whether they are in the right or wrong, but I can not stand when men complain about getting a women pregnant and gets put on child support as if someone put a gun to their head and told them to impregnate a certain women, like bro you willingly had sex, sex is an adult decision you know what came with it and you were irresponsible so now you have to deal with the bullshit that may or may not come with it your an adult now welcome to the real world.

Dudes lack so much accountability around this and do not listen their bs stories of the condom popping, they was definitely having sex raw, the main reason a condom pops is if you are using them the wrong way meaning you put the condom on wrong or not enough lube. Condoms are 98% effective so do not listen to guys on the internet who say they know "6 guys who wore a condom but still got a girl pregnant" those are just lies people tell cause their embarrassed about an unplanned pregnancy.

If you want to truly prevent that from happening to you wear condom every time you have sex and them make the girl take a plan B after. I tell dudes all the time always wear condom when having sex and do not listen to the bs of she is on the pill, remember if she misses a dose or two you might impregnate her and more importantly get tested often . Have raw sex when your married bro to keep it safe.

Furthermore as I said before women do benefit from the justice systems when it comes to child custody and child support whether they are in the right or wrong but some of these dudes just plain do not take care of their kids and use the excuse of their babymama making sure the child has no relationship with the father to punish him when in reality its just an excuse to be a deadbeat in most situations, most redpill dudes have been exposed for not taking care of their own biological kids.

How I feel about the “wall” as a girl.

43 upvotes | April 17, 2021 | by [Alybun1307](#) | [Link](#) | [Reddit Link](#)

I'm 22 and I'll admit each passing day fills me with anxiety and dread because I'm getting closer and closer to the “wall” which some say starts to happen at freaking 25. How many normal men actually think like this? Do normal men really think that women over 25 and 30 are “damaged goods” “old ugly hags” or in competition with the young hot fresh 18-23 year olds? Sometimes I wish I wasn't born female because I would literally rather be dead than to be considered undesirable because of my age. You see I like guys probably 2-8 years older than me and honestly I love feeling small, young and protected with them as well as desirable (not in a creepy pedo way), but totally innocent. But it hurts knowing that men older than me prefer 18-23 year olds because I won't be in my early 20s forever so these men won't even bat an eye towards me because of my age in the future. It really hurts and literally makes me suicidal at times. I can't even sleep at night because I'm already living in the future instead of the present with my thoughts.

People on YouTube whom helped detox me from the redpill nonsense.

43 upvotes | April 8, 2021 | by [roxas358over2](#) | [Link](#) | [Reddit Link](#)

Corey Wayne a.k.a. Understanding Relationships Josh Hudson a.k.a. Pinnacle of Man John Sonmez a.k.a Bulldog Mindset

Please don't do the redpill guys. As someone who is still working his way out of it, in therapy, and had a string of bad relationships and lost people over this nonsense it's not worth it. And trust me, i still have temptations to jump back into that nonsense after getting played...its not worth it.

Regarding this sub

43 upvotes | April 7, 2021 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

This sub isn't a movement, nor a philosophy. We don't have a set of teachings on which most people can agree upon, nor a group lingo like "AF/BB" or any other pompous concepts. This sub isn't even a group of people nor a "club" and you don't become an "Ex red piller" the same way you become a "MGTOW" or an "Incel". That is, you don't derive a sense of identity from being in this sub because that's just weird and contradictive of going back to normalcy after red pill.

This group is merely an internet sub to share advice on how to detox from red pill

This sub is aimed at helping people who tried out red pill in real life and came out vastly damaged because of it, and now have decided to forget TRP way of thinking/lifestyle or are strongly heading on that direction. And i'm not talking about the average dancing monkey TRPer who merely toys around with Tinder or spends his time debating on forums about his new found philosophy.

- Im talking about the dude who went around on campus acting like "an alpha douchebag" and quickly became the uni joke when all he wanted was a girlfriend;
- I'm talking about the guy who used dread on his girlfriend/wife and now is divorcing because of it;
- I'm talking about the guy who finally got a girlfriend but now agonizes over her cheating or leaving "because hypergamy" and who can't experience any intimacy;
- I'm talking about the guy who went cold approaching women for a long time and hardly got laid;
- I'm talking about the Incel who got exposed to red pill and developed deep depression or even contemplated suicide (tho, admittedly, you should seek professional help if this is your case);
- On occasion, i'm talking about the girl who was somehow harassed or abused by a TRPer;

Or any other actual victim of this red pill shit looking for a way out.

This is not a place for debating red pill. Let's be very intellectually honest here. Debate never changed anyone's opinion. Research supports the idea that being confronted with opposite points of view does next to nothing. Real life experience is what changes opinions. **That's why we don't try to persuade anyone to leave red pill. We merely hep those who tried it and got fucked over.**

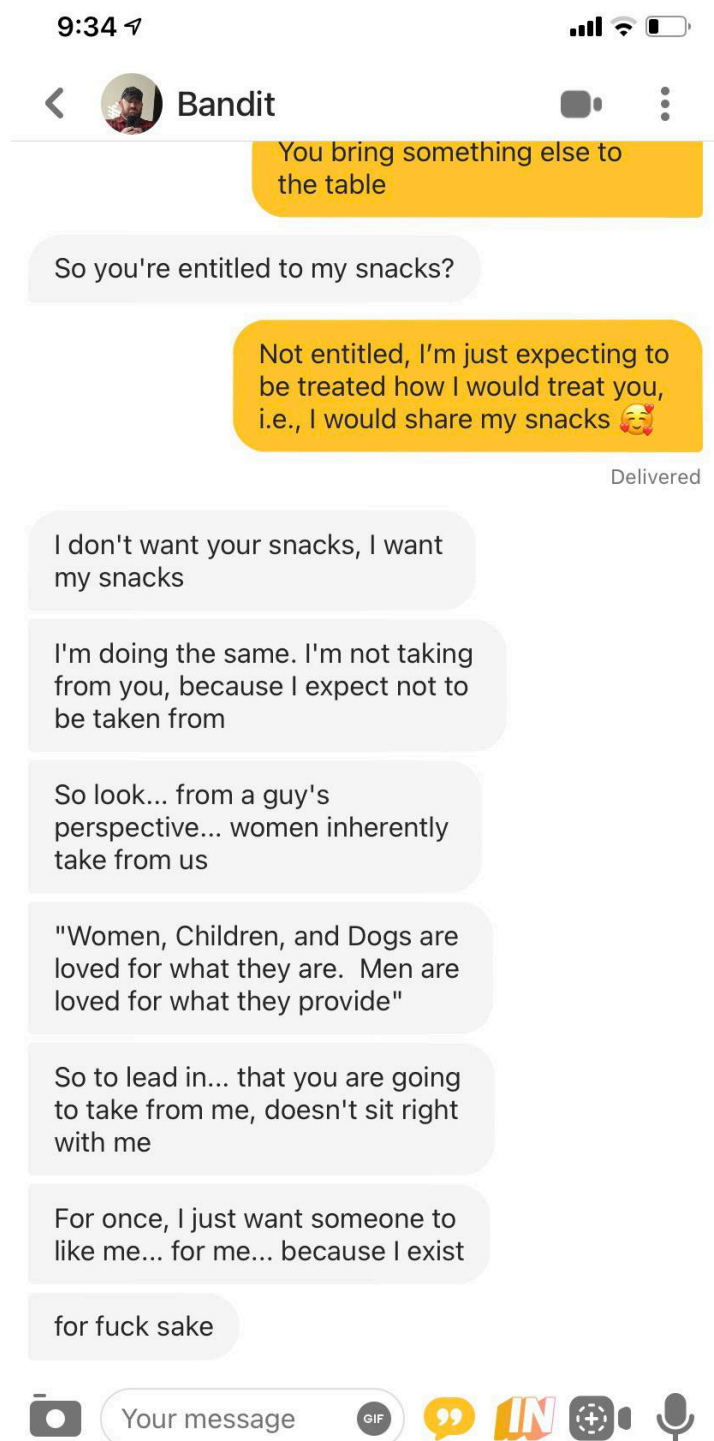
To the TRPer lurker: Know where you are and what type of sub this is before posting and stop complaining for getting banned.

Seems like the type of guys we discuss here. Thoughts?

43 upvotes | June 28, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

My opener involved road trips/gas station snacks. When I jokingly told him I was going to eat his snacks instead of mine, this happened

1,853 points•[557 comments](#)•submitted 22 hours ago by [famousprescense](#) to [r/Bumble24](#)



did everyone just forget how intrinsically linked TRP and alt-right idea was?

43 upvotes | July 7, 2021 | by [GothamnIt](#) | [Link](#) | [Reddit Link](#)

One of the reasons why I fell out of red pill so quickly was because once I noticed how entrenched much of the red pill communities was entrenched in the culture war, it left a sour taste in my mouth. That kind of BS was so inescapable at some point so I deleted my social media and youtube account, trying to figure myself out.

It kicked off at the tail end of the migrant crisis in 2016/2017. Stereotyping, social othering and outright bigotry against nonwhite men was in almost every circle that was supposed to be focusing on men's issues. Even every single contributor and moderator on trp/m.g.t.o.w subreddit was active in race realist and neoreactionary subs. a lot of times, I feel so guilty about being lured by the rhetoric about dating and women, but only to have the bell ring in my head when people like me were put down relentlessly.

now there are so many black and other nonwhite men branching off of that and are making their own masculinity pages but they still kind of associate with the white-populated masculinity subs.

has any other poc ex-red piller ever notice this?

RedPill stole my years of love

42 upvotes | May 6, 2021 | by [StevenBraveReddit](#) | [Link](#) | [Reddit Link](#)

I am 27 year old man, and 5 years without any relationship. Around 22 I had some problems with opposite sex, truth is that I was always attracted to girls who seemed distant and aloof. Of course of these girls were sociopathic by nature and guess what happened next? Just joined YouTube women hate club, MGTOW, and incel websites. First it was the idea women loved and valued only money. Second around 23 I started to watch incel videos on YouTube. By that time, my confidence was all time low. Of course my negative perception of self delusional. By age of 25 I became a hikkikomori, joined some degenerate alcoholic friends I spent time with. Now I want to start over, since I matured and can see thought most people bullshit. I am decently confident man, and can freely speak to women. Just one little problem, I live with my parents. Of course no sane woman would see this as an indication of success

Jungian psychology helped me with confidence issues. Now I am pretty much ready to a relationship.

A post about the redpiller who claims he makes his wife cum on command

42 upvotes | April 18, 2021 | by [tiposk](#) | [Link](#) | [Reddit Link](#)

Someone tell me this is a satire. Oh, and I want a picture of his wife to make sure that she exists.

https://www.reddit.com/r/marriedredpill/comments/g0n08o/how_mrp_helped_change_my_mental_models_and_led_me/

The cock carousel - a red pill fantasy?

42 upvotes | July 6, 2021 | by [ZealousidealFig5](#) | [Link](#) | [Reddit Link](#)

I recall someone mentioning on this board that red pillers are projecting their issues onto women and I wonder if these applies to one of the core beliefs of red pillers. Red pillers talk about the cock carousel where women have vast numbers of sexual partners in their younger years and not just with any men but only the most attractive men. This idea is debunked in the link below. If this idea was reversed, do you feel this sound suspiciously like a male fantasy where red pillers want a world they are able to have sex with vast numbers of women and only the most attractive.

[Why the “cock carousel” is bullshit, according to SCIENCE – We Hunted The Mammoth](#)

Red Pill left me with a deep mistrust of both men and women - more so men.

42 upvotes | July 26, 2021 | by [flatcapper17](#) | [Link](#) | [Reddit Link](#)

Started when I was in a deadbedroom relationship, and decided to buy Married Man Sex Life Primer. Although it's not totally Red Pill, it definitely has it's undertones, and was probably my first experience of Red Pill theory.

The book has good ideas regarding improving yourself to the point of becoming the most attractive version of yourself and causing your partner to become attracted again, or another women if there is no improvement.

Unfortunately it also left me with a new outlook, and viewing certain aspects of male - female relationships through a different lens. The main standout point was the theory of hypergamy, and branch swinging, but more seriously men's behaviour and intentions to all women.

Suddenly, all what in my mind were previously friendly conversations in the school playground, between my wife and another father, became his attempts at seducing her. Same applied at parties with our social circle, and if we went out together. Every time I (thought I) saw a man glance at her, I'd interpret it as desire to get her knickers off. Even with new partners now, this dread and mistrust still lingers.

Although I was never fully immersed in Red Pill culture, these brief snippets I read definitely caused a change in how I saw certain things.

Red Pillers aint who they say they are

42 upvotes | August 14, 2021 | by [Distinct_Key_590](#) | [Link](#) | [Reddit Link](#)

This may have been stated already but the guys who preach red pill pua and “alpha male strategies” are not who they say they are. I use to frequent MGTOW forums over a decade ago. I was young and alienated so they struck a chord in me. As i grew up and as my life took flight, I started to date more. Ended up dating extensively and adapted quickly as the dating atmosphere became more toxic during the 2010s. Gained alot experience, insight and slept with alot of women without using PUA alpha male or simp tactics.

I read these MGTOW/Red Pill pages now and i can tell they dont practice what they preach. Alot of what they say is unrealistic and that fake false bravado attitude doesnt work with women in the real world. Although alot of women can be hella toxic the stuff that they DO say is true is basic dating 101 to a man that actually enjoys at least moderate success with women. Ive been in situations much more complicated in the real world when it comes to dating women and in the dating world truth can be alot stranger than fiction sometimes. Alot of these dudes act tough and billy bad ass on the internet but its obvious theyre the complete opposite in the real world.

I was a former redpiller, AMA

42 upvotes | May 14, 2014 | by [deleted] | [Link](#) | [Reddit Link](#)

Once upon a time, actually maybe a year or two ago (I'm 18 now, so I was probably 16 in my Junior year), I used to subscribe to /r/theredpill and I genuinely believed some of their ideologies surrounding women. I genuinely thought that men were superior to women in just about everything, besides childbirth and emotional tantrums. My view was heavily distorted by 2-3 years of being "the nice guy" (no fedora, and I actually dated a girl who liked "nice guys" for around 3 months) and I was frustrated at "how compatible" I wasn't, due to my straightedge ideology. Unfortunately, all the pretty girls smoked pot or drank alcohol. I was conservative-zoned. My hatred of women grew. "How stupid does a bitch have to be to want to destroy her body?" was a common thought of mine. I put women below men, and women who used illegal substances at the bottom. They were the untouchables, in my mind. I had taken the red pill.

Socially however, I was rising in popularity. I met a popular kid who didn't smoke pot or drink. We got paired together in class in Freshman year, and just clicked since. He introduced me to all of the popular kids who were just getting into illicit drugs, and since I wanted popularity, I kept my opinions to myself. My friends slowly started to become consumed by drugs and alcohol until it was just me and my friend, and it still remains that way to this day. One thing's changed, though.

In my time as a popular kid, I found out that women aren't horrible human beings that use their pussy as a get-out-of-jail-free card. Some are self-conscious. Some had bad parents. Some just wanted to be popular. I had never struggled with any of these problems, I'm confident, have great, loving parents, and I have an awesome friend who got me noticed without having to fit in. Once I realized that everybody had their own story, I grew the fuck up and saw that everybody's human. Now, I can say with pride that I consider all human beings, regardless of race, gender or sexual orientation my equals. Long live /r/thebluepill.

TL;DR: Couldn't get laid so I became a misogynist 16 year old

Parody Song of "If You Wanna Be My Lover" Criticizing the Redpill. Its Pretty Accurate.

42 upvotes | October 21, 2020 | by [RoseAvara](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/V7shIPRpuV8>

How to go to a restaurant as a sex god/red pill alpha male breeder

42 upvotes | November 4, 2020 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

Red Pill Field Report

806 points • 282 comments • submitted 6 years ago by [numandina](#) to [r/thatHappened](#)



FR: After devouring content on this sub, finally saw TRP work for me. (self:TheRedPill)
submitted 18 hours ago * (last edited 16 hours ago) by [\[redacted\]](#)

A little back story:

I divorced about two years ago. Became a beta in the relationship, and lost her respect - lesson learned. I've been reading everything on this sub that I can, and last night, I finally saw TRP work.

Myself and four friends headed out for dinner and some drinks last night. No intention of meeting women, we were just looking for a fun Saturday night. We ended up having a very attractive waitress, and I decided to see how things worked on the opposite side of the spectrum. I ended up suppressing most of my old beta behavior, and I guess became a little more rude than normal.

My friends are constantly trying to chat with this waitress, while I basically ignore her and focus on watching the OKC Thunder game. She later returns and I tell her I would like another drink, to which she asks my name so "they know who they are making it for." At this point she had been smiling at me nonstop while shrugging off the conversations of my buddies. Maybe I was wrong, but I assumed that she was just trying to get attention from me, as she had already received it from everyone else at our table. I give her my name, she comes back and hands me my drink. I get up from the table to go smoke a cig, and she's just standing there in my way. Rather than saying excuse me/asking her to move/etc... I calmly put my hands on her hips and nudged her out of my way.

Flash forward an hour and she's bringing us our checks. I sign my credit card receipt, and then examine my ticket. Seems that our waitress had placed my drinks wrong, and I had been overcharged for my two drinks. She notices me looking at my ticket and asks if there is anything wrong. I tell her not to worry about it. She proceeds to ask me two or three more times what's wrong, while I'm trying to watch the end of the game. Without saying a word, I shoo her off with my hand. Immediately the white knights at the table jump in and start calling me an asshole for waving her off, and even telling me to apologize to her. I look at our waitress, I don't say a word, and I return to watching the game. At this point one of the white knights just feels awful, and leaves the table to go apologize to her for my behavior. The old me would have never done anything like that, but I kept telling myself that it didn't matter if I had her approval or not, so I didn't really care to change my attitude or apologize.

Our waitress comes back, and apologizes to me. She says she could tell I was upset about something, so she decided to comp both of my drinks - I thank her, and we all get up from the table to leave. She goes to her register, and rather than leaving, I made my first approach in months. I walked straight to her, and asked her what time she got off. She said about two hours, and I told her to come to my place. Normally I wouldn't have ever been that straight forward, but I thought, fuck it, what do I have to lose? She agreed, and I handed her my phone and told her to put her number in, and that I would text her my address.

Fast forward to later that night, she arrives at my place, and she's basically all over me from the start. I ended up breaking a several month long dry spell, made us some coffee in the morning, and then told her I had to head out to do some things today. She asked me when she could see me again, and I told her I'd let her know.

Perhaps I didn't do everything correctly, but I gave no fucks the whole night, and it worked out perfectly for me. Even in the wake of the white knights chastising my behavior, I ended up being the one at the table who slept with her. It's unreal to me. I've only slept with one other girl the same night I met her, and I've never just been blatantly blowing off a girl like that before. The Red Pill worked - and I suddenly feel like I'm on a whole different playing field than the other guys I know. Most importantly, I realize how important it is to just be me, and stop putting women on a pedestal. Never going back to that beta shit. Fuck that.

Redpill seems to ignore the concept of "gender" completely.

42 upvotes | December 6, 2020 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)

You can tell by the language they use. Using the word "females" instead of "women." Placing a lot of emphasis on biology and evolutionary psychology. (Which they misinterpret all the time but that's not part of the scope of this discussion.) I don't think they have the slightest clue what the difference is between gender and sex. I think they completely ignore the nature vs. Nurture debate. The fact that transphobia sometimes appears in redpill also suggests that redpill guys don't understand what gender is.

Sex refers to a set of biological attributes in humans and animals. It is primarily associated with physical and physiological features including chromosomes, gene expression, hormone levels and function, and reproductive/sexual anatomy. Sex is usually categorized as female or male but there is variation in the biological attributes that comprise sex and how those attributes are expressed.

Gender refers to the socially constructed roles, behaviours, expressions and identities of girls, women, boys, men, and gender diverse people. It influences how people perceive themselves and each other, how they act and interact, and the distribution of power and resources in society. Gender identity is not confined to a binary (girl/woman, boy/man) nor is it static; it exists along a continuum and can change over time. There is considerable diversity in how individuals and groups understand, experience and express gender through the roles they take on, the expectations placed on them, relations with others and the complex ways that gender is institutionalized in society.

<https://cihr-irsc.gc.ca/e/48642.html>

Sex and biology doesn't dictate that women should like makeup, wear dresses, be the pursued in a relationship, have longer hair, be more submissive. Sex doesn't determine that men should pursue, that they should only wear pants, be more dominant, and so on. It is *gender* that determines what society says men and women do. Calling people "men" and "women" acknowledges that people are more than just their DNA and their genitals.

I'm a cis woman and I identify as such not because of the fact I was born female. It's because of how I grew up, my interests, and how society sees me. How I see myself. I like things such as fashion and makeup, but not because it's what "females" do. It's because it's artistic. I like cars and building things not because I'm trying to go against the grain... I just like seeing how things are built and designed. I was raised in a household where those who are born female are automatically deemed as lesser beings. Such a mentality is fucking dangerous because it allows for abuse to happen. And it dictates how people should live according to their sex. Which is fucking stupid... why should I waste my God-given talents for art and music and crafting things? My time is not better spent cleaning up after people and raising children. Because of *gender*, which is a social construct and therefore is allowed to be different for everyone.

Anyways, my story is just an example. I think that men can ask themselves the same thing. Is my boyfriend a man because he was born male? Is he good at fixing things, woodworking, and working on cars because of his genitals? No, it's because it's how he was raised. That's what he and his dad

would do together.

People go against their gender every day. Women wear pants, many women want to be dominant in bed, many women are the breadwinners of their household. Some men grow their hair out, some men are stay-at-home dads, some men take on traditionally feminine jobs and hobbies like nursing or floral design. Why? Because gender is fluid. It's a social construct. It can change. People change it so they can be happy.

This is one reason why the "female nature" argument is complete bullshit.

You should ask yourselves. Were you raised to be "male" or a "man?" Are you yourself simply because of your DNA and genitals? Or was the way you grew up and treated have an effect on you? Don't expect to be treated as masculine if you don't even acknowledge that there is more to other people than their sex. You're a hypocrite if you want to be called a "man" but insist on using the word "female" instead of "woman." Do you recognize your own gender? Why would you recognize your own gender, but ignore that the opposite gender exists? Doing so is dehumanizing.

Is sticking to old ass strict gender norms really going to make you happy?

Do you really want to live your life strictly according to the fact you were born male or female? There's really not much point to life then outside of food/water/shelter/reproduction. You wouldn't even be treated as masculine, since that's a social construct. Since logically you would have to live by the rules of biology and nothing else.

Start acknowledging that gender exists but it's a social construct that can change.

Edit: typo and added another question.

My ex red pill experience, amazing choice

42 upvotes | March 31, 2020 | by [HeartbreakHotline](#) | [Link](#) | [Reddit Link](#)

I remember starting my detox process 3-4 months ago, best choice I've ever made

I originally spit the pill because it was too shallow and not satisfying enough.

Don't get me wrong, in my red days I was a total player, got with more girls in 3 months than I've been in my entire life, man, I could get any girl, and if not, who gave a shit? I'd just smash another girl, it was filled with adrenaline and rush.

But guess what, this wasn't enough, some females were cool to hang out with and stuff, but it was all too empty, I truly am a helpless romantic, not some thot slayer, and well, you attract what you are, or what you faked to be, I ended up attracting more thots, and further reinforcing my thoughts that all females are the same, special ones don't exist etc etc. Red pill makes you a pro player, which, well, only attracts alike females who don't truly care about you.

Then after I spit the pill, I've never been better, relationships with people are far superior, I can say I truly love my friends and people, men and women alike.

I remember feeling I was losing who I was, but now, I can be exactly me, with the added security and well, self growth part. I can truly love without fear, there are good women out there, just like you.

In fact, two months ago I met an amazing girl, lovely, nice, has a good heart and more, I don't need to use mental manipulation bullshit, I haven't and won't since those 4 months of detox. Even while quarantined we still share some joy between our life's through digital mediums

Ex red pill is the best you can do for relationships, at the end of the line the fake mask of red will consume you, that is not who you are, be you, just confident, but of course, be no one's doormat.

Best of luck to you, brothers and sisters, the world needs a bit more love and honor

How the red pill harms male survivors of Domestic and sexual violence

42 upvotes | December 5, 2020 | by [TruthTeller1995](#) | [Link](#) | [Reddit Link](#)

I was thinking about this a few days ago, as a male survivor I have now realized how "mens rights" and "fathers rights" groups are putting young boys in danger from their perpetrators. A 2011 study has actually found that when women make allegations (which are overwhelmingly true) they often face a uphill battle in the court system. Essentially are exposing more and more young men to violence from other men. They are making it easier. Most people believe that there is a high rate of false allegations. In fact they are extremely rare. Rates of false allegations of child sexual abuse are around 6% according to Violence free colorado. I found a case study where the mother discovered the father was sexually abusing her son. The father claimed parental alienation and the child was disbelieved (link is in the sources). It's a heartbreaking but common reality of mothers who are trying to protect their sons from abuse. Most abusers are male according to the NCJRS studies. Mens rights groups have tried to dispute this but the vast majority of abusers are actually men.

But what happens when law enforcement gets involved. Isn't the system always biased against men when they face allegations of abuse? Wrong, In fact most abusers never spend a day in jail. Red pill men however keep promoting the lie that the system is biased. The most common punishment is probation. If the mens rights groups cared so much about male victims then they would change how we treat domestic violence when young men are exposed to it. But they mainly because they don't really care about male victims when the perpetrator is another male, which it commonly is.

Finally, I would also like to point out that it was the feminists' movement that sought to recognize males as being victims of sexual violence. It's been my experience that feminist's were more compassionate, more open, and less judgmental of male victims regardless of the sex of the perpetrator. However the mens rights activists were only compassionate when the perpetrator was a female. When the perpetrator was a male it was a different story. I have often noticed that when men open up about sexual violence from other men they are often mocked and ridiculed by other men and not from women. When Terry Crews came out about his sexual assault his comment section on Facebook was filled with comments that victim blamed him, and were doubtful of his story mainly by men.

In general the MRA's have done male victims like myself a lot of damage. They protect a system that re-victimizes victims of domestic and sexual violence. Essentially they are fighting to uphold a system that they claim to be fighting against.

(For red pill trolls only)

1. If you are going to try to refute what I have said. Please cite your sources.
2. Reddit is not a legitimate source
3. 4chan is not a legitimate source
4. MGTOW, Red pill, and MRA forums are not a legitimate source.
5. If you can't find any kind of academic literature that supports your argument GTFO.
6. If you don't have any experience being a victim of domestic or sexual abuse GTFO.
7. Please read my full post and read the sources before you say anything stupid.

Sources: <https://www.ncjrs.gov/pdffiles1/nij/grants/238891.pdf>
https://www.violencefreecolorado.org/wp-content/uploads/2013/11/CCADV-CCASA-Fact-Sheet-on-Myth-of-False-Allegations_updated-2.21.14.pdf
<https://wamu.org/story/19/08/19/fathers-are-favored-in-child-custody-battles-even-when-abuse-is-alleged/>
<https://www.ncjrs.gov/pdffiles1/nij/225722.pdf>
<https://www.psychologytoday.com/us/blog/the-web-violence/201410/guess-how-many-domestic-violence-offenders-go-jail>
<https://des.az.gov/featured-story/facts-behind-domestic-violence-arizona>
<https://www.youtube.com/watch?v=1m7auvUNaLY>

Red Pill is trash

42 upvotes | December 2, 2020 | by [Weebie69](#) | [Link](#) | [Reddit Link](#)

Never give up brothers! keep bettering yourself, work hard, be happy, but enjoy life.

Opportunities will come.

My Journey with TRP and its end.

42 upvotes | June 1, 2020 | by [Adadum](#) | [Link](#) | [Reddit Link](#)

I first got into The Red Pill back when I was depressed, obese, very little self esteem, and did nothing but jerk it to porn and play videos all day in my parents basement.

That above might sound like a joke but it's not, I became the stereotype neckbeard gamer that people often made fun of.

I didn't snap out of my depressing rut until, being the curious and studious guy I was, went down the rabbit hole of the red pill after reading about the gamergate controversy (not going further into that).

The Red Pill gave me hope and it told me that I am worth something and that I don't need others to validate my own worth. So I guess that's one good thing from the Red Pill. I was motivated enough that, at the age of 24, I dragged myself to community college and after 3 years I got my associates degree.

during my time in college, I even joined a gaming club and made many friends. It was at this club though that I started noticing the effects of what the Red Pill was doing to my relationships with women but I didn't attribute it to TRP at the time. I was always invariably saying things that pissed off women but I always dismissed their anger with "them not being able to handle the truth". My male friends simplified it that I was just being a troll and told me to calm it down next time.

So after getting my degree, I stopped myself from going to university (I wanted to go into software engineering) because many Red Pill advocates mentioned against it, so I opted to join the military. I decided to use my brains and education to try out the Air Force. The Air Force recruiter told me I was a fatfuck and needed to lose weight.

Being the depressed, low self esteemer I was, this motivated me to lose over 60 lbs and, for the first time in my life, I felt *good* about my self. I ended up opting out of the Military after deciding I wouldn't be right for it. I then moved to a different state. I found that

When the coronavirus pandemic hit and quarantine took place, it gave me alot of time to reflect.

I have realized that the Red Pill is a crutch... It helped me get out of my depressive state, made me realize that value comes from within me, not others, and encouraged me to change my life for the better but it also has made me into an asocial, isolated asshole and I am of the process of De-Red Pilling myself except for the good things that The Red Pill has given me.

Thank you for reading this, I just wanted to share my experience. I am currently now a "purple pill" man. I have learned to recognize that not everything the Red Pill claims is true.

Random thought: Where did all the good men go?

42 upvotes | February 26, 2021 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

The answer is nowhere.

MGOTW and similar dellued movements would have you believe that feminism emasculated men and that women are attracted only to masculine men, effectively sabotaging their dating lives, but this is a lie.

The fact is that dating has always been by nature an hard and mildly frustrating experience to everybody, doesn't matter if men or women.

This is due to the fact that both men and women want the best partner they can get. To put it into perspective: Imagine you are trying to buy a shirt and go to a warehouse where people are buying and selling shirts. With one catch: People selling shirts want to sell them for the absolute highest price possible while buyers wanna get the absolute best shirt possible for the smallest price and nobody is willing to compromise at the beggining. Wouldn't you say that this warehouse would be full of chaos, screams, people trying to present their shirts as the greatest thing ever, while others trying to dupe the sellers by paying as little as possible? Full of lies, manipulations, childish people? Because that's what trying to date is like, at least at the beggining.

It's simple, dating IS hard. No need to come up with conspiracy theory about emasculated men.

If you want to succeed at dating, it takes maturity to compromise on what you find important on a partner vs what is futile, while simultaneously being very self-aware and honest with yourself about what is your actual "worth" as a partner and what you can realistically get. Most people simply can't do that.

The red pill works - but not as they intend it

42 upvotes | September 24, 2020 | by [novel_antle](#) | [Link](#) | [Reddit Link](#)

The concept of the red pill seems - seen in a neutral light if that is possible - not that stupid.

Workout and improve your body Don't get distracted from your goals Be healthy Be the best version of yourself Get rid of the need of external validation Have a good sex-life Have a relationship in which you're not putting all needs of your partner before yours

All sound statements. The problem is how those guys twist them around and distort them with crypto-anthropology.

To them the concept of keeping your anger at bay and listen to your partner is "shut the fuck up dude you cant argue with wYmIn" To them the concept of partnership is "Dominate her like a dog" To them getting a healthy sexlife back into a stale relationship is "Dread her bro she needs to see you as the prize"

Over the last couple days the redpill had a lasting effect on me. I was in a dark deep hole and thought nothing I would ever do would be worth because in the end I'll die and after me the deluge right? Well the redpill changed that. I started working out and cleaning up and to try to put 100% of effort in every day. To be active, to appreciate myself and to find a "mission". However, I think all redpilled men would think me a beta-cuck because I don't believe in the bullshit aspects.

I don't believe that my gf would leave me if I lose "frame" or if I don't have any money no more, because that happened. She saw me cry and at my lowest and is still with me. In fact she was shocked when I talked to her about bettering myself and being more of a romantic couple again ("No beta don't talk about fight club!") because she wasn't even aware that I had gotten so low.

I want to thank all those misogynists for leading me on this path and showing me some usable tools that I will probably use like they would hate me seeing to do it.

The red pill works - because for me I'm finally doing things but I don't hate women while I do it.

How do I detox from red pill as a woman?

42 upvotes | November 25, 2019 | by [-hcbhc-rhcbrhcbrhcbr](#) | [Link](#) | [Reddit Link](#)

I [18F] discovered TRP around a year ago. It's honestly made me dislike myself as a woman and as a person in general. I will purposely read asktrp/ MGTOW/ braincels (before it was banned) to make myself upset. I do not know why I do this. It's like a seeing a car crash on the highway and staring.

Now, some of the things said on there is not bad and kind of true. I don't think men should idolize women whatsoever, I think you should just treat them like you would any other human being (other things as well but not gonna get into that). There can always be grains of truth within a bad ideology.

How do I get away from this toxicity. My inner monologue in my head of me speaking to myself has also become negative and misogynistic. I also have asbergers so it is harder for me to separate this stuff from my everyday life.

I really don't like talking to men now. I kind of brainwashed myself into thinking that all men don't see woman as people and just as retarded children driven by their instincts who aren't capable of free thought.

if people were open and understanding in a lot of these young guys would not go to these communities

42 upvotes | August 5, 2022 | by [ApplesauceThegod](#) | [Link](#) | [Reddit Link](#)

A lot of my other left went right at the parade instead of failure of the left is that they have turned regular human conditions into a competition and when you make one side always right and completely dismiss the other side of trouble then of course you're not going to be empathetic.

I've made it a habit to actually challenge my friends and family who say that male gender roles are gone because every time I catch them insulting or question the man's manhood I call them out

" calling these guys pussies or any equivalent it's only doubling down on why they join manosphere places and it also kind of tears apart a lot of feminist rhetoric. If it's true that we live in a world now that is trying to break away from gender roles, then men should be able to just sit in their houses without doing much because implying that they shouldn't be doing so only reinforces traditional masculinity.

When I was younger a big component of why I actually went into the red pill was because I couldn't find any space that was actually welcoming and a lot of feminist spaces give off the tone like they are understanding, but when every conversation either turns to how it secretly men's fault or how it's secretly affects women then it's kind of hard to take seriously the fact that people are understanding of men's struggles.

Like don't tell me you're an anti-racist or sexist but as soon as we walk outside and pass by a homeless person you immediately go to calling them every messed up name of the sun because that proves to me that you're not really egalitarian or empathetic.

I wish I could make amends to those I harmed while being brainwashed.

42 upvotes | September 19, 2022 | by [Nightchanger](#) | [Link](#) | [Reddit Link](#)

It's hard for me to say this. But I was very toxic towards people around me.

I saw girls as only able to be affectionate towards guys they found sexually appealing.

And men as people that when succumbed to mental anguish were "giving up".

This ends up that I burnt bridges I shouldn't have, said things and tried to hit on girls I shouldn't have. And now, I'm alone.

There's a girl that saw me as a friend and would see me in her convenience and messages to see how am I. Yet due to my belief that she will only stick around if she's my partner I tried to make it so. She will never speak to me again.

My guy friends built friendship while I tried to study, get a job, and hustle. Yet I never put time to see friends, have a drink with my old man. Or ask my old school mates how are they. I'm all alone. Those bridges are burnt, the light on the other side shines, while I'm in the darkness.

I wish I could fix it. Now I'm terrified to see all those I harmed in the eyes. I want to say sorry, but some of them won't want to hear from me ever again.

The best part about the red pill is spitting it out.

42 upvotes | August 10, 2021 | by [TheDrWinston](#) | [Link](#) | [Reddit Link](#)

Once you are aware of the load of bull manosphere content produces you realize how much of an advantage you have over them. Even if you took core principles from the red pill you still became your own person. That is it's only benefit.

So while you witness a bunch of pseudo incels mad about some entitled woman talking about not finding her prince charming. You can be happy knowing you're not either of them.

Why do red pill men keep talking about this idea of "only 10-20 percent of men are having sex"?

42 upvotes | September 6, 2021 | by [Sad_Quote_3415](#) | [Link](#) | [Reddit Link](#)

Did they get this from that OkCupid thing years ago and are still running with it? Or is there other sources that are fuelling this speech (like pseudo scientists)? Do they use this to prove their point that women are hypergamous?

I find it so weird to see how often they use it and how easily people believe them without any supporting evidence or logical explanation. Women don't even like to sleep around with random strangers, it's not fun for them. Only 65% of women can orgasm in hookup sex with men (according to several studies). Not to mention the risk of disease, getting pregnant, getting raped, etc. Anyway, I'm just impressed with how often I see this narrative, even when it makes zero logical sense.

This sub is literally life saving. Thank you so much.

42 upvotes | September 18, 2021 | by [JUMPSuperstar](#) | [Link](#) | [Reddit Link](#)

Earlier this week I wanted to die and wasn't sure if I would survive this month. I'm still not fully healed yet. When women say one thing my red pill mind goes, "I want to believe her but I can't". I'm really trying. I'm acknowledging the problem. It's a slow journey but I'm so thankful for this sub as well as [r/bropill](#)

Any Positive female influences (preferably on youtube) I can follow. Talking about women's problems, worries, struggles, and their perspectives. I don't want to demonize them anymore.

42 upvotes | October 14, 2021 | by [No_Light8809](#) | [Link](#) | [Reddit Link](#)

Pretty much the title. Id love to find some female role models.

Why are a lot of red pillars dishonest ?

42 upvotes | February 6, 2022 | by [SadBox4529](#) | [Link](#) | [Reddit Link](#)

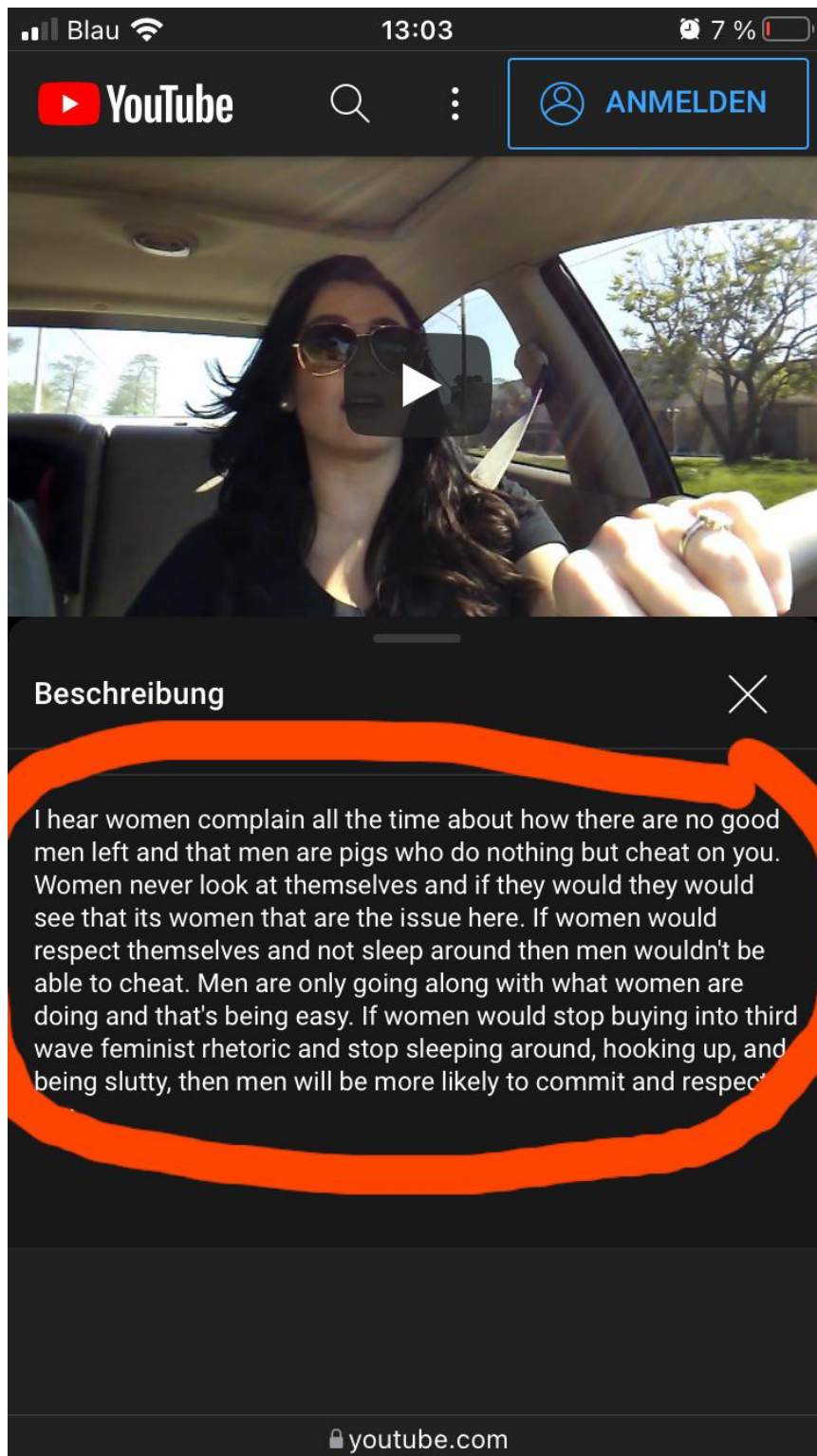
I have a red pill friend who told me he went on a date with a girl last night and had a couple of drinks. After bar hopping and drinking the girl told him her housemates were hosting “a party”. Long story short he went to this party which was full of attractive young women that were all over him. He then tells me he had sex with the girl in different areas of the house; kitchen bathroom, and the couch, after which he called an Uber and went home.

What my friend forgot to remember was that he sent me a screen-shot early in the same morning showing the girl saying “it was nice meeting you” at 11:30PM. In the same text he asked her if she wants to hang out more then texted her again begging to see her again. She responded by saying she had fun but doesn’t want to go any further.

Does that sound like someone who had the most epic night? Ladies do you ditch men you slept with the next morning after having wild sex?? I could be wrong.

Blaming mens actions on women, but not the other way around

42 upvotes | March 28, 2022 | by [Terrible-Ad3405](#) | [Link](#) | [Reddit Link](#)



Has social media and dating apps ruined dating?

42 upvotes | April 12, 2022 | by [Greedy_Radish_394](#) | [Link](#) | [Reddit Link](#)

I commonly hear this from the redpill that dating apps and instagram has increased womens standards a lot because men are competing with more men than ever, and that a woman can easily set up dates or arrange hookups from the comfort of her smartphone and not have to put effort in going to bars to meet guys. Seeing that most women get 100s of messages makes me feel like giving up on dating as a below average man.

I'm addicted to seeing escorts. I need advice.

42 upvotes | May 9, 2022 | by [murgasams](#) | [Link](#) | [Reddit Link](#)

I've been seeing them basically since the start of COVID. I slept with over 150 women and some trans women as well. I work two jobs to support this habbit. Since im partially disabled(I have one foot) a lot of women aren't interested in me. Im also a POC so any hopes of finding matches through online dating is slim to none. I'm really lonely. I'm not interesting at all, all I do is watch sports hightlights and work for the most part. I hate walking around with a prosthetic foot since I was born. It ruined all active life I had growing up from playing sports or joining clubs.

Turns out that kindness and companionship is the biggest turn on for men and women

42 upvotes | November 24, 2022 | by [alexbrove](#) | [Link](#) | [Reddit Link](#)

<https://www.theatlantic.com/health/archive/2014/07/the-myth-of-buying-beauty/374414/>

Turns out that men and women don't simply view attractiveness and wealth as the most important quality that they look for.

HOW ON EARTH do I, as a girl, stop seeing as every man on this planet as horrible monsters with dark desires?

42 upvotes | March 19, 2021 | by [Alybun1307](#) | [Link](#) | [Reddit Link](#)

Yeah I'm being serious. I really want to quit seeing all men alive as horrible monsters that only see women as objects. I know there are a lot of wonderful men out there that truly respect women and see them as equal human beings. But I just cannot help but think that all men secretly objectify and sexualize women deep down and I hate myself for this. I try so hard to imagine myself as a man and how I would view woman, but that's impossible because I've never been a man and I just end up imagining myself viewing them the way I do now as a girl.

All throughout history women were treated as nothing but servants and sexual objects. I'm pretty sure rape was really common before 1900. Women have always been seen as stupider and less intelligent than me. Women have always been made to submissive to men and fulfill his every need including sexual even if it's by force (rape). But then again I wasn't alive in those days so I can't know how every single man felt about women back then. That's not possible. Maybe there were good men back then but I just don't know. But either way women literally had no rights until pretty recently. And I can't help but think that it's in every man's genetics today to see woman as objects still, due to history. Like it's just so ingrained in them. You know what I mean? I want to quit thinking that all men are perverts who secretly desire to rape and hurt women. I want to quit thinking that all men see woman as objects. Please please help me.

Holy Moley

41 upvotes | March 22, 2021 | by [SnooMachines7712](#) | [Link](#) | [Reddit Link](#)

My ex from about twenty years ago spouted off the highest level of reddit troll nonsense I've ever heard for not being actually on reddit when it happened.

His claim was that the red pill is exactly and I quote, "What Jesus taught".

Not only that but this former street pharmacist (no kidding) swears that the red pill is the exact doctrine espoused by the Catholic church.

Not the last time I checked.

So if you are religious (Catholic or Protestant) pray for this want to be terrorist

If you are not religious you may want to talk to this red pillian about Russell's teapot.

Hating women, according to him is the Lord's will.

You all have convinced me. I'm 100% over Red Pill relationships. I was blessed to have a non-Red Pill man come into my life and dropkick all my trauma-based beliefs into healthy and positive thinking and it rocked my world. I want more of it! □

41 upvotes | September 18, 2022 | by [NoiceAndToitPolice](#) | [Link](#) | [Reddit Link](#)

Thank you so much for everyone's opinions and helping me see all the different varieties of relationship styles. I'm so thankful to have finally gotten to this place. It's been a loooong road, but now I'm confident in what I want and what I want for my relationships. You all have been the best!

Should we normalize men feeling fulfilled in life despite not having success in dating?

41 upvotes | September 28, 2022 | by [n0name1026](#) | [Link](#) | [Reddit Link](#)

I'm thinking about a movie that will potentially age really poorly in the next 10-20 years called the 40 year old virgin. The lead character was a man who seemingly was happy with the life he built. He liked his job, he had his hobbies, he got along well with his coworkers and (presumably although they aren't shown) got on well with his family members.

The one thing that sends his life into a spiral is that despite his age he'd never had sex or been in a relationship. That's the joke. The whole movie then ends up being him developing and trying to confront his neuroses around intimacy and fear of failure and rejection as well as ultimately modifying his life to fit into what the social expectations for a man his age are (be a father, have 'grown up (for 2005 anyway)' hobbies, be married) and we're supposed to be assured that this is what he really wanted this whole time and his happiness prior to that was a sham.

I wonder, what might the film have been like if his friends just accepted him for who he was? I think of the things that people often associate with masculinity and that most men tend to draw their confidence from, and are validated by women (their height, the bass in their voice, the ease with which they can maintain an athletic or slim build, their 'normal' [for the lack of a better term] bone structure with broad shoulders or defined jawline/facial hair)

Most of that stuff is out of a man's control. If he's obese or can't put on weight, if he has a receding jaw or hairline or abnormal physique, if he may be neurodivergent. These things will make his overall journey a more challenging one, and one filled with more frustrations, rejections and emotional pain than the man who doesn't have these deficits.

So then I ask: is it bad to tell these men "unfortunately you didn't win the genetic lottery, and although you're a great friend, coworker, and sibling/uncle/cousin. That doesn't mean you'll do well in dating. That's okay. It's okay to take the time, money and other resources you've spent trying to get dates and put that into your career, hobbies, and skill development/travels. It is okay to give up on dating and find meaning and fulfillment in your life doing other things. Perhaps that's what you were meant for? Perhaps most media you consume includes romantic relationships because these are easier ways of showing character development and re-enforcing cultural norms? Perhaps you're not a freak, loser, or bad person because one avenue is closed to you, or achievable only with a level of hard work and luck that others don't seem to need. Perhaps it's okay for you to find peace in other ways and that's the great thing about life?"

What are your thoughts on encouraging men to give up on one avenue but pour their energies into another? Sometimes I think about all the time and money I spent on dating apps, advice books, videos and seminars, dates that never went anywhere, relationships that ended after a few months because she just wasn't feeling it anymore or couldn't even articulate the reason. I sometimes think, would I have learned any new languages if I took that time and used it on language classes? Would I have been retired by now because of all the stocks I would've been able to be an early investor on? Would I be known as a local humanitarian from the hours of volunteering I'd have put in?

Just my personal side of the story, but it feels to me that a lot of men when they give up, go to a dark place rather than feeling like there are people that support their choice and will encourage them to

keep living and build a legacy in another way. I've seen so many stories of men contemplating or going through with suicide because they feel invisible and unwanted. I can't help but wonder if we would be saving lives if we told more men that they could genuinely live an alternative lifestyle and be happy. If there were versions of the 40 year old virgin where the response to his situation isn't "yo we need to get you laid man! You're missing out!" Bit rather "hey it sounds like you went through some stuff we didn't and that kept you from experiencing what we did. Does that bother you? Do you *want* help to try again or are you happy as you are? "

How I escaped The Red Pill and the Manosphere Part 1: The Appeal

41 upvotes | October 9, 2022 | by [EthereicAssassin](#) | [Link](#) | [Reddit Link](#)

This will be a series of long posts detailing my experience with the Red Pill and how I eventually stepped away from it. Since it will be so long, I wanted to divide my thoughts and different mindsets into multiple posts.

For this first post, I will be going over exactly how "The Red Pill" seems to appeal to young men and how some of what draws them in comes from a beneficial motivation and a desire to improve one's life.

Self improvement- the Self Help industry on the internet is usually tied in with Red Pill/Manosphere/Alt Right values in some way. It's extremely damaging to today's youth and its much more polarizing now with people like Andrew Tate than it was when I was a naive teen in the 2010s.

Sure, it still existed with PUA and RSD, Corey Wayne, Elliot Hulse, etc, but someone as outlandish as Andrew Tate represents the human incarnate of the Red Pill ideology and skewed definitions of outward materialistic versions of masculinity. Some of his viewers see him as a god. They would defend him as if he wouldn't just scoff at them if they were dying on the street right in front of him. (I will come back to Andrew Tate and why people see him as a messiah, but I would like to first dive into how all of this seems to appeal to so many people, especially the newer generations.

**** I am very selective about self help content in general.**** There are a few good authors and content creators, but so much of it is muddled with garbage.

So how does this affect a large portion of today's youth? Remember how I said much of self improvement is correlated with alt right conservatism, the Manosphere, MGTOW, PUA, etc? Doesn't it feel almost like a hivemind at times? Sure there are also the incels and neckbeards, and those are a little bit different yet a part of the same mindset too.

The reason so much of this feels like a cult of extremism is because it is. In fact, it is more than a cult. It is a form of **counter-culture**. The Red Pill is not the only cult that is a part of this counter culture, but shares overarching ideas with other online groups and movements.

So, one way in which this affects people is that, especially in United States western politics, people like to pick sides. The Political Parties want you to pick sides. It's *us vs them*. With the internet and all of this conflicting information, alternative sides have also emerged. Because the social media algorithms only show you more of what you consume, online cult mentalities are easier to form.

For conservative minded people who question the system they were raised into, or who do not like all of the liberal policies being enacted in their state, or the conspiracy theorist who thinks the alt right is the answer to the establishment left, they may also find themselves consuming more red pill content without even realizing what it is or how it is affecting them.

For the young teens and dudes in their early twenties, they may also discover the "truth" about society and because they believe they have been lied to, go in the completely opposite direction as a form of social rebellion, and the algorithm will align them with more of their own kind until communities are formed and no alternative opinion is accepted. Every belief system on the internet is like this. So it is

easy to fall for a certain side if it is endearing enough.

Even though Red Pill, MGTOW, Alt Right, Manosphere, and Black Pill ideologies have somewhat different values and beliefs, they are all prone to the same cult-like behaviors and ideas on what it means to be a man and to "embrace masculinity" by rejecting modernity.

I am not a liberal or a conservative. I believe both ideas have good and bad values and to take an "us vs them" approach creates more confusion and chaos which gives cults like "TRP" more power to influence minds that feel like they are being oppressed by the system or women, etc.

The reason Andrew Tate seems like the ultimate man to a lot of young men is because they grew up in a time where they always had the internet to influence their mind, and what they were consuming was a lot of what Andrew Tate talks about. He wants them to believe that his way is "the way of the superior man" (pun intended). He wants them to believe that the system is against them and that with his guidance and raw Alpha male power that he can break them out of the matrix and they can be as successful and strong as he is (because deep down they feel weak, lost, and powerless.)

The whole alpha male nonsense is exactly that. Men overcompensating because they feel they lack what makes them lovable. In recent times, sigma males have become a more popular term for the same reason. They want to "reject the system". A lot of them are/were probably loners and introverted, so sigma is their resolution of peak masculinity and power because they don't consider themselves extroverted or brainwashed enough to be considered a traditional alpha.

All of it is nonsense and power playing for insecure and broken people. But it is appealing to see the world through that lense. It feels good to think that you have all the answers and that you think you are better than someone else because they play video games for an hour a day and you don't, or because you lift weights at the gym while they eat McDonalds three times a day. (I love lifting weights btw)

Again, I will say that I am not a liberal or conservative, so appealing to your own confirmation bias by calling me that does you no good. But the reason I included politics in this post is because it DOES play a very large part in how a lot of these groups operate online. TRP itself is almost entirely conservative. And yes, liberal extremist groups online are the same way. All I am saying is that to overcome radical cult mentalities you must learn to look at all sides and come to your own conclusions which are never truly black or white.

In Part 2 I will be going over my own personal experience with the Manosphere and what it did to me.

If you feel that I missed something or have more to add, please discuss.

I dumped my long term girlfriend because of TRP

41 upvotes | May 30, 2020 | by [arvid1328](#) | [Link](#) | [Reddit Link](#)

I'm 19 at the time of writing this post, well I know I am still a teenager which means I get influenced easily but the thing I did is way more capricious for a teenager.

I knew this girl in a meeting a year ago through mutual friends, we talked for days and the chemistry went on between us, we got into a relationship, both happy. After a few months I came across MGTOW/Incel/TRP crap, I spent hours reading their ideas till I got brainwashed, started to feel insecure and controlling, I often ask her will you cheat on me, dump me or leave me, her answers were obviously no, I will never, your my everything etc etc

Then days went on and I started not to trust her anymore for no reason, till we disputed one night and I eventually dumped her and treated her as a whore, a bitch, a slut etc... for no reason as well.

Now that I'm recovering from this toxic mindset I'm realizing the big mistake I did, she even supported me when I was addressing those ideas to her by telling me I'm not that type of girls, she was a very caring girl, she loved me unconditionally and I'm feeling really bad when I read our old conversations and look at our pics together.

Now I kinda moved on but still want to talk to her to ask about her news, she entered deep depression because of me, but the problem is that she blocked me everywhere, the only option is through our mutual friend, yet she tells her she doesn't wanna talk to me anymore.

I'm not a ruthless person and I don't know how I could ever do such thing to someone else, especially someone who loves me.

I deeply regret and don't lie, I miss her a lot.

Don't make my mistake.

Just need to rant.

41 upvotes | May 30, 2020 | by [behindthemonster](#) | [Link](#) | [Reddit Link](#)

I (F) had a friend who felt entitled to having sex with me and harassed me for a long time. He frequently mentioned redpill, while he said he didn't necessarily agree with them, the number of times he brought it up told me he likely bought into some of their ideologies.

I just need to someone to talk to about why the redpill made me so uncomfortable and negative. Here are some things that he said:

- He has liked me for a very long time and never was "rewarded" (because I wasn't interested in him), so this justifies his harassment and it'll all end if I just give him a chance.
 - This is so toxic. I never asked to be liked and it's not a favor I need to return. This makes it sound like a man showing interest to a girl NEEDS it to lead to sex. Why can't some men just accept a rejection and move on? It seems like redpill is an overcompensation for the lack of self-esteem, they need to be inherently superior to feel better about potentially being rejected.
- When I told him to please not talk about wanting to have sex with me, he said males are inherently wired to be nicer after sex, so I must understand until I have sex with him.
 - This is also very problematic. It's giving men free passes to do whatever because they're "biologically wired to be horny". Just because I'm biologically wired to be hungry, I don't go around eating everyone's food! A level of self-control and restraint is necessary if you want to be a good, respectful human being, regardless of your gender.
 - Don't get me wrong, I can be very kinky. I love it when I am submissive in bed, I also love it when I'm dominant in bed! But a dynamic inside and outside the bedroom must be separated and well-communicated. Even inside the bedroom, there must be prior communication about what each other likes and boundaries must be respected.

Let's also talk about something a random redditor said to me because I have an ambitious career and want a partner who I can share my finances with but have an equal say in important household decisions.

"You sound exactly like the career woman that'll spend her life chasing her career and looking down onto men who earn like her or less than her, while having a promiscuous life, and then close to her thirties start screaming "where are all the good men", and either end up with a bunch of cats, or find a simp to marry who you'll despise, divorce in court, and destroy his life, and remain alone again. Don't chase equality or challenge your partner, because once you do, you may achieve it (in your mind), but you'll lose your respect to him and end up divorced... And always look up to the man you're marrying, even if he's a garbage man. Society's standards shouldn't dictate what makes you respect your man."

- PHEW where to even begin with this! First, why is it assumed I will cheat? And no, I don't need to respect a garbage man. I won't respect anyone who's garbage, whether it be a woman or a man! I also don't make it a life goal to find a man. I want to do good for the world, be a great family member, and a great friend. A husband will be very nice as a comrade and a best friend. But my self-worth isn't defined by whether I have a husband or not. My legacy will not *just* be

what kind of wife I was, but how I touched other people's lives, was a supportive family, what kind of mentor I was, etc. It sounds like he's insecure about him not having a career and want some way for him to be respected.

That being said, I want to send my love to everyone on exredpill. It takes a lot of strength and courage to get out of such a toxic mindset. Your value doesn't come from whether an opposite gender is attracted to you. Your value comes from whether you're living a life that you can look back on and say that you've lived it well. Be kind, find work and hobbies that make you excited and happy, and love yourself and others. And once you are happy, you will be able to find someone who likes your happiness and wants to augment each others' quality of life.

Hell, even I, a grown-ass woman who I thought was well past such BS, was convinced for a bit while reading redpill posts. The amount of manipulation, generalizations, and stereotyping there is a lot to handle! There are all these rules about how men should act and how women should act, but it doesn't give any agency to both men and women to communicate their unique relationship issues and make a relationship work with their unique personalities and values. I don't have anything against women who want to be a housewife and live a submissive lifestyle -- everyone should have a choice in their lifestyle. But what I couldn't handle was the amount of judgment and hate on people that decide on different lifestyles.

TRP Community thinks Trump is the last masculine president in forever?

41 upvotes | November 30, 2020 | by [Cowboys0923](#) | [Link](#) | [Reddit Link](#)

Not trying to make things political but in the Manosphere and the Redpill Communities they all saw trump as the last masculine president we have, what got them to this was when the access Hollywood tape leaked out you know “Grab em by the P***y” that gave them hope that trump would keep all the women in check, they came up with ideas and solutions just so that women can respect them, they wanted Roe V. Wade gone, Cut Welfare, Abortions laws etc etc.

YOUTUBER VAUSH CALMLY DISMANTLES RED PILL PHILOSOPHY "Hating Women is the Bedrock of The Red Pill"

41 upvotes | April 29, 2021 | by [sauceysupermandela](#) | [Link](#) | [Reddit Link](#)

<https://m.youtube.com/watch?v=mXdtklYdcDY>

What do women see in redpill?

41 upvotes | July 7, 2021 | by [J_drizzle_sizzle](#) | [Link](#) | [Reddit Link](#)

A girl I follow in my snap story said that men need the red pill because blue pill men are letting women get out of control. I guess I'm just curious what benefit the red pill gives women. From what she said, men need to hold women accountable and stop pedestilizing them. This is not an argument I haven't heard before, using the few to generalize the many. I don't think the grand majority of women are dodging accountability, I think it's just people of both genders doing so, but it's more profitable to paint it as just women. What do you all think?

What Hypocrisy in the Red Pill Annoy You the Most?

41 upvotes | July 20, 2021 | by [redpillnonsense](#) | [Link](#) | [Reddit Link](#)

One thing Red Pillers say that I wholeheartedly agree with is that your sexual experience doesn't make you a man. However, when going after critics, it's first line of defense is "you don't get any." It's bizarre to me that the Red Pill tend to narrow their own life accomplishments to how many women they've slept with. It's not everybody, but certainly too many.

I've never seen a group of men so obsessed with people's sex life. In fact, I've had content creators demand that I show an image of myself with a woman, as if I would drag a private citizen into this mess.

What Do You Think The Main Reason Is For There Being Incels?

41 upvotes | October 7, 2020 | by [RoseAvara](#) | [Link](#) | [Reddit Link](#)

[View Poll](#)

It's always this type of Alpha master PUA seductive bad boy asshole ladies man player who spent all their time flexing on the internet everyday 24/7 when you take look at their profile.

41 upvotes | October 30, 2020 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)



Anonymous

+1 y

Guys who don't mind smaller tits are average beta males. The higher status alpha males who are successful like me prefer bigger tits (C cup to Double Ds). I think chicks wit small tits ask these questions as a SHIT TEST to see who the quality status alpha males are and who the beta males are. haha. They secretly like when the guy wants bigger tits, because in her mind, that makes him look like he is higher quality alpha male (and when you think about it, it's true). The beta dudes don't really mind (or claim not to mind). Just something I've noticed in the past (I've been with tons of women, of all

The female dating strategy and the red pill have subreddits have a lot in common

41 upvotes | October 30, 2020 | by [CYKAblyaddd](#) | [Link](#) | [Reddit Link](#)

Both love to talk negatively about the opposite sex, while failing to take accountability. They cling onto their sex as support to their extreme views while missing out in real life. Hating another gender will not help you succeed in the dating world. These subreddits are extreme, toxic, and contribute to further isolation from your goals in having a good relationship.

Confusion about the 'traditional' family.

41 upvotes | March 7, 2020 | by [Baghdadincoming](#) | [Link](#) | [Reddit Link](#)

So, the stereotypical and often sexist portrayal of a woman is her staying at home to clean, cook and take care of the children.

Redpillers/MGTOWs often talk about settling with a 'traditional wife' (like a mail order bride from Eastern Europe/Asia) so they can 'raise their boys right'. But.....don't they realise that in their pursuit of being 'traditional' they won't actually have time to raise their kids?

Think about it. In traditional cultures and generations gone by, the father was the primary breadwinner. And since he was the primary breadwinner with the woman not contributing to the income, he barely spent time with his kids. And so the kids were mostly raised by their mother and the other WOMEN in the community until they were of working age.

Besides that, the nuclear family with a loyal husband and wife and two children has not been the norm throughout history. Until the 50s at least, people used to have more children, at least more than 3. In some cultures the normal amount of children to have was 4-10. Many cultures had extended families living together under one roof. That's beside the fact that marriages used to break down quite often, with the male usually being the instigator who could decide to leave just because he wanted to, and not have any consequences for it. Going back to the stone age, the 'family' was a group of 150 individuals all related to each other either by blood or by bond.

So yeah, the 1960s propaganda of the happy housewife with a plastered smile and a loyal husband and 2 kids, was more like advertising what should be rather than reflecting reality.

A Red Puller's Valuation of Women

41 upvotes | September 22, 2020 | by [NdN124](#) | [Link](#) | [Reddit Link](#)

My friend has gone deep into TRP and I fear there is no hope for redemption... One of the problems that I have with him is how he values potential partners. For him physical appearance and health are the main criteria for any woman he would consider dating. If she doesn't fit bit spec, he will show no interest in her. Character and personality are secondary characteristics. He sees dating a less attractive woman as being devaluing if himself. He also feels that women don't care about how a man looks, they only care about how much money he has.

Dating with this mindset is doomed to failure. He's only going to find gold digger types thus creating a self fulfilling prophecy.

I'm addicted to escorts.

41 upvotes | March 2, 2022 | by [Sorry-Watercress4589](#) | [Link](#) | [Reddit Link](#)

Dating is a shit show right now. I'm not the most pleasing to look at and I'm not rich. I got frustrated with online dating and also stopped meeting people just to get rejected. So I decided to work an extra job and I started seeing escorts every week. If women can have all these options with sex and also dating partners why can't men?? Getting rejected all the time does not build any character and whoever says that can't relate to your dating struggles if you have any. But anyway I know this isn't the best coping mechanism but I'm not sure if traditional dating is either just to get let down.

The social ineptitude of the advice given in The Red Pill

41 upvotes | March 17, 2022 | by [ghettobutmellow](#) | [Link](#) | [Reddit Link](#)

Shit Tests - a way of explaining banter in a misogynistic lens

Plates - a way of explaining casual dating in a misogynistic lens

AWALT/Oneitis - A terrible way of giving attachment advice, also, in a misogynistic lens

Frame - an incredibly vague way of explaining authenticity

Comfort Test - A dumbass way of explaining emotional reconciliation in long term relationships

Orbiter - a way of shaming men who are perfectly fine with being just friends with women

Monk Mode - An idiotic way of telling men to focus on themselves, before focusing on dating

Unicorn - A stupid way of explaining unhealthy projection.

LMR - oh god, I wish they'd leave these poor women alone. No means no. Not no for now, not no for later, just stop, put your dick back in your pants, and make sure she's comfortable.

Trying to understand what is so appealing about RP to men and if some men are more susceptible to it

41 upvotes | April 27, 2022 | by [Tall_Memory_645](#) | [Link](#) | [Reddit Link](#)


I recently came across a channel called Chris Williamson and the comments completely shook me. I was aware of RP ideology but the desperation of some men, their loathing toward modern society and them simultaneously wanting to sleep with women while talking of them like they're two dimensional beings who fit neatly into their world of "hypergamy", "frames", "80-20 rule", "sexual marketplace", etc baffled me (and I'm really being generous when I'm saying their view of women is two-dimensional, but I think people here already know that). They talked about "redistributing" women and I just....how does one think of human beings like that? What causes this mindset? How does someone get so enraged at not having someone to date, marry or sleep with? Teenage girls go through this, adult women go through this, but I'm yet to find such an organised group of women enraged at men for not wanting them. With incels and even MGTOW, I can even somewhat twist to see their perspective, not to sympathise with them but to be able to understand and then pinpoint the fallacies and problems in their line of thinking. But with RP I'm actually lost.


Where do ideas such as women live life on "easy mode" come from? It's like they base all their information on online dating apps and don't really have conversations with actual women in real life. They seem so detached from and unaware of the dangers women face and all the precautions we have to take. They seem to look at the attention women get, a lot of it unwanted attention that often makes women feel unsafe and fear for their lives, and seem envious of it? They also glorify the past while talking of the unfairness of divorce laws but don't look at the historical precedents for them, and that these rules were made in the very past which they think was fair. Overall, there seems to be a stark detachment from reality and very pervasive black and white thinking. Any sharing of personal stories gets marked as "anecdotal preaching" or "exceptions".


I read in this subreddit somewhere that male loneliness is an issue but I feel like there is so much more to this. I just don't see women having thoughts like this. They really seem to base even sth like "meaning" in their lives on how they think women should treat them. How can so many men begin to feel like victims when there are bigger issues facing both men and women because of their sex and gender and begin to look at sth like not having a partner as this horrible crime being committed against them? Would really like to hear the thoughts of former redpillers or people somewhat sympathetic to their ideas on this because it sounds like a lot of these men are angry about women having better options and not being dependent on men but that sounds truly horrible so I'm open to new perspectives.


Walter Weekes of Fresh&Fit on Sugar Daddy Website


41 upvotes | May 30, 2022 | by [safinder](#) | [Link](#) | [Reddit Link](#)





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Always down for a good time, lifestyle always on 100 living life to the fullest

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Fine dining

Flexible schedule

Luxury lifestyle

Passport ready

Shows & entertainment

Vacations

Good vibes and good times only gotta enjoy life to the fullest

Lifestyleguy101's Info

Lifestyleguy101's Info

Looking For	Net Worth	Annual Income
Women	\$2 million	\$1 million
Ethnicity	Children	Education
Black / African Descent	0	Bachelors Degree
Smokes	Body Type	Occupation Industry
Non Smoker	Athletic	-
Drinks	Height	Relationship
Non Drinker	6'0"	Single

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Page 877 of 1211

i know understand why mom told me to stay away from internet and don't believe what everyone says on the internet since i was a kid

41 upvotes | May 24, 2022 | by [ihavextremeanxiety66](#) | [Link](#) | [Reddit Link](#)

Should've listened to her , i got into redpill rabbit hole at the age of 17 to 19, I'm glad I'm out now tho, *fcking ruined my world view and made me more insecure about approaching girls even tho i get so many dating offers from girls i still believed i wasn't worthy enough to date anybody, this is what these redpill cults do, they fck your self esteem and makes you think you're not good enough even tho there's nothing wrong with you, you just need therapy, holy sh*t i hate the internet lmao*

I FCKING GOT MODELLING OFFER AND STILL THOUGHT I'M NOT ATTRACTIVE ENOUGH BECAUSE OF INTERNET HOLY SHT

I'm happy to be free now

When they say women have it easy, it makes me laugh

41 upvotes | April 18, 2023 | by [SupaRose_19](#) | [Link](#) | [Reddit Link](#)

I see this trend on the internet and Reddit so many times. They say that women have more dating choices, that it's easier for them and that we base partners on looks and money. Before talking to the current guy I'm seeing, so many of my dates failed. Not because of my looks, it was my personality which was seemed as too odd for guys. Doesn't matter how many times I try to improve myself.

Luckily I am talking to someone now who understands me but that's why I think the red pill is nonsense. It simply doesn't apply to certain groups in society.

The hypocrisy of single fathers critiquing single mothers

41 upvotes | August 13, 2021 | by [No_Championship1620](#) | [Link](#) | [Reddit Link](#)

I understand everybody has preference but I never understood redpill men who are single fathers criticizing single mothers for wanting a a man who has it together but they are single fathers themselves that will go as far to say that they can not be with a women who has kids so the women can take care of his kids that is not even hers.

They literally will say single moms ruined the nuclear family the whole time they have kids out of wedlock sometimes with multiple women. Its like they feel exempt from the argument when it comes to single parents.

Something red pill ignores: women are individual people just like men are.

41 upvotes | September 28, 2021 | by [BrianW1983](#) | [Link](#) | [Reddit Link](#)

All men are definitely not the same nor are all women.

I work with women and they have entirely different personalities; some are smart, some are dumb, some are nice and some are bitchy, some are demanding, some are laid back, etc., etc.

I think this is main thing that red pill ignores. Women are humans, just like men.

Red Pill Men will knowingly present themselves as animals (Saying things like "Men can't help but be sexist and to assault people. It's in our biology!") yet they get so upset when women want to treat them as animals.

41 upvotes | September 25, 2021 | by [Forgetthelandabove](#) | [Link](#) | [Reddit Link](#)

You can even see it with incels. They claim women cannot be incels because men are so desperate for sex they will sleep with any woman. Basically they liken themselves to uncivilized wild creatures. If you are going to present your own sex as out of control sex-obsessed wild animals then... expect to be treated as such. It's quite simple. If you want to be treated with respect then treat others with respect.

Child Support Arguments Are Stupid

41 upvotes | November 10, 2021 | by [No_Championship1620](#) | [Link](#) | [Reddit Link](#)

Every time redpill dudes bring up child support arguments they never bring up stats pertaining to the average man paying child support, they only talk about rich athletes, entertainers, businessman and etc. that are millionaires and billionaires.

They will say this rich person pays \$300,000 a month in child support is unfair but leave out that the same rich person make 5-6 million dollars a month. Even though that may seem like a lot of money to the average person, to that rich person that is a drop in the bucket and they most likely do not care about paying that much and that is why using rich men as examples are useless at the end of the day. People can make the argument that kids do not need that much money but at the same time the reason stuff like this is allowed is because the courts want children to be living the same lifestyle as their parents. You can look up multiple times where there are multimillionaires even in the 100s of millions who have kids they do no claim or take care of that live in urban and crime ridden areas, this is common among athletes. This is also what happened to Dr. Dre's son, he was living in the most dangerous area of LA all his childhood until his dad actually created a relationship with him when he turned 18 and that is also the age he first met him since he was born. And yes Dr. Dre always knew this child existed since he was kid, he just did not care.

The way child support is calculated is that they only take a certain percentage that will not really effect you, A lot of men that make an average amount of money or below average do not really get that much taken out from child support and if it does effect their financial situation they really had no reason to be having careless sex to be honest.

Bad RP dating mantra: The woman is acting like an asshole because you're not assertive/masculine enough. Her shitty behavior is on you, somehow.

41 upvotes | December 3, 2021 | by [No-Border680](#) | [Link](#) | [Reddit Link](#)

One of the most toxic advice I see given to guys, is that they need to learn to handle their partners shitty behavior. That it's your responsibility to wrangle her into behaving. You see these kinds of arguments coming from the red pill, but it's also kind of mainstream. I've heard normie men and women kinda blame the guy, if his partner acts like a bully or an asshole against him.

I see a lot of ex-redpillers trying to change their outlook on masculinity and dating into something less toxic, except for this specific point. I think that it's important that guys think about this too. While it's important to grow as a person and learn to become a less toxic person. It's also important for us to learn to not let others be toxic against us, either.

@feminitydoc on IG says “that salary can’t suck your toes” □ □ I’m sick of these female version of RP that are leading other women to slaughter!

40 upvotes | August 20, 2021 | by [PrincessTiaraLove](#) | [Link](#) | [Reddit Link](#)

I actually did used to subscribe to these thoughts and it just made me look stupid and tuned off good men. I used to think this was real and I could possibly depend on a man for money, but nope. That’s a fallacy. If a woman wants to have a real relationship with a man where he respects her she better bring her own money to the situation first! I’m not saying she should financially support him or he shouldn’t provide, but i most definitely believe a woman needs her own salary, and a salary take years of hard work to come by! They ain’t just handing them out!

Also which part of being broke is feminine? Not saying a broke woman can’t be feminine, but for me it’s very hard to relax when I’m broke. All kinds of negative ideas cross my mind and dating is the last one! Broke women are also vulnerable to be preyed on by men they don’t truly desire. If it’s all about money then why not be a sex worker? I’ve been a stripper and webcam model before and those transactional dealings are very hollow. No matter how nice the customer is they do not see the sex worker as human. She is just an expendable commodity.

I used to think I could get by on my beauty and youth and that’s really a dime a dozen. There will always be a prettier woman and there will always be a younger woman, but nobody can take away my hard work and financial stability. I literally can’t believe in 2021 there are women actually preaching this junk! I couldn’t even sit comfortably on a date with a wealthy/successful man and think he would take me seriously if I was dead broke and not working towards anything. I know it happens, but I just don’t think that’s the rule. Then as a man I’ve seen these type of women come in and destroy decades of work he’s built up, because he think he’s in love. I really sympathize with these men. Whether I have a man or not, I need and want to be able to take care of myself! All that time wasted looking for a man to take care of me could be used making my own money, and a man can come later. I’m not delusional enough to think a man is just going to come swooping in and take care of all my financial problems! Wtf. This type of content is so dangerous.

How The Red Pill uses cult tactics like Scientology to indoctrinate members

40 upvotes | March 6, 2017 | by [meowmix25](#) | [Link](#) | [Reddit Link](#)

glad i found this sub. some thoughts on MGTOW

40 upvotes | October 23, 2020 | by [confusedwalrus23](#) | [Link](#) | [Reddit Link](#)

I was originally attracted to mgtow because i felt worthless for not having been in a relationship ever in my life. also, there's no shortage of guys who will make you feel that way because you're not having sex like them. it's a manliness thing for them, which is complete bullshit.

anyway i browsed it for a long time, and truth be told, i still may go there once in a while. i also participated in the woman hating, which i regret. To be fair, there are some good things about mgtow. It cured me from feelings of worthlessness because, well, as the mgtow stories go, there are people in very, very bad relationships. In this respect, its like a window into a new world as i didn't have anyone in my personal life who told me these things. Also, as a man, it's a good thing to be aware of the possibilities of dating the wrong woman and of the broader societal trends. Also, things about hypergamy, monkey branching are all great to be aware of.

However, there's so much bullshit that goes on in those subs. for starters, they HATE the FDS sub. kinda funny, because there's a lot more similarities between those subs than most mgtow would like to admit. Also, IMO, the most stunning example of bullshit in those subs is the complete lack of self awareness when it comes to relationships. It's ALL her fault. Women are to blame, and men age like wine. Oh really asshole? you were the perfect angel, and it's ALL her? gotcha. Many of those dudes have no problem with porn, and fucking randos, and if you try to mention it, you're downvoted into oblivion. Hmmm, you say that women suck? you're literally destroying women's bonding mechanisms when you fuck randos, and then you wonder why she won't stick around? you honestly think that the attitudes you gleaned from porn has NO effect on how you treat women in real life? At least FDS GETS that. ALL women are bad? yep, that's right, ALL women from the beginning of time are bad, and no one EVER has had a good relationship with a woman. So the solution to this problem is the selfish pursuit of your own hobbies? i seriously doubt anyone on mgtow finds that to be a satisfactory solution, if they're being honest.

that said, i think those guys were just blinded by their terrible relationships, which i don't necessarily fault them for. life happens, no one is perfect, and we all have skeletons in our closets. but THIS is your solution to those problems? anyway, as for me, my brothers, sister, and parents all have good relationships with NONE of the shit going on that these mgtow have had in their relationships. I'm definitely NOT going to be believing that all women are shit, when experience proves there's lots of good women in my life to look up to.

Sorry for the long rant, but after a long time of mgtow, i've had it.

A few fundamental pieces of advice for ex-red pillers, but pretty much anyone else too.

40 upvotes | February 11, 2020 | by [obsessed_with_ghosts](#) | [Link](#) | [Reddit Link](#)

1. Redpill is an ideology, and thus untrue.

Such is the case with any other ideology. What really happened, is you took on an ideology, a fixed view of certain facets of reality. You can break from an ideology, but who's to say you won't fall into another? Be still. Watch yourself.

2. Self-manipulation is not the way.

If taken as a means to improve your ways with women, that can be a noble pursuit... but know this: Self-manipulation is not the way. By 'self-manipulation', I mean scheming together an elaborate web of how you're *supposed* to look, be, act, speak, and touch regarding women... *but* the self-manipulation starts way sooner before that! It begins the moment we ask ourselves the question, "how can I get that girl?" Once you're set on impressing a woman, you're merely adding another link to the chain of being inauthentic. Read between the lines. This goes beyond dating.

3. Achieve balance in masculinity and femininity.

It's no secret that many cultures foster the masculine in men and the feminine in women, while neglecting or even shunning their counterparts. This is a grave mistake. To be masculine without embracing the feminine, or vice versa, is to be without a leg and an arm; to have half a brain. At the gates, a child in this state has been instilled with the neurosis of their parent.

This can impact our ability to understand women (and for women, men), and to have healthy, enjoyable communication with them. This matter alone, when resolved, can bring you so much success in finding a good partner, that depending on where you are with yourself, it might be all you need to make even better footing in your endeavors.

Developing your femininity means increasing your intuition, or your ability to fully feel and pick up on things that are **implicated** to you -- things that are beyond logic, reason and explanation -- like *your own feelings*. To be able to acknowledge your emotions unashamed, to bare yourself and be vulnerable and be okay with that *and mean it*, will expand you beyond seeing your own feelings to where you can sense more clearly the feelings of others, which would, in turn, allow you to be authentic with a woman.

No need to 'read signals' if you can already feel them by 'being yourself'. See that? Read between the lines. *Are you really being yourself?* The depths which we can go with that question is beyond our comprehension.

4. Realize who you've always been, and fall in love with that.

However abstract, and quite paradoxical, this adult you feel you are now is not you, until you include the child you once were as being present, beside, and within you. Not your past, not something that was, but something special that came and never stopped being.

That 5-year-old you? *He/she's you!... Yet, a completely different person at the same time.* They never went anywhere. When we say, 'the past is the past', what are we really saying to that part of ourselves that's *always there*? If you can find it in you, notice and realize that part of yourself. If you can do this, you will know the love of being a father or mother without needing to bear a child to know it. At the same time, you will be that child, embraced for once in so long.

To illustrate what I'm getting at, here's a video demonstrating the Still Face experiment, showing how children respond to attention and lack thereof: <https://www.youtube.com/watch?v=apzXGEbZht0>

Now imagine in every human being, there is this child inside us, and we're doing this to that child, except we're doing it for a lifetime and not realizing it!

Any tough times in your childhood? I had suffered some humiliating moments in my childhood that were seminal in my development as a person, and once I took this 4th piece I shared with you literally, I could resolve those events inside myself. It was as if I had keys to a time machine, could go back to that time, sit down with my past self and talk about it with him as a parent would for their child, anytime I want.

That's all I have.

There's a common thread laced through this entire post: Acknowledge yourself without judgment. Be still, and watch. Look after yourself with compassion. Embrace yourself. Do not impose the need on yourself to change yourself. Truly listen. If you live in shame, stop, witness it. Simply see yourself.

Counter-intuitively, healthy change will come. Shame, in time, will fall off. Movement will come from stillness. In embracing yourself, you will inspire others to want to embrace you. By letting go of who you're struggling to be, you will open yourself to who you truly are.

I think people realize you can go through years of self-improvement and still end up with nothing.

40 upvotes | March 17, 2020 | by [defo18](#) | [Link](#) | [Reddit Link](#)

The grates on my nerves hearing this advice because I took it when I was younger and I'm not seeing any positive outcome

And what's worse is that girls do not care about all your struggles getting to the point you're at, all they care about is the end

I look back at my younger self working so hard and cringe because I thought it will make dating easier but it hasn't. You can make your body look like a god but if you still live with your parents that body isn't going to help you much. I spent years working and studying and saving. But I'm still careless and live with my grandparents.

I had a mental breakdown in 2018 just because of the stress and I think that's where I just gave up
Right now I'm stuck at my job because I have no car to travel out and all I do is go home and work now but sacrificing work to do other things to help my life will result in me lacking money.

No miles ran our White's lifted kept the dark voices out of my head It's really easy to criticize and judge and tell someone they just need to work on themselves if you don't know them.

I feel better because I'm at the end of all that with nothing and it makes it seem like all my efforts were in vain.

If I pick up a second job I'm just going to fall into patterns of working and drinking again

It's not easy but sometimes it's not doable either. I'm ready to just call it quits and get it over with because I'm tired of failing and I'm tired of mustering up motivation just for another embarrassment or failure

I think I have about \$60 till my next paycheck next week and that's been life. Living paycheck-to-paycheck.

I got tired of everyone giving me advice on how to get cars when they have never had to walk across the city just to get to school before

They're so much room for failure And the margin of error is so slim and people aren't forgiving as Reddit makes it out to be.

Women and men.

40 upvotes | December 31, 2020 | by [pigeondreams203](#) | [Link](#) | [Reddit Link](#)

You have to take better responsibility on who you date and decide to continue being with. Love will always make you see what you wanna see not what you need to see. There's red flags for both genders and all redpill does or even ideologies in general make things more complicated than they need to be.

Confessions of an ex redpill robot

40 upvotes | December 1, 2020 | by [TruthTeller1995](#) | [Link](#) | [Reddit Link](#)

Hello I just joined this group

Let me preface this by saying I am NOT a feminist. I am just a 25 year old male who lives with the crippling after effects from decades of abuse from a man who the red pill men would defend.

My journey into and out of the red pill movement started about 6-7 years ago. I was a venerable young man who grew up being abused sexually by my father. My dad everything to terrorize my mom, sister and me which included stalking and threats to kidnap me. I didn't have words to describe what I went through because even though I put up every red flag (i.e isolation, general anger, and my dad abusing me in public) community which was supposedly biased against men turned a blind eye and did nothing. As a result I started taking on his sexist thinking in order to survive at first. However because I was a venerable young man I was easily manipulated into buying into their bullshit. I used to believe things like most woman lied about rape and domestic violence. I frequented websites that only served to confirm the red pill delusions that society was biased against men. However as I went deeper and deeper into the movement I began to realize that my reality was not matching with what they called "the truth". I began to think for myself. I began to realize that the red pill movement was a lie. I also started to realize that what I went through was domestic violence and sexual abuse. And if I continued to believe that most allegation were a lie, I was only denying the real truth. After being exposed to the truth and reading opposing views I woke up. I finally could name what I went through and own it. I soon realized that these red pill men only lived in a self created delusion. These guys keep male and female victims from coming out by victim blaming and harrasment. Just look at the comment section of any red pill video on YouTube that covers rape and you will see why victims cant come forward. They don't know how hard it is to come forward as a domestic/sexual violence so they deny it even happens. Now every time I see their videos I am reminded of my dad because most of those guys (ex. the disgusting rat Paul Elam) remind me of my dad. This movement is dangerous to society and needs to be stopped.

Redpill/Blackpill is a fraud.

40 upvotes | December 22, 2022 | by [drunkgam3r](#) | [Link](#) | [Reddit Link](#)

Men having to approach women is the only thing they get right. Everything else is fraud.

Everytime you bring up a point, they'll claim it's an exception.

They base everything off DATING APPS.

The reason why you DONT GET LAID, is because you DO NOT APPROACH WOMEN.

I just want to tell everyone here how much I appreciate you

40 upvotes | December 23, 2022 | by [Mean_Mechanic9889](#) | [Link](#) | [Reddit Link](#)

Success (and wealth) can actually worsen your dating experience as a man

40 upvotes | January 22, 2023 | by [Gmed66](#) | [Link](#) | [Reddit Link](#)

This isn't clickbait. But it's never really talked about and I think it heavily falls under the redpill umbrella actually. There is definitely a male fantasy that being both successful & rich (not just one, but rather both) is highly attractive to women. I actually don't think it's remotely true at all.

I'm early 30s (look~5 years younger) and I'm a very highly paid physician, meaning in the highest brackets of income for doctors specifically. Well into the top 1% financially but also heavily successful at various aspects of life / not just career & money. More importantly, I dated **a lot** from a young age so I actually have extensive dating experience.

I personally found that I was fine dating when I was 19 or 24 before becoming wealthy or successful. It made no difference. In the aftermath now, I actually would say it is quite a bit harder to date. Making a lot of money means long hours. Older age (honestly past late 20s) means far fewer single people.

I'm also above-average in looks (not super attractive by any means but definitely above average) and my dating pool has been and continues to be average to above-average. Being essentially <0.1% of income in my age group absolutely has no effect on the dating prospects. I pretty much get the same number of second or third dates that I got when I was 22 years old and honestly face a higher rejection rate than I used to.

And speaking more broadly as this is more about people at large, I think that success & wealth are things that **other people** view as attractive in a male. But in a 1 on 1 situation, normal women aren't more attracted to a guy who is mega successful or wealthy, to the point of flipping their decision, vs someone who is more average. Yes being completely broke is a turn off, but that's also a minority of guys. It doesn't displace the need for physical attraction & chemistry. Friends & family will think those are great things, but it doesn't do a whole lot when out on a date 1 on 1.

Anyway I share this because I think there are guys out there who think that making a certain amount or becoming successful will change their dating life. In reality, it doesn't. It's best to focus on things that optimize your physical and emotional chemistry with a potential partner + put yourself out there.

Why are men in redpill are obsessed with women?

40 upvotes | July 3, 2022 | by [Pension-North](#) | [Link](#) | [Reddit Link](#)

I wonder because they always talk about hypergamy, female nature, and sharing controversial beliefs. Do you guys think they are still experiencing emotional pain from their last relationship?

The manosphere played themselves (US politics)

40 upvotes | June 28, 2022 | by [PutsWomenOnPedestal](#) | [Link](#) | [Reddit Link](#)

With the repeal of Roe vs Wade by SCOTUS and their announcement to go after contraceptives next, the pool of women interested in hookups is going to dry up like water in the Sahara. RPer's have gotten the opposite of what they wanted by voting for Trump in 2016. Great job, manosphere. You played yourselves, lol

Women do not engage in hypergamy. If anything they're probably worried about men doing it.

40 upvotes | July 25, 2022 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

A lot of talk about men getting the short end of the stick but lets not forget how difficult it is for women to. Women know how much a threat a beautiful woman is and the potential for the man to be interested.

Men are more visual and can't help but notice other attractive women around. That's enough for women to feel insecure about where they stand and the possibility of their man going around cheating. Women notice it and it's no wonder why they worry about their looks and have self-esteem issues.

My point is hypergamy is so focused on men having it hard but women might have it just as tough if not more. I don't believe in this hypergamy BS anyways but it's something I just thought of.

When meeting old acquaintances that knew during the time I was heavy in the RP

40 upvotes | September 25, 2022 | by [Nightchanger](#) | [Link](#) | [Reddit Link](#)



Interested in being an ExRP

40 upvotes | April 2, 2021 | by [prolific1997](#) | [Link](#) | [Reddit Link](#)

I've had bad experiences in my life just like anyone. I've been treated horrible by some women. But I came upon this sub reddit tonight and I tend to agree with a lot of what is on here. While I find some of the red pill content hilarious, I sometimes think it has more entertainment value than reality. Yes I agree men should vet women just as women should vet men. But I think categorizing women is extremely bad. Some of the best women I've dated were single moms who treated me very nicely and put me first. I don't go around saying all single moms are terrible.

I think where MGTOW and RP philosophy go wrong is stigmatizing women. They're all unique individuals. Some may have grown up fatherless but are just incredible people. I'm not saying sign over your life savings. You can still be careful but be open to the experience. I sometimes think that the standards MGTOW men hold for women are just as bad as the ones sometimes women hold for men. Taken to their logical conclusions, almost 90% if women would be undateable by MGTOW men's standards.

Glad I found this sub reddit. Very interesting posts here.

For the men in this group, what was the turning point in making you leave the redpill? When did you wake up and how long did it take?

40 upvotes | June 11, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

Redpill standards for women are a joke

40 upvotes | June 20, 2021 | by [prolific1997](#) | [Link](#) | [Reddit Link](#)

You can't just nit pick like these men do when it's hard enough to get female attention as is. Yes I agree some things shouldn't be negotiable like don't date women with drug problems. But by and large a lot, a lot of these women aren't going to meet every standard redpill has for them. Not a middle child? Okay. Not a single mom? Okay pool of women is lower. Not the jealous type? Okay even lower. Eventually this pool of women is going to be like 1%. Then you have to ask yourself what are the odds you're going to meet that 1% of women. Slim to none.

I would say female attention for most men is a trickle as is. You go on any dating site and they're lucky to get a few messages back. The ones who aren't flakes? It'll be even fewer. Yet somehow you're going to hold this small shallow pool of women to standards most won't have. That seems unreasonable.

You hold women to redpill standards, you will be single your entire life.

Forgive me for this part. But honestly a lot of these red pill guys are average in the looks and life department at best. Yes some have great careers. Good for them! But women are not all about money just look at some of the losers they date. In any event, these guys at best are getting close to zero matches or dates and that's probably why they're red pill. I honestly can't imagine many women lining up to date any of them especially with that attitude.

Some are bald, too short, too old or some combination thereof. Like come on these are the guys who are picky!? Sorry I had to say it.

Male improvement communities that aren't red pill.

40 upvotes | July 14, 2021 | by [Cool_Breath1182](#) | [Link](#) | [Reddit Link](#)

Hey guys, you've been seeing my arguments on the discord that showcase how hypocritical and disingenuous these guys are but it highlights a deeper issue in my life. I want to find a group of men that I can grow with, a band of brothers, but TRP ideology is creeping everywhere into all of these spaces and I don't know what to do. I keep wasting my time arguing with people. They are in a cult, common sense won't convince them. Do you guys know of any communities dedicated to male improvement that aren't red pill?

People have the right to live alone for the rest of their lives but...

40 upvotes | July 27, 2021 | by [jaredhasarrived](#) | [Link](#) | [Reddit Link](#)

I don't have an issue with men (or women) who chooses to live the rest of their lives alone like a monk. Hey if that's what they want then by all means.

But I think it's a depressing way to live your life when you're "scared" of marriage because your ex-wife was a bitch, women are "not worth marrying anymore" or a clearly depressed and bitter man on youtube told you so.

It's like you're just trying to survive than thrive, playing not to lose instead of playing to win

Isolation deteriorating my mental health in my early 20's

40 upvotes | August 14, 2020 | by [dd71coolguy](#) | [Link](#) | [Reddit Link](#)

A severe lack of friends at 21 is deteriorating my mental health and I am becoming extremely depressed. I do nothing but work, lift in my garage, and browse reddit/youtube. I have NO friends in my hometown, and my town is an old-people's town so there is no way to meet people my age and make new friends around here. Quarantine is still going on, and so I can't really go meet anyone or try dating. Why would anyone date me anyway if I have no friends. I worry that I will continue to fall into a depression this fall because I will be staying home because of online classes and have no friends. I have been crying alot lately and realize I have a problem and I need help. I should definitely delete social media because seeing all the people I know have great summers, go on adventures, and create great memories has made me so bitter and sad and jealous. It doesn't help that I had breakup with a girl I had a mini relationship with at the start of quarantine when classes were put online. I'm just going through the motions, letting life pass me by. I have lost interest in a lot of things and waste my time watching youtube videos and browsing reddit whenever I have free time. I just want friends. I can't remember the last time I felt exited. My biggest dopamine rush has become getting upvotes on reddit posts, because that means at least some people noticed me. I want to be happy, and I'm not living the life a 21 year old should be living.

“My wife gave birth to my kids and helps raise them. She adds value to my life and if she died or left me for someone lesser(cause I'm the best) then oh well game goes on. Game never ends until you die.” Reply on /r/redpill to a guy asking about relationships

40 upvotes | April 21, 2019 | by [linkschode](#) | [Link](#) | [Reddit Link](#)

I can't tell where delusional ends and psychopathic begins on that subreddit anymore. It's so anti human, anti connection, misanthropic nihilism.

I am a recovering MGTOW/TFLer

40 upvotes | April 5, 2019 | by [ENTP_AnarchoEgoist](#) | [Link](#) | [Reddit Link](#)

Hello Folks, I am a 24 year old recovering MGTOWcel/True Forced Loneliness with mild autism still a kissless virgin, I live in the Middle East Lebanon a very traditional conservative society where women suffer but much less than KSA & Iran, I had a rough childhood experiencing heavy bullying resulting in me changing 5 schools and still being severely bullied which also resulted in constant rejection from girls in a humiliating way. In middle school I was obsessed with a girl a year below me, and when the whole school found out about it including her through the bullies, she started avoiding me like the plague and to be honest I blame myself for acting very creepy towards her, it devastated me and becoming a laughing stock in the school by both students and teachers (the teachers bullies too and very unprofessional). I had fantasies of shooting up the school, but even if I ever had a gun I would never have the nerve to do that, and even my moral values tell me that life is sacred.

Since 2012 at the age of 17 I left Islam to atheism and my political views became generally more progressive and supported women's rights. In the summer 2015 the garbage crisis broke out coupled with severe power outages and 35 to 42 degree celsius weather (95 to 108 Fahrenheit), I joined the movement created in response to the garbage crisis and political corruption and befriended the members and activists and met a cute senpai (girl 3 years older than me) I developed strong feelings towards her, but I was still frustrated that I am virgin and seeing couples being loveydovey/PDA used to make me boil with rage and envy.

After the Trump election I started slowly shifting towards the MRM and anti-feminism. One time I was at an acquaintance's birthday party he is from the movement as well as the other attendees, so we were playing truth or dare and it was my turn to choose truth or dare so I chose the former and the girl who the bottle pointed at asked me in a really condescending way if I ever made out with a girl and quickly some guy asked me if I am virgin this was very infuriating and made me become way more insecure reviving my middle school self, and at the same time I was binging on anti-feminist videos and because of the youtube algorithm I discovered MGTOW and TRP, at first the idea didn't make sense and they seemed like a hate group, but I started becoming more misogynistic and resentful then I started shit posting incendiary sexist content on facebook so the girl from the movement I was obsessed with saw my posts and unfriended me I went through depression and to add insult to injury I was working a job I greatly despise and when I parents found out that I got fired (although felt relieved when I was fired) they scolded me and I told them I hate my college major (the job was the same field as the college major) they never understood why making my depression worse. Then I found MGTOW and 98% of it resonated with me, so I adopted the label and my misogyny was on steroids making me very distrustful, disagreeable, aloof, cold, stoic, cynical, and misanthropic of humans especially women, instead of becoming depressed I was boiling with rage and would lash out, and I cut off all contact with people from the movement except for a few people.

I even believed women should not be allowed to vote because they don't take responsibilities and only want equality when it suits them and chivalry when it suits them, and that they have less options so they will find it hard to settle with Chad, and feminism was a reaction to women having beta husbands and wanted to go with Chad. But something inside me was telling me that patriarchy is unnatural and sexual marxism is entitlement, I still preferred the idea of sex bots. I was also

sympathetic to incels as well as Elliott Rodger and Alek Minassian massacres, still they lose me when they wanted to legalize rape and shariah, and their extremely toxic crab mentality, and horrible advice "Better Rope" and everything else is cope. Moreover I learned that women are attracted to Looks Money & Status from FaceandLMS and women are attracted to men who are preselected by other women that's the reason why women say they want an experienced man and not virgin.

In summer 2018, my cousin came from the US and we are very close to each other, she told me that her husband is toxic and he used her to get the citizenship and treats her like a maid, and this started slowly changing my perspective. Moreover I was opposed to free healthcare but read scientific study showing how European universal healthcare is way better than american healthcare , this made me slowly dissociate from the right and red pill, through this I discovered Contrapoints and enjoyed how she refutes the right talking points then I found her video on incels and it made more sense than red pill and black pill bs.

Ever since I fell down the MGTOW rabbit hole I was becoming the monster, and I started hating my MGTOW self, even though it motivated to go to the gym and workout. Till now fitness and strength training have become my passions, and I have built some muscle mass especially on my shoulders, traps , and triceps, going to the gym has kept me somewhat sane throughout my phase. Speaking of muscles, I realized that toxic masculinity doesn't mean that all masculinity is toxic, it means the negative traits associated with being a man like "Man Up" , "Boys don't cry" , "Men can't get raped" , "Cuck", "Soyboy" , "Beta" , "Men don't get abused by a woman" etc. By the way those red pill alpha males are actually very insecure about their masculinity and a real alpha male doesn't need to subjugate women or afraid of strong intelligent woman.

I am still working on my self, and please don't suggest therapy because all they did was rip me off , I am finding a life coach. I still take responsibility for my actions

This is how I look

PS: Excuse my English as it isn't my first language.

Isn't some red pill theory kinda strange?

40 upvotes | September 23, 2017 | by [NetCrusader](#) | [Link](#) | [Reddit Link](#)

I mean, hamstering for example is basically self rationalization. Isn't the entirety of the red pill practice just a case of bad rationalization and ad hoc fallacies? EvoPsych gets a lot of criticism for being kinda like that isn't?

Also, take alpha/beta dynamic. Even if it is true (which it doesn't seem to be), isn't changing your whole life to a ideal of "alphaness" for the sake of approval and validation the most beta thing you can do?

I'm getting bitter about my lack of dating.

40 upvotes | January 12, 2022 | by [EveryStrategy4918](#) | [Link](#) | [Reddit Link](#)

I know it's wrong to feel this way. I've already heard the "nobody owes you anything argument". I'm a man I've heard that since I was a child (about other things in life not dating). So having a good social life is a luxury i guess? I get jealous of people who are good looking. I wish I was extroverted or the life of the party.

I'm never going to be in a relationship, which is okay I guess, what ways are there to enjoy life regardless?

40 upvotes | February 27, 2022 | by [Pomeranian111](#) | [Link](#) | [Reddit Link](#)

Redpill never helped me, just a potion of lies and regret. I'm ugly, not subjective ugly, like really bad. Never had a women interested in me at 23.

I'm a virgin of course. My personality is just as bad as my looks. I'm extremely boring, insecure, shy, awkward, and get caught in negative feedback loops.

A lost cause.

At this point seriously considering lowering my libido since that is a huge root of my thoughts of relationships. I don't have many friends, and at this point, prefer the loner lifestyle over having to constantly socialize with others.

tldr- How can I kill the desire, or just find joy knowing I will never be in a relationship?

Now I understand why I was unsuccessful with women - it all started with my mom

40 upvotes | April 3, 2022 | by [limache](#) | [Link](#) | [Reddit Link](#)

Why I Hate My Mom

She's a control freak - she wants to control everyone

If you don't agree with her, she will relentlessly argue with you until you agree

She bullied everyone in our family - my dad, my brother and me

My brother developed an inferiority complex about his dark skin and even if he was Chinese because my mom made a joke that my father found him in the garbage and adopted him.

She called him a Mexican

That's where I learned to make fun of him as a Mexican - from HER

SHE'S THE REASON WHY OUR FAMILY IS FUCKED UP

Whenever she's not around, the household is very calm

As soon as she enters the picture, it was like walking on eggshells.

AT ANY MOMENT, she could blow off at the slightest thing and start an entire argument for the entire night

She thinks she has "good intentions" but in fact it's just HER intentions

She wants to be praised for being a selfless parent but in fact she is just a very narcissistic person who thinks very highly of herself

Her own relationship with her mother was troubled - her mother was never around and always gambling and her father was an alcohol and gambler as well.

Her oldest sister was essentially the mother of the family

When her mother died, she wasn't there. I think I will do the same.

When my dad dies, I'll be there for him. He never said one mean thing or hit me. **NEVER**. He was always happy and calm. Only she fucked it up.

She got my dad arrested once - now that I think about it, she should have been the one arrested

Her emotional abuse was off the charts. She belittled me so much and said things like

"A dog is better than you"

"If you don't die, you're worthless"

"I regret giving birth to you"

"You're an idiot. Why are you so dumb?"

Among countless other insults

Only now I realize how that has damaged my self esteem and confidence up until adulthood.

She thinks she can control me.

When I first grew out my hair and came back to NYC to see my family, she literally screamed at me and called me a homeless bum.

She guilted me into getting a haircut just so she would stop yelling at me

When I grew my hair out again, she said “it’s not that I WON’T LET YOU GROW your hair out” as if she controlled my hair and my body

She would always make comments about how fat I was or say that my dad was better looking than me.

She would always tell me that I needed to change - that I wasn’t good enough.

She always said don’t be like your dad - he’s an idiot. Change change change

I asked a professor in human development once about that and she said that was an awful thing to say to a child

In high school psychology class, my teacher was talking about how physical abuse was wrong and I retorted “what do you mean? It’s totally necessary.”

I had normalized physical and emotional abuse from an early age

That’s why I never had any relationships with girls and why I had so much insecurities.

I never had a girlfriend in middle school or high school because my mom wouldn’t allow it. She claimed I would slack off on school.

As a result, I had NO confidence with girls. I never had a girlfriend in middle school, high school or college.

I went to prom alone.

The irony was that I had a lot of girls interested in me - I even had many guys in high school jealous of me.

I remember I asked one guy in gym class why he was working out so hard and he replied “well not all of us can look like YOU” and I didn’t understand what he meant at the time or why he would ever want to look like me.

I remember another guy who was clearly jealous that I was talking to another girl named Tracy. I remember being in the high school staircase with her ALONE and I didn’t realize she was interested in me.

I was just too scared to do anything about it.

To this day,

1. I still haven’t had a girl give me a present for my birthday or celebrate a birthday with me.
2. I never received a Valentine’s Day gift or celebrated with a girl
3. I never celebrated Christmas with a girl.
4. I’ve never gone on a road trip with a girl
5. I’ve never met a girl’s family before
6. I’ve never had a relationship for more than 3 months
7. Anytime I’ve tried to start a relationship with a girl, I would be ghosted because I was so desperate for love that they could sense my neediness
8. I haven’t had a relationship in 8 years. The only thing I could get was one night stands, which was NOT what I wanted. I thought if a girl slept with me, that would mean I could finally win her love.
9. I let so many women abuse and use me. I once met a literal super model from Ukraine at a bar

and actually went on a date with her. We actually had a very good time. However I realized she was going through a divorce and was exactly like my mom - extremely controlling and abusive as well as an alcoholic. I spent THREE DAYS in a row at her place without going home just helping her - cleaning her apartment, buying groceries, cooking for her, spending time with her, helping her get her car. I even drove with her to IKEA and helped her buy a mattress because her ex husband took her bed. I helped her bring it back and install it and everything.

10. She treated me like shit and I left the first time she mistreated me. Then the next day I apologized to HER and brought her a six pack of beer. Then the final night, after EVERYTHING I did for her and right after I helped her get her mattress from IKEA, she wouldn't even let me park my car in her EMPTY parking spot. I just wanted to avoid getting a parking ticket.
11. I finally left after that.
12. Even after that I tried to get back in touch with her. I texted her all these things that I thought she would benefit from.
13. I recently offered to let her stay at my place so that she wouldn't have to have a long commute from LA to San Diego for a job. I especially felt bad for her because of the war in Ukraine. She still wasted my time and rejected me after everything I tried to do for her.

My mentor told me, through Chinese astrology, that the only thing I ever wanted in life was LOVE because I never had it in my life.

He told me I basically had Stockholm's syndrome and empathized with my captor. It all makes sense now

He said I had no self respect for myself, hence why I had no respect for him. I now realized I've hated myself for my whole life because my mom made me hate myself from day 1.

I looked for love in all the wrong places - in bars and clubs.

I kept going out every weekend hoping that I could find the love of my life so that I could finally stop going to bars

I don't even like drinking. I remember recently I talked to a girl at a bar and she said she was interested in me and wanted to play pool with me.

I was in the middle of a game and thought she would be there for the next game. I looked everywhere for her - I realize I was like a lost puppy

I finally saw her outside with another guy and I was crushed.

I just wanted to find someone who was willing to spend time with me.

To go with me on a date to try out a restaurant

To go to the beach together

To watch a TV show or movie together and fall asleep on the couch

It makes sense now why I loved romance comedies and love songs so much - it was my FANTASY to be loved.

I realized i was so unhappy these last 8 years because I thought I had the AUDACITY to believe that someone could love me. I thought true love was a fantasy that my younger naive self foolishly believed in.

I'm pretty smart and talented - I'm not trying to brag but I consider myself a Renaissance man.

I taught myself just about everything from an early age. My parents are immigrants and can barely speak English.

I looked up an old recommendation letter that a professor in my freshman year wrote that helped me get into an Ivy League school.

He said I was already at a PhD level in history and humanities as a FRESHMAN in college. He wrote that I could already compete with his graduate students. That's how smart I am.

Not only that but I can do many things - draw, photography, sing, play guitar, finance, sales, marketing, real estate, technology, learn foreign languages, etc etc

And yet my mom always said I was a moron.

My mom is just a psycho path and I realized I've been gaslighted my entire life to her viewpoint and her narrative

Ironically she always claimed to be the victim in every story.

She would blame everyone else - my dad, his family, co-workers etc

She always tried to convince me to change my dad - "tell him to Change, tell him to change"

I always told her

1. "everyone has something intrinsic to their nature that can't be changed. You have to accept that."
2. "If you think it's so easy to change, why not change yourself first? If you want others to change, how about you change first and show how it's done?"

And she would always push back and claim she has changed by basically venting internally instead of in person

I've been on a spiritual journey in the past 2 years and I've bought many stones. I was never into this stuff and thought it was bullshit.

The first stone I ever bought was Kyanite, which helps with healing past trauma and getting over a victim mentality as well opening up the throat chakra to speak your truth.

The thing is I had NO IDEA it had this meaning - i just bought it because I thought it was pretty. After I looked up the meaning I was blown away. I've just started to remember all these traumatic childhood memories I repressed for so long. Now I understand why I was on such a self destructive behavior.

Here's a copy and paste

"For those who have lost their way in life, or are trying to break a cycle of self-destructive behavior, use Kyanite in an empowerment grid to get back on track. Lay out rows of small Kyanite blades radiating from a central Kyanite in six different directions. Use each night to walk a different path in the mind, letting images and ideas take form spontaneously. Continue until you no longer need the grid. [Eason, 225] To access forgotten childhood memories or to recall a word or name that eludes you, touch the center of your brow with Kyanite."

"Kyanite's frequency encourages the examination of all aspects of oneself, the various interests, skills and knowledge that creates the uniqueness of one's identity, and how it can be used for one's Soul path on Earth and in finding a life-fulfilling vocation. It encourages listening to intuitive guidance and living with integrity of purpose. [Ahsian, 224][Gienger, 34][Hall II, 171] Kyanite helps

overcome a victim or fatalistic mentality, and the resignation of oneself to the recurring emotional patterns that create blockages in the energetic field. Kyanite can bridge the connection to those patterns and quickly create new energy flow and a shift in one's perception to the world. It assists one in remaining functional in extreme situations, promotes a more logical way of thinking, and encourages resolute action. [Ahsian, 225][Gienger, 34]"

Last year my dad visited me for the first time ever (we also haven't spoken in many years but it's due to his nature, not because he didn't care)

After spending 3 months with him, it was such a calming and relaxing time. It was so easy to live with him. I realized my mom was DEFINITELY the problem.

I honestly don't know if I can ever forgive her.

I just told myself in my head, "when my dad dies or is dying, I'll be by his deathbed"

"When my mom is dying, I won't be there for her."

Because that's exactly what she did to my maternal grandmother.

My cousin told me that my maternal grandmother's last words were that she regretted gambling so much and ignored her family.

I recently wrote a girl an 8 page love letter because we actually hit off very well and I could tell she was interested in me. But as soon as I didn't hear from her in a few days, I grew anxious, even though I just sent her a nice present for her birthday.

My mind started racing, thinking I wasn't good enough or that I needed to do more to win her love.

Obviously I ended up freaking her out and she has stopped talking to me as a result. This is what I've been used to my entire love life, or what little of it can be called that.

I'm in the process of healing now and I realized I have to love myself first.

I could do so much and learn almost anything but I could never imagine that someone could ever love me, that I could ever love myself and that anyone could ever care about me.

I have thought to myself many times, "if I were to die, would anyone really even mourn my passing? Or would they just move on the next day as if nothing had happened."

Emotional abuse and physical from women does happen and it's not talked about enough. No one holds these women accountable for their crimes.

As a result I've been emotionally stunted and de-masculinized for my whole life. It's only recently I've found my voice and discovered who I TRULY AM.

For ex red pill, I need to write this in particular

I never had a male role model in my life - my dad didn't know anything about women either. He didn't have a normal childhood - he escaped from Communist China by swimming 6-8 hours in the ocean to Hong Kong when he was 16 or 17. There was no way he could teach me anything about living a normal high school life in America

Going back to the self taught thing, because I didn't have a male role model or ANYONE to talk or ask about relationships (since it obviously wasn't covered in school), I always wanted to look for a "manual on love."

"If I could just have a book, I could study the shit out of it and teach myself how to get a girl to love me."

That's when I started reading "the game" and learning about Mystery and PUA etc

I also got into this book called 3% man by Corey Wayne

I kept trying this stuff over and over and over again, like the three day rule where you can't contact a girl for three days or she'll think you're desperate and never talk to you.

Before that I would literally always text a girl I met at a bar the next day or even the NIGHT of because I was SO excited to get a number

I've literally gotten so many numbers in my phone of girls that I have no idea who they are. So naturally I thought this 3 day rule made a lot of sense

It's only been recently after I talked to some girl friends of mine that I learned this was stupid as fuck.

Being friends with girls has actually taught me a lot.

If there's anything I would recommend to heal, try making and being friends with girls.

I think the lack of a father figure throws young men into the redpill culture.

40 upvotes | May 16, 2022 | by [imtooshortt](#) | [Link](#) | [Reddit Link](#)

Men raised by single mothers or fathers of poor quality seek idols. It shouldn't be surprising to see fight club memes popping up on the internet lately.

What made you stop watching the Fresh and Fit show? What was your breaking point?

40 upvotes | May 31, 2022 | by [weedreddit1](#) | [Link](#) | [Reddit Link](#)

Been watching the show for months now but starting to notice things I don't like. For one they keep bringing girls on the show who are bimbos, onlyfans girls that can't articulate a real argument. They don't really bring girls that can challenge their point.

Myron says a high value man can cheat but women can't. So we supposed to base our life on what 1% of the population can possibly get away with. I remember playing an episode in front of my gf and she was kinda upset when Myron said a dude cheating is like taking a piss. She doesn't know who they are but I will never play another episode around her again.

I notice a lot of their fans on here and in general are hateful, some borderline racist and follow right wing agendas.

The constant bashing of black women bother me as well. I'm a black male and seeing them tear down black women over and over again along with their fanbase is awful.

Myron tried to recently sleep with a 19 year old but that's another story.

So I ask y'all what was your breaking point for the show? Do you still watch it?

24 (f) redpill ideology has left me confused and scarred by past relationship

39 upvotes | January 26, 2022 | by [idkanymorelol321](#) | [Link](#) | [Reddit Link](#)

I was 18 when I met my ex. He was 25. I got pregnant with our daughter at 19. I did everything I could to make the relationship work. For the first year of our relationship, I was the sole provider. I worked to take care of us. The roles switched when we had our daughter. I took care of our daughter and the household. I tried to support him through all of his troubles. He was always controlling from the beginning, constantly monitoring my phone activities, comparing me to mutual girls we knew who were older than me and telling me to be more like them. In the beginning of our relationship, he seemed open minded about core issues like religion and philosophy. This open mindedness is usually what initially attracts me to potential partners. But over time it became clear, his true beliefs were insane. Think flat earth, pro Hitler (I'm half Jewish by the ways)..... Anyways, we went through numerous troubles in our relationships. From him losing his job multiple times due to irresponsibility and drug abuse, to him sexually assaulting me shortly after I had our daughter, him lying to me multiple times about core issues such as being late on rent and manipulating me into thinking it was my fault that he didn't tell me we were thousands of dollars in debt. This probably doesn't make sense so I'll explain a bit further. At the time I was working a part time job as a cashier, I was excited to be working so I could do more activities with my daughter and fund my hobbies. My ex convinced me to take a second job cleaning apartments at our apartment complex. I talked with the apartment manager about it and she told me that my money would go straight to paying off our debt. I was surprised. I had no idea we were almost 3 thousand dollars in debt. I asked my ex about it, he lied to me multiple times, he called me crazy and dramatic, gave me very different numbers. I showed him the text from our apartment manager and he went straight to denial, telling me it was my fault essentially. All I wanted to do was help.

Another time he lied to me in a similar way was at the beginning of our relationship when he gave me an STD. We had very detailed talks about our sexual pasts, he told me he had slept with 14 people. I don't care about numbers. The reason why this is significant is because when I told him I got tested, he took back everything he said and told me I was the first person he slept with. I told him it simply isn't possible that I had the std first because I would get tested consistently. I got tested right before I slept with him and it was negative. About two weeks after I first had sex with him, I began experiencing strange symptoms so I proceeded to get tested again. He then took back what he said again and told me he had slept with 2 people. He had a history of telling me things and then taking it back and changing it to support his arguments. I honestly didn't care that he gave me an std, I just wanted us to get treated so we could move forward.

Somewhere towards the end of our relationship, he started to get into redpill ideology. I remember he was watching the fresh and fit podcast, and one of the men on the show admitted he could never be with a woman who made more money than him. Why? Because she would have more control over him and the course of their relationship. And so in turn, I expressed to my ex that this is one of the main fears many modern day women have which drives them to be career and independence oriented before even thinking about marrying and having kids. I even expressed my fears of never being able to pursue my own dreams now that I was a mother. He dismissed my feelings.

Another prominent memory was him telling me that I brought no worth to our relationship because I

wasn't having sex with him on a consistent basis. I tried explaining to him that a big part of why I didn't have sex with him is because he forced me to have sex with him after I had our daughter. I had an episiotomy, so my healing took longer than usual. I'd say it took about a year for sex to feel somewhat normal and not painful. I tried my best to suck it up and have sex with him, but he always got mad at me and would even glare at me and withhold affection if we went a week or so without sex. Anyways, I could go on and on about the many troubles I experienced while with this man. All I can say is that I really tried to be a devoted partner. I definitely wasn't perfect. I had my own mental health issues such as anxiety and depression. I'm now in a much healthier relationship with a partner who understands and accepts who I am, he never even heard of redpill till I told him about my ex. When I tell him about some of the things I was told, he looks at me with shock and horror because he doesn't understand how someone can think in such a way.

But to be honest with you, I'm haunted by the past with my ex. I feel used up. I'm 24 and feel like I gave the best of myself to someone who used me and treated me horribly and simply never has and never will care about my well being. I sometimes have a hard time having sex with my current partner without having flashbacks of all the sexual abuse. I feel like a whore. I feel worthless because I'm a single mother and my looks and youth have faded away. I gave so much of myself to someone and have nothing to show for it.

I now have a very loving and understanding partner. He sees me for who I am, he actively listens and tries to understand, he reassures me that my feelings are valid and that we can work through anything together. The problem lies within me, I have a broken sense of self. I'm so lost. I struggle with suicidal thoughts. I constantly have flashbacks of abuse.

I still have to see my ex now and then. He is the father of my child. I try not to get in the way of them developing a relationship. He went almost two months without asking about her or asking to see her. My current partner and I are her primary caretakers. I am afraid that he will teach my daughter horrible things. I live with the constant fear and anxiety of knowing I have to face him. I don't ask him for anything. I don't even want child support even though he sometimes will send me a small amount of money. I live in constant confusion and fear. Part of me wants to die. I don't really want or expect anything of him. I hope he changes and decides to be a healthy and loving father. The two months he went without talking to her were difficult. She asked about her dad and I could see it was making her sad and affecting how she related to and interacted with others. Her teacher even told me that she rarely ever plays with other kids. I feel like a failure. I failed my daughter.

I don't know what I'm looking for here. I'm just so lost. I'm sorry if everything I wrote was difficult to read. I typed things as they came to me.

Edit: I'm blaming myself for everything. How could I have been so naive? Why did I have a child with someone who didn't care about me? Seriously, what in the world is wrong with me that I allowed any of this to happen? This is why I have a hard time accepting myself. Why did I make such a stupid decision? I have failed myself and my daughter.

Do older men really find younger women attractive or try to get with them?

39 upvotes | March 29, 2022 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

I'm not past 40 so I have no clue what men are thinking at that age. I'm sure you still recognize younger beautiful women but it's not like they're the biggest prize in the world. Sure, I might see some 18-25 year old women that look good but it's not really a big deal to me.

If anything I'd probably look at them more like they were my sister or daughter. To me it's not creepy to acknowledge their beauty but doing something about it is. All the Chris Hansen predator's give every guy a bad rap. I just want clarity on this because it's certainly a controversial subject.

Does a man with a high body count impresses you?

39 upvotes | July 20, 2022 | by [mynameisburner](#) | [Link](#) | [Reddit Link](#)

I really wanted to get this out of the way. I was recently watching this dating/pick up dude on YouTube (for entertainment, don't worry I'm engaged) and he was ragging on some dudes on a video he was reacting to and reminding his audience of his "game". He would often brags about his 1,500+ sexual encounters and honestly, it rubs me the wrong the way and it's as if he is impressing someone. This is an extreme example, but my point still stands. What do you think? Whether if it's a sexual or romantic relationship, if a man says he slept with high number of women (ex. 40, 50, 100+), would that impress you?

Edit to clarify: I'm M27, happily engaged with my partner and my fiancée is the only one I slept with. I'm more LTR and marriage minded so extremely high body counts doesn't impress me

Why I don't think TRP works on some if not most women and why you don't need to turn to it.

39 upvotes | May 8, 2020 | by [1fish2fish](#) | [Link](#) | [Reddit Link](#)

Many of you guys know of the subreddit r/FemaleDatingStrategy. It's basically TRP but for women although toned down in some areas.

The thing these two subreddits have in common is the philosophy that you have to act in a certain way, usually negative, to get what you want from the opposite sex. Both sides claim that their methods are successful and work.

Now think about it, would those FDS tactics work on you? For me the answer is no and I suspect it's the same for the vast majority of men. (Keep in mind FDS claims their tactics work).

Therefore, it is plausible TRP doesn't work on most women.

It's a trap it really is. I don't want to have to treat women poorly in order to attract them, I don't want to hate women. Good news is you don't have too, and if you date, you probably won't have to worry about her falling for one of these guys.

Based on what I've seen, people who fall for these tactics are insecure and lack their own direction. Many are also gullible. Many are thrill seekers. Many of them also think with their genitalia. basically they got issues.

The lesson shouldn't be to say "all women are like that", but that "some women are like that" and it's your responsibility to see the warning signs.

Also humans aren't like wolves or whatever. We are intelligent beings who are unique from each other.

Biggest loser Red Pill Youtubers?

39 upvotes | August 4, 2020 | by [Weebie69](#) | [Link](#) | [Reddit Link](#)

Rollo Tomasi looks like an incel in disguise.

Richard Cooper is about as interesting and boring as a garbage can. worked in debt settlement before this, hardly educated.

Clarey is a miserable clown who has never left Minnesota....I'm supposed to be jealous of his life? please i'd rather be divorced raped than go hiking in some shitty mountains.

AMS, Stephiscold, MJgetitright - These guys are just good looking, personal trainers. no substance to them at all I would never aspire to be them, High quality women will rip these guys a new one when they get older.

These guys are losers. You want to succeed in life, study something difficult, work on fitness and personal goals, and truly understand your worth.

Women want successful partners. These are good looking guys, but there's no substance to them and quite frankly most although financially may be successful are uneducated.

Why 'body count' is so important in TRP culture?

39 upvotes | February 10, 2021 | by [RevolutionaryIce2394](#) | [Link](#) | [Reddit Link](#)

Why are people in the TRP so unrealistic in expectations of women's body culture? Can any ex TRP members shed some light on this. Why are they terrified of women with double digit body counts, even though this is common for young people now?

When you ask someone not within these communities, they will normally always say one of the following;

1. I don't care what her number is.
2. I don't care unless it's ridiculously high (triple digits).
3. I don't care as long as she doesn't have a reputation for it.

Men within TRP think that the average amount of women sleep with 3ish people in their whole life time. I've tried to have discussions with a lot of these people and tell them that the new average for young women and men alike is actually a lot more around 7-12. Double digits is very common for young people now, yet TRP community seems to want to instantly write off anyone with double digits or call them a slut?

"The Boy and the Park": A metaphor for the making of a toxic man

39 upvotes | January 17, 2021 | by [Lady_Beatnik](#) | [Link](#) | [Reddit Link](#)

Once upon a time, there was a boy who grew up with a happy dream. He was told when he was very young — as soon as he was old enough to understand anything, really — that a beautiful piece of land out on the edge of town was in trust for him. When he was grown up, it would be his very own and was sure to bring him great contentment. His family and other relatives often described the land to him in terms that made it sound like a fairy world, paradise on earth. They did not tell him precisely when it would be his but implied that it would be when he was around age sixteen or twenty.

In his mid-teens, the boy began to visit the property and take walks on it, dreaming of owning it. Two or three years later, he felt the time had come to take it on. However, by then he had noticed some disturbing things: From time to time, he would observe people hiking and picnicking on his acres, and when he told them not to come there without his permission, they refused to leave and insisted that the land was public! When he questioned his relatives about this, they reassured him that there was no claim to the land but his.

In his late adolescence and early twenties, he came increasingly frustrated about the failure of the townspeople to respect his ownership. He first tried to manage the problem through compromise. He set aside a small section of the property as a public picnic area and even spent his own money to put up some tables. On the remainder of the land he put up "No Trespassing" signs and expected people to stay off. But, to his amazement, town residents showed no signs of gratitude for his concession; instead they continued to help themselves to the enjoyment of the full area.

The boy finally could tolerate the intrusions on his birthright no longer. He began screaming and swearing at people who trespassed and in this way succeeded in driving many of them away. The few who were not cowed by him became targets of his physical assaults. And when even his aggression did not completely clear the area, he bought a gun and began firing at people just to frighten them, not actually to shoot them. The townspeople came to the conclusion that the young man was insane.

One particularly courageous local resident decided to spend a day searching through the town real estate records and was able to establish what a number of people had suspected all along: The property was indeed public. The claim made by the boy's family on his behalf was the product of legend and misconception, without any basis in the documentary record.

When the boy was confronted with this evidence, his ire only grew. He was convinced that the townspeople had conspired to alter the records and that they were out to deprive him of his most cherished dream. For several years after, his behavior remained erratic; at times it seemed he had accepted having been misled during his childhood, but then he would erupt again in efforts to regain control of the land through lawsuits, creating booby traps on the land to injure visitors, and employing any other strategy he could think of. His relatives encouraged him to maintain his belligerence, telling him, "Don't let them take away what is yours." Years went by before he was able to accept the fact that his dream would never be realized and that he would have to learn to share the land. Over that period he went through a painful, though ultimately freeing, process of gradually accepting how badly misled he had been and how destructive his behavior had been as a result.

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This story was written by Lundy Bancroft for his book, "Why Does He Do That?" a book about the psychology of abusive men, as a metaphor for the process by which a boy grows into an abuser. It is also a useful metaphor for how people become abusive and toxic in general.

The boy in the story is both the villain and a victim. He was raised to believe that he would be guaranteed happiness one day, however, his measure for achieving that happiness was based in him thinking that he had the right to something that he did not. While his disappointment and pain are understandable, they are not an excuse for his behavior nor his delusions. In order to find true happiness, he had to let go of his misbeliefs about what he was entitled to in life and recognize the unfair pain that he had caused others as a result, despite what equally toxic people around him said otherwise.

I thought that it would be perfect for examining the mentality of redpillers and the process of leaving that sort of thinking behind.

Go ahead: Ask a Woman anything

39 upvotes | August 21, 2021 | by [JLSAAAA](#) | [Link](#) | [Reddit Link](#)

I'm not the judgemental type so I did my research into red pill/black pill culture out of curiosity. And what it left me with is a lot of empathy for the men who identify with these ideas. I do understand how overwhelming navigating interpersonal relationships can be and how hopeless it can feel to find a partner when you feel like you're inherently doomed because of variables you can't control.

I'm not here to change your mind about anything. But I'm just here to honestly answer any questions you've always wanted to ask a woman without the fear of being judged or it having other negative social repercussions. I'll answer your questions honestly.

A little bit about me: I'm currently pursuing my Msc in sexology, i'm the editor-in-chief of a magazine and a poledance instructor. When the world wasn't locked I was a gogo dancer and I have the odd modelling gig here and there. I've been single for 6 years. (The chance is small, but if you recognize who I am based on this admittedly quite specific description: Hoi! :))

Anyway, maybe my answers give you some new insights, maybe they'll consolidate your existing beliefs.

Either way, it won't set you back in any way.

So shoot your shot.

Is Female Dating strategy repackaged redpill?

39 upvotes | September 15, 2021 | by [GarudOne](#) | [Link](#) | [Reddit Link](#)

[UPDATE] After reading your points and myself checking FDS as an exredpill. I've made up MY mind that it is REDPILL for women. Thanks for contributing people.

---end edit---

There's nothing inherently wrong with FDS existing. But recently it came to my attention that FDS uses some PUA terms and is getting into misandry. I went over there to check and it seems awfully familiar. The anger, the strange terms and male female sm value system. Some discrimination.

What do you guys think. Is it redpill all over again? Discuss.

Told blue collar men weren't suitable to date

39 upvotes | October 7, 2021 | by [PrincessTiaraLove](#) | [Link](#) | [Reddit Link](#)

I've mentioned here that I used to follow the female version of red pill. I think of these women as the pick-me's that follow absurd and disrespectful men that hold them to impossible standards like being a late teen/early 20's aged woman forever. A few ladies I followed expressed their lack of desire for blue collar men, and of course that sounds desirable to a delusional woman, which I once was. Since then I've gone from dropping out of college, thinking being a web cam model was a great career choice to quitting web-cam modeling within a year of realizing not many men white collar or blue collar would take an airhead web cam model seriously in the dating world unless he was poly which I am not. Now I'm driving for uber eats and going back to school to finish up my last year of college which i quit 2 years ago. Since doing uber eats I've gained this major fascination for vehicles and automotive youtube channels and I notice one thing in particular about mechanics. Most, if not all, of them are married, they spoil their wives and they don't really seem like the play boy types. I actually grew up in the south where blue collar type of work is seen as sexy. And don't get it twisted many of these mechanics and blue collar men earn six figures to the millions, because they own their own businesses and homes. I'm not too sure about what men in the red pill think of blue collar men, but I do know the whole "high value" "six figure" man thing is big and of course everybody wants a sexy job. Nobody there is bragging about being a six figure earning plumber, which I actually know a millionaire plumber. He's super funny and the type to send meme texts all the time.

These red/pink pill ladies are taught not to value education for themselves, and I am seeing the complete opposite in the dating world. Men really value educated women even if they don't use their education and if they do use it that's fine too. People usually want an equal partner. One of the automotive channels I follow runs his business with his wife and his daughter has her own automotive channel too. These ladies including me were just as vulnerable and gullible as the men that joined red-pill. To be clear all men are great whatever the class. Women do like ambitious hardworking men, but they shouldn't be discriminated against based on what industry they work in as long it doesn't go against their morals and ethics. Lastly some of these blue collar men are too good for these vapid women anyway. Wow what a load of crock all this pill junk is! If a non-white collar industry is your passion please ignore people telling you its not good enough. You have the potential to out earn them, as well as make the world a better place.

Don't do it.

39 upvotes | November 26, 2021 | by [DEVi4TION](#) | [Link](#) | [Reddit Link](#)

Let me tell you,

I was a young guy that had some burns. I was insecure and damaged with bad resources and somehow found TRP (but before that just seduction)

It seemed fine. I started to get results. I learned to better understand how people were behaving and feeling. I also started to learn canned lines or behaviors to make someone feel a certain way I wanted.

It was great and I burned through a few people and broke some hearts. It was a bit cathartic and vindictive yet still empowering.. except it still never felt authentic. (Out of fear my real thoughts were not good).. Each body added to my stock of ammo to take down the next body.

3-6 months I was having women go crazy and all infatuated with me to eventually get so frustrated with my lack of humanity and connection that I blew them out and made it their problem or they blew me out.. which just added to my conviction.

I never learned anything about connecting and I had real beautiful people asking me for it. I was toxic.

And it feels like shit. Still feel like a husk. Yes, lots of good good lessons about assertiveness, or choosing what I want, but I trained myself to feel less and lose sense.

I found a beautiful woman who showed me the deepest most intimate interest in who I am and opened layers of me. She picked me open and got herself into being as much my right hand as my own and you-know-what I did?

I stuck to my playlist and neglected her care and thoughtfulness. A year in and she tells me she's lonely with me.

The first person who ever told me with all my new insecure power that I'm still unfulfilling.

Hurts. It validates what I've always thought and it hurts now the person I wished from day 1 I told them how I think and feel and I couldn't because the script said it would make me weak.

Fuck the script. Don't do it.

Women, is the whole "women love dominant alpha males" thing a myth?

39 upvotes | December 14, 2021 | by [Ridiculous_Cheese19](#) | [Link](#) | [Reddit Link](#)

I see these "men's posts" talking about how apparently all women in general love confident, assertive, decisive, and socially dominant men, but it seems like a broad generalization. I don't know, considering the fact that you all are people just like men are, it makes more sense that you have different preferences based on your own unique experiences in life (for example, one woman in particular could be attracted to timid, shy guys, rather than confident, dominant men) But, I don't know much about it and I think as a man I'm unqualified to say what women are or aren't attracted to, which is why I'd like your input.

The thing that troubles me, is, how is it that these pickup artists who work to develop these traits appear to attract so many women and are (seemingly) successful in dating? Is it that they simply manipulate women into sleeping with them and they really aren't more attractive than the next guy? It makes sense that different people are attracted to different things, but I don't understand how pickup artists seem to have sex so often. I'd really like to see what you guys think about this.

When you realize how simple TRP's strategy is, it's easier to move on from. [vent]

39 upvotes | October 21, 2015 | by [rainstormrabbit](#) | [Link](#) | [Reddit Link](#)

I'm a female who has been struggling with some behavior types within the red pill community because, horrifyingly, there is a tiny grain of truth within the steaming pile of bullshit. Had a moment of realization that helped me, and I hope it helps guys who feel lost and confused and think they have no way to meet other people without strutting around all alpha-like.

TheRedPill abuses the laws of attraction to encourage men to make themselves attractive, develop delusions of grandeur, and treat women like shit/totally inferior. That's it. Laws of Attraction + Raging Misogyny. Tah dahhhh.

We could all use the laws of attraction as a guiding star sometimes (be less clingy, have your own hobbies and passions, be a little elusive and never lose your self respect or allow people to abuse you). We could all benefit from self betterment (hitting the gym, dressing better, eating better, being successful at work/financially). But none of us need to develop a "women are worthless inferior ovary sacs" mentality. Caring a LITTLE less about what other people think might be helpful. Caring not at all makes you a fucking psychopath. And a misogynist, in this case. If you want a disproportionate amount of power in a relationship, try consensual BDSM.

This probably should have been on a venting subreddit, I dunno. I just needed to say this because I recently slept with a trp enthusiast in person before I realized what it was, and it left me so fucked up and miserable. Please PM me if you need to talk, I'm happy to listen to others vent.

The falsity of Red Pill

39 upvotes | May 1, 2015 | by [deleted] | [Link](#) | [Reddit Link](#)

This seems to be a pretty dead subreddit, but I suppose it will serve as a confessional.

Forgive me Reddit, for I have sinned.

It began a couple of years ago. I was a newly divorced man, trying to find himself. I chased women and started finding Pick Up Artist sites on the Internet. But none of them ever gained traction.

But I had heard of this one group on Reddit called The Red Pill. I had never really used Reddit before and then one day I decided to try it out. I made an account. I checked out TRP a bit and thought it was kind of BS. Then I wrote something on Seduction telling a lot of these younger guys to own who they are. One poster said it should be on TRP. So, I took a harder look.

At first, I thought it was still a load of crap, but I kept reading. And reading. Next thing I know, I got sucked in. Not all the way. I never believed in a lot of their crap about don't date divorced women with kids (I'm 40 years old and divorced, if I did that I'd have shit to date), all women are evil and sluts (I have a mother. I don't view her as evil and in the 45 years she's been married to my father she hasn't cheated. HE HAS.) or feminists are out to destroy the world (I've actually dated more feminists than non because... welll. I'm intelligent. And I like intelligent women.)

But I got sucked into it because of its other traits. It's traits of self improvement. Become a better man and you attract women. This is the only philosophy I cared about. I cared about nothing else.

But now, reflecting back, I don't need an Internet group to tell me that. That's a no brainer.

The big thing that struck me is some Red Pillers gave me advice on some books to read. One is called No More Mr. Nice Guy. The other is Models. I read those books and they changed me more than TRP ever did. But the problem is those books are not Red Pill. They're not contradictory, but they aren't in line either. They just have a simple view. Take care of yourself, be honest and be a GOOD MAN. There's nothing in those books about be Alpha and you'll bounce chicks like a boss. As a matter of fact, TRP concentrates a lot on hey do this and you'll be getting 9's and 10's. Models says, "Who gives a fuck? Get the best woman for you."

Red Pill calls their ideas a science, follows it like a religion, says it's not a religion, castrates those who don't follow it like a religion and then says once again it's a science, not a religion. What the hell is it?

Okay, so Alpha cavemen were the ones who dominated the society and Betas could only watch during the Paleolithic Age. If TRP is a science then they need to provide scientific proof. Can they please tell me where the theory, study or anything else from Anthropology supports this belief? The Paleo Diet is a rage for many in fitness and in the beginning it was called "The Caveman Diet." But many who follow the Paleo Diet have since backtracked and are including more options in their diet because the Caveman Diet was debunked. Those living in the Paleolithic Era had a lot more food options available than what the diet installed. I would also say the same holds true for relationships.

The world is full of Betas. Excuse my language, but Betas that get fucked. I've been a Beta for 40 years. I've written books, been in three bands as a guitarist. Written goofy love songs. It never occurred to me until now that I never had to be an Alpha to get "lucky." Women like who they like, just like men like who they like.

Sure, you can be jealous as fuck if you want at the Alpha jock suit wearing motherfucker whose picking up the hot chick. But before you do that, go to the next singer songwriter show at the local coffee shop and check out the guy who barely has social skills getting good looking girls talking to him because he wrote the sappy love song that struck their heart.

There are 8 billion people in this world. Half are women.

There is room for everyone.

In an attempt to be more "Alpha" I lost myself

39 upvotes | December 28, 2019 | by [Garrett1295](#) | [Link](#) | [Reddit Link](#)

Been lurking here for a few months now after coming out of the "Red Pill spell" I was in and this is my first post about it.

It all started back about a year ago when I came across one of "Rollo's" videos on youtube about hypergamy. Being only 23 at the time, I was still (and to an extent still am) quite impressionable. I ate it up. I truly felt as though I was acquiring knowledge that only a few select men were privy too. Within a few short months, this new knowledge went from only festering in my head to festering on the outside as well in the way I talked and behaved.

My girlfriend of 4 years at the time didn't really know what to make of it. She would go along with what I was saying and try to understand, but there was really no way for her too. Slowly she began to pull away as I continued down this never-ending rabbit hole of trying to become more "alpha" and over analyzing every single situation and person in my life. Eventually, she went and broke up with me and I was left to wonder where everything went wrong.

Although the breakup was difficult, it was nowhere near as difficult as realizing what I had turned myself into. The people surrounding me in my life began to lose respect for me. They began to not trust me as much because of the bullshit I was spuing out of my mouth. And the worst part of it all was the insecurities it brought out in me. Being a 5'5 man myself, I went from never thinking about my height as an impediment to the way women viewed me, to ONLY thinking women saw my height and nothing else. Even though I've never really had issues attracting women in my life, it shattered my self-image over time and made me see myself as inferior to taller men.

Before ever discovering the "Red Pill" I was a confident person. It was one of the many qualities that my ex was really attracted to in me. The "Red Pill" took all of that away from me and reduced my way of thinking into something incredibly narrow instead of the curious creature I was before.

I tried to keep this as brief as possible but If any of you are interested in hearing more just let me know.

Guys I think I need your help. I've been accidentally redpilled all my life and I need to reverse it.

39 upvotes | October 11, 2020 | by [selfawarepsycho](#) | [Link](#) | [Reddit Link](#)

Throwaway for obvious reasons. A long post ahead. Please excuse my English as it's not my first language.

So, a bit of a backstory. I come from an extremely religious and conservative Indian family where the women were always subservient and men were dominating/owners of women and the women always asked for the men's permission. Any contact/friendships with women were considered a crime in my house and my parents and relatives (those assholes ruined my life) and they always warned about how girls ruin guy's lives everytime and so on. The people in my family and extended family are fucking worthless losers who can't stand up for themselves and want to please the society always. All my male family members act like these TRP types. When I say all, I mean EVERY SINGLE ONE OF THOSE BASTARDS and the women behaved exactly like the ones TRP says - manipulative, cunning, etc. This was basically my life from childhood to middle school.

At 6th grade, I had to shift schools. I went from a super conservative, boys and girls shouldn't interact type of a school to a fairly open minded school. There I was shocked to see boys and girls interacting freely with each other. Now, mind you I was always an attractive boy, combine that with excellent grades and athletics, I was almost the nerdy jock type of guy. Also, I was an introverted back bench-bad boy type (but I rarely spoke with girls and I bullied boys back then), so in my middle school a girl came up to me and said she was in love with me. I was a fucking dipshit and told this to my teacher because my mom told me when a girl says she's in love with you it means danger (the internalised misogyny) and the girl, heartbroken stopped interacting with me.

I realised my mistake in 7th grade and started interacting with girls (maximum 1-2 minutes I'll talk) and I've heard countless people tell me how the most popular girls found me hot and stuff, but I never minded them, I was always pursuing my own hobbies (sprinting, calisthenics, science, cars, nerdy stuff and my studies). Fast forward to grade 11 (high school madness) I moved to another school. I had the best days of my life in this school. This school was a dream for many people (Most popular and biggest school with the most hottest, smartest girls and was the shit in every interschool cultural, sports events and all) Now, a handful of people were having sex which I started considering normal because I lost my religion and being the rebellious kid, started showing my middle finger to my parents. The hottest girls in my class at times literally come up to me and ask me to flex my arms and all (6'1, 185 pounds 100m sprinter who lifted back in 11th grade AND was a straight A student) But, I never considered getting into a relationship because of the mindset that "girls cannot fall in love and they're playing a prank on you if they say they're in love with you". I was accidentally redpilled all my life I guess.

Now, I'm 20 and feel like a fucking loser. Being a loner, I never took friendships seriously as well. I just hung out with my friends in school, bullying other athletic kids who were dumb and doing stupid stuff.

From 18, I've been meditating and doing some self improvement type things without even coming into contact with them. I did them purely because I wanted to improve my life even more.

Now, I've realised that I was a piece of shit. Being a bully and harsh to the girls who I think were

truly interested in me. I felt like I should kill myself at times, I'm thankful I didn't.

So guys, I crave healthy friendships and relationships now. Even though I can rationalize that women are humans just like men and are much more complicated than my parents and relatives told me, there's still something inside that's holding on to these stupid beliefs. I really really want to change guys. Please help me. And no, this post is not a troll.

My therapist has helped me understand the issues that can come from Red Pill/PUA strategies and how it can be claimed to be sexual misconduct in some form. Hope this very informative write up helps some of those who may be struggling with the abundant "false accusations" propaganda. Hope it helps!

39 upvotes | November 17, 2022 | by [DauntlessDolores](#) | [Link](#) | [Reddit Link](#)

The Traumatic Impact of Sexual Assault on Victims - Part 1

<https://www.justice.gc.ca/eng/rp-pr/jr/trauma/p2.html>

"Recently, a significant paradigm shift in knowledge about victims' reactions to traumatic events like sexual assault has led to a deeper understanding of the neurobiological impacts on the brain's defence circuitry and on memory encoding and recall. This has allowed for improved sensitivity to the range and diversity of victim trauma responses."

"Society at large still does not understand victims' reactions to sexual assaults. Unfortunately, these misunderstandings also continue to persist in the legal system and contribute to serious ongoing deficiencies in how the criminal justice system processes sexual assault cases."

"This leads to imperfect justice for victims and survivors, also described as the "justice gap" for sexual assault cases. We argue that this justice gap can, in part, be closed by moving towards a more trauma-informed criminal justice system, that is, one based on a neurobiological understanding of how the brain processes trauma."

"Research literature extensively documents that women who are sexually assaulted are still subject to social pressures to respond in particular ways to "prove" that they are "real" and "credible" victims."

"Sexual assault is an experience of trauma, and trauma has a neurobiological impact – that is, it affects our brains and our nervous systems. For this reason, it is imperative that those working within the criminal justice system understand the impact of trauma on victims of sexual assault so they can process sexual assault cases more effectively and hear evidence in these cases fairly and impartially."

Part 2 and 3 are also really informative. I'm sure this is mostly accurate for male rape victims as well.

“Why would he want you? He can get younger.”

39 upvotes | March 17, 2023 | by [No_Jelly_6635](#) | [Link](#) | [Reddit Link](#)

Someone said this to me recently and it's literally ingrained in my head.

It has affected my confidence in going for the guys I like. Even when they show interest I shut it down because I can't get his voice out of my head.

I have so many examples of how it's false. I know so many people that married and found love at every age. But it's like...

If you feel you could have an underlying condition that is affecting you, see a psychiatrist.

39 upvotes | July 21, 2021 | by [deleted] | [Link](#) | [Reddit Link](#)

The sort of person who finds TheRedPill struggled with their lives, often not understanding why and searching for answers.

I've had a difficult time socially and behaviorally as a chronic underachiever. I'd mess up, feel horrible, try to learn from my mistakes, then mess up again. I searched TheRedPill for answers, then became an outspoken red pill anti-feminist and lost a lot of friends in the process. I later ran a private "alt-right" Facebook group for my area, became a great admirer of Donald Trump, and used Robert Greene's The 48 Laws of Power to guide my social interactions. My obsessive thinking was focused on TheRedPill and far-right politics, but I hid this side of me from my friends, partner, and everyone around me.

It turned out I have autism and ADHD. I wasn't lazy, weird, awkward, undisciplined, whatever, I just had an underlying condition. It was making my life difficult.

I took Ritalin. Today I showered, brushed teeth, put away clean dishes, cleaned dirty dishes, put laundry in the machine, going for a walk, met up with someone I might move out with, then cleaned my room. This might not seem like a big deal, but it was for me. What's more, is I didn't get strokes of anger and start yelling to myself. I had some thoughts about my trauma, but it didn't significantly provoke me. I feel more in control of myself, my emotions seem more relaxed. This has helped me in a more meaningful way to get my act together than from all the red pill articles I've read.

My advice:

If you feel you could have an underlying condition that is affecting you emotionally, socially, behaviorally, academically, or with employment, then see a psychiatrist. Ask to be examined for a potential diagnosis.

Think about your life experiences. Think about any unusual traits in you, which might be explained by an underlying condition. Maybe read about the various conditions to explore possibilities. Don't self-diagnose if you feel one matches you, but have it as a possibility and express this to your psychiatrist.

There are doctors, psychologists, and psychiatrists on YouTube who make videos on "how do you know if you have x?" which can help you.

Do you meet a lot of people who have something? We're unconsciously drawn to people similar to ourselves.

Mental health systems, particularly in my country, are super messy, hurtful, and unhelpful. I'd find communities that understand and will support you through the process. It is a good idea to have support from people who either have been through the process themselves or work in the field. Communities around 'neurodiversity', 'mental health, or specific conditions like 'Major Depressive Disorder', 'ADHD', 'aspergers', 'autism', 'bipolar', etc. are good. You can find them on Reddit, Facebook, Meetup, Twitter, Discord etc. They can also give you advice on handling the conditions from their own experiences.

I can't speak for every country, but in my country, you're going to get a better deal if you seek out a

private psychiatrist instead of a public one. But I'd find a community or organisation near you that can advise you on how to best navigate your mental health system.

Lastly, if you are using TheRedPill to address some unmet needs, then this could be why. I think TheRedPill attracts people who messed up, never understanding why, and blame themselves without addressing the underlying causes.

If it turns out you are, this isn't a bad thing. You aren't a lesser person for it. Chances are you likely admire some people who have it too, some who revealed it openly and many more who won't confess publicly. Dive into history and you will find many great people who likely had what you have.

If you want to read my story, you can read it [here](#) and I'm writing this because it might change someone's life. This isn't talked about enough and too many people deal with too much hurt before exploring it. To feel different and not understand why is one of the worst feelings, which I think nobody should have to deal with.

Are Redpillers on the rise? Has it completely gone mainstream?

39 upvotes | August 17, 2020 | by [TeePeeDucks](#) | [Link](#) | [Reddit Link](#)

I feel like when meeting new people, it seems like most single men practices some form of PUA or have Redpill mindset.

Has it gone mainstream?

"Take a hard stance for once"

39 upvotes | August 23, 2020 | by [NdN124](#) | [Link](#) | [Reddit Link](#)

I have a friend that is a devout MGTOW-RedPill type that thinks I should "take a hard stance" on issues that involve women. #MeToo, marriage, divorce etc. I respond by telling him that I look at these types of issues on a situational and personal basis. He thinks that I don't take hard stances because I like to think about situations critically and if I don't have enough information, I will have no opinion on the matter. Women do lie but men do too. And I can't judge all women by the acts of one individual or a small group. I also try to remind him that his mom and sister(s) are women too and that he's judging them in the same generalization. He also polarizes my opinions and makes me seem to be the opposite of him. If I disagree with a MGTOW point, he labels me a feminist.

What I don't get about this guy is why does he has to generalize and assume the worst of women in every situation? Even when the situation doesn't involve him. If you're not going to get married, then why are you so critical of everybody who does get married. Why are you so worried about divorce rates and statistics? Why are you so critical of single mothers? I told him that behind every single mother is a dad that didn't or couldn't stick around. It takes two people to produce a child. She didn't just get herself pregnant by being a "THOT". Males that sleep around are no different from those types of women either yet MGTOW advocates the "hit it and quit it" approach to women. Nearly every argument he makes comes from Coach Greg Adams or some other youtube MGTOW.

I just don't understand that mentality. I do agree that the laws surrounding divorce do need to be updated because it can be unfair to men. My philosophy in life is to take things situation by situation. Patterns of negativity may appear but don't become so jaded that you become bitter and hateful out of it. I do agree that there are trashy women out there. But MGTOW just takes things to a whole different level. If you don't want to marry anyone, don't. Just don't go around moaning and whining about marriage and ruining other people's life experiences with your beliefs.

redpill/incel chatfishing

39 upvotes | September 19, 2020 | by [RoseAvara](#) | [Link](#) | [Reddit Link](#)

there are a number of videos where someone will make some fake tinder account (or an account on some other mainstream dating service) and pose as some 'chad' or male model type thing, but in their profile description, they could claim to have done pretty much any felony or strait up say they are an abuser, and even then they still get matches. basically this redpill experiment is used by TRP or incels as evidence to support their claim that 'personality doesnt matter, its just looks'. or something like that. the fake chad profile could be described as/act as the most terrible person, and still get plenty of matches.

what are your opinions on these experiments? is it true that personality doesnt matter if youre attaractive enough? are these experiments just bullshit? why do girls (sometimes) go for guys that are complete assholes?

Mindhunter (TV series)

39 upvotes | September 16, 2019 | by [TeePeeDucks](#) | [Link](#) | [Reddit Link](#)

Has anyone watched Mindhunter? I found the re-enactment of the serial killers; the interviews and their ideology extremely disturbing. Not because they are "serial killers" but they reflect alot of the ideologies of Red Pill movement, especially the dehumanizing of women with a touch of sadistic sexual element.

The manosphere has ruined my dating life

39 upvotes | September 2, 2019 | by [ihaveasmallpeniss](#) | [Link](#) | [Reddit Link](#)

Pretty much all of the “useful” advice I got from the manosphere, I knew based on intuition. All they did for me is fill me with rage and insecurity. I’ve ruined multiple potential relationships because I was convinced that I was being played for a fool when I’m pretty sure I wasn’t in retrospect. I’m not sure how to get over this. I’m desperate to find a partner in life and I fucking hate seeing couples everywhere I go. Every fucking opportunity I get, I blow it because I become an insecure wreck. I wasn’t like this before. I got brainwashed and now I’m poisoned. I don’t know how I’ll ever get past it. I’m incredibly insecure and I have no idea how to get past this.

Red Pill Husband

39 upvotes | January 4, 2019 | by [tikva77](#) | [Link](#) | [Reddit Link](#)

I'm not sure if this is acceptable to post here, but I'm feeling desperate. I recently found that my husband is living the married red pill philosophy for about the last two years. I have been extremely depressed and confused by the way he has treated me. Now it makes sense and I'm connecting dots after reading red pill information. He has changed dramatically. Are there any other wives who have had this happen? How do I combat this philosophy and help my husband? He says he was happy in our marriage, he just wanted 'more'. Any advice married men can give me? He is very cold, distant, less communication, no patients for my emotions. He never used to be this way. I can't find any other resources to help me understand.

The redpillers I sympathise with and the ones I don't

39 upvotes | December 29, 2018 | by [DanielDangk](#) | [Link](#) | [Reddit Link](#)

I do not sympathise with the older redpillers. The ones with life experience who spread misogynistic and misleading information. They are jaded, sociopathic losers with revenge fantasies and entitlement.

The redpillers I do feel sorry for are the younger guys with little life experience who stumble upon these communities and get sucked in. They are naive to the cult tactics used in the manosphere, and in online groups in general. They are told not to believe their parents, the media, and any source that isn't red pill, while getting further sucked into these groups.

I take responsibility for my actions, but I fall into category B. I joined trp at 18 and stayed until I was 22. What made me quit was the realization that I was in an emotionally abusive fucked up relationship with a truly innocent and lovely woman, where I was the abuser. I am paying my dues through living with constant guilt for my sociopathic behaviour.

While it is was my choice to join trp, I think that the real head of this snake are the older mean who are producing the red pill dogma, which is then spread by angry and insecure young men.

How the redpill temporarily affected my perception of masculinity

39 upvotes | April 25, 2023 | by [lordDandas](#) | [Link](#) | [Reddit Link](#)

Redpill made me hate men. I started to see them as spineless, weak, empty shells of people. They do nothing but disrespect their emotions and values and if that means to be a man, then I sure as hell ain't one.

They say "How are you gonna defend and provide for your tribe if you get distracted by your emotions ?" I don't have to repress my emotions to provide for the tribe because my emotions are TELLING me to provide for the tribe.

Emotions are a distraction only to people who are emotionally immature and don't have sorted priorities. (and to people who are more logical than emotional)

I don't get where did the idea of an emotionless man come from. It's not even attractive. You guys fucking know that girls Love musicals. The reason why girls aren't attracted to your emotions is because you are emotionally immature and you repress your masculine emotions... Besides you don't even know how to deal with your masculine emotions because that's just how fucked you are.

Also, empathy isn't an emotion exclusive to femininity. There is nothing more terrifying than a righteous rage motivated by empathy. Women use their empathy to nurture those who were damaged and men use their empathy to beat the shit out of whatever caused the damage.

And I feel like this is the entire single reason why men can't get laid. Emotional immaturity/emotional repression.

So thanks to redpill, I pretty much became a misandrist and started to imitate girls in their behaviour, because they are actually stronger and more efficient in getting their way than men nowadays. And they respect their fucking feelings. Dude, why do you think they aren't attracted to you ?

See this is why redpillers want to disrespect women so badly, because they are incapable of respecting their own feelings because that's not what "men" do. FUNNY.

Anyway, once I decided redpill is bullshit, I've grown to respect my feelings and decided that I can be a man even though I am quite empathetic ! It's not like I care about being a "man" it's not really an honor to me but I think I can pull it off. At least good enough to get a girlfriend.

Also, I've learned to Love and appreciate other men again... And it made me hate redpill content creators (like Alexander Grace mainly) even more, because they are no men. (most of them aren't, I wouldn't like to offend redpilled people who aren't butthurt pussies)

Is it just me or redpill tactic only seems to attract people with inferiority complex?

39 upvotes | May 17, 2021 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

“Birds of a feather flock together” has been around in the English language since the mid-1500s. When applied to people, this phrase means that people who are similar to each other or share similar interests tend to spend time with each other

Does anyone personally know these Red Pill personalities?

39 upvotes | February 21, 2021 | by [FuckTheTTC](#) | [Link](#) | [Reddit Link](#)

They act all 'alpha' and seem to claim they are successful and fuck around with tonnes and tonnes of women. Does anyone have any stories verifying or denying their claims?

Some examples:

- Rich Cooper - He just seems hurt
- Myron Gains - Dude is just...ugly. The way he sells courses/consulting is just cringe
- Rollo Tomassi - His book is actually quite solid but he seems like a massive over analyser. I doubt any woman gives him the time of day with his image
- Coach Redpill - This guy is just bad. So many claims of crazy sex stories seem absolutely unbelievable. This one time he simply ran away from a debate on capitalism; how alpha.

Red pill men love to talk about how women are weak and cant handle criticism...

39 upvotes | July 1, 2021 | by [esmereldaskysurfer](#) | [Link](#) | [Reddit Link](#)

... yet i got banned from two red pill populated subs in the space of 10 minutes for breaking their “no man shaming, men are never wrong and it’s always the woman’s fault” rule. And all i did was point out to a guy where he was wrong in a discussion, and state that his obvious hatred of women (saying things like “women have plenty of access to low-cost birth control but choose not to use it because either they are lazy or they want child support”) was clouding his judgment. He started screaming “misandry!!!” at that, tried to gaslight me by saying i was putting words in his mouth that he never said (but without editing his previous posts that said it first, rookie mistake...) and then i was banned because their fragile male egos cannot handle being told they are wrong, or being called on their bullshit.

On a sub where they call women trash for “not taking accountability for their actions and being too mentally fucked up to handle it”. I swear you cant make this shit up..z

A warning to all loners. A challenge to people who think they know what women want

38 upvotes | May 5, 2021 | by [TheDrWinston](#) | [Link](#) | [Reddit Link](#)

Clearly none of the Advice I get could ever pertain to me, it's not proven.

I love myself and I want people to love me.

My issue is that there is a lockdown and I'm in high school I have no dating pool. Girlfriends are not guaranteed, there is no hope for someone who can't find one at this age. It's not a women problem it's a men problem. Modern gender roles established by men is horse shit. Why should I always make decisions in a relationship.

Here's what I do know.

Blue pill will fuck you

Black pill will fuck you

Red pill will fuck you

All advice will fuck you!

I've gained numerous advice, I talk to girls with reasonable confidence. there is conflicting advice on should you get to know them? or should you ask immediately? the answer is bullshit. Advice is retarded when it is a generalization of a gender.

Collectivist advice is stupid. We are individuals. Everybody would senselessly fuck if we lived in a hive mind.

Any person has changing preferences how the fuck would a guy know what a woman wants?

Another thing, if you think the "one" exists you are lying to your self. You're not entitled to anyone.

I'll remain single because no one respects me. Why the fuck would I date when everything I do no one appreciates? Don't accept fate, don't accept hope. Go out kicking and screaming.

EVERYONE HERE NEEDS TO READ *The Laws of Human Nature by Robert Greene* IN ORDER TO DE-PROGRAM FROM THEREDPILL

38 upvotes | April 27, 2021 | by [sauceysupermandela](#) | [Link](#) | [Reddit Link](#)

"B-b-but aren't Robert Greene's books about being a selfish manipulative buttplug like those TRP pricks?"

WRONG!

According to Greene, his intention for writing all his works were to help **NAIVE PEOPLE** learn how to **SPOT TOXIC INDIVIDUALS** and deal with them more effectively.

All of us were naive enough to fall into TRP and his books serve as a guide for how to NOT be manipulated **EVER AGAIN**.

Reading his latest work, The Laws of Human Nature-- his magnum opus-- is like going through an intense therapy session, weeding out all of your most destructive thoughts and beliefs, setting you down a more healthy and rational path. He speaks on tribal thinking, empathy, internet echochambers, toxic leaders, self awareness among many other topics.

If you are still struggling to cleanse yourself of the toxic rEdPiLL alfalfa mindset, this book might just do the trick.

Best of luck to you!

TW - Male Suicide Research

38 upvotes | April 15, 2021 | by [susie_research](#) | [Link](#) | [Reddit Link](#)

Hi everyone,

With the permission of the moderators, I am posting this request.

My name is Susie Bennett, and I am a researcher at the University of Glasgow. Through my work I look to understand male suicide risk and recovery factors better. As some of you may know too well, male suicide is the biggest killer of men under 50 in Britain, and according to the Samaritan's three-quarters of all suicides in 2018 were male. Having seen people I love experience these feelings, I wanted to build a greater understanding of what causes suicidal feelings and behaviours in men and what more can be done to help.

I have developed a survey to explore some of these issues. The survey takes 30 minutes to complete and covers topics including childhood experiences, self-esteem, connection with others and mental pain as well as suicidal feelings. Even if you have never had suicidal thoughts or feelings before, your answers would still give me valuable insights. The survey is open to all men 18 and over. The more men I can get to complete the survey, the stronger my analysis can be, so please do share this post and details with friends, family, colleagues, community groups, or drop me a message if you know a way I could help get it out to more people. Your support would be greatly appreciated.

Here is the survey link: <https://glasgow-research.onlinesurveys.ac.uk/males>

Please do let me know if you have any questions and please do complete the survey if you feel moved to or share this post if appropriate.

Many thanks, everyone,

Susie

Why do redpill men hate when they see a successful man date or marry a single mother

38 upvotes | April 7, 2021 | by [No_Championship1620](#) | [Link](#) | [Reddit Link](#)

I have seen men joke on successful men dating or marrying single mothers and their reasoning is “women that are single mothers need to be punished for being a single mother and them being able to get a successful man despite being a single mother is an abomination”.

All it sounds like is them trying to live through successful men and it also goes against their obsession with revenge fantasy of a women who are single mothers not being able to attain a successful man after so called getting knocked up by the so called “bad guy”.

It’s cool if it’s not your preference cause it isn’t mine either but you need to have respect for what others do in their life.

Even though redpill dudes do say honest and truthful things they just as much garbage that stems from getting rejected or cheated by a girl when they were 19 like let that go bro your a grown man now.

A GOP Lawmaker Has Been Revealed As The Creator Of Reddit's Anti-Woman 'Red Pill' Forum

38 upvotes | April 25, 2017 | by [cyanocobalamin](#) | [Link](#) | [Reddit Link](#)

Ex redpill woman here.

38 upvotes | March 8, 2016 | by [skaytec](#) | [Link](#) | [Reddit Link](#)

Hello everybody, it's nice to see a subreddit like this. It makes my faith on humanity increasing. I don't know if this post is worthy of be posted but here is my story. Excuse me for my grammar mistakes, I'm not a native speaker. Correct me if I make one please, I'm still learning. My story begins when I was twelve years old, I was a freshman on high school (there is no middle school on my country). I was a kind of a weird girl, while I was there, some girls bullied me (one of them was my "bestfriend" since early childhood), the harassment went too far that I even had to moved on to another school. When I was in the new place I was so hurt by the bullying that despite of making some friends I was bitter, my views on women were decaying. I started to have some misogynist thoughts, I used to think of them like people who were deceitful, evil, whores... every bad adjective that you can think of. When I was with my new friends I felt that I didn't connected with them, they were the classic girly girls who only talked about boys, make up and clothes, most of the time I was quiet, I only listened to them and exchange few words sometimes because I didn't share their interests. This fueled my conclusions that women had something wrong within them.

I decided to search on the internet for sites that thought like me and I found a blog called Judgybitch and I went down the rabbit's hole. I learned all the Redpill "theory", how they viewed men and women and their relationship between each other. When I lurked on such places I felt weird, they were talking about my gender very badly but I was pleased that there were people like me. It was like they weren't insulting me because I was not like the other women, or this I had thought.

The time passed on and I finally graduated of highschool. During the last summer I lost all my friends made on the past except one. I met her more and finally became best friends. I hung out with her everyday and I started to feel some things for her, it was love, not friendship love kind, but romantic love. And my brain became a muyahidin and blowed itself. I was horrified by this feeling, I tried to become straight because according of the redpillers I was broken and a manhating fat bulldyke and a whore who needs a good fucking, but it wasn't possible because I was a female who was a unicorn according to them, I'm not fat, nor a bulldyke (with respects to bulldykes, there is nothing wrong with that) and I saw men like demigods who couldn't do nothing wrong and I was celibate. Despite of my family's acceptance I wasn't happy. At this time I began to awake myself and the most important thing to think instead of feeling rage. How can I hate the people who I'm attracted? Which side of the redpill relationship's roles should I take with a girl? The heartless douchebag or the brainless stepford wive? How can I say with a straight face to my mother and my sister that they are shameless bastards? How could I be so self-hating that Uncle Ruckus and Danny Burros would facepalm at me? How anything of these happened?

And I finally get it, it was the bullying, these girls hurted me so much that i became a self hating misogynist and they were only 6 of the almost 4 billion of women that there are on the world. I caught the redpill train when I was devastated. I have opened my mind since then, I learned that no matter of gender, race, nationality, sexual orientation people can be evil and good, there is no monopoly of good and bad cualities in any social group, everyone can be deceitful or loyal, good or bad no matter of what. That's how the redpill and cults work. They catch people on their bad moments and promise them the paradise on earth but they descend them into the hell. The redpill may have some few redeeming cualities but the garbage overshine them that it becomes insignificant. You

can find the same good advices that they give on any other self helping sites and groups without the madness and hatred. If you have brothers, sisters, fathers, mothers, friends or anyone who fell out into the redpill don't be passive, act now, don't let them fall, help them and make them notice that they are wonderful people who don't need a crazy cult to feel good about themselves. Girls are their last problem, it's their self esteem, no man or woman who respects itself fall for half baked theories and conclusions (AWALT, AMOG, frame and stupid shit like that) in order to feel good. Help them to become the person they want to be and love them, they need your love.

The both sides of the gender wars are throwing shit, instead of helping and understanding each other. How can we solve the problems that men (the injustice of divorce, the hidden domestic and sexual male violence by women) and women (middle east, enough said) face daily if we only fight each other? We don't have to talk about byzantine discussions because saying that women are whores and men are violent rapists (according to crazy feminazis) doesn't going to solve these problems. We need to be a team, not rivals. Thank you for reading. I needed to throw it out. TLDR: Female Uncle Ruckus was misogynist because of bullying and redeem herself, help your people if they fall into the redpill and gender wars are bullshit and pointless.

TRP turned me into a living, walking, breathing douche bag...

38 upvotes | September 1, 2015 | by [1newworldorder](#) | [Link](#) | [Reddit Link](#)

tldR Was red pill, realized the hypocrisy, changed my ways, found EXRP.

Im the real deal. And thank god this sub reddit exists. I stumbled across EXRP through PPD (also a good one). I am a little disappointed about the number of subscribers here, but i have high hopes!

I just want to share [and ask of all you] experiences had. Every single time i open god damn reddit, i land on my front page and TRP always manages to make it into it EVERY DAY. It was originally recommended to me by a friend, and at first after reading the material i felt like i had been the epitome of a TRP'er my entire life.

But, for some reason, the more i would read, the more i would shout in my own thoughts "go male pride!" What surprised me (and i didnt realize it for the longest time) that i had a contradiction dilemma. On the one hand, i had some rough times in my life dealing with women causing me to be more willing to side with any propaganda supporting "mens rights" (whether offensive or not). I want to clarify that i support the rights of human beings and not just a particular sex..

Now, on the other hand, i realized after some time, that these same posts just pissed me off.

So, which is it?

I finally deleted TRP off my subscribed list today. I havent even been reading it hardly at all. But every time i would glance at a title of a post ("why women need to be controlled" for example) i would just get pissed off and then try to exhaust my emotions by making excuses as to why i should agree [with the post].

"Theyre ass holes. But theyre right ass holes. *Right?*"

Naturally im a male, so i think i might have a tendency to side with male rights propaganda.

Now, with the TRP out of the way, i feel relieved of my contradictions and happier because of it.

Is this the same way you all feel? Im certain im not alone. Thanks!

The "red pill" only made me live miserably through the lives of unsuccessful men.

38 upvotes | July 10, 2020 | by [ImBrokenOnTheInside](#) | [Link](#) | [Reddit Link](#)

Stopped using 4chan a month ago but still very racist and sexist, how do I stop this and become a decent person?

38 upvotes | November 22, 2020 | by [TravisBickle--95](#) | [Link](#) | [Reddit Link](#)

I used to browse /tv/ multiple times a day since tv shows and movies are two of the only things I'm into to but I was becoming more of a dick everyday. I've browsed 4chan for years during times when I've had relationships but thats probably the reason why they've ended but anyway

I still come away with racist comments sometimes even though I know its wrong and sometimes come away with bad thoughts about women I don't even know.

Ever notice how TRP/MGTOWS think that women are all the sudden different in the current year.

38 upvotes | January 8, 2021 | by [NdN124](#) | [Link](#) | [Reddit Link](#)

I've seen countless videos where they will say things relative to the current year. Eg, Women are a certain way in 2021. As if to say they weren't that way in 2020? Or they were different in 2011 but after 11 years they all suddenly became different. What they don't see is that their perspective is what's changing. It's kinda like how people thought the sun and planets revolved around earth. Later they realized that the earth is spinning and that the earth and planets revolve around the sun. It's a matter of perspective.

Red/blackpilled induced obsession and depression, stop before you go too far. (Rant)

38 upvotes | December 10, 2020 | by [SilentObligation](#) | [Link](#) | [Reddit Link](#)

Redpill shit is a real slipepry slope that you have to be careful with, some of their stuff is useful but certainly not all of it, and for fucks sakes NEVER delve into the incel and looksmax forums EVER

I used to think im good looking and if I started trying I could get a good looking enough girlfriend have a connection with then just be set, but overplanning like I always do i found my way to redpill and blackpill shit and holy christ I have been swept under and pulled into this crazy neurotic fight or flight lifestyle where I became obsessed with game then now I am constantly concerned about my looks(already kind of was before, just never this autistically) and before i knew it the focus of my life is to be the most sexually attractive man so all the girsl want me, when I wasnt too concerned about that before, I had other desires in life.

I went from a virgin just tryna get a girlfriend to now a virgin trying to be a rich chad that slays. I am fucking obsessed about looks now mainly because the fucking autistic incels that have convinced me that my facial flaws will mean I WILL NEVER be sexually attractive enough because looks are all that matter and the halo effect rules all. (I legit saw this post where these girls were commenting about a background character was so hot in a video and these incels were baffled because he had upper eyelid exposure, one of them legit said “Watch what they do not what they say, theyd never touch thus guy un reallife, they throw themselves only at 6’5” giga chad) LMAO

My whole wellbeing and meaning of life is dedicated to being a slave to my ego(most redpillers). And thats the thing, these guys insist thats its all about truth and must self improve for women or else youre lying to yourself and taking the pussy blue pill way out.

Btw I know plenty of blue pill guys who have racked up some numbers mainly in the form of girlfriends but have been just ok. Sure they went through some bad breakups but they accepted and moved on, and it happened again, but theyre ok, gaurentee theyre not any more miserable in life than these plate spinners.

The only thing that im really convinced of is if i dont at least try to live the slayer/party lifestyle for a bit I will deeply regret it when im older, I suspected this but redpillers really reinforced this one, even though everyone lives with regrets. whats one potential thing I might regret not doing that I never really wanted in the first place gonna change?

I understand that most of this is probably my fault, Ive taken it waaaayyyy too far. there are definitely some useful truths to it though. such as me being unkept and dirty wasnt helping with my success with women, but found out they wont love for who you are if youre an insecure looksmaxxing wreck who only has knowledge of dick pumps, mewing, sticking fucking needles in your head for hairloss, lifting, and pick up tactics, like how the fuck do some of these guys even talk to girls about shit other than autistic shit like this? Oh let me guess it’s because their looks and they could say whatever they want, they believe you can be autistic and still get all pussy cuz youre hot enough.

Most of this is more directed at the incels, theyre the worst. But I feel like many redpillers are really blackpillers anyways, its a real slippery slope.

Question: how the hell do I keep all this shit off my mind without feeling guilty about “denying the

truth” and live my fucking life

Healing from a short relationship with a red piller. It was only 6 weeks, and I pushed some concerns aside at first, but it got to be too much.

38 upvotes | January 23, 2021 | by [cabsmom2020](#) | [Link](#) | [Reddit Link](#)

At one point I felt he got very condescending to me. I heard comments like, "well, women should choose better men", "all women gave up when a relationship ends is p****", etc.

I tried to have a discussion about my feelings of traditional relationships. I explained to him that I think it's fine if that's what both the man and woman want. However, I basically said it shouldn't be a woman's assigned role.

His response was to send me a video titled "3 reasons why women shouldn't vote." It basically labels women as greedy, irresponsible, emotionally driven idiots. I was crushed, but I didn't lash out right away. I told him that we needed to talk. However, my son was in town so I figured we could talk about it on after my son went back home (he's 26).

My mind spun with thoughts about that video. I questioned my worth as a human being just because I'm a female. My pain increased. Then I texted him and told him I was hurt by that on a day I was off. Eight hours later ... nothing. So I texted him back a little harshly, but said nothing insulting. He said he would text after playing a video game.

So at that point, I figured my pain didn't matter to him. We ended up breaking up.

It's sad and it's not. I know he has good in him, but it was too much for me.

Former Repiller. A few of you guys/girls here on Reddit actually gave me the idea to start my No Pill Youtube channel, so we can have a more visible place to discuss things as a community, instead of just on Reddit. I'm dropping my first real video on that channel tomorrow.

38 upvotes | January 23, 2022 | by [chocolatetacos96](#) | [Link](#) | [Reddit Link](#)

Thank you guys for the motivation. I serve the people. ☐☐ Took me like a day to edit and stuff so here goes nothing. The link to the channel is right here: [No Pill Youtube Channel](#)

Just found this sub and I want to say I'm so proud of all of you

38 upvotes | May 1, 2022 | by [Junglejibe](#) | [Link](#) | [Reddit Link](#)

As someone who likes to "check in" on incel/redpill type communities to get an in depth understanding of what's going on within them, it is so depressing and frustrating to read the things that people will say to each other on there.

I'm not talking about the misogyny and general bigotry, though yes that is upsetting to read; I mean the level of cruelty and psychological tricks more entrenched members of the communities will subject confused, lonely, and depressed men to. My heart aches whenever I see a post made by a boy/man who is struggling to find an outlet for his negative emotions, because I know there's thousands of guys like him. Guys who are just lost, and found the worst, most destructive community to latch on to. And with the level of manipulation & toxicity these echo chambers have crafted, I know it must be near impossible to escape and fix the amount of straight up brainwashing that goes on.

But this sub gives me hope. I know it must've been incredibly scary and difficult to make the decision to leave, and I hope all of your paths from now on are easier to walk, even if they might be long & winding. You've already gotten past the biggest obstacle, and I am honestly so impressed by that; you should be, too.

The Texas Anti-Abortion Bill has made me infuriated and I'm extra glad I got out of the Red Pill cult.

38 upvotes | September 3, 2021 | by [whatboi67](#) | [Link](#) | [Reddit Link](#)

I know this is not a politics sub but I think it's important because it's mainly about the mistreatment of pregnant women and their rights. I'm just so angry right now.

RP LOVES to dehumanize women, this texas bill is next level of that. Now if a woman plans to get a abortion, they're gonna get SUED for 10K and possibly go to jail. This is more proof that red pillers and conservatives are selfish, disgusting people. They think they care about women, but really they don't. They want to make money, control women and take their rights away. I cannot believe humanity as gotten this low.

I'm just extra happy that I got out of that cult before it was too late. I feel so terrible for the women in texas. I hope to god we get rid of this garbage law soon, and the people behind it.

why/how do bad people get into relationships/have sex?

38 upvotes | September 29, 2021 | by [exitthrowaway96](#) | [Link](#) | [Reddit Link](#)

an old addage i see get thrown at incels and redpillers and other types is: 'its not your looks/women thats stopping you from getting a partner, its your personality'. i get what they mean, personality is an important aspect in seeing if you gel well with another person enough to spend extended periods of time with them

these mens personalities are either too boring, placid, bitter, spiteful, or even hateful for any woman to want to spend time with them. they have negative personality traits, theyre cynical, pessimistic, hopeless, self-deprecating, and toxic. they have disorders like depression, anxiety, narcissism, body dysmorphia that people dont want to deal with. they all have far too many negative traits to warrant any women ever liking them

the things is, people with multiple traits i just listed are still able to flirt/date/have sex/get into relationships. ive seen them, so have you i bet, people with grating personalities and worldviews and mental disorders who are still romantically successful

one big thing ive see is the idea that these men dont respect women and that women can sense this lack of respect from them. if you dont respect women then of course no woman will ever sleep with you

this is bullshite of course lmao. misogynistic men get intimate partners all the time.

ive seen it happen with my own two eyes. i could clearly tell that one of my roomates in uni did not respect women, yet i still heard him bring girls home every now and then (for what its worth the sex sounded bad). how did those women not sense his misogyny? (i think women can greatly overestimate their collective ability to do this, id like to know what u think)

this can be applied to any of the negative traits i previously listed. there are boring people in relationships, there are spiteful people in relationships, there are cynical people in relationships, there are toxic people in relationships, there are depressed people in relationships, there are narcissistic people in relationships

shit man, there are rapists out there in relationships, there are fascists having sex, there are murderers finding love, there are military defence execs who profit off the unjust murder of thousands who probably have loving wives and kids. a bad personality is no indicator of romantic compatibility are incels and other incel-ajacent people really worse than all that? do they really deserve love and intimacy less than those people?

why/how do people like this get into relationships?

one explanation is past abuse. women will stay with abusive/toxic men due to past/abuse trauma that has warped their mind to think that is the only type of love/intimacy they can accept or recieve. i feel for these women as this wasnt their fault and they can often lead themselves further into self-destruction. some of these women may also be suffering from personality disorders like PTSD or BPD which may effect their ability to interpret emotions

another explanation is that while these men have bad personality traits they also have good ones. like a corporate exec may have a lack of empathy, but they are also ambitious and well-off financially which many women will like. a cynical person may be slightly grating, but they may also be

intelligent, which some women will like. people are able to look past glaring flaws sometimes, so maybe that's what happened. these people are not defined by their bad traits

also, emotions can do weird and illogical things to peoples heads. this factor is harder to pin down, because emotions dont often make much sense when viewed through logic

but that raises the question, why cant these men, despite their obvious flaws, do the same? why are people able to look past certain negative traits in others, but not in incels? are incels just too poor at hiding these traits? do they just have too many negative traits for it to balance out? is it due to looks as well? why?

i suppose it gives credence to the idea that confidence is the most important factor in romantic success. a confident man who doesnt respect women is more attractive to women than an insecure man who does respect women

now i should mention that while many of these men are able to forge intimacy and relationships, they may struggle and fail to actually maintain them. as the veer of nicety will wear and eventually reveal the repulsive aspects beneath.

but im mainly stuck on the starting a relationship bit, the maintaining one bit seems too far away to worry about lmao.

forgive me if i sound a little bitter, but it kinda sucks seeing guys who dont appreciate what they can get just walk over women whilst i struggle to even get a look. when people say 'its your personality/attitude' it makes me feel like shit, because i see Nazis and racists and other reprehensible people achieve what i want, am I really worse than those people? are those people more worthy than me?

I'll be honest I'm a loser

38 upvotes | November 14, 2021 | by [AmbitionLazy](#) | [Link](#) | [Reddit Link](#)

I use to be stuck in the redpill cult. My life is a wreck. My credit score is in the 400s, I haven't had a gf since high school. I have no friends moving to a new city. I can't afford college. There are some women who are super friendly towards me but I always think "why should she want to date me"? I'm tall but I'm overweight as well. I just don't know what to do at this point. I do get jealous of my roommates who have partners. Even my family members around the same age as me.

How to stop becoming an incel?

38 upvotes | February 5, 2021 | by [throwaway0183701](#) | [Link](#) | [Reddit Link](#)

(Are incels even red-pills?)

Basically, I've been starved for romantic attention my entire life and that's left me desperate for it. So desperate, in fact, that I now routinely misread normal kindness as some sort of signal that I'm liked romantically or sexually. Of course that's never true, and every time I realize that I can feel myself hate everyone and everything a little more. Hate for others really is all that can keep the self-hate at bay. For about a year or two it's been so bad that I'll think to myself (or mutter since now we have masks) "fuckin thot" or "goddamn fuckboi" at anyone I'm attracted to in public. That initial prejudice crumbles away immediately when they aren't those things to me, but I'm scared that one day it won't and I'll end up hating people I like because they never like me, and it hurts less to hate someone else than to hate myself.

Idk what to do. I don't see any way but down, either to suicidality again or to incel-ish prejudices and vitriol. If anyone can suggest something to help me I'd appreciate hearing it

Obsession with being seen as desirable

38 upvotes | April 2, 2023 | by pfiz23 | [Link](#) | [Reddit Link](#)

Can someone explain to me red pills obsession with the idea of desirability? To me, it seems to come as a distraction to find a person to actually build a life with. Unless that's not the point?!

My ex was so obsessed with the idea of being seen as "desirable" that he kept a rotation of girls to sleep with. And just to add insult to injury, he compared me to this "friends" consistently about what they did that was more "feminine" than me. It didn't seem like he wanted any of these girls for a serious relationship, but he kept them around while also planning a future with me (marriage, kids, etc.).

Just, what's the end game?

Edit: to clear up confusion - I know to find a partner, you have to have a level a desirability. I'm specifically asking about red pills idea of IMAGE.

It feels to me, and I'm open to anyone else's opinion, that men like my ex are less interested in self improvement and more the LOOK of being desired. The girls in his rotation look gross (I'm biased, you'll just have to trust me), but the number of women seems to mean something important to him. And I feel like he has a lot of pride saying he can call this one or that one. Wouldn't it be more of an accomplishment if you had one woman who was working on a future with you? I don't get it.

"She's toxic."

38 upvotes | May 2, 2023 | by [HaveALittleGrace](#) | [Link](#) | [Reddit Link](#)

I've been following high quality relationship mentors for years and this quote by Chris Perry in his "You Are Good Enough" group really stuck out to me:

"She's toxic right? But was she toxic before you lied to her about another woman? Was she toxic before you took advantage of the trust she had for you? Was she toxic before she kept forgiving you for hurting her over and over? She wasn't toxic. You drained [the fuck] out of that woman, you hurt that woman, you lie to her and continue to hurt her and make her question her worth, then you expect her to be the same person she was in the beginning? Now she's "crazy" for being this way?"

I know this can work both ways.

I find that a lot of Red Pillers were emotionally and mentally dishonest when they dished out stuff like this because vital things like this were deemed 'unnecessary' when retelling the story. It was just always "she's toxic" or some other variation of similar feelings.

Obviously I'm not saying to minimize someone's experiences of abuse and I err on the side of believing victims 99% of the time (*some I have been admittedly skeptical of just based on these people's long history of pathological lying*).

However, now that a lot of Red Pill behaviours have been exposed as being **not only harmful to the man's mental health**, but also the women they use it on, I wonder how many of these stories are just shared only when she just finally had enough, her normal suppression went offline, and she couldn't help but react after 100 pokes that made her insecure about things she once loved about herself?

I've never had so many men be in my life and dishonestly discount all of my good than I did when Red Pillers and MGTOWers found me. It was soul-crushing.

Have any of you looked back and realized that while you may have not been the main problem, you definitely didn't help and contributed to making it worse?

Maybe you were the main problem. Maybe things you couldn't see then, but became aware of as you got older and more mature?

Was Red Pill really a saving grace for you?

TRP isn't about men's hatred towards women, its about hatred toward their own vulnerability

38 upvotes | March 9, 2023 | by [SelfAwareness-Is-Key](#) | [Link](#) | [Reddit Link](#)

Hello everyone, I been a lurker on here for a while. I got introduced to TRP when I was 18 years old and I am now 25 (M). I have been in therapy for the past couple of years and I just hit a breakthrough on why I fell for TRP ideologies plus developed resentment towards women. What I realized is that I hated my own vulnerability and I covered up this hatred for my own vulnerability by blaming women. I was exposed to porn at just 8 years old but I recently quit 4 months ago and me being exposed to pornography at a very young age has programmed my body to only respond to "intimacy" without the vulnerability. As soon as I start to feel vulnerable around a woman for something she did or said that made me feel insecure I would automatically be repulsed by them. This created a vicious pattern of me avoiding women and this led me to start blaming them for my inability to be vulnerable because of their lack of ability to control themselves or that they only want to be with a certain type of guy, etc. Realizing this made me realize this is what TRP is actually about. Its not about men hating women, its about mens hatred for their own vulnerability around women, and the negative beliefs about women increase their hatred towards it even more because they feel even more vulnerable the further they believe in the red pill. Its a negative cycle and its only going to end if they start to feel comfortable with their own vulnerability.

The red pill ruined my mental health and has nearly ruined my relationship

38 upvotes | March 17, 2023 | by [Woodenward2](#) | [Link](#) | [Reddit Link](#)

Hello everyone, I am 28 and have started looking into redpill around august 22. I was going through a breakup and a change of circumstances in my life not related to my love life, at first I felt like I found the truth and I was feeling better than ever.

I was having more success with women and felt like I had a purpose, then I got into a relationship and I kept my “red pill” ways until I started to get confused and realising that I have been brainwashed.

Last night I had a big argument with my gf over crying (never cry in front of a woman), I am going through a really rough time and I am overwhelmed my gf was asking me things and she was like are you about to cry? I flipped and told her I don’t cry and I ended up being really rude and I lashed out on her because of stress, I felt like I lost “masculine frame” and I panicked.

I feel really shit because although I don’t watch the content those “rules” are stuck in my head. All I think is those stories they tell you about women being in a certain way and playing “weak guys”

Anyone recovering? How do you get out of this mess?

In my opinion, TRP robs you of enjoying yourself

38 upvotes | February 14, 2019 | by [BackwardsHorse](#) | [Link](#) | [Reddit Link](#)

There's so many "Rules". You have to act like an "Alpha", have confidence, pass shit tests, can't be too jokey. And I believe these tactics work at time, but it robs you of enjoyment. If you focus on "tactics" you turn something fun like dating into a war, where you have to win and dominate the other person.

So all these young men are putting pressures on themselves and they aren't having any fun. And because they don't have any fun they won't get anywhere or will get rejected by an emotionally healthy woman, and then they turn back to The Red Pill, thinking they just didn't study enough or use the tools enough.

It makes me sad, guys, I know a lot of guys on there were like me. Raised by a single mother, never had any male figure growing up. Had no idea how to talk to girls, date, or have sex. And then they feel the pressure from society, and their friends to have sex and pull women to be cool.

Now, i'm of the belief to honestly just be yourself - sure, you'll still get rejected, but it's your best chance to find people that will actually add to your life because they compliment your personality.

Things have gotten better for me since I adopted that mentality. Instead of trying to be this alpha man whore guy that i'm just absolutely not, I act like my goofy and humorous self. I'm not aggressive, i'm not quiet and "mysterious". And you know what the crazy part is? Girls actually liked that about me. I met girls that I really vibed with, that I had good connections with, and even had sex with some of them.

I just wish there was a better place for young men that have been in this position, as so many of us have been to find support. Hell, I wish there was a place for young people to get support. I've met so many men and women in the past few years that feel lonely, fucked up, weird, afraid to be themselves, and it breaks my heart. And places like The Red Pill are turning young men and women into mean, hostile and sadder people.

I don't know what's wrong with society, but we don't treat PEOPLE like PEOPLE. TRP teaches us that women are used to make us feel good. And if not used like objects and treated like PEOPLE, they'll make us feel like shit and losers.

I don't really know why I made this post, but places like TRP are on the wrong side of history, and they fuel the mental unwellness that is infecting our society. Those psuedophilosophies hold us back as a human race. The same as racism and any other form of hate-mongering.

It's finally time for me to let go of the pill-sphere in general.

38 upvotes | January 3, 2019 | by [TallSwaggOVO](#) | [Link](#) | [Reddit Link](#)

So I first found the red pill my 11th grade year of high school. I stayed with it until now, and I'm in my first year of college. I was starting to go through phases of my life, and I felt that TRP designates with me well. However, a lot of it is really just common sense stuff (like self respect, and exercise, etc.) I started getting turned off from it because a lot of the people are clearly using it as a cope. A lot of them are Incel-like people, using it as a cover up.

I've also been following purple pill debate for a while, and at one point considered myself purple pill. I thought that was me becoming "more mature". But I really just realized that this whole pill-sphere stuff is stupid in general. No normal person constantly refers to these things. I just flocked to them because I felt like I needed them, but I don't. I understand that my main problem is just anxiety, and when I fix that, my life would be a whole lot better. I am not bad looking at all, and I am a very fit person. I am smart, and have all the tools I need to be successful. I just have to go out and execute.

So, after taking all the common sense stuff, I think it's time for me to let go of everything pill-sphere related in general. On all my social media, I'm unfollowing pill-sphere stuff. This sub will be the only thing "related" to pill-sphere that I'll still follow. This is because I feel this is a community of people that can help me get on track.

Cheers to 2019. Let's improve ourselves to live a successful life we are happy with.

Honesty goes a long way..

37 upvotes | September 11, 2020 | by [Peterselieblaadje](#) | [Link](#) | [Reddit Link](#)

Hi all,

I wanted to write a post that's a bit different to what's normally being talked about around here. I want to share with you guys a story in the hopes of helping some of you realise how far a little bit of honesty gets you. Even if I can help just one of you, that'll already be more than enough for me. Anyway, here goes:

I found out that, when I'm able to express all emotions to other people - at least to my close friends and family - I'm connecting to other people and emotionally healing. Like, I once got scammed. 7 years ago when I moved to the big city to go to university, I really needed a room. I found this good looking room and the guy seemed alright. Did the deal and so on, transferred the deposit and got the key. However, when I went back to the house a few days later to check it out, I stumbled upon a note that was hung on the door by the local police department. Asking if I could come into their department to report a crime. I was devastated. But mostly? I felt very ashamed. How could I be so fucking gullible?

Long story short, a month ago I finally started opening up to my close friends about that experience. And lo and behold, they did not judge me at all! They were so supporting, and were encouraging me to be more open about that stuff next time. Sharing that experience, however shitty it might have been, has allowed me to become closer to my friends, and it has allowed them to become closer to me. *I let them in.*

Back to exredpill: same goes for relationship stuff. SHARE with your friends that you felt or still feel bitter. SHARE with them that you're scared of opening up to a girl, or scared of getting hurt. Of course you're exredpill so transitioning away from it. Also share that! Share with them that you feel ashamed of having been redpill, and that you feel disgusting for having felt such a victim. Share it all! Sharing is the only way to build a connection with the people around you, and building good connections is the only way to *not go insane*

Because that's what I strongly believe TRP is: it's men that have lost their ability to connect with other people like normal human beings. And never forget: the worst thing humans can do to each other is put them into complete isolation. Nietzsche's decent into madness? He isolated himself from everyone around him. Don't be like Nietzsche. I feel at my best when I'm most open about everything I feel, and my environment gives that energy back a thousandfold.

To top it off: I found myself the best girl I could've ever dreamed of. It's all worth it guys, trust me and trust your emotions. Hope I got to at the very least make one of y'all's days a little bit better. Peace!

Law and Order SVU, season 20 Episode 4: "Revenge"... a group of MTGOW Incels go on a rape and killing spree.

37 upvotes | November 8, 2019 | by [ghost_vvitch](#) | [Link](#) | [Reddit Link](#)

This was an actual episode of SVU, where a couple of MGTOW Incels raped the women that rejected them, and viciously attacked their boyfriends, all while referring to them as "Chad and Stacey".

Society is waking up to this bullshit, as it's actually becoming a real danger.

RedPill's popularity is showing the unresolved childhood emotional and developmental traumas on a societal level

37 upvotes | September 21, 2019 | by [TeePeeDucks](#) | [Link](#) | [Reddit Link](#)

Is it because people's inability to self-examine and truly develop emotional maturity; that movements like Red Pill are formed to create a "solution"?

So I watched "The Matrix" for the first time in several years after giving up TRP.

37 upvotes | July 15, 2019 | by [fmvra1s](#) | [Link](#) | [Reddit Link](#)

I thoroughly enjoyed it. There's a certain irony in how the alt right has latched onto it as a symbol of fighting "decadence" when it was created by a couple of trans women.

What happened in your life to make you rethink TRP?

37 upvotes | June 12, 2019 | by [On34theowrld](#) | [Link](#) | [Reddit Link](#)

My soon to be ex husband is red-pilled, I was conservative when him and I met. I thought it was normal to take all the verbal and sometimes physical abuse. Him and his best friend (his best friend had two relationships going at the same time, looking back it's a red flag now, how both him and his friend negged me). I ended up going back to school and took up a hobby with a lot of people with different ways of thinking. That's when I learned about trp, and other ways men look at women. My husband claimed to not know what trp was but happened to use every tactic on me. This man I thought I could trust was manipulating and I won't say all men that follow trp do, but mentally and physically abused me. I'm glad to see a site like this, but what made you rethink trp thinking? Are there any regrets you have because of this way of thinking?

The red pill fucked my life up

37 upvotes | May 23, 2019 | by [Spizzaz](#) | [Link](#) | [Reddit Link](#)

Before the red pill I had a lot of great promises, I had a great career outreach(multiple companies interested in my profile), I was well fit with lifting(cage fighting), and I was doing really well in college(deans list on track to graduate). I am attractive and highly social, I used to throw parties in college. I travelled, did the typical college spring break, and I was never a big weirdo.

I have a high paying skill, which became my main focus before the red pill. I found the red pill after wanting assistance to game this one girl who was really attractive. I already had sex with her before TRP, and had sex with many girls prior. I did have some flaws and insecurities with myself and with women that the red pill helped me overcome at first, which kept me interested in reading more content.

Eventually I consumed too much of that “alpha male” front that lead me to the girl and I breaking up. I was hurt and confused, which ultimately lead me to read more red pill and MGTOW videos as a coping mechanism and to find reasons to blame her. Afterwards, I became more insecure about women and my focus went from my career to trying to prove that I can get more and more women.

I grew bitter after the breakup, bitter about my career, and bitter about life in general. TRP made me believe that no women can ever trust me and that I can never have a wife and kid at home.

Eventually, I failed my final year in college, lost various career opportunities and grew to be depressed. I needed something to cope, so I got back into cagefighting to help me out. I am currently in a relationship now, which I struggle with because of the insecurities that the red pill gave me.

I don't know what to do next, I'm lost and I lost my promising career spark. I want to be back into my career again, but I lost many opportunities.

What to do next?

More thoughts on TRP (19M)

37 upvotes | February 19, 2019 | by [reddit309](#) | [Link](#) | [Reddit Link](#)

I made a post like a week ago mainly describing what I liked about the red pill and some minor issues I had with it. Well now I have even more problems with it that I finally realized and I would like to vent what I hate about TRP now.

"80/20 rule, 80% of women only want the top 20% of men."

This is just so wrong and/or pointless on so many levels. 1) 80% of men WANT the top 20% of women in terms of beauty, so... congratulations on stating the fact that people WANT things, why does this even matter 2) who cares what people WANT? what people WANT is usually irrelevant to reality. 3) the marriage rate for men is 50%. And obviously that's only talking about marriage. Plenty of people get into relationships without getting married. >50% is the majority. The majority is > 20%... **What is the point of stating that women WANT to be with a handsome rich guy, was this not already common sense?**

"Women are shallow selfish and cruel and whatever else."

Men and women are equally shallow. But TRP acts like women are more shallow then men are. Men literally pursue women solely based on what she looks like. What is the point of stating that women are shallow? **PEOPLE are shallow. No gender is more shallow than the other. Men nor women are angels, is this not common sense?**

"Women want the best guy she can get / hypergamy"

Another true blank statement that can be said about men as well. Whats your point? Yeah women want the best guy she can get and if something substantially better regarding looks and money comes along there is a good chance she will leave/cheat. Men do the EXACT same thing. Men want the most beautiful women he can get too. If a man is dating a 6/10 woman and a 9/10 woman comes along that wants him, he's gonna want her and leave the other girl. **What is the point of stating that women want the best guy she can get? Like no fucking shit. Everyone wants the best they can get.**

This stuff is honestly just plain stupid. TRP turns common sense into some crazy next level scientific breakthrough discovery and fools you into thinking you are discovering the truth behind how the world works!

Obviously women want to be with a handsome rich guy, just like how men want to be with a beautiful woman. Obviously women are shallow, men are too. Obviously women wants to be with the best partner that wants her, men are the same fucking way. Obviously selfcare and working yourself and career will attract women, just like how women work on their appearance to attract a mate. This shit isnt rocket science.

I really liked the community at first but then I realized that I didn't really learn anything from it. **It is just some common sense coupled with stupid/pointless/demeaning terms such as "alpha,beta,slut,bitches" and the promotion of shitty behaviors that will never lead to happiness for either party.** I'm done with it. It literally teaches men (boys) to withhold affection to be seen as more "alpha". Shut the fuck up with your god damn alpha terminology. I cannot stand to hear that word again it just makes you sound like the very thing you are trying not to be - a fucking beta. Real ALPHAS do not give a fuck about TRYING to be "ALPHA". They don't use manipulation

tactics on low value, VULNERABLE women to get sex from them and hurt them in the long run. They don't browse these stupid forums asking for advice on how to be manipulate their new "bitch" to get her to want to suck his dick.

There is nothing more annoying to me than hearing the terms alpha and beta. It just makes you sound so stupid and immature and "BETA". A fucking alpha is someone who pursues excellence in all areas of his life, respects himself and others, and doesn't take shit from anyone. Not some asshole on a reddit forum teaching young men to refrain from being affectionate to someone he actually cares about. TRP literally teaches that developing feelings for a girl is "beta"/bad. How is there anything wrong with feeling for a girl? Men are designed to feel for a woman, it's biology. Obviously this can screw guys up pretty bad if they get too obsessed or clingy but like everything else in this world - too much of a good thing can be bad for you, nothing new there.

There IS a problem with putting her on a pedestal and obsessing about her too much, but to feel for her and care about her when you are already together? To feel for a girl makes you a "beta" bitch loser? Fucking as many girls as possible makes a cool "alpha"?

I've heard from a COUNTLESS number of people that one night stand/ hookup/ FWB/ no strings attached sex, is no where NEAR as awesome and satisfying as having sex with someone you actually care about and cares about you. This type of loving relationship still exists you just have to work on yourself and find the right person and not some low self esteem, vulnerable, damaged, promiscuous girl that TRP preys on.

Why would I want to sleep with as many damaged girls as possible that are sexually turned on by me manipulating her? LOL! On what planet does that lead to happiness and satisfaction? On what planet does any of this shit... nevermind this post is long enough lmao.

Here's the bottom line. Quality traditional women are out there. Yeah it's true there are shitty women out there that literally marry guys just for his money and then divorce him for even more money. Men need to be aware of that kind of thing to prevent getting scammed. Men need to be aware that focusing on your career and health should be your top priorities in life, instead of chasing girls. If she wants you, you wont have to chase her. Men need to be aware of some basic truths written in TRP philosophy, but these basic truths are so logically obvious you don't need to be a part of some bitter bullshit community that teaches you to manipulate women to make them want you. The only women that will fall for that shit are the ones no one wants to be with long term.

Build a good life for yourself and women will come - this shit isn't rocket science. Fuck TRP.

I lose respect for girls with high bodycounts.

37 upvotes | January 18, 2022 | by [lightlevelsup](#) | [Link](#) | [Reddit Link](#)

Before you judge this is clearly an emotional response rather than a rational reponse, and I'm looking for some insight into what this says about me, for someone to enlighten me on any toxicity. I've dropped my redpill way of thinking but this is one of those things potentially red-pillish which I can't seem to shake. When I see girls being hoes, going through "hoe phases", being extremely promiscuous, high body count etc etc I just feel like I lose respect for them. Meanwhile I have no likewise reaction at guys being fuckboys. I feel like the difference is with girls they're just giving themselves away to all the horny guys who would fuck anything really, some dudes fuck socks, so it doesn't mean anything except the girl has no respect for themselves. On the other hand for a man to be very promiscuous it speaks to some sort of skill/successful effort - any girl would get hundreds/thousands of tinder matches per day, independent of how attractive they are, while even the best looking guys would never get this many.

Does anyone get where I'm coming from? I'm aware of the current mainstream view that this conclusion is a hypocritical double standard, but I feel some of the points I've made as to the difference in social dynamic of women wanting to be promiscuous vs men wanting to be so speak to the contrary, but please enlighten me to any errors into my thinking. I'm just trying to make sense of why I feel negatively towards girls having high body counts to be honest and if there's an issue with me feeling that way. Perhaps the resentment is a manifestation of a subtle jealousy as a man towards how easy it is for any women to fuck as much as they want. Even if that were true I can't see the flaw in my logic about how the current social dynamic makes a girl fucking around and a guy fucking around speak to different things about the character of said girl/guy. A girl fucks around she is "easy" a guy he is a "playboy".

Are redpillers actually incels in disguise?

37 upvotes | January 24, 2022 | by [Geblaka](#) | [Link](#) | [Reddit Link](#)

It seems like the only difference between redpillers and incels is that the former take care of themselves, lift and in some cases actually put themselves out there, while the latter just rot away at home in their mothers basement while posting at incel forums.

What they do have in common is that they're bitter and resentful about women and the cool guys that the women liked. They dedicate their whole life to girls and what they think about them. While redpillers might be more attractive physically and have slightly more success with women, they're operating from the same framework as incels.

This one page from Eckhart Tolle's new earth perfectly explains why the red pill community exists in the first place

37 upvotes | April 4, 2022 | by [limache](#) | [Link](#) | [Reddit Link](#)

If you are looking for
an image, it was
probably deleted.

Just wanna share with you guys real quick

37 upvotes | January 10, 2017 | by [Xoaimango](#) | [Link](#) | [Reddit Link](#)

Personally I've never been a self-proclaimed red piller, but when I was younger I definitely had a mindset that could be considered borderline redpill. I was insecure. I was angry. After enough time, I've come back down to earth, and I have to say that I'm much happier now than I ever was when I thought the whole world was against me.

So I just wanna say you guys are absolutely awesome for making these changes for yourselves as well! I definitely know that things can be hard sometimes, but keep it up! You are all making the world a better place one person at a time, even if that person is yourself.

Thanks for being such a great wholesome community and slowly helping yourselves and others become happier one step at a time

Against Dread Game (Based on Science)

37 upvotes | January 20, 2016 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Dread Game is a common technique popularized by the Red Pill that promotes the idea that, in order to keep your girlfriend or wife sexually and romantically interested on you, you need to act desinterested, become flaky, flirt with other women in front of her, act abusive and accusing her of being "needy" and "delusional" if she calls on your bad behavior. Under TRP definition, this kind of behavior "keeps the girl in love with you and there's no threat of her leaving".

So, what does science has to say about this?

David Buss (1988), conducted the first study on the type of behaviors that people perform to keep their partners from straying, which he called "mate retention tactics". He identified 109 different behaviors, and later divided into 2 main categories: **benefit-provisioning behaviors and cost-inflicting behaviors**

Benefit-provisioning behaviors involves positive things like offering gifts to your partner, being caring and loving to your partner, enhancing your attractiveness, all with the purpose of keeping your partner from straying. The idea is to show how much you're a good partner to give them reasons to stay with you. cost-inflicting behavior however, has to do with threats of violence if the partner cheats, flirting with other prospects to make the partner angry, stalking, manipulation, etc. The logic is to keep the partner investing by making defection appear to be a risky-strategy (**Under this definition the so called Dread Game is usually what science would consider a cost-inflicting set of behaviors**).

What David Buss found is that **benefit-provisioning behaviors tend to be perceived as much more effective than cost-inflicting behaviors. In short, statements like "i went out with other women to make her jealous" or "i told other guys she was stupid (to make her appear less desirable)" were rated much less effective in comparison with "i was helpful when she really needed it" and "i told her i loved her"**.

In line with this, further research revealed that the less esteem a woman has for her husband (ex.: the more she thinks he's unattractive) the more likely he is to use cost-inflicting behaviors (Holden, 2014). **This means that cost-inflicting behaviors such as Dread Game may actually contribute to make your wife/girlfriend unattracted to you.** And even if it works, it is considered a high risk strategy, as it may eventually contribute for relationship defection, while actually treating your partner with respect and love doesn't. **In fact, high mate value men are more likely to follow benefit-provisioning strategies** (Miner, Schackelfor and Starrat, 2009).

The Red Pill could benefit a lot if they had this perspective. For example, Married Red Pill advises people to flirt with other women and be dismissive of their wives to save sexless marriages, when scientific research clearly shows that the main reason why **marriages become sexless is due to lack of intimacy**, and women in long term marriages need to feel it first to become sexually motivated (Basson, 2000). If Dread Game worked in your marriage was not because of your new "alphaness" but mainly because you made your wife so confused and intimidated by your behavior that she started to have sex in a desperate attempt to make things right, not because she's more attracted.

Also, Holden (2014) demonstrated that **men with low self-esteem are more likely to follow cost-inflicting strategies to keep their partners faithful**. It is also known that men with low mate-value,

when compared with high mate-value men, are more likely to insult their partners to make them think that they are unworthy or valuable to other people (Miner, Stackleford and Starrat, 2009) The reason is simple: low self-esteem men may not have the good looks, intelligence, warmth, outgoigness, status or any other quality their partner may find attractive, so they overcompensate with abusive behavior. **The root of their behavior, simply put, is an intense fear of abandonment.** In terms of personality, **neurotic men are more likely to follow cost-inflicting strategies** like mate vigilance, jealousy induction, emotional manipulation and derogation of partners or competitors to name a few (de Miguel & Buss, 2011). They are also more likely to be anxious, attention seeking, narcissistic, depressive and have pathological personalities (Holden et al., 2015).

Is this the kind of partner you wold like to have? Is this the kind of man you want to be?

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How to fight red pill in marriage?

37 upvotes | September 14, 2015 | by [deleted] | [Link](#) | [Reddit Link](#)

[deleted]

Damn, I've been lied to this whole time?

37 upvotes | February 25, 2020 | by [Vintage Cola](#) | [Link](#) | [Reddit Link](#)

It feels weird to start finally thinking for myself but have still held firm to TRP beliefs all this time. I just assumed that all male-female interaction was a power play for sex vs attention.

I hooked onto TRP my junior year of high school and realized I actually *was* orbiting women who did not care about me, only the attention I gave them. It was quite damaging to my young psyche to feel so relieved by finding TRP to justify my hatred against women when I realized I was a tool.

It feels like there are some genuine points to be made on TRP, but I'm not sure what they are because I can't sort the truth from the elaborate fiction.

It's been 3-4 years since and I have a pretty dead social life. I didn't understand until it just kind of clicked recently that nothing I was doing was helping me forge friendships. I was so bound to my past and my misogyny that I couldn't just be in the present moment.

How do I unlearn this garbage?

Young male teetering on the brink of incelism/blackpill. Relationship/gender subs like /r/purplepilldebate and /r/trp are depressing but I can't help but feel like they're right. Please convince me otherwise.

37 upvotes | March 11, 2020 | by [incelwithoutacause](#) | [Link](#) | [Reddit Link](#)

Gender/relationship/incel subs are depressing as fuck. Please tell me that all these people are crazy and that most people in the real world do not think like this. I feel extremely inadequate when I look at any subreddit or discussion that deals with what women want in a man. I am a "loser" unemployed mentally-unstable shut-in NEET manchild so I know I have no business being in a relationship right now, as if I even have the desire to at this point. I could care less. I have pretty much mentally given up on the thought of relationships and women altogether. Honestly I'm not saying this for pity. Just giving some background. Call me a pussy if you want, i know the guys at TRP probably would.

These subreddits have killed what little confidence I had. I don't understand how people find trp motivating or helpful. Everything is a cold, calculated game. You have to force yourself to become something you're not. You're never good enough. You always have to be "on guard" and constantly analyzing female behavior for "shit tests" (are these REALLY a thing?) and the like. Also a lot of it seems to be a bunch of dudes shitting on each other for being too beta. It's all a game and I just feel like... why can't we just be... normal people anymore?? You know what I mean? You have to act in these certain rigid ways or else you'll get dumped for being too beta, etc etc.

TRP and other subs seem to do a good job at making you feel inadequate. I'm definitely the intended demographic for these groups, and I'll admit I struggle with being drawn to them. Unfortunately, a lot of the blackpill incel rhetoric rings true to me as a young, impressionable, isolated male. I can't shake off these ideas, I really do think that blackpill is reality even though I know it's bad. I've had relationships before in high school (still a virgin though, hence why im still considered incel) but I now realize they were only attracted to me because of my musical talents and height. If I didn't have those things I would have been overlooked more than I am now as a low value male. I don't know how i could trust women at all now. I dont hate women, nor would I consider myself a feminist.

I just simply don't have what they want, and I feel no desire to play games or become something they would want. It was easier in high school, but now as an adult according to redpill/blackpill theory I need to have a high paying career, ton of friends, great physique, and amazing charisma to even have a chance. I feel like thats fundamentally true, and it makes me want to opt out entirely and become a monk.

What do you think of r/malementalhealth group?

37 upvotes | July 22, 2021 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

Sadly, this is very true

581 points•[30 comments](#)•submitted 20 days ago by [octav440](#) to [r/malementalhealth](#)



I have trouble accepting a womans sexual past

37 upvotes | May 17, 2022 | by [50246439](#) | [Link](#) | [Reddit Link](#)

I have been redpilled for a while now and am starting to break out of the rut as I have attracted a potential partner through being kind, honest, emotionally available and a good friend to her. I can talk to her about anything and she has been caring and trying to stop my redpill mindset for the sake of my happiness which is amazing of her.

I have a few redpill issues however today I will focus on just one I have. My own insecurity I have regarding my potential partners sexual past.

I am 20 years old, average looking (I think lol), average height and average size down there. I know that women dont care about these things as much as the redpill would have you believe but I think every person wants an attractive partner which is fair enough. My sexual past is that I have never been in a relationship, never had sex however I have kissed a few women. The woman I am seeing is also 20 and she has had 8 sexual partners in the past, 6 of which have been hookups and 2 being serious relationships.

I have been on two dates with this woman and she tried to sleep with me on the first and second date however I wasnt horny enough to do it for some reason. However I did feel validated that she tried to sleep with me. We had a chat about her ex partners and she said some were assholes or dickheads and some were attractive and tall.

I was taken aback from this. The issue I believe stems from my insecurities and I am willing to put my hand down and admit I am at fault for this way of thinking. I am insecure that I wont perform the best in bed for her due to my inexperience, lack of knowledge, stamina and size. Essentially I have an 11% chance of being her best sexual partner just stemming from the fact I am in competition with 8 other men. I understand these men are no longer around however she will have memories of them. Especially the good looking tall ex boyfriend she had. This makes me insecure as I know I am going to struggle to be her best partner. Maybe its a reason to work extremely hard on my fitness etc.

The second problem with this is that I have jealousy that she has had an easy time getting boyfriends and hookups catered for her while I have struggled with my dating life as an average male. I am jealous because she had fun times and relationships while I never had them. I know I shouldnt be jealous of her.

The third problem is that I have a belief that a persons first partner is the most intense love they feel. So I feel like I have to be a womans first. I have heard some men talk about 'pair bonding' and I believe its true because I feel like humans are designed to hormonally bond in love and the more partners a person has, the less effective the human body is at doing this because it has memories of all the other partners it had. This is my biggest fear because at the end of the day if my future partner (hopefully the woman I am seeing), has slept with men more attractive then me or better in bed than me, its not a big deal as long as I also please her in bed. I think the biggest deal to me is I want the woman to love me. I want to be her best love not the best in bed or the most attractive because that is superficial.

Lastly, I am not in the misogynist clan where "its fine for men to sleep around but not women" I also believe a mans pair bonding ability will be affected if he has multiple partners. I also dont look down on women who are insecure of their partners past. I understand where they are coming from.

Any honest feedback will be appreciated, thank you.

Update on the fake former redpill guy!

37 upvotes | July 22, 2022 | by [Justsomealt24](#) | [Link](#) | [Reddit Link](#)

Thankyou everyone, I ditched him and wrote this “Hey, I don’t think it’ll work out between us, I can’t ever be with someone who displays controlling tendencies and blames women 24/7, that’s a really toxic mindframe to have. Plus you give me textbook, toxic ‘alpha male’ vibes and I don’t believe a real man is toxic to his woman. If you were really a true ‘alpha’ you wouldn’t feel the need to tell me all the time, it makes you come off super insecure, anyway, Good luck.” And I blocked him on everything after that, because I don’t need that toxicity. I didn’t want to play games, but it was good to stand my ground after hearing his toxic behavior and just the predatory vibes about my virginity, especially him saying he wanted to mold it... I believe a man of good value, care and understanding deserves me. I will never tolerate a man, who’s disrespectful and cold to me. It makes me feel unloved if I have that. But I ditched him. And I’m super happy now. Finally did it! Thankyou everyone.

And they wonder why the real world doesn't take them seriously. They act like radical Twitter feminists and convince themselves they're not the same.

37 upvotes | August 9, 2022 | by [hunkyandspunky](#) | [Link](#) | [Reddit Link](#)



10 Ways Women Are Simply TALL CHILDREN | Why Do Trau...

Mr Let Go · 92 watching

Advice from someone who has been married for almost 20 years...

37 upvotes | August 16, 2022 | by [TheVillagePriestess](#) | [Link](#) | [Reddit Link](#)

I'm no stranger to issues figuring out your potential mate, figuring out yourself, what you want out of life, if the one you're with is truly 'the one', who is supposed to take out the trash, what's the protocol if one of ya'll catches the feels, what happens if you accidentally fall in love with *another* person ☐, etc. Red Pill nearly destroyed my marriage to my best friend and did kill many of my friendships and amazing FWBs.

Red Pill ain't it. I swear to fucking God it's not it. I wish I could help ya'll gain experience to make better decisions. I've talked to so many men here, personally, and my God I wish I could take your pain. That's why I come here and try to share my experiences and advice from my perspectives, but I won't reach everyone. I accepted that long ago.

Most of the people that come here ask "what's the alternative?" and truly it's to go back to the basics. Ya'll read all these studies, waste so much time watching these chucklefucks argue back and forth until someone loses frame, bully women online and then simultaneously get upset that they don't want anything to do with you, etc.

Models: Attract Women Through Honesty by Mark Manson is probably one of the best books to help not only my relationship with my Husband, but with my Son, and myself as a woman (and and old partner and I that are still fighting like idiots). It's meant for Men, but it's really good for the ladies too. It helps you learn Men better and why they short circuit around us. It helped me grow into an amazing woman (despite what my haters say).

To those struggling, just disconnect from YouTube and all that shit for as long as it takes to get through the book. You'll come out a different person. Or you could just waste more time giving some grifter more money. Time is valuable. What are you doing with yours?

hasanabi saved me from Redpill sh*thole

37 upvotes | September 4, 2022 | by [xoxotillingone](#) | [Link](#) | [Reddit Link](#)

The Manosphere is Misandrist, Actually

37 upvotes | September 11, 2022 | by [guybrush122](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/aHD8Jun3eUc>

I've accepted the fact that I'll never be the same again after leaving TRP, PSL, and the Blackpill

37 upvotes | May 23, 2020 | by [NickNeverBrokeAgain](#) | [Link](#) | [Reddit Link](#)

I'd do anything to go back and get out of this mindset back in my senior year of high school a year and a half ago. I can safely say that I understand that it's all nothing but nihilism and brainwashing. Yes, some women are horrible people. Yes, some men (a lot more men than women in my experience) are horrible people. Yes, looks matter, but as long as you are at least average people aren't throw up at the sight of your face or start laughing when you walk into a room. PSL has made me critique other men's faces every time I see a dude walk by. I analyze everything.

Does he have a jawline? How is his eye area? Am I taller than him? How is his philtrum? Do I MOG him??? (I would use "mog" unironically.)

I understand that there are things like the stigma against men's mental health, the #metoo movement, and the whole "be confident or die" mentality of society. But when you're told that you are subhuman, that women are incapable of love, women are always looking for better, and the 80/20 rule, that shit is anxiety inducing to young lonely men.

But, I've accepted that I'll forever be damaged by all of it. It gave me a world view that is based in SOME truth. This makes me paranoid and untrusting of anyone anymore.

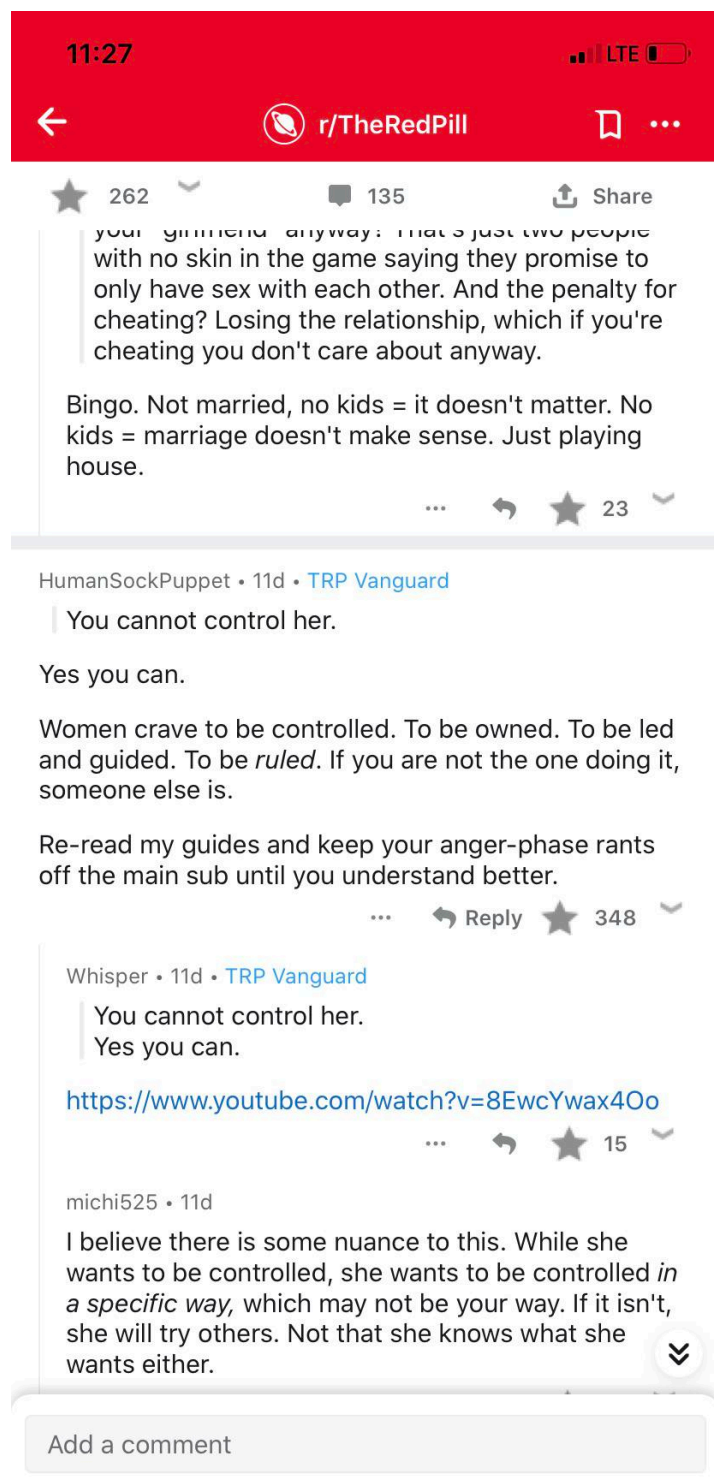
The Mask You Live In - Trailer - a documentary about masculinity and how it's taught to young boys

37 upvotes | June 18, 2020 | by [fijupanda](#) | [Link](#) | [Reddit Link](#)

https://www.youtube.com/watch?time_continue=163&v=hc45-ptHMxo&feature=emb_title

Idiot on trp talks about “women’s desire to be controlled” this guy sounds like he took a time machine from the era before women had the right to vote to 2020 and he’s spewing his old fashion straight-out-of the early 20th century misogynistic worldview

37 upvotes | November 14, 2020 | by [wellz-or-hellz](#) | [Link](#) | [Reddit Link](#)



The other side of the story. How women feel about the discussions of gender on Reddit.

37 upvotes | December 21, 2020 | by [zoemondo](#) | [Link](#) | [Reddit Link](#)

Feel gaslit(?) by Reddit's gender discourse.

183 points•[53 comments](#)•submitted 2 months ago * by [MantaRayf](#) to [r/ForeverAloneWomen](#)

Constantly being told that all women can get men, all women can become models with makeup, all women have a crowd of men chasing them, all women have been complimented before, all women get validated on social media, it's impossible for women to be lonely, etc.

Any attempt to say your first-hand experience is otherwise gets downvoted to the depths of the void, and you'll have people (men) yelling about how I only want ""Chads"" .

It feels really bad when you speak up about your experiences as an FA on other subs and people keep quoting 80/20 and various tinder statistics. Clearly I'm lying about everything.

It's so immature

37 upvotes | March 1, 2023 | by [TanteKachel](#) | [Link](#) | [Reddit Link](#)

Omg, I just realized why I cringe and feel slightly embarrassed when I discuss gender and dating, even though I don't have a crazy ideology.

Being so hung up on these things is like the cats vs dogs debate. It's so cringy when grown adults talk about these things with conviction and hatred even.

Like, come on. And if you talk to actual academics/intellectuals over 30 they just don't seem to understand what the point is with the whole boys/girls thing. I also noticed that in social groups with educated adults, they tend to segregate by gender way less, whereas lower ed or poor people will have the men in one room and the women in the other.

I didn't finish college btw so I'm not bragging, it's just a trend I noticed.

Edit to add: I mean well-adjusted, educated adults btw, not Reddit weirdos with a "high IQ" and a Rick and Morty tattoo.

I've grown tired of "MGTOW". I wish there was just a HappyBachelor community.

37 upvotes | April 11, 2021 | by [LateStageBureaucracy](#) | [Link](#) | [Reddit Link](#)

The discussions over there always come back to women, why is that? It's taken me time to fully realize it, but you're hardly "going your own way" if you constantly go on about women. Many take it too far, and go into territory that is outright hateful. I have no problem with women. I do however have a massive problem with relationships, marriage, and the societal pressure to pursue them for both men, and women.

I recently took a look at [r/wgtow](#), and saw a community of truly happy Bachelors. They moved on from their past experiences. No talk about hating men, how they're terrible, etc. They're just living their best life, and sharing those bits with others. That finally showed me the error of my ways following [r/MGTOW](#), and [r/MGTOW2](#).

Problem is, there isn't really a community like that for men. As it quickly gets infected with Incels, and Red Pill Rage.

Where do I go from here?

Red pill plays to people's biggest fears

37 upvotes | August 25, 2021 | by [BiWomanHealing](#) | [Link](#) | [Reddit Link](#)

Red pill claims to have easy answers for fears like:

No one will ever love you

You won't be accepted by society

You won't be happy

You won't find fulfillment

You'll be a loser

You'll be left out

Everyone will laugh at you

You'll be embarrassed and ashamed

You'll be shunned

Women/men will mock you as not good enough

You're not okay the way you are

Etc. add your own.

Men are not the prize; Not even women.

37 upvotes | September 22, 2021 | by [jaredhasarrived](#) | [Link](#) | [Reddit Link](#)

Richard Cooper, with all his insecurities and bitterness, has led pathetic manbabies to believe that *men are the prize*.

So we see these clowns who think and act like they're hotshit. But in reality, all they bring to the table are their rolexes, entitlement and douchebagery.

Then they run back to their "cOmMuNtLeS oF kInGs" to ask why women aren't responding to their dms.

No shit.

In my opinion, **NEITHER** sex is "tHe pRiZe."

It's the individual that gets to be "the prize". Because it's just who they are, or they managed to turn their life around.

BP'ers and incels probably disagree with the idea of "turning yourself into the prize."

Which is 100% okay because:

1. I don't know how you can do it. I'm not some high performance coach or whatever.
2. There isn't a one-size-fits-all blueprint to win at life.
3. I can acknowledge that it's not for everyone.

But I think we all can agree, whether your feminist, incel, blackpill, exredpill, christian, muslim, satanist, or you worship Cthulhu...

Life gets better when you start to take care of yourself, without expectations.

Why dating strategies rarely work

37 upvotes | September 19, 2021 | by [tiposk](#) | [Link](#) | [Reddit Link](#)

Yesterday's thread about [FDS and vetting](#) posted by [/u/RedPillDetox](#) made me think about dating strategy in general, including the one promoted by TRP (yeah, I'm aware they want to spin plates but the existence of married red pill and advice on how to avoid certain women for serious relationships makes me think a significant number of redpillers use TRP for dating).

Something most of us seem to ignore is that we respond to subtle cues that signalize that the person we're attracted to has the qualities we're looking for, and this process happens subconsciously so our power over the selection of our partners is much more limited than it seems. This is why some people jump from one uneventful relationship to another while others keep attracting abusive partners over and over again.

Dating strategies are generally an attempt to correct defective attraction patterns by controlling the selection process. A man who's been cheated on or settled for by a woman uses slut tells, n-count and apparent submissiveness to weed out women he sees a threat. Women who've been abused look for men willing to court and pamper them to filter out potentially dangerous men. Both these strategies seem effective because they're part of the traditional dating protocol: "don't make a ho into a housewife" or "a good man will wine and dine you" some of the phrases that come to mind.

Nevertheless, there is a problem with dating protocols and it is that they create compliance, not better people. Women know that they are judged by their sexual experience, so they avoid behaviors that make them look slutty regardless of their actual level of sexual experience. Men know they're expected to court women and act benevolent towards them, so they act like gentlemen regardless of their toxic tendencies. This is not to mention that slutty behavior and disinterest in the traditional courting process might actually be red herrings and not the problematic behaviors one needs to avoid.

The point I'm trying to make is that the use of a conscious dating strategy doesn't alter our pattern of attraction. If you find yourself constantly dating unreliable women or men that's because this is who you're attracted. The reason for this deserves its own thread so I'm not getting into it, but this is something that needs serious consideration before you jump to the RP/FDS bandwagon.

The subtle attraction cues I mentioned earlier still act upon us leading to the type of people we're attracted to. What's more, the people we desire aren't passive objects waiting to be picked up, they're equally capable of detecting cues we signalize and to react accordingly. The cheating woman you desire will also perceive your strategy and mask her behavior accordingly, even if she isn't fully aware of it. The abusive man will do the same. When these two individuals pass the vetting process they take off their masks and you find yourself hurt and at the same spot you were at in your past relationship.

Because this rinse and repeat dynamic is not something we're aware of, we start accusing the opposite sex of being bad as we don't realize that something about our attraction needs to be taken care of. This is why it is professional help that is needed and not some internet strategy when your dating life needs a fix.

Women either like you or they don't. How is it any other way?

37 upvotes | October 6, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

RP makes you believe there's some sort of formula to get women. For the longest time I bought into this and all it did was give me false hope. I'd be overly conscious of how I acted making sure I was red pill'd and it's just stupid when you actually try it with women.

I think what a lot of men do is ignore whether attraction is there or not believing there's always a chance. She says she isn't interested well I'll find a way to. It's really not that hard to recognize and once you accept how the other woman feels it saves you a lot of hassle. You just go with the flow instead of trying to force something.

What were the most damaging aspects of the Red Pill teachings to you?

37 upvotes | December 25, 2021 | by [SteveJabbaUK](#) | [Link](#) | [Reddit Link](#)

Men of ExRedPill. Can you tell me what were the most damaging aspects of Red Pill teachings to you? How did they affect you? Were there any coaches / youtubers in particular that affected you badly?

I run a Youtube channel and I'd really like to do a series of videos on the downsides of red pill teachings.

EDIT : Here is the video I made : [Is The Red Pill Destroying Your Mind \(Reddit Speaks\)](#)

- I read through this thread on the stream
- I have linked the subreddit in the description of the video, and recommended ppl sign up here.
- There are a few cock - ups unfortunately..I am relatively new to livestreaming and it happens occasionally. But still it gets the point across.
- I ended the stream with a takedown of Jack Murphy, the Red Pill Guru who is now imploding in hilarious fashion after his article from years past about being a cuck was dredged back up. It really bursts the Red Pill Alpha bubble!

Why FDS women frequent this sub?

37 upvotes | December 23, 2021 | by [Beautiful-Salt3035](#) | [Link](#) | [Reddit Link](#)

Femaledatingstrategy literally promotes the redpill/blackpill so why there are a lot of fds users trying to give tips to ex-redpills?

Am I the only one who has noticed that Redpillers, MRAS, MGTOW Men, and Incest are super hypersensitive to any criticism?

37 upvotes | March 31, 2023 | by [Truthteller1995](#) | [Link](#) | [Reddit Link](#)

I have noticed that anytime you criticize their movement you are called things like misandrist, blue piller, and my personal favorite a feminist simp. This happens every time I point out to these guys that the vast majority of problems men face are created by men and not women. Has anyone else noticed this?

*Incels not incest

Red Pill normalized a lot of abusive and dysfunctional traits. Dating has become so toxic that it's unbearable for a lot of people.

37 upvotes | April 12, 2023 | by [HaveALittleGrace](#) | [Link](#) | [Reddit Link](#)

I ended up kicking all the Red Pillers out of my life, though I did try my hardest to see what they were up against and why it was so appealing. I miss a lot of the good times I had with them until the MGTOW-Incel breed of Red Pillers took over and they just all turned into these angry, vengeful, and accusatory men instead. They don't teach what they say they teach.

I've had a few come back and apologize, but it's so hard to see them the same afterwards (there was a lot of damage done). I've tried my hardest to move on from all this, but it's growing when it should have been dying off. I find more and more of these men are hiding in plain sight, hiding their beliefs, taught to be better predators, masking kindness and genuine care for sex, etc.

I don't even understand anymore how to protect myself properly. I feel like it turned a lot of them into covert abusers, there is a lot more coercion, and I can't seem to get a read on them and feel them out like I used to. It's like they hide these parts of themselves deeper now. I feel like I should have had the right to decline on these beliefs alone.

How can a more modest and conservative or "old-fashioned" woman protect herself better?

I bought into the 'male promiscuity is good' lie and it burned me

37 upvotes | April 16, 2023 | by [Substantial-Truth-23](#) | [Link](#) | [Reddit Link](#)

I remember my first encounter with red pill material before the official emergence of red pill online in around 2008/09, during the pick up artist era. I was around 18 years old and very shy and socially inept back then. I wanted to be successful with women so I bought into all the strategies of game and manipulation, trying to be a 'bad boy' by being a jerk and trying to look tough by getting tattoos. I was insecure and I needed female validation to feel worthy as a human being.

Fast forward 15 years, 5 failed relationships, 70+ one night stands and getting infected with genital herpes... I have come to realise I fell for the same ungodly, toxic lie that feminists were sold that to be promiscuous was 'modern', to be empowered and desirable.

But the traditional way of being with one person from a young age and starting a family is touted as the best way forward for humans in society for a good reason, i.e - pair bonding and building together.

Now, I have a trail of devastation behind me and a broken picker in which I repeatedly have chosen the wrong women, but I have also behaved like the wrong man in relationships, not being a loving protector, rather just serving myself.

Red Pill made me feel isolated and unattractive

37 upvotes | April 27, 2023 | by [Ill-Report8684](#) | [Link](#) | [Reddit Link](#)

Im fully aware that my last post was highly emotionally driven and not the easiest to fathom. It was more of a rant and just spilling insecurities (that I do indeed project on others). However, Red Pill really makes me feel so isolated and unattractive. Months after completely not indulging in their content.

Honestly, I feel that I will never be good enough for a monogamous relationship. At the same time, I do receive quite a lot of attention from women, but I either self-isolate or my brain does not accept the fact that they might find me attractive. And it jumps straight into projections/assumptions.

Honestly, it's the worst.

Has anyone been in the similar situation? And do you know what could be possible solutions for that?

The irony about the "red pill" name

36 upvotes | April 7, 2023 | by [LucrorCanis](#) | [Link](#) | [Reddit Link](#)

I think most of the community never seen the movie or know anything about the creators.

The creators are Wachowskis, two trans women.

And the funniest is: "Red pill is a metaphor for estrogen hormone therapy."

I think I am slowly becoming a misandrist

36 upvotes | January 28, 2023 | by [Apprehensive-Ease946](#) | [Link](#) | [Reddit Link](#)

Sorry to say it but I think I am slowly becoming to hate men, like I really hate them. I am a feminist and before red pill and other disgusting communities I didn't have any negative feelings towards them. But here I am now. I can't stand even sitting around men(there are very very few exceptions). Many people will claim that my hatred is because of feminism but it is not. Because before I loved men(I even preferred them over women for friends), I worshiped them. But when I found out the red pill ideology everything changed. I found out what men really think about women. That they see us of less of a human, that the only value women bring with herself is her beauty(which has its expiration date) and that we are useless at all. I even hate myself for that I am born with the wrong genitalia. Tell me how am I supposed to like men?I feel like there is no way anymore. I am sorry again but I needed to rant.

Ex-Red Pill Guru doing a 180 (and how it almost killed my marriage)

36 upvotes | August 2, 2022 | by [SELFCONQUERING](#) | [Link](#) | [Reddit Link](#)

Hey there,

let's get this out of the way first: *No, this is NOT to sell any of my stuff. I just want to share my story because I finally found people with similar issues.*

I came across the Red Pill about 4-ish years ago after sex-life in my marriage was on a down-low and without any passion. Back then I was like, "Bro she's just starfishing" when now I know, I wasn't actually seeking kinky sex. I was just seeking intimacy.

Either way, cue the Red Pill Journey, started with the Rational Male ofc.

- Anger Phase
- Sex-life getting better for a short period
- Remain angry at women in general
- Become an asshole
- Her dark side shines in sex -> without any intimacy tho
- "Positive" reaffirmation that it works
- Join the War Room
- Make EVERYTHING worse
- Threaten divorce many times
- She's fully closed-off emotionally, sex is back to starfishing again

This was about a year ago.

And now I am picking up the pieces of my marriage and my love to her again by being a FUCKING BETA as I learned, and it's working like a charm.

Somewhere within my soul I always wondered how it can be that 4 billion people are just emotionally impulsive bags of meat without any thinking, questioning the whole Red Pill idea. But sex-wise it worked, because I was dominant. This took away from intimacy, but I got my pornstyle sex, right? Probably also because she was trying to keep me since we had a child at that time.

Still, intimacy vanished. Love vanished.

I was seeking that old, cute, bubbly girl from the past, but I couldn't find her.

Now I know she put up all the shields and barriers to protect her beautiful heart.

Then I came across Mark Manson's book "Models" and everything made sense.

It wasn't her being a dumb hypergamous birch. It was me being an incompetent fool. I covered my insecurities with being an ass. I did SHUT OUT my love to her because I learned it's "beta" and in turn, she shut out her love.

I also used subliminal messaging to solve my issues, but after MONTHS of TOUGH SHIT, dealing with my own insecurities, issues, being BRUTALLY HONEST with her what I want, what I went through, and how I was who I was, NOW our marriage is better than ever.

Even applied it in my coaching practice to get a bigger sample size, and SURPRISE, when the guys

told their wives they fell for lies, and all they wanted was more intimacy, and are now on a CONQUEST to get their shit together, finally their wives are all up for "it" again. With passion, and love.

So anyway, no new insights for you guys I suppose, but I made it my mission now to spread this knowledge across all my (social) media channels and books, so more men can wake up to the reality of what's going on there.

Power games, rooted in insecurity. Because this is never addressed this guys kill their personal growth and are in denial of it!

That's how I sum up the Red Pill.

Whoever made this very subreddit, THANK YOU!

See you around,
Alexander

A personal story that might illustrate what (some) women are actually interested in

36 upvotes | September 3, 2022 | by [FellasImSorry](#) | [Link](#) | [Reddit Link](#)

So I'm physically not anything like what "red pill" says all women want—I'm 5'8", about 30 pounds overweight, balding. Just a basic dude guy.

Last night I went out with some friends, and there was karaoke at the bar. So I had a few drinks, and sang a song.

As a goof, I sang Taylor Swift's "Shake it Off," with a level of commitment rarely seen in the world of karaoke—I'm not a great karaoke singer, but I am a great karaoke *showman*.

At the risk of immodesty, I killed the karaoke bar with a hilarious performance.

Afterwards, a table full of people came over to hang out with us, including an attractive woman who was clearly very interested. (I know the look.)

She was funny but very drunk, and I'm married and faithful, so we just did some genial flirting for a bit, but still. It was a lesson.

Even though I looked scruffy as hell, and I'm no physical prize, she was into it.

I did not try to act all serious and "alpha." I was not dishonest. I was not low key mean. I wasn't predatory.

I didn't do *any* of the things red pill swears all women respond to. Except be confident. Which isn't an act.

When I went home, I didn't use the encounter to make my wife feel uncomfortable. I didn't lie or manipulate. Etc.

I was basically myself—goofy, laid back, social, friendly—because ultimately people want to be around other people who are fun to be around, people who make them feel comfortable.

It's like red pill's whole thing is the exact opposite. It's basically "make women uncomfortable and off-balance and they'll like you. "

It's such nonsense, fellas.

Men claiming they're "a good guy but ignored" are usually not good in actuality

36 upvotes | October 7, 2022 | by [f0r3nam3sur3nam3](#) | [Link](#) | [Reddit Link](#)

Edit: I realize I should've used "nice" instead of good in my post, it's a less misleading term. And I worded it in a way that comes off differently than Intended. I sadly can't edit the title so here's the disclaimer. Oh and this isn't just about "nice guys", it's also about guys who claim to be "redpilled ex nice guys" but still don't respect women.

We've all heard phrases like "nice guys finish last" or "I do all this, why won't women like me!" and ironically enough it's often said by guys who look down on women.. and usually they don't get their life together at all. These "nice guys" are still too blinded by their hurt to find a woman who wants them. (I know bad luck exists, it's just that most of the times the mindset and attitude is the deciding factor for results / rejection).

Just the attitude as a whole that they're always the victim (and women the problem) shows why they seemingly always lose. People who don't just work on themselves but ALSO have a healthy mindset won't be that obsessed with blaming others or finding a partner.. of course some people will always hurt / victimize you and it's normal to want someone but a healthy person knows no other person could completely fulfill them and that their own actions are the deciding factor. Healthy people focus on their own goals and faults. And that's why this kind of people are usually happily in a relationship while "good guys" aren't.

This works for women too of course, there's also lonely women with the same unhealthy mindset.

So basically, I don't mean to shame lonely guys, this is just to show that it's best to look inward for fulfillment instead of hyperfocusing on what other people do wrong or what they should give you. Usually the reason why you can't find someone is 'cause you lack the qualities you need to possess to find the person you desire. Example: If you lack self respect you'll often attract people who'll use you / also lack self respect.

(This is based on the common redpill logic that the faults of women as a whole are the deciding factor for men's loneliness.)

Just threw up TRP? Read Models by Mark Manson.

36 upvotes | July 24, 2014 | by [aggressive_radish](#) | [Link](#) | [Reddit Link](#)

Before TRP I was a fat, virgin, loser... etc. I took the misogyny and circle jerk to heart and became "one of those guys".

"Look at me, I banged like 12 chicks last night!"

"Women are good for nothing divorce rapists!"

"Yeah, she was totally attracted to my alpha status bro!"

"Psssh women never do anything of value, only men can!"

"Alpha fucks, beta bucks muthafucka!!!!"

Just the thought of myself being like *that* makes me cringe.

However, one good thing TRP does advise it's guys to do is read Models by Mark Manson.

I read it months back when I was "super mega alpha dark triad" and thought it was a crock of shit. In my mind I thought, "Really, women will be attracted to my honesty? Nah, they want fucking Alpha McThunderCock. They're too manipulative and stupid for me to be honest with." Yeah, I know, delusional all the way to 11.

I revisited this book about 2 months ago and holy redpill God of STEM is it good. It's main theme is to be honest with yourself, therefore you can honestly share yourself and connect honestly with others. I know it sounds so simple, so fundamental to interactions with people, but it's really revolutionary for ex-TRPers.

I find the most powerful concept in the whole book is False Confidence vs. True Confidence.

False Confidence is what TRP gives you. It places the blame for YOUR failures and YOUR shortcomings on women (even though they adamantly claim otherwise).

All women are STUPID, HYPERGAMOUS CUNTS, therefore you need to become SUPER ALPHA MEGABONER to tame that wild BITCH, right? You need to maintain FRAME, AGREE & AMPLIFY, and diffuse SHIT TESTS like a boss, right? Women don't have RESPONSIBILITY or AGENCY, therefore you need to be the big, burly REAL MAN that women say they DON'T WANT, but actually CRAVE, right? Women DESIRE to be DOMINATED and fucked silly by a huge, dominant, masculine RED PILL MAN, right?

Wrong.

Wrong.

Wrong.

WRONG!

At it's core, TRP discounts women as actual people. TRP gives guys a superiority complex, a False Confidence, that they are far too alpha and dominant for women. Their wants and desires are superior to those weak, worthless womens'. Rather than connecting with them on a deeper level, they're content with playing head games and manipulating women to jump into bed with them. AWALT remember?

Models (and I) assert that you have success with women is if you have True Confidence.

First of all women are people. Holy shit! What a novel idea!!! Women have thoughts, dreams, feelings, wants, and needs just like men!?!?!? What is this blasphemy?!?!? That's right, just because

you have different genitals doesn't mean you have the different fundamental thought processes. ~~Women~~ People all have thoughts, dreams, feelings, wants, and needs. NAWALT, that's right motherfucker.

True Confidence is a supreme confidence in YOURSELF. It's understanding yourself, knowing yourself, and appreciating yourself for what you are. I'm not saying to sit your ass on the couch and eat cheetos and red velvet cookies all day. I'm saying to become your BEST self, the strongest version of yourself.

If you attain True Confidence, you have the confidence to walk away, at any moment, from what isn't benefiting you. At the same time, it's the confidence to commit, at any moment, to what will improve your life. You're committed to yourself and growing within yourself.

If you can attain True Confidence, you can clearly and effectively express yourself to women. Not any dominance head games or stupid bullshit like that. It's sharing yourself with her, so she could, in return, share herself with you.

If your life was a cup, False Confidence/TRP would be to fill your cup halfway then take a sledgehammer and crush everyone else's cup. True Confidence would be to overflow your cup so that you can truly and honestly share yourself with others.

And with that, I'd like to conclude my review and thank you for reading. Models is a great book that I wholeheartedly recommend and I hope you have a better life, pill-free.

Thinking For Yourself

36 upvotes | September 3, 2020 | by [Bruceleevibes](#) | [Link](#) | [Reddit Link](#)

Hi exredpill,

This is for people who are still lost in the red pill sauce or are on the fence about spitting out the red pill. These are a set of questions that I believe will help you decide if you still want to continue down the path of the TRP lifestyle or create your OWN path. I am not a guru/teacher/expert, I am simply a man that eventually learned to think for himself. Whatever path you choose I wish you nothing but luck and prosperity.

Here are the questions.

Think about these and try be completely honest with yourself:

Whenever you read/digest TRP content are you then allowed to think for yourself or are you succumbing to group think?

Do they condemn/ostracize people that think differently or have strong opinions regarding TRP ideologies?

Do you actually believe that another human being/dating coach/guru spewing anecdotal data and regurgitated TRP (pseudo) science has all the answers?

Do you actually believe that females are all the same? That they are not capable of being individuals, have different attitudes and characteristics like us men do?

What does belittling, manipulating, judging the whole female population solve?

Does the overall TRP ideology make you feel more free or more stuck and depressed?

They say they don't give a fuck about women and their validation, then why do they talk about women and how to get their validation (through sex/relationships) so much?

Let's say that you implemented TRP strategies like "frame" or "dread game" and it worked. Do you feel like it made you a better person? How did your relationship go after that?

Did sleeping with many women make you a better human being? Did the aftermath of many one night stands/fuck buddies make you feel complete or shallow/empty?

Does TRP sexual strategies really seek self-realization, self-validation, or does it seek outside validation and most importantly female validation?

Do you feel like you'll attract a healthy, intelligent, self-reliant, well-rounded human being by being a manipulative, sexist asshole? And if you do, will the relationship last?

When reading TRP content do you come from a place of hurt or pain or do you come from a place of logic and rationality?

How do you feel about another man (or group of men) tell you how you should feel, think, and go about women and how to live your life?

Who is more "alpha"; a man that follows an ideology to a tee without question or a man that can think for himself and mold his own truths/ideology?

After asking all those questions to yourself, do you still want to subscribe to TRP? Choose wisely.

(Feel free to add introspective questions in the comments below as these are questions I have formulated myself through my journey. I know there are people in here that have more wisdom and

experience than me that can help people find more healthier and fulfilling paths in life)

No Turning Back

36 upvotes | November 28, 2019 | by [CarpetBurn12](#) | [Link](#) | [Reddit Link](#)

First ever post not sure how Reddit works but here goes.

So happy I found exredpill.

I literally feel so angry that TRP practically ruined my previous relationship. I was so happy at the start and it made me so insecure, after therapy and just battling it with myself I finally am working on letting go of that mind-set that TRP made me implement to almost everything in life!!!!

To keep a long story short, I had just started dating this girl, and I had broken my leg. I had a cast on my leg. Anyways we went to the supermarket to start crossing off the grocery list and as we were at the counter I asked if I could take on one of the hand held carts to use as someone had stacked his with his groceries still in.

The guy reacted pretty negatively and basically told me to go get one elsewhere, but with a broken leg I just froze, I couldn't stick up for myself and couldn't do anything....

Anyways, a few days went by and what do you know? I googled. " Will your gf lose respect for you if you lose a fight in front of her" or " lost fight in front of gf " You can imagine what results came up right?

This stupid google search, I never knew what reddit was, I didn't take note of what type of /r the posts are on, I just started reading shit about women and all sorts of stuff. I discovered slowly what TRP was. I was hooked... It was like self harm..

So as I kept reading, the insecurities resulted from it... just broke me. I literally started thinking of everything my gf is doing 'wrong' but ignored the right things. It just sticks you in this mental mindset where you over analyse everything. Around her friends I just changed and became this completely different person.

I instigated that things weren't okay and I just couldn't take the anxiety anymore.. I went to to a therapist.

Things eventually got better, but it tainted my relationship, sadly we are not together anymore, but you know what's so terrible??? Recently I found out that the 1st articles I ever read, " " Will your gf lose respect for you if you lose a fight in front of her" " lost fight in front of gf " All those bullshit articles and posts I read about this whole type of stuff which spiralled me into TRP WERE FROM TRP!!!! I couldn't believe how stupid I was that I was duped into this whole 'biological' thinking bullshit.

To this day I still struggle... I used to ooze confidence when talking with women but now it's like i developed a social anxiety. It's really effected my mental health so much. Everything I thought about society was just flipped upside down and I'm slowly getting better.

I will keep pressing on and I hope anyone and everyone who has been brainwashed by that cult recovers.

How I cracked (and a hello too)

36 upvotes | October 25, 2019 | by [internet_username_97](#) | [Link](#) | [Reddit Link](#)

I've been deep into redpill for a few years now. I got sucked into it about the time the trp subreddit began. I've dramatically quit the various subs and forums I was active in over the past couple months. I threw away a large chunk of my book collection just today. I feel the need to talk to somebody about it but only random internet strangers seem to relate, so here I am. I've been through your helpful first aid sticky thread but I wanted to talk specifically about the things that made me question this whole manosphere enterprise and what finally made me decide to separate.

The redpill is a convincing sell because it purports to give you the uncomfortable truths of what's really going on with women and life in general. The idea is that if you accept these controversial ideas and act accordingly your love life will improve. It is a variation on the clickbait theme of "10 secrets doctors don't want you to know." You find yourself swallowing ideas that go against your instincts because you blame those instincts on your lowly sad position in life. It is a vulnerable position that probably hooks people into lots of unfortunate delusions.

What really bothered me about the redpill community were these three in particular:

- The social Darwinist Ayn Raynd style outlook
- Racial hatred, especially the antisemitism
- Conspiracy theory delusions

I tolerated the brutal Rayndian outlook because of the amount of apparently successful people that hold to it. I tried to swallow it myself in an effort to escape the losers mentality. I can't do it guys, sometimes bad things happen to good people, even the smartest bravest strongest among us also have to be lucky to succeed, people have an inherent dignity and deserve respect no matter how badly they have failed. Hard work does not always pay off, life isn't fair and we should try to lift each other up and be kind to one another. Losers don't deserve to be losers because they are inferior people, there is no such thing as inferior people. I guess that is loser mentality, I can't help it.

And my God what is it about the Jews? Everything is their fault for some shadowy reason. I had a couple Jewish friends at school, they just seemed like regular people to me. The idea that there is some giant Jewish conspiracy behind everything and that the entire drama that the Western world finds itself in was engineered by the Jews, I can't begin to wrap my head around it. The whole theory is completely bonkers. They cite things like the porn industry, the frankfurt school, a bunch of economic stuff and couple books written in the 1920s. I've never been convinced to hate Jews and it was always something I turned a blind eye to.

The last straw was all the conspiracy theories. We never landed on the moon, 9/11 was an inside job, AIDS is a hoax, a Pizza restaurant in DC operates a satanic child sex cult under ground. I couldn't handle it anymore. If people were clinging so hard to these dumb ideas, what else were they wrong about? It was at this point that I came across your sub and for that I am grateful. I spend a lot of time on the web, probably too much. I always hated that prisonplanet insanity that would constantly get repeated everywhere. It took me a long time to realize that maybe the redpill itself was also prisonplanet style nonsense. I'm sorry that it took so long. I now worry that I've said things to lead others astray over the years that I can't go back and correct.

So I'm out of it, now what? And that's the thought I'm wrestling with now. This was a large part of my identity for 5 ish years. I've separated from people I considered friends. I navigated life based on wisdom that I no longer accept. I appreciate certain aspects of redpill. I think we all ought to accept that the facts of life might be a little uncomfortable. We ought to employ self-reflection and try to change in ways that make us happier. There probably is value in learning about social strategy. Surely some of that is available outside of the manosphere. I like the idea of guys trying to help one another turn their lives around but I want to do it in a less brutal, hateful, delusional way. Is that a thing that exists? I sure hope so.

I'm still lonely, sad and full of regrets, but I'm determined not to be hateful and delusional on top of that, so I guess I'll hang around here for a while. Thanks for reading.

sexual market value is a narcissistic concept

36 upvotes | September 15, 2019 | by [SHAKIRAISHOT](#) | [Link](#) | [Reddit Link](#)

i dont have time right now to write out a lot more even though i have a lot more thoughts on this subject but ive been watching a ton of videos on narcissistic personality disorder (and the abuse obviously) on the Narc Survivor youtube channel (highly recommend btw). well in one of his videos he LITERALLY said that "somatic narcissists base their value and significance on their appearance or their **SEXUAL MARKET VALUE**. they spend their lives concerned with this and once it goes they have nothing left."

im not saying all red pillers are somatic narcissists (even though they literally tell you to be narcissistic and arrogant and all obsess over their SMV just like somatic narcissists...) but i just found it incredibly interesting that this youtuber used their exact language in his video. the only places ive ever heard of "sexual market value" was in red pill forums/videos and this video about narcissists.

link to this particular video if you are interested: <https://www.youtube.com/watch?v=RmpxOX9p2a8>

I'm on antidepressants and my sex drive is at almost 0% and it feels good for some reason!

36 upvotes | September 7, 2019 | by [kef1901](#) | [Link](#) | [Reddit Link](#)

I see women as normal people, I have no hidden agenda and it feels good!

[Long Post] 99% of dating advice is BS. Red pill or otherwise.

36 upvotes | August 24, 2019 | by [Gackt](#) | [Link](#) | [Reddit Link](#)

I feel like this post will be better received here than in red pill or seduction sub reddit.

This is long already without throwing my backstory here. In short: bad luck with women is what brought me to red pill.

I will be referring to guys who are "naturally good with women" (by this I mean they meet and fuck several girls in a year, pursuing LTRs with them or not on their own terms) as "naturals".

But since then I've realized that 99% of dating advice from the red pill is bullshit.

But so is 99% of dating advice from purple pill / blue pill (mainstream) sources. Some of it even reeks of recycled red pill content.

Most guys that are successful at red pill game have a 3% approach-to-bang ratio. That is, red pill tactics work on average with 3% of females that you will find.

That's cool and all. And I could certainly play the numbers game: approach 100 women using red pill tactics, 3 will be totally into me. But will I be totally into them?

I've also known naturals who don't act at all like red pill tells you to act.

Despite my bad luck with women, I don't want to "settle" for a woman I'm not really into so I can just get laid. And my requirements go beyond just looks.

I don't approach women I'm not totally into physically from the get go.

I approach more than the average frustrated chump (most guys have an issue with directness IMO) but I'm no approach machine. I only cold approached once, didn't work out.

I then start evaluating non-physical attributes.

If I only cared for looks I would rather call this escort's number I got on my phone, she's totally my physical type, both in face and body. (someone gave me her number but no I have never called her, but I digress) than pursue a woman I'm not attracted to just to have constant access to sex. Given my hourly rate it would be cheaper.

Dating advice that DOES REALLY WORK and both red pill and non red pill agree on (looks):

- Grooming
- Hygiene
- Clothes
- **Special mention:** Lifting/Gym Red pill tells you to lift. It doesn't hurt. But the most important thing is *don't be obese* (heck, you can be a bit fat or skinny fat), which is not the same as having muscle. You can gain muscle but after some point (sooner than you think) the returns diminish. If you have big muscles girls that are totally into muscles will be totally into you. This is not most women.

That's pretty much what I think works in terms of outwards physical appearance.

If you have an ugly face some girls will still be into you anyways (more on this later).

Facial attractiveness is not universal as black pill guys would make you believe. Sure, Brad Pitt is hot, but so is Allen Brody. Idris Elba is attractive looks totally different to either of them.

But I already said facial attractiveness doesn't matter too much so whatever.

Non Physical Dating Advice that both red and blue pill agree on:

- Directness
- Non neediness
- No thirst
- No creepiness
- No oneitis (attachment disorders)
- Make the first and all moves. 99% of women won't escalate, no matter how much they are into you.
- Signals/Indicators of interest.
- If you have social anxiety, get that checked out.

I applied all of the above and have had *some* success (no sex still, but whatever, like I said above, I'm not only into sex). I won't delve into it too much because I will make an anonymous post in the future that would then be linked to my real account.

Red pill dating advice that everyone disagrees with

No need to go through all of it. But you know, the usual: acting like an asshole, gaslighting, overcoming LMR, etc.

There's also a lot of red pill advice that is based on totally inaccurate and autistic reads of naturals. (This truly needs more exploration and I will be bringing this up in a future post).

What remains: personality

Obviously this is the last thing left for me to fix before I have good success with women right?

First I fixed stuff that helps, not with women, but with all kind of social relationships.

Red pill tells you to be an asshole, blue pill tells you to simply not be a push over. I stopped being a pushover.

I got rid of non-sexual neediness. Makes it easier to get more friends.

Started being more social and outgoing.

Etcetera.

Ex-red pill taught me not to hide my nerdiness.

But there are a few things that certain websites/people tell you that just reeks of recycled red pill and my observation of average guys and naturals contradict them (Dr. Nerdlove is one of these recycled

red pill websites that comes to mind):

- Interesting Hobbies: There's pretty much nothing interesting to do in my city, only thing you can really do is maybe sports (why "maybe"? long story) and clubbing. No naturals or average guys have interesting hobbies here.
- Assertiveness: Lots of guys with GFs and naturals aren't any more "assertive" than average.
- Leadership: Lots of guys with GFs and naturals look up to me on certain situations/contexts as opposed to trying to always lead.
- Dress above average: Lots of guys with GFs and naturals dress normally.
- Be more "interesting"/"non nerd": Lots of guys with GFs and naturals are not that interesting at all, some are edging on neckbeards. Don't be a nerd: I know this fat computer programmer guy that had 2 different GFs last year. He's totally average facially. Zero muscle (so he's not muscly fat either, he's legit fat/obese).
- Pursue money/passions and women will come to you: this is the worst, as it directly contradicts make the first move.

And last but not least and deserving of its own header:

Confidence

Much have been said about confidence. Including that it's the most important (or maybe even the only) thing women care about.

A lot has been talked about confidence. First, I think it isn't an switch and there are degrees of confidence.

Average guys with confidence were at least confident enough to approach and escalate, that is cool.

Average guys and naturals know that they don't need to be brad pitt, or have his bank account, but that doesn't mean they are super confident about their looks or their financial situations.

I haven't mentioned but I'm actually above average looking (facially).

There's probably guys out there, that were in the same situation I was before getting into dating advice that probably thin I'm slaying lol, nothing could be further from the truth.

This one natural I know, he's pretty ugly (not fat though) he's slaying, not me.

I'm attractive enough to get stares and fuck me eyes from random girls on the street. Some girls I have to talk to (cashiers for example) get totally nervous, avoid eye contact, their voices break, etc.

Yes I'm *that* attractive.

Facially at least, my body still needs lots of gym time.

I know this guy who *gets approached* based solely on his face/height, he's skinny fat.

He totally projects a nice guy aura so that's why I think he gets approached and I don't.

But some girls like Alen Brody more than Brad Pitt. So I'm not everyone's cup of tea. I'm not universally good looking if that even exists.

I've been also told I have the face of a womanizer which is code for "I totally think you're slaying

based on your looks". Ha! nothing farther from the truth.

I'm not too confident.

How can I be both very attractive and not confident?

Thing is, I never knew how attractive I was until I learned about signals of interest.

No young woman has ever complimented on looks (except one female friend, whom I'm not into, and another girl who only did so indirectly so I feel like it doesn't count).

Only old women complimented me which I always took as them being polite or talking about a different kind of attractiveness (where I thought I was simply being told that I look good at that particular moment, like when I just got a haircut etc).

Why did I pivot into my own attractiveness so much?

Well because I notice guys who are non confident about how they stack up to me.

Guys that have shifty eye contact when talking to me.

I've been told I have a way too intense gaze.

So...

These guys, who have nice GFs and whatnot, are also not confident.

So if it's not confidence, what is it?

What is it that I'm missing that is preventing me from enjoying success with women.

I think it has to be body language.

I know I do get nervous and have bad eye contact (for some reason the girls I'm into don't actually get nervous with me for some reason, except for one and even then she stopped seeing me).

I know you can also transmit neediness/creepiness with body language.

I'm working on that.

Maybe also I just need more time and haven't approached the girl that will be totally into me> ("reverse oneitis" if you will).

I'm also thinking that the mythical "just be yourself" (plus everything under "non physical dating advice" above) which has a bad rep for being bad dating advice might actually be the "one weird trick" that will get you success with women.

In fact last girl I went out with I tried just this. I also specifically avoided red pill tactics such as telling stories that display high value and whatnot. I simply put myself out there (hey I'm this guy that likes to sit around and do this and that, here let me show you).

I could tell she was totally into me when we coincided on certain tastes. She was getting physical with me

But I haven't been able to secure a second date.

So I guess maybe I just need more time.

But I've been learning a lot from purple/exredpill content. Or rather unlearning red pill stuff. Such as trying to overcome LMR.

Maybe this was all just venting.

Thanks in advance for any input guys.

TRP has ruined my opinions of men since age 17. I've tried detoxing, but nothing works.

36 upvotes | February 2, 2019 | by [hapacolypsenow](#) | [Link](#) | [Reddit Link](#)

Going to try to make this short, and as least-wordy as possible.

I'm currently 23 year old female. Let's go back to age 14-17, I'm going to try to make this quick. I was awkward in high school, a late bloomer, and unattractive. Had strict parents and worked a lot to save for college, so my social life was lame. My self esteem was garbage, like many other teens. I was into whatever dude showed attraction to me, and got treated really badly by 3 high school boys in a row, I had no self awareness and basically fell for whatever they told me. I became angry and loathsome towards men, and around the same time (this was around 2013) I discovered TRP and other manosphere blogs/subreddits in their earlier days. What I read explained the way I was treated by those high school boys (even though looking back, I doubt any of them read TRP). I was disgusted and astounded, but could not stop reading. My low opinion of men just got lower, and lower, and lower, to where I began to not care about their opinions and feelings at all. I asserted myself as the most "Alpha-male" of all alpha males, and every boy that looked at me was my plate to use as a sex toy and I never give a shit about their emotions. I have always had a dominant personality and an insane sex drive and gotten off easily, so everything was just too easy.

Between ages 17-19, I began to treat men like absolute garbage. I'd see things out on the street, hear things from my female friends, read the news and see men in power that just justified my disgust and hatred, and further reinforced my belief that men were inferior to women. I met very few interesting, motivated men, and found almost every woman I met to be intellectually, emotionally, and professionally superior to the men around me. I justified my behavior with this belief and by the things I'd read on TRP. I told myself, "you seen it for yourself, men don't care about having their feelings hurt, it's on to the next for them, just like the way it is for you." Lots of being cold, distant, fucking guys who'd get feelings for me, cheating on them when I said we were sexually exclusive, etc. I avoided romantic relationships, but it was common for the men I was abusing to get feelings towards me. I didn't do anything illegal, predatory, or any home-wrecking, but I was manipulative and just plain mean.

Ages 20-22, Guilt finally began catching up to me, and I stopped dating. However, the thoughts remain. I am totally uninterested in men for anything but friendship, and sex, both of which I keep separate. The men I am friends with are "too precious" to me for a sexual relationship, and the men I sleep with end up getting attached, and I inevitably hurt them because I have no interest in them romantically.

Beliefs that remain: A "madonna-whore" complex geared towards men (ex, if he puts out easily, he's only good for sex) it's hypocritical, unfair, and unsustainable. A disgust towards men over age 28, especially white men (this is the demographic that shows the most interest in me, but I reject them hard "to show them their place" because I think old men are ugly and disgusting. No interest in romance with men whatsoever, just sex. I'm not gay, either, I find women nice to be friends with, but want nothing more from them than that. A belief still that men are more shallow than women, motivated 100% by women and sex (therefore one-dimensional, only women have goals that are unrelated to reproduction and sex), belief that men have an unwarranted ego problem and are spoiled

babies in society, and a belief that men are children. (I know TRP says "women are children", but I applied this belief to men because in my experience, they have always been the more immature sex.). I know these beliefs are rooted in anger and disgust at a small portion of the population, because I have many male friends and think they're awesome. I have three best friends, and two are male, and I treat them like "exceptions to the rule". No one knows these things about me, I hide my sexual behavior, my anger, and my awful opinions. I know that logically, most men and women are just normal people trying to live normal lives. I'm getting better as I distanced myself from those online realms, and as I get older, but I still have waves of these opinions pop up when I see a man do something that I find unsavory.

I want to have a normal outlook on love, sex, and relationships. My opinions are untrue, toxic, and rooted in anger. I do not want to be loathsome towards half of the population for the behavior of such a tiny minority. I've tried staying away from that part of the internet, hanging out with good male role models, therapy for 2 years, dating, not dating, not having sex, everything. If anyone has had similar experiences, I'd like to talk.

Thank you so much guys, I just found this sub and I can feel how it is literally saving me!

36 upvotes | January 9, 2018 | by [thesolutionyouneed](#) | [Link](#) | [Reddit Link](#)

I have been trying to do pick up for two years. Studied endlessly and tried applying it. I never liked it, initially I just got into it because I wanted to understand how to get a girlfriend but then I got brainwashed into believing that I would have to get girls by being some alpha pimp when I am the complete opposite.

Just wanted to thank everyone on here, it really means so much to me to finally see that there is nothing wrong with me and that I am ok just being myself.

I still don't trust women

36 upvotes | December 12, 2021 | by [lalalandlolx](#) | [Link](#) | [Reddit Link](#)

And I hate it. I want to get rid of this whole toxic mentality.

I was never fully into red pill, since I had some amazing ladies were great role models in my life. However, after a few failed relationships I completely messed up by discovering the whole "Pills" philosophy. And it just made me super cynical and afraid of any romantic intimacy with women.

I never believed (and will never believe) the whole misogynistic crap about the whole "women=should be submissive housewives" thing. But the "she will leave you for a hotter/better/more successful man" really messed up with me perception (since I was burned by my past relationships).

And yes, I do understand. It's not true. Not all girls are those cold hearted monsters that Red Pill states. However, I really do struggle with it, even though I logically understand that I'm wrong. And it feels that it's going to be tough to fall in love ever again.

Honestly, I wish I would never have discovered Red Pill. It's literally poison for young minds. I'm 24 and still struggling. Do you think that there is still hope to detox from it? And how could I deal with those insecurities?

Volcel and Incel arguing with each other. Ibz(volcel), who is a youtuber with 150k subscribers thinks that porn turns men into incels. What are your thoughts on pornography? I don't know why Volcels and Incels hate each other. You can find both of them on communities like MGTOW.

36 upvotes | February 20, 2022 | by [VokzyRegen](#) | [Link](#) | [Reddit Link](#)



ibz
@newibz



This is your brain on porn and hentai lol, an actual incel

Replying to @newibz @UglyNTRBastard and @HomelessFiish · Feb 3

Replying to @newibz @UglyNTRBastard and @HomelessFiish

And yet you still act like one. Don't go crying when your beloved fiancé divorces you and gets the house, most of your money, etc. Or when she cheats on you with a black guy or 10 of them. Or both.

Why do Red Pillers hate western women?

36 upvotes | April 30, 2022 | by [difficultconcept](#) | [Link](#) | [Reddit Link](#)

One thing I'm never going to understand is why Red Pillers despise western women. Women who grew up in one of the safest, wealthiest nations in the world. Women who had access to top-notch education and could always find a job at any age if they wanted to support themselves. Women who could travel anywhere in the world visa-free and learn any language they wanted. Women who never worried about having a roof over their head.

I'm maybe generalizing, but you get my point.

Why does The Red Pill want to make you think these women are the worst type of women?

I hate being a man

36 upvotes | May 8, 2022 | by [Kyushu18](#) | [Link](#) | [Reddit Link](#)

Everybody has different issues. From your race to your gender to your IQ to your living situation to your country,

Your nation, accent, birth, and etc will have social effects on you whether you like it or not and it's not your fault

I don't believe men or women have their worse over the other but as a man I do not like my station that I was born into and I don't see myself living much longer

I have spent so much of my life trying to compensate for whatever lack of masculinity that was either perceived than me or that I thought was lacking

You could do everything right. You could conform to classical masculinity completely and still messed up somewhere.

Or you can Embrace Who You Are despite the fact that you may not have traditional masculine qualities but as someone who did that, my life isn't faring any better

I always felt like if I was a woman with all the paint personality traits my life would have been easier because then I would have to hide who I was for so long

Throwing up the redpill for good!

36 upvotes | May 12, 2021 | by [foreignleandrip](#) | [Link](#) | [Reddit Link](#)

I am 22 years old and on the high functioning end of the spectrum. Several things led me to the red pill it initially started in middle school. What first happened was that my "girlfriend" at the time broke up with me (we were only 15). Her friends convinced her to do so (that was part of the reason). This led to some sort of anxiety around women. The breakup took its toll on my mental health and I never found closure. As I got older it became harder to talk to women. I became a nice guy pushover. When I went off to college I expected it would be easy to get into a relationship which was wrong. I befriended some toxic women who lived on the floor above me and would take advantage of my niceness. I wasn't attracted to any of them btw. These women were hooking up with my friend group who lived two floors below me. These "friends" of mine were shitty assholes that smoked pot, drank a lot, and thought they were macho. They kicked me out of their friend group because of "bros before hoes" (as I was friends with the women from above). College stressed me out to the point where I developed severe anxiety and depression. I was failing in my classes, failing to make real friends, and could not adjust well to college. Eventually, I dropped out and went back home. I spent months recovering mentally and doing nothing productive with my time. During this time I stumbled upon the red pill and then the black pill. I became jaded, cynical, and secluded at home. I developed a hatred/jealousy for women and to this day I feel this way. I have not been in a relationship since the one I had at 15 and often feel like I will never have one again. After moving away from home again, things greatly improved in my life. I have been rejected by women but some of the rejections were not painful as they were kind about it. I know that I need to develop better social skills, lose weight, and feel better about myself. I want to be in a relationship, but every time that idea pops up in my head, doubts cloud my mind. I start to think about how the dating game is rigged, how the assholes always win with women, how you need to be high status and all this other bullshit. Recently my friend got divorced and had to spend the night at my place. This event added more negativity towards my feelings towards women. I feel jealousy and anger towards women who have such ease getting and manipulating men. I constantly think that even if I reach my goals mentioned above and advancing myself careerwise I still won't be desirable to women. Another limiting belief I have is that if I date someone and they find out that I have no sexual experience at all they will belittle me and won't want to be with me (and I feel like no matter who I would be in a relationship with they would make fun of me). The covid situation hasn't helped. I am also the type to overanalyze, overthink, and intellectualize everything. I also have a victim mentality. I feel like most people I meet (men and women) are full of shit and are putting on an act. I have seen a therapist but don't feel like therapists can help me anymore and they don't understand the modern dynamics between men and women. What steps should I take to change my mentality for good and end the cynicism and negativity once and for all? Thank you!

You guys need to self improve or do individual women have certain preferences for individual men

36 upvotes | May 2, 2021 | by [Dododo0808](#) | [Link](#) | [Reddit Link](#)

I hate this narrative that men are just lazy and don't ever work on anything or have lives on their own. Because it's very disingenuous and it also implies that if men are doing this then they would have better luck which is just not the case.

I've self-improve for years and I'm a little stagnant now but I don't plan on staying here forever but by reddit's logic I should have had girls falling all over me.

Most of the self improvement and stuff that men do usually goes unnoticed and unseen as well so how can a girl quantify and know where a guy is if she did not see him do it.

The worst thing redpill made me do

36 upvotes | June 27, 2021 | by [Philipparty](#) | [Link](#) | [Reddit Link](#)

This is a few years ago, but it still bothers me (and Im kinda drunk, so Ill rather rant here)

I went to something called a folkhighschool (its a school that 1-2 years after highschool. Ots voluntary, no exams, any subject, and focuses more on well being, mental health, and socialization).

I met a girl there. Lets call here lizard (not an insult, she just lived lizards). We got really close. After two months, she was one of my closest ever female friends, and I was madly in love with her.

Unfortunately, she entered FHS with the intention of not starting a relationship, so it was difficult. I was still a shy and inexperienced kid so I had no idea how to go forward. I did kiss her once, when it felt right, but I made it awkward.

Around 3 months in we had a trip to another country, and she had started taking a bit of distance since she could tell I had feelings. Unfortunately, I had read the redpill, so that wasnt an option. I was brainwashed into thinking I could manipulate her into being attracted enough that feelings didnt matter (yes, puke, trip sucks). One of the final days, we were sitting in a room talking, and my drunk-red pill brain thought "just turn her on and she will like you. Thats what all the posts online said". So I groped her. She called me out, and I said sorry and bolted.

The next few months sucked for me, being shunned, but it must have sucked for her as well, having a friend hurt you like that. (Again, redpill) I tried to play it off first, but eventually apologized...a lot...like, I cried cause I understood how hurtful it must have been, and after another year we were on ish talking terms.

Its been 2 years since we ended our second year, and we occasionally have a 6 snap convo. We will meet next spring due to a reunion from FHS. The problem is, I still both have some feelings, but also a ton of shame. I want to send a long paragraph on how sorry I am and how painful it must have been, but Im also no longer sure its cause I want her to re-like me, or if its just cause I feel bad anymore. (Yes, I realize that I ruined her safety feeling and I should move on. I just get a bit of hope every time she snaps me...)

So, the worst thing the red pill did to me was make me ruin a great friendship by telling me that women are machines that cant think past emotions and get turned on by any sexual thing, with no thought of comfort (after all, thats what douches/alphas does, right).

Sorry for rant. I just had to get it out of me

The matrix was a metaphor for being trans

36 upvotes | September 13, 2021 | by [electriksmelon](#) | [Link](#) | [Reddit Link](#)

I just think its funny that so many conservatives model their personality off of a trans film

Do women really have a bunch of orbiters waiting in line for their chance to get with her?

36 upvotes | October 2, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

The word orbiter just sounds silly but I'm always curious to know the truth about the jargon RP says. Apparently women have men waiting in line for their chance to get with her in hopes that her current relationship will fail. Sounds retarded and if this were true these men have to be the most pathetic out there.

From woman hater to trans woman.

36 upvotes | November 2, 2021 | by [EyeOfSauronME](#) | [Link](#) | [Reddit Link](#)

Back around 2 years ago i fell into this obsession with hating females. I was already decently radical right wing, mainly converted by memes and shit. At the time i was a very insecure teen boy who had an obsession with wanting to be female I couldn't really scratch away. I found MGTOW initially as a way to help with my what I thought at the time 'fetish'. The more i watched the more i started to enjoy this idea of a valid reason to not date females. I had a hard time being attracted to anything back then, the thought of having sex as a guy grossed me out. I thought i was asexual at the time.

I started watching more MGTOW and red pill content on youtube. Better bachelor, sandman, coach redpill among others. I had the whole 'anti woke' thing going on in the back of my mind. I would go on rants about how stupid women are to my friends looking back i was a complete tool. Mostly i would consume the content whilst playing a video game. The videos would become background noise.

I noticed i started becoming more right wing in all my beliefs. Mainly i hated trans people, gay people etc, but i also started taking on more conservative values unknowingly, i was just following the people i watched. I remember before realising i was trans, i did get turned off the content a little. I noticed they would find one random woman online and say shit like 'all woman are like this'. But what broke the camels back was when the youtuber i respected the most better bachelor agreed with china for banning feminine men in media. I realised this is censorship of what they want not freedom of speech as a whole. I fell out with watching mgtow content.

Couple months later due to me becoming more accepting without those video's, it didn't take me long to come to the realisation that I'm actually a trans girl. After years of evidence back it up there's actually nothing i wanted more. All that hatred i had before was also partially jealousy towards women. I kept subbed to better bachelor. He was such a chill dude but I remember after coming back to watch one of his video's, i unsubbed. He is actually very hate-filled. Dunno what I expected from someone who hates 50% of the population.

My MGTOW phase lasted about 10 months to a year. I've been trans for a year at this point. I'm 17 for clarification. Occasionally i'll run into someone who holds the same beliefs i used to. I think the only thing that'll cure them is time unfortunately. No matter how much you beat them with facts. The urge to leave the group comes naturally. Or maybe some people just stay dickheads i have no idea.

Harmed others because of rogue Red Pill teachings? Learn to forgive yourself so that you can move on. You were tricked too and it's not your fault, but it's your responsibility to try and fix. This is an essential step in most recovery programs.

36 upvotes | December 16, 2021 | by [TheRabbIeRouser](#) | [Link](#) | [Reddit Link](#)

<https://i.redd.it/abapfnjkuw581.jpg>

I think Red Pill Ruined my Relationship

36 upvotes | May 31, 2020 | by [marleyyyoolol](#) | [Link](#) | [Reddit Link](#)

I have been in a 3 year relationship with this girl (we are 18 and just finished hs btw)and basically we had a little falling out and took a break from each other and during this break i was depressed and was looking for answers so i stumbled upon trp and it basically brought out this nasty ego in me. She tried reaching back out to get back together which is what i wanted but the red pill made me act all cocky and had me thinking i need to shoot her down and show im the “prize” and made me think i cant show my emotions and tell her i miss her . After i shot her down and barley replied to her texts for a couple of weeks she stopped texting me. I recently sat down and was thinking to myself what the hell am i thinking with this red pill stuff and ive been depressed this whole time not knowing what to do because its been about two months and now if i text first she doesnt reply until hours later and im showing interest and actually replying instead being dry which is how trp made me respond but still nothing and she wont talk otp with me and i cant see her in person atm and im afraid she has moved on any advice on a text i can send or what to do i feel terrible looking back on it knowing i had too much pride to tell her i miss her or tell her i wanted her back because the whole red pill mindset made me think shell come crawling back after i ignore her texts and act like shes nothing to me but now shes gone and idk what to do she was honestly my best friend im sorry for venting but any advice is appreciated

Researcher seeking interviewees

36 upvotes | June 30, 2020 | by [Excellentee](#) | [Link](#) | [Reddit Link](#)

Hello. My name is Brendan Hyatt, and I am a researcher at Grinnell College looking for interviewees for my study on political/subcultural pathways online. In particular, I'm researching how individuals are guided towards extreme content as well as how influencers and social media contribute to individuals' ideological development. I consider this subreddit to be a part of the Red Pill's pipeline. If you're reading this and would like to tell me your story (especially if you also have experience with the anti-SJW community) please message me or comment below - your contribution would be very helpful for my study. I'll answer any questions individuals might have in my DMs as well. Thanks.

RedPill women

36 upvotes | June 29, 2020 | by [DieMors](#) | [Link](#) | [Reddit Link](#)

When I used to read a "kind of" RedPill forum back in the past the users who scared me the most were women ones. I could't understand how was possible that those women not only accepted this ideology but where eager and enthusiastic of it.

I remember some quotes that really impressed and scared me:

"In a healthy relationship a women has always to bring new women to their men, that's his role to keep him satisfied" SCARY

"When a women passes his 25 years begins to lose power in a male/female relationship, is a biological fact, so, as a woman, you have to take the more of you can by a man until you are in a powerful spot in the relationship"

How can a women accept and say those things?

EDIT: English is not my first language, sorry for the mistakes and wrong words. I hope that the post is clear.

My experience with men who struggle with sex and long term relationships

36 upvotes | December 23, 2020 | by [tiposk](#) | [Link](#) | [Reddit Link](#)

Most of my life I've been surrounded by men. Many have been friends, some have been family and others have been lovers. A significant number of these acquaintances has the kind of trouble with the opposite sex that's often described by redpillers, mgtows and incels. This experience is anecdotal and doesn't necessarily represent the average man. That said, it is worth sharing it on exredpill because their troubles aren't unique and might shed some light on what other men who struggled with the red pill might have experienced. Here's what I've learned from my acquaintances:

Guy A. He is afraid of being used for his money and complains that many of his relationships have been sabotaged by his lack of resources. He isn't poor, but he's not the tradwife dream. His wife often complains about him not being as driven and successful as other men. While he dislikes being judged by his wallet, he has a **protector complex** that leads him to date women who need financial security and who can't achieve this status on their own efforts.

Guy B. He has been single for a long time and has some struggles with money. He believes women are only interested in money. Although he mentioned that he's had women interested in him, **he doesn't want to date seriously until he has financial stability**. He doesn't want to be appealing to gold-diggers while simultaneously using his potential wealth as a bait to catch women.

Guy C. He doesn't struggle to get women interested in him, but has trouble keeping them in relationships. He says he doesn't understand why women are so complicated, but **sabotages dating by creating unnecessary trouble**. He's passive-aggressive towards his closest acquaintances and takes offense at the smallest details. I get the impression he feels vulnerable around people and cuts ties with them before they abandon him.

Guy D. His only long-term adult girlfriend was someone who put him through a rollercoaster by playing hot and cold or dumping him when convenient. Despite the mess of their relationship, he moved in with her and talked about marriage several times. Although not attractive, he wasn't a woman repellent. He got women interested in him, 99% of which he rejected, and was sexually involved with me for a short period of time. His problem has always been that **he is attracted to emotionally unavailable but "exciting" women** for both hookups and relationships.

Guy E. He is fit and good-looking, but has a very problematic outlook on the opposite sex. He idolizes men like Dan Bilzerian, but refers to women as sluts and complains about the lack of morals among young women. He **constantly takes interest in unavailable women and overridealizes them to a ridiculous extent**. It looks like he has trust issues and believes that the only women who can't betray that trust are the ones he will never have.

Guy F. He is a cute and well-dressed guy born to be professionally successful. He got sexually intense shortly after we started dating. He boasted about his sexual conquests, tried to sleep with me right away and confessed to me he didn't like wearing condoms. As I discovered shortly afterwards, his sexual persona was a façade to hide his emotional vulnerability, obsession with image and distrust in women. Although I knew that our relationship would be short-lived as I was moving to a different country, I had been planning to date him until my departure. **His sexual intensity, however, was too much to handle and he became a one night stand**. When I started to pull out of our relationship, he

started getting emotionally attached to a very unhealthy level. He also confessed that **he acts like he doesn't care because he's very afraid to get hurt.**

Guy G. He's your typical macho with a strong **madonna-whore complex**. He boasts about sleeping around, but laments the women around him aren't wife material. He doesn't understand that birds of a feather flock together. He travels to more traditional countries in the hopes of finding a girl who is "worth it" and who is willing to accept his behavior in a way that women from more egalitarian countries aren't, but those relationships aren't meant to be because of distance.

There are many more similar stories, but that would make this post extremely long. What I'd like to point out is that there seems to be a recurring theme of conflicting desires, self-sabotage and trust issues among men who struggle with relationships, but these seem to be blamed on hypergamy in the manosphere.

A cruel and harmful idea of the RedPill (Rollo Tomassi)

36 upvotes | January 28, 2021 | by [ciopink](#) | [Link](#) | [Reddit Link](#)

There is an idea of Rollo Tomassi's that is quite cruel to men: "Desire cannot be negotiated."

According to Tomassi, if sexual attraction wanes or "dies," there's no way to bring it back, so it's best to end the relationship. He also paints "negotiation" as mechanical and even ridiculous. According to him bargaining means that the woman who no longer has as much desire, asks the man to do household things and then proceeds to have forced sex with him.

Well, all of this is obviously garbage. I believe that there are at least a portion of men in the world who desire women who have as much desire as they do, and that in the long term relationship the desire remains at the same levels always. Tomassi's rule is nothing more than a reflection of that desire; not a reality.

The reality is very different. The genitalia of the two sexes are different. Sometimes the vagina lubricates even in a rape situation; this does not mean that the woman mentally desires this, but rather that it is a way of protecting the genitals from further damage such as tearing.

This means that there is often a dissonance between "physical desire" and "mental desire" in women. According to Nina Brochman in her book *The wonder down under*, at least 25% of women cannot "connect" both desires. They can be lubricated and at the same time, be thinking about the grocery list. Or they may want to have sex and their genitals don't respond. 50% of women often go from connection to disconnection between the two desires; sometimes they feel they have the desire but are not fully "in the game", it remains a half-way journey. And only another 25% have a similar desire to men, which is also not perfect.

Men don't have as much of a disconnect between "mental desire" and "physical desire". At least 70-80% of the time both desires coincide.

This is related to what happens in long-term relationships normally. Men's sexual desire remains almost the same, but women's sexual desire changes. Routine, children, time, physical appearance, small frustrations, arguments, etc, can change the woman's desire and diminish it. Women also tend to desire more demonstrations of affection from their partner the longer the relationship lasts.

These differences can be disconcerting to men, and can create serial rejections by the woman of the man's attempts to initiate sex. That's not to say that everything is dead or should be left alone, but that it may be time to talk about sex clearly or see a sexologist. (Or read about 'sensate focus')

I say Tomassi's idea is cruel, because he basically suggests that the woman loses desire because the man is not alpha enough, which has nothing to do with it. Sometimes men get erections without even thinking about sex, and that is not the woman's fault. And also as a solution he proposes the DreadGame, which can make things even worse and not only kill the woman's genuine desire, but also the emotional connection within the couple. I also find it curious, because Tomassi and the RedPill is biologicist and deterministic, but overlooks the basic biological difference between men and women: the genitals, how they work and how that affects the relationships between men and women. Edit:

Perhaps I have not explained myself well about female desire. What Brochman says in her book, quoting some sexologists, is that women continue to have desire for their partner, but cannot connect mentally or physically with it. They want to have sex, but they can't because maybe they are stressed

or their mind for some reason is more focused on the argument that happened three days ago, or maybe they can't lubricate because they are too tired. This has nothing to do with whether the man is an alpha or not, but it is something that usually happens because of the woman's worries and occupations. And as I mentioned, this "disconnection" with desire also happens to men, but to a lesser extent.

MGTOW banned me

36 upvotes | January 7, 2021 | by [SnooMachines7712](#) | [Link](#) | [Reddit Link](#)

Let me explain why I think that is.

I drive a hole into their ideology.

Their big claim to fame was that I failed to find a husband when I was young, so now that I'm 49 I'm "paying the price"

My response was of course...well ...aging happens and I was going to die anyway.

At least the best years of my life were spent enjoying myself while I could

The MGTOW believes they are age proof or that aging is a quality that earns disrespect

It's honestly not sexist, it's ageism and ableism at its finest.

We all get older, sicker, poorer and piling on to people of any gender dealing w those struggles is nothing but evil

I want people to help me fight the ideology and I hope I've found a home here in this sub

What is up with "Small dick energy," and why is that ok?

36 upvotes | December 30, 2022 | by [Pomeranian111](#) | [Link](#) | [Reddit Link](#)

Why is small an insult that one should be shamed about? If it's not about Penis size, why is dick mentioned at all?

Andrew Tate deserved what he had coming to him, but I think the Small dick energy thing shows how women truly feel about penis size.

Have no idea how a guy with an average or lower can hear that and not grow resentment towards women.

why do Red pill men try to pick up women and do it by listening to men instead of women?

36 upvotes | February 10, 2023 | by [mina_starcat](#) | [Link](#) | [Reddit Link](#)

If you ever wanna know something about a group of people, hear it from that specific Group, I'd say.

Hate will rot your soul (and eventually life)

36 upvotes | March 22, 2021 | by [deleted] | [Link](#) | [Reddit Link](#)

First of all, I wanted to say 'Thank You' to all the supportive people in this group. Every single comment/post/research, that encourages people to leave RP and exposes the BS behind this ideology, has a HUGE positive impact on people who were (or about to get) lured. Seriously, it might seem like nothing for you, but you guys and girls are doing an amazing work, which helps to heal and adjust our warped way of thinking!

Secondly, here is my message for other people who are still relying and dwelling on RP ideas. Do you want to have that child-like feeling of lightness and happiness again? Do you want to leave all that anxiety and depression far behind? If so, please, hear me out

I won't go into detail on how I almost got lured into the whole RP ideology. However I will provide a few points to consider here :

1) Before you blindly follow your "RP Gurus" and "Teachers", please do a basic background check on them. Most of these men are doing the complete opposite of what they're preaching. They're having their Long Term girlfriends/wives and YOU'RE THE ONE THAT HELPS THEM SUPPORT THEIR LIFESTYLE BY FOLLOWING/SUBSCRIBING TO THEM. In other words, while you're hurting, these men are getting rich by you watching their videos/subscribing to their courses/buying RP books.

2) All that anger, depression and anxiety that you're being fed by "The RP Gurus" has ENORMOUS effect on EVERYONE around you. I won't talk about the legitimacy of their statements here, since there are loads of other posts about that here. However, you having negative attitude towards life, women and "image of masculinity" will seriously affect your personal and social life. No lady will ever want to talk to a bitter misogynist who hates life. Also your friends and family will notice your bad aura. By that, YOU WILL LOSE THE FUNDAMENTAL ABILITY OF THE TRUE MASCULINE LEADER - BEING ABLE TO BE EMPATHETIC AND HELP WEAKER PEOPLE IN NEED.

3) By losing your main ability to perform as a true leader within the society, you are literally surrendering towards external World. What does that mean in practise? It means that you have no spine and you are easy to manipulate. Also, it means that you're willing to give up who YOU REALLY ARE, in order to get laid. Which makes you super unattractive, weak and even more resentful.

4) This whole cycle of misogyny, anger, anxiety and depression continues. These negative feelings are literally eating your soul, while the leaders of the cult are getting rich and living their best life. Plus, you're now in the role of victim who blames ladies and "feminized society" for your own shortcomings and who is destined to live miserable life. DO YOU REALLY WANT THIS TO HAPPEN TO YOU?

LEAVE RP, IF YOU WANT TO LIVE NORMAL LIFE AGAIN

I know, that it's going to be a messy and unorganized read. Sorry for formatting, I wrote this on phone.

Alternatives to redpill? I want to learn how to approach women. I also get told when I stop looking it happens but what's that mean, stop talking to women?

35 upvotes | December 20, 2022 | by [Kapitaczec](#) | [Link](#) | [Reddit Link](#)

So redpill is BS obviously, I have a friend who thinks he “knows women” hell even say he’s “proud” of me implying he has no trouble but he’s never been on a date or has hooked up.

Anyways, I’m trying to avoid dating apps. I want to be approaching women IRL but I tend to suck at being upfront because I assume compliments show them interest but usually I just end up making them think I only want friendship, which is fine if that’s my intention.

So what are alternatives? I’ve been told by some dudes that once they stopped trying it worked but those dudes are attractive and I don’t understand how you “stop” trying because eventually I’ll need to approach and practice flirting, talking etc right? I’m at a point tho where I’ve said fuck it and I’ve asked out like 3 women that I’ve been into but I was beating spend the bush.

TLDR I need an alternative because I DO want to be able to “pick up”(Idk how else to explain it) women not on dating apps. Therapy helps, working on other aspects of my life helps but I don’t really have many friends who I can meet women thru either(most are in my position or like my women friends have friends who aren’t into me)

Isn't Hamza literally this jerk from Madagascar? (hope this sub allows a bit of funnies, haha)

35 upvotes | January 19, 2023 | by [AloneForever444](#) | [Link](#) | [Reddit Link](#)



How do redpillers justify sleeping around if they diminish the worth of women?

35 upvotes | February 17, 2023 | by [whitelight22009](#) | [Link](#) | [Reddit Link](#)

I sadly don't know where else to ask this question since actual redpill subreddits seem to be banned. It always bothered me how redpillers seem to be ok with fucking as many women as they want but at the same time complaining about too many women with low value

I am not asking for why women have less value for having a lot of sex and men more. I am asking about how so many redpillers can themselves condone(or even give online courses) that men actively try to lower the value of women and then bitching around.

How can you cry around about a system that you actively support by every action you do. In other circumstances you would rightfully so be called a hypocrit

I wrote an article about people from this subreddit

35 upvotes | January 4, 2022 | by [timfromgiddy](#) | [Link](#) | [Reddit Link](#)

Hey all,

A while ago I posted on this sub, looking to interview ex-PUA followers for an article I was writing about leaving the so-called seduction community behind. I talked to some really interesting people and didn't expect to be as moved as I was by some of their stories.

Some people requested that I post the article here after, so [here it is](#).

Im sick and tired of being perceived as cute and non-threatening

35 upvotes | January 30, 2022 | by [notnicenotcute](#) | [Link](#) | [Reddit Link](#)

Hello there! Firstly, I want to just let you all guys, girls and everyone else let know that I don't consider myself as "ex RP" or even "ex manosphere" type of dude at all. I mean, I never believed these false ideologies and knew that women are not some kind of evil creatures ought to "get us". However, I believe that it's the only place where I could went and be understood, in terms of problems that I face.

Now a little bit of context - Im a really athletic 25yo guy. I play pro sports, workout a lot and have tons of non-sports related hobbies (such as books, feminism, chess, animals and etc.). I would even dare to say that Im physically more capable than most of the dudes out there (key word - most). And I never had problems with getting dates or even ONS. What is more, ladies usually love talking and spending time with me.

However, after a while they all start to see me as just a cute faced athletic guy who is not super dominant or demanding (Im not submissive by any means, but I just hate "proving myself or my masculinity" for everyone all the damn time). And with that eventually they usually start to crave for someone that RP considers as "Bad Boy Alpha". And it just amuses me. Simple example - I was talking to one girl who is openly poly. She was both talking to me and another dude who is like openly really dominant and even rough. And she was comparing me to "Golden Retriever Energy guy" who she would love to cuddle and play fights with, while she refers to that dude as someone who she highly respects and adores like a man. And it's kinda emasculating, you know?

I just hate that because of my cute face I always have to "prove myself" and "my masculinity" to people. Both men and women. Im all rounded individual who is not only cute but also feels all range of emotions. I can be as demanding and tough as anyone else. But just because of my chillness and cute face Im being perceived as some squishy toy. It hurts me really deeply. Because it's also kinda dehumanising.

Sister dating a dark triad scared for her life

35 upvotes | March 3, 2022 | by [MoretoCome212](#) | [Link](#) | [Reddit Link](#)

Hi everyone, I'm ex redpill myself found it at like 15 and it gave me a fucked up perspective of dating and trust. I'm out now and healing. Recently my sister has been dating a psychopath. Iv never dealt with or even read anything on the red pill this evil.

He has beaten her, sexually assaulted her, held a knife to his exes throat lied about being in a well known gang near me, sells coke, takes steroids has several properties which he bought through women he manipulated into setting up help to buy schemes. As here in UK you get a relief on your first home gets them to set it up then he collects the rent.

I have gone to the police but as she still "loves him" I can't do shit ,even after I got pictures of him on a date with someone else, so I went with the fraud and the drugs charges but ...no evidence I'm really stuck here and have no recourse is there any way I can help her see or even get him to go away. (No I'm not going to kill or assault him as he has already gone to the police saying my sister stole some shoes he gifted her so he's obviously going to use the law to his advantage but not be punished by it)

I'm asking here as I'm hoping someone who maybe was similar to this or knows someone like this can help me with tips on how to deal with him. Feel free to message me if you don't want to comment but please I'm terrified for her.

How the hell do you meet people?

35 upvotes | March 5, 2022 | by [Pomeranian111](#) | [Link](#) | [Reddit Link](#)

Especially women? Live in a small town of 2,000 people. Only one bar and churches are here. Been on meetup.com and really nothing in a 50 mile radius of me, no wonder I'm a 23 year old virgin lol.

Since I left the redpill, it's been extremely harder to be in a relationship.

35 upvotes | June 11, 2022 | by [Luciansleep](#) | [Link](#) | [Reddit Link](#)

Honestly I don't know if it's normal but when using the red pill stuff I could easily get into a relationship. However, I hated it and it honestly made me feel extremely stressed in relationships due to me always wondering if "I'm texting her too frequently or pulling back too much" and all that.

I honestly don't want to be a stoic man that plays those games as I want to love someone truly. Like being able to compliment them and show affection by random gifts without worrying that she will leave cause "it bores women".

But it seems like I have to use those tactics to get into a relationship and be that way for the rest of my life which is depressing.

Ladies of exredpill, do you like the strong, sensitive type of man?

35 upvotes | October 16, 2020 | by [selfawarepsycho](#) | [Link](#) | [Reddit Link](#)

Hey all! I've been accidentally Redpilled by my immediate and extended family all my life and I'm healing now. I've seen lots of posts where a guy shows his vulnerable side to a woman and she dumps her, loses respect and all those nonsense. I don't want to believe all of those because unlike the TRP believes, women are humans with the ability to rationalize and empathize with fellow humans. Even though I can intellectually understand this, I need some reassurance from the ladies here.

Now, the question is, do you ladies like the strong yet sensitive guy? By sensitive I mean, I'm a very caring and compassionate person in general, open and vulnerable too. I secretly tear up to romantic and dog movies :P. No one has seen that side of me. Everyone knows me as the silent and stoic person but on the inside, I really wish that I distanced myself from my family long ago and showed my empathetic side to people, thus forming meaningful connections with fellow humans.

Also by strong, I mean the ability to overcome ANY challenge life throws, being resilient and determined - I was a 100m athlete with my share of severe foot and nerve problems. Yet I won all the interschool championships in my city. If I set my eyes on something, I will overcome anything to get there. I've been like this all my life. I have low attention span, yet I forced myself to study and get straight A's. I have scoliosis, yet I lift 6 times a week (undergoing treatment now). And I survived typhoid twice, malaria once and a motorcycle accident where I almost got killed. All the age of 20.

The belief out there is that you can't be strong and sensitive at the same time. The good news is, I've started opening up to a selected group of people and honestly guys, the redpill is trash. When I'm open with someone, I feel relaxed and calm. Instead of putting on a mask of toughness, I feel light and happy. So ladies, do you like the strong yet sensitive man. If no, what type of a man do YOU expect?

How do I stop this way of thinking? Have I been brainwashed?

35 upvotes | November 20, 2020 | by [dcw125](#) | [Link](#) | [Reddit Link](#)

Whenever I heard about “female nature” the red pill preached, I have a hard time getting out of that way of thinking that women have promiscuous behavior. Even this guy I know is talking about how I shouldn’t be mad at women for being “hypergamous” or wanting better because that’s what women “are programmed to be.” Even when I try to see women as the total opposite, in the back of my mind, I remember this one YouTuber saying that if I leave or stop, I would feel the wrath of harsh female nature, when my next partner cheats on me. I don’t know what to do, and I have no idea where to start? Have I been brain washed? What should I do? It’s really eating me up.

Women caused the fall of Rome.....?

35 upvotes | March 2, 2020 | by [Baghdadincoming](#) | [Link](#) | [Reddit Link](#)

So I see it everywhere in redpill and far-right forums that apparently.....women were the cause for the decline of the Roman empire.

Maybe this notion sounds ridiculous to you, but redpillers take it quite seriously. And I seriously cannot conceive how Rome fell because of women. When they're asked why, they just vaguely say that some prominent women caused political turmoil by sleeping around with different men and enemy generals.

As far as I know, historians say Rome fell because of a variety of factors, including that it became too big to run properly. But of course redpillers say this is political correctness.

Chances are "he motivated so many people to go to gym" is used to defend a YouTuber

35 upvotes | March 30, 2023 | by [la_yee_leet](#) | [Link](#) | [Reddit Link](#)

To be honest that sounds like a nonsense defense, since that doesn't justify rest of their ideology
What do you guys thought about this defense

I've poisoned most of the sexual/romantic relationships in my life and driven myself a bit crazy

35 upvotes | December 21, 2022 | by [Defeat your past](#) | [Link](#) | [Reddit Link](#)

Since I first became sexually active, I've always kept things like maintaining frame, push & pull, etc. into my mindset. I think I internalized the idea that if I was good to a woman, than that would make her lose interest and become less attracted to me.

The first girlfriend I ever had was perfect, but I had it in my mind that because I was a man, I HAD to be into hookup culture, HAD to be fucking as many women as possible, or I was lesser. So I refused to commit, led her on, and she put up with me for about 2 years before we broke up. At the time of breaking up, I had already monkey branched to the next one, so i didn't reflect. I don't regret my past, but if I'd been better to her back then I think she would be wife today.

The next time I dated I tried quite hard to be a "good boyfriend", but my mindset was still off. Throughout that relationship, I still felt I had to "maintain frame" and refused to do a lot of things that were important to her, like hang out with her friends. In addition to that, I was also incredibly clingy towards the end; it created this weird dynamic where I always wanted to see her, but never met her halfway. Eventually we broke up because we were incompatible, but I internalized that she lost interest because I was "too nice". This one breakup has jaded my mindset to this day

Another time, this girl I was seeing told me about her promiscuous past. She told me that she wasn't proud of it, and that she regrets who she was back then. Well, my mindset was "oh she fucked all these other dudes back then but won't fuck me now on the first date, fuck this" and basically never talked to her again. What the fuck was wrong with me? She really liked me, and I ruined it because of my lust

This girl I'm currently seeing casually likes me quite a bit, and is usually the one contacting me, but im constantly worried about the whole "maintaining frame" thing at all times. We're really only sexually compatible, and I'm afraid that if I treat her decent might be leading her to want something deeper. At the same time, I've been kinda a jerk to her, and I think that if I'm not she might lose interest. But it hurts both of us, because I don't actually WANT to be a jerk. I want to treat her the way she deserves to be treated, even if I never want a serious relationships with her. Do I? Or maybe I'm just using her for sex

I feel like I'm constantly at war with myself, always over analyzing every text message and making sure that she doesn't have any power over me. Why is everything about power! Does everyone else in the world think this way too? Or am I just evil? I can dish it but can't take it out, and I know that if someone were to treat me the way I treated my partners I'd be devastated.

TLDR: I don't usually treat my partners with respect, see them as a means to end for sex, and driving myself crazy worrying about "maintaining frame". Jaded by a bad breakup where I saw myself as "too nice", and chasing after the first relationship dynamic I ever had, where I just treated her like shit. I can dish it out but can't take it

I believe most people in RP groups are lonelier and have masculine hobbies.

35 upvotes | July 9, 2022 | by [MaxRalfN](#) | [Link](#) | [Reddit Link](#)

I do this analysis for myself and for others I've seen in RP groups. They are usually more introverted guys, who have few friends and hobbies in which the vast majority are men. Soon having few contacts with women, many of these guys end up choosing to go on the online date and get frustrated, consequently reinforcing RP. I honestly can't believe that RP isn't that far off the mark when it comes to online dating. It doesn't matter if you put a bio describing your personality, the only thing that will really be analyzed on tinder is your appearance and maybe your status, because on tinder besides being a minority of women with a vast majority of men, there is still the fact that it is purely artificial because no one really knows themselves beyond appearance. Getting to know a person in a hobby or a friendship circle and creating a connection with common things ends up greatly increasing the probability of dating. Well, and I believe that RP is growing more and more because it's more and more common for people to be isolating themselves from the real world and there's research on that. If you compare the increase in the use of smartphones and people who are not able to have a sexual relationship, you will see that both graphs go up at the same rate.

How to master empathy

35 upvotes | August 25, 2022 | by [ComebackDaddy](#) | [Link](#) | [Reddit Link](#)

The blank canvas technique.

- 1: When you interact with others, start by viewing them as a blank canvas.
- 2: As they speak share their thoughts emote their emotions and act towards you, imagine that canvas being filled in as if you were on their journey.
- 3: Don't judge their journey even if you think they could be lying. Simply be present and allow yourself to see what they want you to see. Besides empathy is a liars kryptonite.
- 4: If there are times you cannot understand how they may feel think or act, probe further or do perception checks.

Example.

I am sorry to hear you had to go through that. If that was me, I would have a hard time going through it to. If you don't mind sharing though can you tell me one good thing you learned from this negative experience?

I can see how that event would make you sad. It's almost as if you (insert assumption of thought feeling action here) Is this an accurate perception of what you went through?

- 5: To gain more trust and create further connection react in a way that shows you understand by relating to their thoughts feelings or actions.

Example:

Your doctor should be in a circus as they are clearly a clown. How dare they have the audacity to treat you that way and disregard your concerns about your pain. Next time punch them out and then when they complain about the pain gaslight them too.

(Above is great for allowing people to vent)

- 6: Once they have shared, start painting your canvas. (You'll build a faster connection if the examples you relate to are similar or identical to theirs as it shows you are actively listening)
- 7: Allow the person to be seen to be heard and to have their perception validated.
- 8: The more you do the above the more people will open up so make sure to add moments where you can make people feel better about themselves or relieve tension etc.
- 9: Sometimes you may have to do research to fully empathize.

The first time I dated a woman I read up on the menstrual cycle; looked at other women talking about it then transferred those things to very similar experiences of my own.

When I relayed this info back empathetically my girlfriends always comment how they think I was a woman in a past life.

- 10: If you are really present you can feel another person's energy as well as physiological signs like heart rate breathing etc.

Don't be surprised if people also say you can read their mind.

Empathy is a skill but like any skill it can be learned.

The goal of the above is to simply ask.

If I was so and do in this body experiencing this thing could I see myself acting the way they did or how would I act.

Once you master empathy you literally have the key to interact with anyone as you'll know exactly how that person works and what you can do to grow them closer to you or protect yourself from harm.

Best articles I've read on 'TRP' and codependency

35 upvotes | August 21, 2020 | by [TrinidadTestMatch](#) | [Link](#) | [Reddit Link](#)

I think codependency is massively overlooked when we think about what draws people to TRP in the first place and why it's difficult to leave behind. I personally found these articles v helpful, ([Part 4](#), and [Part 5](#)). Note that they are on the longer side

A few caveats:

- The blog is now down, I've used archived links but can't find parts 1-3. He says you need to read all three before starting part four to not get lost but I never did and it was v easy to follow.
- The author from what I can gauge still carries some reactionary views, (or at least did, these are v old), there are references to Roosh and some long-diatribes inbetween but it's worth ignoring them to get to the main substance of the posts.
- The articles are written in reference to PUAs, but seeing as TRP is also mainly about 'self-improvement' and sex it's just as applicable

The story of my awakening from MGTOW

35 upvotes | November 2, 2019 | by [GCWanderer](#) | [Link](#) | [Reddit Link](#)

43 year old male here, I have done well in some areas of life and perhaps not so well in others. For much of my life, going back to my teenage years, I was never successful with women. It wasn't that I was particularly ugly or undesirable, I just didn't really try. At the time I thought it was too much work I suppose. I've read books and seen documentaries about other "loner" types, and a lot of them go through a phase and move on from it later. Maybe I was destined to do that, maybe not.

I did, however, develop a porn addiction that I haven't worked hard enough to eliminate from my life. This escalated throughout the 2000s to the point where by the end of the decade I was regularly making visits to escorts along with marathon porn sessions that would last for hours on end. At the time I realised I needed to change, as I wasn't happy living this way. However, there were a couple of things that kept me stuck in that particular groove. Firstly, there were other aspect of my life (career, travel, physical health etc) that were going well or at least not too badly, so there was less incentive to change. For another thing, I started reading TRP content and listening to Tom Leykis.

I started to think that eschewing women in favour of porn and escorts was the better option. After all, why would I waste my time with real women when I could just satisfy my sex drive through synthetic means and avoid what I considered the risks associated with a relationship (i.e heartbreak, financial ruin etc). I even found myself spouting off MGTOW rhetoric to family and friends, despite the fact that my actual experience of relationships was precisely zero. For probably a decade I stagnated in this area, listening to reruns of the same old Tom Leykis shows, reading MGTOW material online.

Eventually my escalating porn use caused problems in my life, things I won't discuss here, but I started to realise I couldn't keep ignoring this problem or deluding myself any longer. Around this time I also discovered TRP. Not a good thing to mix with MGTOW. Now I was really filling my head with a lot of "men are oppressed", "The Left is trying to destroy men" bullshit. To be fair, TRP did have some solid advice that would have helped me a lot (i.e. drop the porn and work on yourself), but this stuff was largely just common sense anyway.

My awakening really started in 2018 when a couple of positive things happened. For one thing, when I was travelling I met a very nice young woman who seemed to find me attractive and wanted to spend more time with me. Unfortunately she lives on the other side of the world and is roughly half my age. We stayed in touch for a while, but contact gradually fell off as one would expect with long distance situations where there is a large age gap. She'll find someone her own age from her own country, and she'll do so with my blessing. It gave me a lot of confidence that I can make that aspect of my life work, however.

The practical upshot of that situation is that I'm starting to wake up to the MGTOW bullshit I've been stuffing my mind with. Someone on this sub put it brilliantly when they said "MGTOW is like a bunch of kids taking their ball home, then looking out the window to see if anyone notices". I even asked the question on a MGTOW sub reddit as to why MGTOW seems to be such a pity party all the time, and why there is so much focus on women if these guys are, in fact, going their own way. The responses I got made me question whether I really want to live like that. I don't hate women, nor do I want to judge an entire gender by the opinion of some guy on youtube who may or may not know what the fuck he is talking about.

So today I have made a decision. For the remainder of this year I'm going to take an extended break from both porn and MGTOW content. This will not be easy, I've tried to quit porn before and failed. However, it's time I experienced living by a different narrative for a while. I figure that the crutches of porn and MGTOW will still be around in, say, two years if I decide that trying to live differently doesn't work out.

TRP Missed the Mark: Why Some Women "Love" Bad Boys

35 upvotes | February 1, 2019 | by [jazzmaster1992](#) | [Link](#) | [Reddit Link](#)

One of the biggest tenants of TRP ideology is the very notion that women are drawn to "alphas" who are confident, charismatic, charming but above all else, **emotionally unavailable**, aloof, and secretive about their feelings. I think that in particular, some women will be drawn to emotionally unavailable men but not because it's "in their biology", and not because being unavailable says that you have status, or conveys non-neediness. After spending a lot of time researching the subject and examining real psychological studies and practice - not "field reports" - it seems that there's something in the aloof, unattached guys that remind these women of her father, or any other important men from her childhood days. Her father, or whichever men she related to the closest, help shape how she expects to be loved. In fact, it seems like this kind of "emotional map" is truly the key to creating that "spark", and why some people just do something for you that others can't.

If for example, a father is emotionally distant or even abusive, she'll unfortunately become attracted to men who relate to her similarly later in life. Much of male dating advice, particularly that of the "red pill" variety, tells you that being unavailable is the way to keep her interested. What they're really saying is you should attempt to attract someone who has intimacy issues and will see familiarity and desire in someone who acts that way. It's a really sad state of affairs, because it's essentially telling men to take advantage of women's issues so that they can have sex with them. This isn't how relationships should work, at least not ideally.

It's actually pretty sad to think about, because it's turning into a viscous cycle where men "learn" to attract women by becoming emotionally unavailable, then meet women who are drawn to this and end up in relationships with them. Worst case scenario, they have a kid or two, and dad remains emotionally available to the kids who will end up adults that seek emotionally distant partners. To be fair, not all or perhaps not even most men consciously behave this way because they think it's the only way, but it sure as shit isn't helping that there's groups of folks out there telling men that they HAVE to behave this way unless they want to be single forever.

I have been conditioned to believe that no girl could ever love me for who I am

35 upvotes | October 11, 2018 | by [askerman97](#) | [Link](#) | [Reddit Link](#)

Reading RP has conditioned me to believe that no girl could love me for who I am.

I was conditioned to believe that I have to act in a certain way to attract girls. I had to put on a facade of acting Alpha and dumbing down parts of my personality to appear more basic.

When I acted "alpha" and tried to be cool I did attract some girls, but I also attracted girls with my natural personality...which is calm and stoic. I noticed that the girls I attracted with my natural personality were often not only better looking but much more mature and genuinely nice personality, whereas the ones I attracted with my macho cool guy personality were insecure and trashy.

I'm not naturally an extroverted person...now that I quit drinking alcohol I realized this, yet I am having a somewhat difficult time believing a girl could love the naturally introverted/calm personality that I have.

I've always tried to change my personality and be someone I wasn't and elements of RP reinforced that.

What's your opinion on Elliott Hulse?

35 upvotes | May 18, 2020 | by [Peterselieblaadje](#) | [Link](#) | [Reddit Link](#)

I'm asking because I used to really dig him, but now that I've grown out of TRP I don't know anymore. He seems to have a god-complex - especially in these times regarding the coronavirus. He knows it all, and makes other people out to be either 'asleep' or 'beta' or whatever.

I've just come to the realisation that it's dangerous to view yourself as 'woke' and the other 95% of people as asleep. Or wolf/sheep dichotomy, same thing. This is a powerful dogma that leads to cultist behaviour as far as I can see. It's you vs them. You're unique! You're awake! You're a wolf! You're better than them!

I just think what he's embodying might be exactly the definition of toxic masculinity: a man who tries to always be confrontational and know better. A man who puts his ego before his connections in life. Not go go all hippie blabla but I believe a strong man doesn't always have to be right, doesn't always have to win and doesn't always have to play the man card. A strong man can let go of the need to be a 'man' because he's not defined by his masculinity but by his personality.

Wdyt?

Started a YouTube channel, please let me know what you guys think! (Two episodes in so far...)

35 upvotes | August 1, 2020 | by [srubia2007](#) | [Link](#) | [Reddit Link](#)

https://youtu.be/2At_Hewu6bQ

TRP/PUA caused me to have an unhealthy obsession with sex that ruined my childhood.

35 upvotes | January 22, 2021 | by [AquaBeck](#) | [Link](#) | [Reddit Link](#)

I'm 18 now, last year of school. I hit puberty very early (~9 years old) and by age 10 I began viewing porn regularly. This screwed my perception of women from almost the instant that I began to feel sexual attraction, as a result I was unable to talk to girls at all, and going to an all-boys school in addition to this meant that I have been almost completely isolated from girls for the last 7 years. This made me EXTREMELY vulnerable to TRP/PUA type stuff because I genuinely had no idea what girls were doing dating-wise, since I didn't know any.

It, in combination with a 8-year porn addiction, had contributed to an unhealthy all-encompassing obsession with 'getting sex' as a measure of my worth as a man (I'm a virgin so my self-worth has therefore been 0 for a while) that I have never seen in any other guy my age.

The whole AF/BB and 80/20 shit made me feel like I 'needed' to be the 20% alpha male to be a man. Not because I genuinely wanted to have loads of random sex, but because I felt it would prove my 'masculinity'. I did fantasise about being the 'Chad' who gets with loads of women, but it was always about other people being impressed at my conquests (my brain is really fucked ok). I tricked myself into thinking I wanted to fuck loads of women because 'that's what men do'.

Granted, I do still want to have sex, I'm not asexual. But that desire is nowhere near as neurotic as the 'have sex = more manly' thing I got from TRP/PUA/porn. Only now have I realised how many fulfilling friendships and fun, non-sexual experiences I could have had had I not had this unhealthy obsession with proving my manliness by treating women like sex objects. My thought processes are so unhealthily misogynistic and I didn't even realise for a long time.

Anyway, I'm starting to try and get past this shit. I lost high school, I'm not going to lose university. I'm going to put my focus into school (thankfully I didn't neglect my studies because of this, at least my career isn't fucked), focus on developing my hobbies, building some confidence and becoming an actual man and take some responsibility for my life and help those around me instead of pretending to be manly by fucking around. I'm going to go to uni and try some new shit, be social and make friends with people, then if I meet someone who want to date/have sex with, then I'll try and talk to them and see what happens.

Until then, I need to cast this obsession out of my mind. I'm in lockdown in my parents house, I'm not getting any no matter how hard I try until October at the earliest lol. May as well start living life instead of neurotically focusing on only one of the many pleasures of life.

Red Pill coaches

35 upvotes | November 24, 2020 | by [Empirismus](#) | [Link](#) | [Reddit Link](#)

Good day folks! I am not here to talk about RP or gender dynamics but rather about people who are advancing specific doctrine. Please give me your opinion on that, without any bias... Just a common sense.

WOULD YOU listen to Financial Advisor on youtube that tells you how to handle your money while he is sitting in a dirty rented cubicle or in mom's apartment?

Now look at the guy named "[Coach Red Pill](#)" and tell me if that is not the same thing? Dude is not getting laid and remorseful AF about his personal life, BUT teaches 257 thousand people(current sub count) how to do so properly.

How do I overcome shame over my past involvement in PUA and associated behaviors?

35 upvotes | April 21, 2021 | by [Brilliant_Ad450](#) | [Link](#) | [Reddit Link](#)

I didn't have the best consent practices. I never pushed past a direct 'no' or grabbed a girl's privates out of the blue, nothing like that. I *did* cross lines and stretch boundaries in the spirit of PUA 'leading', 'persistence' and 'handling objections.' (I understand the argument that PUA makes some valid points. However mixing PUA rhetoric with a low esteem guy and the perceived advice and resulting actions are off the mark.)

How can I date now knowing my dark past of misogyny and disrespectful actions? Does my future partner deserve someone like me who has done these pathetic things? I feel unworthy and small - a "type" of person that'd be gross to love. There are people who saw me during that period of time, looked down on me (deservingly so) and will assume I'm my past-self if I ever run into them again. I don't think I harmed anyone (this isn't up to me to decide though) but I know I could've done better. Even as I was doing PUA things, my intuition resisted yet I ignored my internal signs.

Toxic Shame / Core Wounding

35 upvotes | March 3, 2021 | by [VeniVidiVixn](#) | [Link](#) | [Reddit Link](#)

The Problem with Toxic Shame / Core Wounding is that a false belief cannot be "healed". Toxic shame is a core belief about ourselves that we are somehow defective or broken, separate from love.

Common wounds: Never enough, inadequate, unlovable, worthless, alone.

These beliefs live deep within our bodies. The ego seeks to avoid this pain by: numbing it out from the body and distracting you (do something, change something, think something). When we begin exploring our wounds, we tend to approach healing from a dual perspective. Unconditional love, comforting/soothing wounded broken me. By default, we are separate from this thing comforting us.

The problem with these wounds is that they cannot be healed. They cannot be fixed, resolved, or transformed. Because they were never true to begin with. We have absorbed a false internal belief about ourselves, as the result of an external event.

Common external events: betrayal, abuse, rejection, abandonment, neglect.

From these events, we form a conclusion about ourselves. "This person left because I am not enough". "This person betrayed me because I am inadequate", etc. These were incorrect conclusions formed from the event, and therefore they cannot be healed.

For example, if I call you a cat, you do not "heal" from being called a cat. You do not need to prove you are human. You just discard my accusation because it is incorrect. Toxic shame is much sneakier because it convinces you it's the ultimate truth. It wants to be healed and comforted, because these practices perpetuate its existence simply by acknowledging it.

If we believe "I am not enough", we may use spirituality or nice quotes to soothe ourselves and repeat, "I am enough!" But we always seem to swing back to "Not enough", because the wound is an old energy that will never be satisfied. So instead of trying to prove "I am enough" (trying really hard in relationships), we can discard the idea of "I am not enough". Instead of trying to prove "I am adequate" (accomplishing lots of stuff), we can discard the idea of "I am inadequate".

As the belief begins to dissolve from our psyche, the tension in the body follows. This is where we feel lightness, space, freedom. The heart's knot is undone. By seeing the brokenness/defectiveness as false, we dissolve the perceived separation (often held as a blockage or tension or numbness in the body) between ourselves and unconditional love, so it can come rushing back inside where it belongs.

Groups/cults like The Red Pill prey on these wounds inside of you. It's time to heal so that you can break this cycle and work toward becoming who you're meant to be and want to be rather than spending your precious time on this spinning rock perpetuating the abuse that someone else placed on you.

Red pill: a search for dating advice turns into radicalization

35 upvotes | May 29, 2021 | by [wonderful011](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/CEhW3YxwXSo>

The Rise of Bullying: the true cause of incels

35 upvotes | May 27, 2021 | by [TheDrWinston](#) | [Link](#) | [Reddit Link](#)

Generally speaking, most incels had a shit time in highschool. I'm not talking struggling with public opinion. They haven't ever had a good public opinion. This is a HUGE problem. High school generally creates incels because of the social thunderdome it is. This is when incels create this twisted ideology that society is evil. Most incels shootings happen at high schools. Coincidence?, I think not. Bullying guides them to find the black pill bullshit. I'm not justifying the abused dog biting back, but there is a correlation. Verbal violence is a threat to students. Anti-bullying laws haven't worked, there still are mass killings. How can we fix the bullying problem? By being polite. Be fucking polite to people for God's sake.

Thank you all

35 upvotes | May 27, 2021 | by [prjj2001](#) | [Link](#) | [Reddit Link](#)

To redpilldetox ,redpill kyriptide etc thank you for your comments and reminding me there are good people in this world I'm sorry you all suffered worse than I ever could imagine but also thank you for being here to help keep me on the straight and narrow everything has helped me so I thank you also the other reason I make this post is because I noticed a trend here occasionally an incel user by depressedbadger96 makes his way over and my god he's either a troll or he's just really pathetic because most of posts are just self loathing followed up by insulting comments to either us or women it's ridiculous because the whole point of this sub is to get better to improve yourself it's one thing to drown in your own misery it's another to try and drag us down with you, but I digress if any of you have wondered am I making a difference I can tell you yes once again thank you all

You cannot convince anyone to like you. RP used to make me believe you could.

35 upvotes | June 28, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

Everything with RP is one size fits all. Always stuff like women like this and men need to behave like this. Some stuff may be helpful but it doesn't guarantee you anything. Its just common sense to that certain behavior is off putting but RP likes to claim they came up with some special formula.

What it comes down to is people either like you or not and its mostly out of your control. Stop believing if you just talk to women this way that they'll magically start liking you!

Probably some Rapepiller

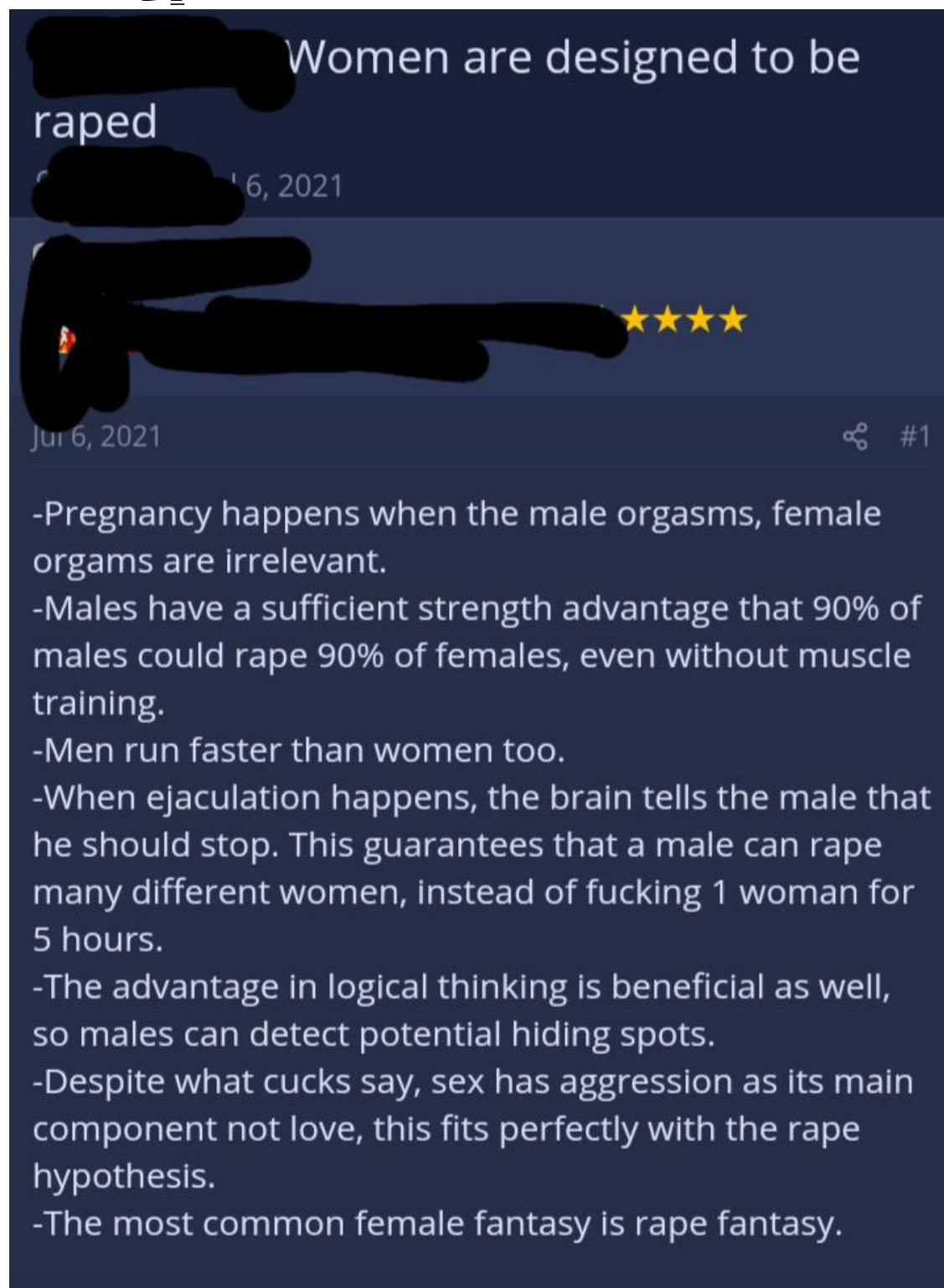
35 upvotes | July 20, 2021 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

Women are designed to be raped

13,030 points • 1,035 comments • submitted 4 days ago by [papabear_kr](#) to [r/insanepeoplefacebook](#)



2



When chasing Younger Girls go completely wrong

35 upvotes | August 18, 2021 | by [Cowboys0923](#) | [Link](#) | [Reddit Link](#)

So this 40 year old guy was at the gym trying to pick up a 19 year old girl she turns him down and says “I’m too young for you” then the guy responded “I’m too rich for you” □

https://www.newsbreakapp.com/n/0bTu19uT?pd=09FiKaZS&lang=en_US&s=i16

I feel so stupid for being brainwashed into the RP community, but it is what it is. I'm glad I caught it early

35 upvotes | September 8, 2021 | by [abcdn2](#) | [Link](#) | [Reddit Link](#)

You see about a year ago, I was a young lad and just found some RP videos on youtube and thought they were pretty cool. But soon, I just got sucked into a spiral. I knew the shit I was watching seemed super off but the like dislike ratio was so good, that I "overrid" that instinct of the info being off and believed it. Soon, I started projecting the hate outwards, but it wasn't until I talked this thru with an understanding friend I realized how BS it was.

My advice to you guys who are repenting is.... don't be too hard on yourself. We all make mistakes, and what you thought, I don't think was incriminating by any means. It probably was a sign you didn't do your homework before believing something/ were immature. There is no reason to let your stupid immature past define you. Grow up and embrace life!

And all the stupid things you did in RP's name and shit you said, people will forget as time goes on, trust me. People will see the new you, and if they don't, fuck em, because in my opinion, they are the super narrow minded ones for judging your entire character for a mistake you made in the past, which you owned up to.

Go out and live life man! No need to let your past define you. And fuck anyone else who says otherwise. Start kicking ass in life.

I genuinely don't think any of you were "incels". I think you were all just brainwashed.

Why does RP focus so much on hypergamy? What's the point of emphasizing this?

35 upvotes | September 11, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

RP has an obsession that women are never yours and that she's always looking for a more "high value man" lol. I was stupid enough to believe this making me feel insecure about how much money I was making. I'm guessing a lot of red pillers think they're beneath a lot of men and the only way they can get these "high value women" is by flaunting money at them. That or it's just a lame excuse for why they can't hold down a relationship. Anyways it's just stupid to think women are gonna leave you if another guy has more money lol.

Red Pill YouTubers are bad. So who should I watch then?

35 upvotes | September 17, 2021 | by [repsimons](#) | [Link](#) | [Reddit Link](#)

Hey everyone - I have been a victim of consuming huge amounts of red pill content on YouTube. Whenever I eat breakfast or have some free time, I enjoy putting a video to play in the back to listen to which has lead to consistently being brainwashed by these red pill ideologies and "cult"-like behaviour.

Some examples include AMS, StephisCold, Kevin Samuels are more.

What YouTubers do you guys recommend, specifically dating without toxicity and "purpose" type videos without the red pill brainwashing? Thanks

did you ever feel like you lost genuine connections with women because of red pill ideology?

35 upvotes | December 19, 2021 | by [brightflower3113](#) | [Link](#) | [Reddit Link](#)

We should remove Redpill/Blackpill terminology from our vocabulary entirely.

34 upvotes | August 26, 2021 | by [Eps1lon207](#) | [Link](#) | [Reddit Link](#)

I find it ridiculous that people associate themselves with pill colours, I get the analogy but I find it childish. I'm not Blue Pilled, Red Pilled, Black Pilled or whatever other pill is out there, I just wanna be myself and do my own thing, these "pills" strip you of any sense of uniqueness.

I don't wanna use their terminology either I think we should eliminate them from our vocabulary entirely (not in the context of this subreddit of course since we need their terminology to expose the holes in their ideology) such as Chad, High Value, Alpha, Beta etc. We aren't Red Pill anymore but I think the terminology that they use is damaging and I think a big step in separating ourselves from them is to stop using their vocabulary.

TRP didn't "change your life" let alone saved it and thinking otherwise is a mere sign of pure brainwash

34 upvotes | August 28, 2021 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Many dudes claim that TRP "changed their lives" for the better and how much of a fucking loser they would be if they hadn't found it.

If you're one of these dudes, the reason you believe that bullshit is because TRP makes a wonderful job on convincing you that the world is fucked, and we live in a "sexual dystopia" of Chads and Stacies and how you're completely fucked as well unless you listen to them and their "female nature" and "game" bs. So essentially they start by convincing you that you have this made up problem and then present themselves as the solution to this said problem.

It's the oldest trick in conmen encyclopedia. Convince your victim they're sick and then sell them the cure.

Add to that the fact that many of these dudes have always felt like losers or never had much female attention. Once you give them some smart ass comebacks, or tricks, or jokes to approach women, like TRP does, for the first time in their life, women are responding positively to them. Laughing at their jokes and actually replying back to their messages. For the average dude this may not seem like much. But for the dude that has always felt perpetually rejected this feels like a "game changer" and that they have indeed been saved. A devotee is born.

So, no, TRP didn't "change your life" or any of the sorts it just purposely manipulated you to feel that way. Even the few dudes who actually got to lay multiple women or so, are usually dudes who already had something going on for them before joining, like being good looking or having a good social circle, and the actual good advice they got in TRP could have probably be gotten somewhere else without the need for non sense like hypergamy, cock carousel, etc. I write this for the active TRP dude who despite recognizing the merits of detoxing are still reluctant about it due to the "goodhood" status of TRP in his head.

Is it just me or is there an influx of posts that are barely not redpill?

34 upvotes | September 5, 2021 | by [Grantoid](#) | [Link](#) | [Reddit Link](#)

I'll be honest, I don't follow the sub super closely.

But recently I've seen a lot of popular posts showing up that seem like they are maybe from people who just barely have gotten out of redpill. As in, they are making anti-redpill talking points, but still echoing a lot of bad ideas and mindsets from it.

Maybe I'm wrong, or maybe it's to be expected that it takes time to unlearn these behaviors. Either way, just thought I'd mention it.

Why do people praise players?

34 upvotes | December 7, 2021 | by [Brighr51](#) | [Link](#) | [Reddit Link](#)

Not trying to generalise all people of course lol.

Not everyone does hype this kind of behaviour, but I guess I wondered, what the hell is with this mindset, what can be said about these people and their futures?

Some cases I've seen are essentially somebody playing with someone's emotions just to get laid (attention, validation, approval etc.) then, they just mugged him/her off - play the victim if it backfires, but otherwise gloat or act superior about it.

Even just this idea of getting laid in general, why do some act like it's such a 'badass' or 'cool' thing? I remember all this hype when I was a teenager for sex, but after my first time I realised it wasn't really all it was cracked up to be, unless of course it was someone you had REAL chemistry with in and out of sex.

I guess one struggle I have with life is that there isn't really an objective or tangible justice that occurs in these situations. Shit like this happens all the time, and these people get away with it leaving scars. More often than not you just have to put up and shut up (if you're lonely at that point in time). The reason it bothers me is I think this is one of many ways RedPill indoctrinates folks so easy.

Idolization of Dark Triad Personality Types

34 upvotes | December 6, 2021 | by [ghettobutmellow](#) | [Link](#) | [Reddit Link](#)

One of the many fucked up things about the red pill mentality is how the sub idolizes the dark triad personality. As a man whos experienced narcissistic abuse firsthand people with such personality disorders are vile, disgusting , evil and downright scary. Trying to mimic such a personality for some puss is more fucked up than those guys think. Moral boundaries are close to non-existent with narcissists, just the things they are willing to do to prove they're better than their victims.

I was only in the talking stage with a narcissist before i cut it off, but it was enough to realize what absolute monsters they are. If i was ever on the fence about the red pill mentality that experience in and of itself was good enough for me to want better for myself and others.

Theory: TRP followers are just codependents who got burned

34 upvotes | September 2, 2022 | by [Negative-Train-3303](#) | [Link](#) | [Reddit Link](#)

...which is why some of the TRP concepts and advice given "work" for them. A lot of it is actually about breaking codependent habits e.g. establishing a sense of self (i.e. finding your "mission") and building firm boundaries (hence the RP obsession with "holding frame"). Unfortunately, the cynical and toxic worldview TRP forces you to adopt ends up leading you down a darker and more destructive path than the one you started on.

According to a 2018 Research Review, the main themes of codependent behaviour are as follows:

1. self-sacrifice
2. a tendency to focus on others
3. a need for control, which may fuel conflict
4. difficulty recognizing and expressing emotions

I reckon a sizeable chunk of these "former blue pill" guys were exhibiting all of the above behaviours prior to taking the red pill. This is how TRP appears to provide the antidote:

1. Blue-Pill = Self-sacrificial "good guy"

| TRP says: invest in yourself; work out; become "high value".

2. Blue-Pill = Focuses on others

| TRP says: find your own purpose and mission in life; don't be a people-pleaser.

3. Blue-Pill = Wants control

| TRP says: accept female nature, she is not yours, it's just your turn

4. Blue-Pill = Cannot recognise or express emotions or wants/needs

| TRP: provides a community for men to air their grievances about the world; validates them, tells them they are the prize and that women should meet their wants/needs and gives them language to use to express that.

Of course all of this progress could have been achieved with introspection and therapy and you would have gained all the benefits of TRP minus the gross misogyny and cynicism....(sigh)

So it seems when these Blue pill guys learn to stop being codependent they go over to the dark side and literally become narcissists searching for codependent women to abuse as they were.

Sad.

Research Review: <https://link.springer.com/article/10.1007/s11469-018-9983-8>

EDIT: source; spelling

Who came up with the idea that women like douchebags?

34 upvotes | October 7, 2022 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

I can't believe I let myself think I was less than because I wasn't douchey enough. That I needed to be like Steve Stiffler from American Pie(still love the movie) to get women. That these are the cool guys and you aren't on their level. I know its just a movie but I think you get what I'm saying. You don't need to be some cocky asshole to get women.

Grew up in a RedPill household, am beginning to realize this may be why I can't hold a relationship

34 upvotes | May 12, 2016 | by [bearsanddeers](#) | [Link](#) | [Reddit Link](#)

My mother grew up on a farm, my father in the south. I am now realizing that, as much as I do love my father, he shuts down my mother incessantly. This is to the point where she has recently lost a lot of her personality, and has directed a lot of misplaced anger at my father onto me. This has caused countless amounts of emotional abuse from my mother, and my father treats me like a little princess- i.e., brainwashing me-giving me twisted views on a lot of things.

My father constantly discusses things like "the gays" and "feminism" as bullshit and ruining society, to the point where he can't see it on TV or he'll leave the room. He always talks about how I should never get piercings or tattoos, because no man wants a woman who is marked, and he does not approve of my career plans as being a professor because I "don't have a strong man behind me to support me through grad school"

My mother has taught me little to nothing about sex (I got lucky with some ex boyfriends who were understanding and patient later on), and when she found my vibrator when I was eighteen she seized it and called me a nymphomaniac and said I was unhealthy for masturbating. A few years later I saw a more advanced version of this same vibrator in her room, and when she saw I saw it she told me that my father was the motivation behind that, that things like toys and kink was for the man's pleasure not the woman.

Writing this all out now makes me see how I missed the signs completely and played into the brainwashing, which has ruined a lot of my relationships with other men (and women). This includes, but is not limited to; denying feminism in order to gain male attention, even when finding out that there are men who are feminists as well, refusing oral sex because I've felt it was a burden on my partner (I am currently being trained against this), only seeking FWB relationships because I felt that's what men wanted, refusing relationships with women (I'm bi) because it was "dirty" and "wrong", allowing myself to be raped by my first boyfriend because I was taught by my parents that if a man wants something, you give it to him, etc.

Now, onto the big stuff. I recently (within the last year and a half) fell in love with someone. Now, I'm not saying we are particularly healthy together, because we are not. We broke up around a year in, and are still sleeping with one another. We broke up because I freaked out and was unable to understand my feelings- this was a healthy relationship prior, him treating me with the utmost respect and truly as a partner, not a prize, and was empathetic to my mental issues. I love him dearly, and cannot picture being with anyone else (believe me, I've tried, he hasn't, it's always terrible), and we are content together despite being in a relationship together. He got very hurt, as I attempted to find any reason to break up with him due to my fear of a healthy, not TRP relationship, and will not let me back in.

I'm not really trying to get him back in a relationship with me, but does anyone have any advice for how to cope with this in the future? I've only recently realized this, and would really appreciate some advice or anecdotes from others who have experienced similar things. I apologize for my scattered thoughts, It's all pretty new to me.

TL;DR: Dad and mom are super TRP, brainwashed me, have kept me from being able to manage true

lasting relationships and urged me into unhealthy behavior, how to cope/anyone else experience this?

Why taking the pill was one of the worst moves I have EVER made (story inside)

34 upvotes | April 21, 2015 | by [potsy5656](#) | [Link](#) | [Reddit Link](#)

Although it wasn't exactly red pill, when I was in my first/second year of university, I was introduced to the idea of "game" and Pick Up Artists. I had two ass-hole friends at the time who really pushed me into. They saw themselves as "alphas who were trying to help a beta out to be a better man". I even went to as far as reading Neil Strauss' "The Game".

I was very physically sick in highschool and had been bullied guys and rejected by girls. By my last year and starting university though things improved, I had a solid group of friends and had some girlfriends. I felt by learning "game", it would make my life 1000x better.

Well, it actually plunged my life into chaos. Those guys I mentioned earlier (irl Red Pillers) made my life a living hell. They tried to control every aspect of it and used fear tactics to manipulate me to do stuff. At the same time, I lost most girls (friends/dates) in my life due to my brutal behaviour and association to the TRP guys. The dates with cute nerdy girls turned into rejections from the "10s" that were suppose to replace them. I even went as far as harassing this girl who worked at a store because the "move" to get her number failed. It finally ended when my grades fell apart and those two guys tried to break into my house as "punishment" for telling to screw off.

Two years have passed and I finally found some happiness. I did some self exploring, raised my grades, found some amazing friends, and I started dating again. I spent lots of time working on how to build healthy relationships with girls. I realized diving into that kinda stuff was a reaction to issues with family, friends, and self-worth. Nothing to do with picking up girls. It was a sad chapter but it led to one of the greatest points of my life after it was over.

Andrew Tate exposed in court.

34 upvotes | January 12, 2023 | by [senzukai](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/TOc8LygTIEs>

About the Discord support group here...

34 upvotes | March 26, 2021 | by [SaviorOfTheUnicorns](#) | [Link](#) | [Reddit Link](#)

Can I just say that you guys have seriously created something great here? While it's not perfect, but fuck it, things rarely are, I can see the potential. It's like this hidden little gem that I needed so badly and I didn't even know I needed it. □

Even though we're recovering from a toxic mindset, the mods have created an environment over there that's welcoming, open to new ideas, educational on other mental health topics, and, get this, they even have a weekly movie day that we can participate in and group discuss afterward. WTF? Who does that? Fuck, that's so great.

I especially like that someone is almost always online, so when I'm feeling particularly lonely that day, I can hop on and discuss what I'm struggling with and get some decent ideas on how to fix it. Being able to have open communication with people that are struggling in the same way I am really helps a lot honestly. Disconnecting from that old way of life is harder than I thought.

Seriously, this is game-changing shit here. This is what a support group is about.

A huge thank you to the mods!

Brazil in Redpill.

34 upvotes | March 19, 2021 | by [Artorias_000](#) | [Link](#) | [Reddit Link](#)

Hello friends, I am very happy to know this subreddit, because the red pill in Brazil is terrible. They say that women are unable to love, they are irrational and act on the basis of instinct (the smartest person I ever met was a woman) And I was afraid it was true, researching I found this subreddit and I really wanted it to expand until Brazil, because here the people most affected by this plague are young people and this is growing every day, everyone living in fear of something that does not exist. Once again I thank this subreddit too much for really showing me the truth, I would probably be depressed today.

I hate that Red Pill has made me feel ashamed of attracting men that make a lot of money. I now have a strong desire to reject them solely based on their income to avoid being seen as a "gold digger" even though I know I'm not one just to continue to "prove" myself. I'm over it.

34 upvotes | February 20, 2022 | by [HaltedAndCaughtFire](#) | [Link](#) | [Reddit Link](#)

How does a decent woman help a man understand that his paycheck isn't what I'm after, that HE truly is wanted and desired, that I TRULY want to hear about his job and what he does, etc.? I feel like Red Pill has really tainted the minds of men and they go straight to some devious and malicious reading of my intentions right away and I find I'm spending too much energy "proving" that I'm not some gold digging slut who is going to laugh as soon as he cries or whatever. I'm so tired of hearing these low key insults of my character constantly just because they heard on some sensationalist Alpha bro YouTube show that women are terrible monsters who have no depth, morals, ethics, and who are actively scheming on how to fuck him over, etc.

in your opinion, what are the general characteristics in a man who whole heartedly believes in the red pill movement?

34 upvotes | March 20, 2022 | by [Emevas-](#) | [Link](#) | [Reddit Link](#)

Befriending women has made me less misogynistic but more red/blackpilled.

34 upvotes | May 12, 2022 | by [fats05](#) | [Link](#) | [Reddit Link](#)

I often hear suggested here to befriend more women to understand them better and offset the bad experiences with women we've had in the past.

Well I have some good female friends now and I can say its helped and hurt. It has made me less misogynistic but more redpilled tbh.

Like on the one hand, I feel guilty for resenting women when my good female friends have been nothing but kind to me and brought joy to my life. So I've begun to lose the resentment.

On the other hand though, looking at the guys they've dated, damn women really do just go after the best of the best. They were all confident chads with high body counts, whereas my female friends are insecure virgins and low counts like me. Feels like there's no hope for low value guys like me. Even women in similar positions as me go after top tier men and they usually succeed.

What do you think of Kyle Prue? Perhaps this is the only effective way to challenge TRP.

34 upvotes | June 1, 2022 | by [MelodiousTones](#) | [Link](#) | [Reddit Link](#)

<https://v.redd.it/wxk0i86pxw291>

Stop looking up "research, studies and statistics"

34 upvotes | April 22, 2022 | by [meteorness123](#) | [Link](#) | [Reddit Link](#)

Let's just assume these studies aren't filled with errors or are wrongly interpreted.

It's still not a good idea.

Regular people don't look up studies on human behavior and try and live by that. You have to be really "off" to do that.

Just go outside and live. Make your own conclusions.

Some people always bring up this idea about how taller men make more money. Meanwhile when I look around you, I see nothing of this. I have a friend who's 5'6 who's making really good money. More money than me or any of my friends. He hasn't read a single "study" about how his height would affect his income.

Stop looking for self-fulfilling prophecies

Is dating easier if you're white??

34 upvotes | February 3, 2022 | by [deleted] | [Link](#) | [Reddit Link](#)

[deleted]

I still don't understand how the punishment and abuse tactics are justified

34 upvotes | April 15, 2023 | by [sadgal999](#) | [Link](#) | [Reddit Link](#)

Today I was thinking about all the things my last partner (redpill) did to me over the years from when I was a preteen, and how so much of it was genuinely was so unjustified and cruel. I don't understand how they justify being so mean and so abusive for literally little to no reason. It's so beyond me that some of them read it and feel completely okay with what they do. Do they genuinely not realise how they are affecting others lives?

I feel like shit

34 upvotes | April 1, 2021 | by [someoneelse_____](#) | [Link](#) | [Reddit Link](#)

[TL;DR] (venting) (might contain a bit of resentment)

Sometimes I come across posts on reddit (for random reasons) that hold traces of red pill language. I was recently looking up stuff on how to forgive my ex and ended up coming across a red pill community (I didn't realize until I was there) and it made me feel like complete shit, even though I know none of those arguments hold true. It just hurts to have your whole existence diminished as if it was nothing and to be considered a bad person because of some cultural convention, to know my point of view will be completely disregarded just because of a lack of historical comprehension. I care a lot about history and about knowing what women and other oppressed communities went through, I can't shake this feeling that it's not fair to compare feminism (even modern feminism) to red pill theory when I know most people haven't even read about Beauvoir, Bourdieu or women's history overall and I have spent most of my teen years trying to be a "good feminist" (that is, a well informed one, one that doesn't speak out of place afraid men are gonna mistake me for a crazy, angry woman). I already have to deal with so many forms of violence against women that can only exist in my memory, and on top of that I know these experiences with misogynistic abuse will be discarded as a women's manipulation thing when I try to use them as arguments to why women don't hold any actual power and spent most of their existence in humanity trying to fight for basic human rights, let alone being considered as capable as men are in an intellectual sphere. I guess I'm just venting about how much it hurts. My family itself is very misogynistic (my dad is practically a pedophile and my uncles would actually hit on me and my sisters and make constant veiled sexual advances that have led me to a lot of male-power related trauma), and on top of it I feel like my boyfriend's dad hates me cause he's both borderline WP and a red piller. Feminism was the political tool I had to deal with 3000+ years of oppression, only to have men tell me I'm fake and horrible and everything sexism had already lead me to believe my whole life.



Not sure if this is a good place to post this. I don't feel comfortable posting it in feminist threads cause I'm not really in contact with internet feminism. If there's a better place to post this, like vintims of the red pill or something, I don't, I'm open to suggestions.

Thanks for the attention, please don't be aggressive.

The talk of “dropping frame” says red pill to me. Is this really how red pill guys think? Why does the concept of giving pleasure not factor in? Why such a zero-sum game mindset?

34 upvotes | March 10, 2021 | by [boomadley](#) | [Link](#) | [Reddit Link](#)

profile picture makes it so much worse lol

13,459 points • 628 comments • submitted 2 months ago by [isbekk](#) to [r/cringepics](#)  3  3



I think I know why I want a virgin girlfriend

34 upvotes | August 16, 2020 | by [No-Situation849](#) | [Link](#) | [Reddit Link](#)

I think I know why I, and a lot of incels, want to be with a virgin. It's not necessarily that we are going to negatively compare ourselves with her past partners, it is more so to fill the void of missing out on "young love."

Young love is often associated with that innocent teenage romance where you both lost your virginity to each other, you had no adult responsibilities, and you were exploring sex together. They kind of experiences you hear in songs and see in movies, like you sneak out of your parents house and meet up with your girlfriend and kiss & cuddle in the car. These are all new and exciting experiences to you and they help you grow as a person and prepare you for future relationships.

A lot of incels were socially inept losers durring their youth, and never experienced these milestones, making them bitter and depressed about missing out. They feel like if they meet a virgin girl, they will get to experience that "innocent, young love" instead of just meeting a girl who already has experience and knows what she wants. I fell like nothing could replace the butterflies of first experiencing love together, and If I'm a virgin and she isn't, it wouldn't be the same. I just hope as a 21 year old virgin that the chance to experience these things is still obtainable.

Why is intamacy decining?

34 upvotes | August 22, 2020 | by [No-Situation849](#) | [Link](#) | [Reddit Link](#)

Apparently 1 in 3 dudes aged 24 and under are having no sex, and the number is slowly rising.

<https://news.iu.edu/stories/2020/06/iub/releases/15-sexual-inactivity-young-men-united-states-no-sex-debby-herbenick.html>

Based on the article and others discussing the same topic, the busyiness of modern life and the idea that "you need to have everything in your life sorted out before you can start dating" is causing less young people to pursue intamacy and dating. Most people under the age of 24 don't have their life sorted out yet, and that might be why they aren't seeking dating and intamacy. I would also say that smart phones and social media have reduced face-to-face interraction in regards to not just dating, but friendships and other social norms in general.

Why do you think men are having less sex today? Have dating apps ruined the dating market? Have women's standards risen? Are men just not trying enough?

I had a realization where I felt like the Red Pill has possibly brainwashed me, and given me a warped view of women and has stunted my personal growth. How do you know who is right, what the reality is?

34 upvotes | September 1, 2020 | by [CosmicConjuror](#) | [Link](#) | [Reddit Link](#)

I've had a realization where I felt the Red Pill has brainwashed me, and I feel very disillusioned right now. How are you supposed to know who is right, and what works and what doesn't?

Okay so possible lengthy post but I'll keep it short. A more detailed umm... essay can be found in my post history from Sunday.

I was in a situation where I felt that this girl who meant a lot to me and had been dating since February found my Reddit account. My dumbass had the same name for my Xbox Live gamertag AND my other older Reddit account. This girl saw my gamertag on our last date which was on mid-July. She teased me about it and it ain't hard to memorize. After the last date she was still texting me; and being very affectionate. We had set up a date on a Sunday. But on that Sunday; she texts me that morning that she got something to tell me, if she can call me. I say so sure.

She calls me and she has this very muffled voice and tells me she's really really sick. I can barely understand her. But I tell her to update me on what she has, and that I'll give her my gamertag so we can stay in touch and game it up. So we hang up cause I can't even talk to her as she's hard to understand haha. I text her the gamertag and tell her I wish we could've talked more but I couldn't understand her at all. She says "haha it's okay, just wanted to hear your voice since I had been looking forward to see you all week. If you ever want to talk about your day call me, as I'll be stuck in my room a while. Stay safe and see you later ☐☐"

That was the last time I ever talked to her. July 26. That Tuesday, I came to realization that what if this girl in her quarantined boredom decides to google that gamertag, and finds my Reddit account. Sure enough I do it myself, and find my account is the very first search result. I deleted my account that day. To this day I don't know if she ever found that account. It has lots of personal shit that includes me discussing my insecurities, dating failures, low self esteem and confidence issues, and on top of that videos of me posting form checks and playing guitar. So easy to ID. I was bullied a lot as kid, always felt inferior to everybody, and that account goes into details like that. 5 weeks later, she has yet to contact me. Other than adding me on Xbox that same day we last talked.

Now let me get to the point of the post. I posted this situation in two types of places. The RP place like asktrp, (which I've always counted on for advice) and BP places like the dating subs here on Reddit and the loveshack online forum. I noticed something interesting.

The BP places painted me as the bad guy. Probably rightfully so. That I should've contacted her to make sure she is okay. I was focused too much on my own insecurities rather than her health. So then I painted this image in where I'm the bad guy who fucked things up for being an asshole. That it was all my fault.

Then I asked the RP place, and was told that she ghosted my ass and that it was just my turn and that she didn't like me as much as I thought she did. So then I painted this image in where I'm the one who dumped, and she's the one that ghosted cause she found someone better, or found my Reddit

account and thought me pathetic, or found someone better.

And now I don't know what image to trust. Who is right? I've always thought as RP as being the realist and giving it to you real. Yet at times I feel like I'm getting generic sidebar angry filled advice from angry virgins.

RP likes to sell themselves as an idea that deprograms you and gets rid of the BP brainwash... but what if I've become brainwashed by RP and now my warped view has ruined many of my dating experiences. How are you not supposed to be brainwashed?

I don't know who to trust anymore.... it's insane how looking at different sides to a situation can influence the way you view things and it's scary how influential it can be..

Any thoughts on this?

a noticeable trend between history of abuse and red pill acceptance/indoctrination

34 upvotes | August 28, 2019 | by [SHAKIRAISHOT](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=jD8rcg4N0s4&list=LLVSbjTuWZoSPP9nxqyOy8Qw&index=5>

go to 6:30, does this not sound like narcissistic parent abuse?

watch the whole thing if you want.

this guy takes this red pill stuff super seriously and i admire his hardcore self improvement which is why i still watch his videos (as opposed to how most red pill dont improve, they just say they do).

anyway ive seen it so much within the red pill community, and then i this guy who is VERY into it, sounds so much like he had an abusive mother with NPD. and then his parents died when he was 13 iirc.

my dad abused me which made me believe in red pill garbage. and ive mentioned it before of other guys which abusive fathers. and apparently neil strauss said 70-90% of PUA had abusive mothers. thoughts?

Aren't men as selfish and unpredictable?

34 upvotes | July 9, 2018 | by [truespirit89](#) | [Link](#) | [Reddit Link](#)

It's funny because so many redpillers talk about women being selfish, self-serving, irrational etc. I know plenty of guys who cheat on their girlfriends. Who would leave their girl for a female chad in a heart beat without skipping a second. And it's not even based on wealth or status but more so on looks. But dont get it twisted, guys care about a womans pocket book, too. All I'm saying is there is so much evidence out there that men aren't as monogomous as redpillers like to say. I need some feedback boys and girls.

My red pill journey, why I fell for it so easily, and how I realized it wasn't right.

34 upvotes | August 25, 2017 | by [RedditLovingSun](#) | [Link](#) | [Reddit Link](#)

When you were little your parents never showed you much affection, your family wasn't close, you were ugly when you were young and had low self esteem and no idea of self worth, for some reason that's how you were raised. You thought you were unlikable and didn't even try to make friends with some people cause you believed you weren't worth their time.

As a consequence you grew up pleasing anyone you can in any way possible, you grew up as the nice guy. You were always shy to ask anyone out. You tried to say the right things and please everyone, you tried to be super friendly in the hopes you'd get the approval of other people liking you and you obsessed about women and girls because how desperate you were for the acceptance and approval from them.

It consumed you, it was unhealthy, you found yourself doing good things just so other people would know, improving yourself so other people would like you, bending over backwards to do things you didn't want to do so you didn't displease anyone.

Your long term lack of self worth made you pathologically seek out the approval and acceptance of others at the sacrifice of your own well being and personal interests.

You always came second because in your head you thought you were worth last.

This is why the red pill worked so well on you, you were their target demographic. TRP preys on your low self esteem and constant need for approval, TRP claims to have the answer to this. They shared your obsession and borderline pathological desire for female attention. And worst of all, they played right into your lack of self worth. They told you what you believed, that other guys and girls weren't interested in you because you weren't worth their time, because you weren't cool enough, or alpha enough. That it was your fault and you had to constantly work out and improve yourself while acting like a douche all in the name of meaninglessly trying to bag as many ladies as you can.

But now you're wiser.

Of the two relationships you've had you've proven yourself to be a great partner, a caring and valuable one.

You're not ugly anymore, you're decent to good looking. And more importantly you realize that your looks don't define your likability and you deserve great relationships regardless of your looks.

You're starting to realize the value of your time, and that some people and things aren't worth your time if it won't benefit you. You're starting to value yourself more.

You realize that you should care less about the approval of others and do what makes you happy while pursuing meaningful relationships with friends and females. You're a successful, smart and fun person and you shouldn't devalue that with some meaningless quest for getting laid or becoming popular, don't put other people's opinions on a pedestal. Love yourself and do what you love and the people who love you for it are the people worth keeping around.

Getting past the constant feeling of putting pressure on yourself to be both an attractive successful man and a good person; over-riding the feeling that female friends see you as inferior to other men and failure to produce 'value'=abandonment

34 upvotes | June 16, 2020 | by [Xemnas81](#) | [Link](#) | [Reddit Link](#)

This is something I struggle with generally. I find myself slipping into the red pill and incel mindset every now and then. I get frustrated that women get more attention (positive and negative) on social media, for example, and I oscillate between thinking it's because of thirsty guys, because of capitalism and social media dominating them, or just because women are better at marketing their message overall, OR because it's me (my content sucks, I'm boring, etc.) I often feel like *my own female friends* see me as a 'beta orbiter' and this is why e.g. sometimes they will talk to me but other times they'll ignore me. I then go on PPD and they're literally talking about how easy it is for men to get commitment and that they have 50 orbiters or something ridiculous (this is what the women are saying) and enjoying how butthurt all the MGTOW get about the fact men struggle to get laid while women don't even struggle to get marriage to men they like, usually it's the men chasing them.

I also don't fully trust the toxic masculinity 'it's OK to reach out, be vulnerable' narrative, my experience is progressives are almost as bad as conservatives with being genuinely supportive of men breaking from trad roles. I try to live by it, as well as be emotionally supportive to male and female friends alike, but there is a fundamental trust issue. For example, there are a lot of women with mental health issues, disabilities and on the autism spectrum in leftbook groups who describe men with *the same* issues trying to seek companionship with a woman with similar issues as 'disgusting creeps'. These women are often in relationships or married. I feel like there is a lack of empathy; of course, a lot of men lack empathy for women being harassed, and I suspect that these women have had negative experiences with predatory men who either lied about being disabled to get into the group or used it as an excuse to assault them. Nonetheless it plays into the idea of 'shit tests' and 'watch what women do, not what they say.' I don't know how far a man can deviate from the male ideal before it starts to hurt him.

I do try to remind myself that virginity is not something which makes me either a lesser male (although in a sense, if I am heterosexual, it does genetically and socially-it just doesn't at the humanitarian level, which is what *should* matter) or a lesser human being. This is effectively the only form of positive 'incel' advocacy I have ever seen, as I don't think virgin shaming is productive (exception for in reflexive response to slut shaming and serious sexist/abusive rants, but even then ought to be used sparingly). Of course that community gets it the completely wrong way around and says both a) it IS a problem to be a virgin, it's life-or-death, and b) it's women's fault and responsibility to change that. Which is why I keep a distance from it now. The road can only lead to either depression and self-loathing or misogyny. I've seen it first-hand. I occasionally check in to the support group chats, but I barely ever go to the websites.

But occasionally I feel like women are distinctly treating me as not-sexual and this is BECAUSE of my 'low social status' in their eyes. (As in will change the subject; this isn't me hitting on them, this is just if I e.g. say "I would like to find a girlfriend who isn't weirded out by me before I'm 30" (recent example when she was upset about losing friends from weirding them out. I tried to cheer her up by

saying "if they drop you because of that, you're better off without them. We'll be weird together lol" and then I kind of just...blurted that shit about a gf out.)

Even though I would say this is the healthiest I have had (platonic) relationships with women in a while, and I have a decent understanding at an intellectual level of the various pressures and benefits of both the masculine and feminine gender roles, as well as my friends' own difficulties as women and as people...the ambivalent feeling of creeping abandonment and having to find a way to produce 'value' or tread on eggshells with what I say and do is still there. I have a baseline level of reassurance now, because we've talked and shared a lot, but on days where my stress levels are high from broken sleep, it's hard to over-ride the abandonment anxiety, that something I do or say will be 'not manly' enough that they'll cut me off or put me in some sort of kid-brother category. "Why did they reply to this, but not to that? Did I do something wrong? Is this it? Were they lying yesterday?" I don't get how most people function like this. I think it doesn't help that these friendships have all been 'Internet friends', long-distance communication over social media but this is where I am most comfortable talking to women tbqh. I don't see them as just Internet friends now though, I'm closer to them than I am most of my old classmates.

The point of that ramble is that genuinely *believing* that there is no clock ticking to lose virginity as I near 30 is hard, as is genuinely believing that my female friends are going to stick by me and treat me as a human being. I don't mind if they aren't attracted to me, I'll look at dating when I'm a little more ready for that. It's just trusting that they aren't going to ghost me.

I am also frustrated because even though gender identity and politics is a huge part of anxiety (the alt right and libertarian right have been trying to groom me for years while I was active as an MRA) my therapist doesn't really give me time to talk about it, so I have to keep coming back to the Internet to vent. Generally I have disliked this current CBT approach which has been all about tolerating uncertainty and intrusive thoughts. Even though I need it, it's regularly painful and the homework is very time consuming (today I spent 4 hours on it and was burned out by the end) I'm coming to the end now and I'm not sure what specialist to look for next.

I know this is a feminist space so it doesn't really have a solution which isn't centred around women, or rather, keeping women safe from abusive and predatory men. But I am trying to get away from antifeminist places now. They only really offer men an illusion of support through negative bonding and, as I say, have been nearly completely co-opted by the American Right. It's not like...fascist yet, but it houses fascists, which is very troubling for me. On the other hand, although I try from the periphery to be an ally to various marginalised groups, (through advocacy, fundraising or listening to people's experiences of discrimination one-to-one), I cannot spend extended periods of time in the heart of feminist communities. Most of them still have a woman-are-better-than-men, if-you-are-male-the-problem-is-you vibe and of course, no solution to this because the alternative is men-are-better-than-women (redpill, patriarchy etc.)

My year-long experimentation with The Red Pill (Story and Discussion)

34 upvotes | June 28, 2020 | by [showmewhatyougot222](#) | [Link](#) | [Reddit Link](#)

Before I begin I just wanna say that I am glad that I have found this subreddit because I couldn't find any Ex-red pillers on the internet. It seemed as though you were for it or against it. Now I wanna share my story. I'll keep it as short as possible.

I am a 23(M) who just graduated Uni. During my time in college, like most college-aged men, all I wanted to do was to self improve, find my "purpose" in life and get girls. Most of the self-help stuff I began consuming at the age of 19 or 20 was mostly healthy.

Around the age of 21, I got my heart broken by this one girl. We were on and off for a year bc I wasn't sure if I wanted a gf at the time but then I realized I did want one so I tried making things work bt us but I got too needy and things did not work out. At the time I was extremely disappointed and felt like a victim bc I thought "I have been self-improving for years!! There shouldn't be anything wrong with me!!" Therefore I was resentful but also sad. From that point on, I was struggling with dating. I felt unconfident and bc I felt that way, I was getting needy early in the dating phase with the women that I was meeting. Therefore I was scaring all the girls away. I realized that I had a lot more self-improvement to do with myself and dating. That's when I found the Rational Male.

I heard about the Rational Male from the Youtube channel: Entrepreneurs in Cars, I didn't know the channel was redpill at the time. Hell, I didn't even know what redpill was but as a 20 y/o at the time, I thought he gave good general life advice. I heard him mention the Rational Male several times and how it changed his life, so one day I looked it up and found amazing reviews and summaries on youtube, at the time I thought, "this is what I need." I downloaded the audiobook and gave it a few listens and loved it. Overall, I thought it was a good book that gave good advice, however, I did think it went overboard in a lot of parts. After reading this book, I introduced it to my friend. For the sake of anonymity and storytelling, we are gonna call my friend "Billy." Without going into too much detail, because doing so is a post of its own, Billy took the book and ran with it. He began listening to all kinds of redpill podcasts, books, and videos. All of which got sent to me. Likewise, I wise doing the same.

While I was going through my "Redpill self-improvement phase" last year I took it upon myself to read No More Mr. Nice Guy and do the breaking free activities. I found a safe person and confided to them about everything, I'd say this and the month I took during that summer of 2019 to travel alone did more to improve myself than all of the self-help content, including redpill content, combined. I also found that the machismo alpha male persona that the redpill professes did not work for me when it came to picking up girls. What helped get my dating game back on track was, get this, being myself, and being comfortable in my own skin. Who would have thought!?!

In conclusion, after seeing my friend Billy fall down the redpill rabbit hole and still seeing him stuck there today and being constantly skeptical of the redpill, I ended up giving it up. Although I still peep some redpill YouTubers from time to time, I find myself disagreeing with them more and more. Also, I have a girlfriend now. I got her not through following every redpill advice. I got her through being myself, feeling good in my own skin, not putting her on a pedestal, and simply just compatibility. She likes me for who I am and we enjoy many of the same things. I didn't act like a macho man or

"maintain the frame" or do any other manipulative redpill shit. I just learned to be with myself and be okay with it.

Who has a story of their own and lmk if you wanna hear more about my friend Billy. That's a story of its own lol.

Simp Gets Red Pilled (Satire) by Cer Spence

34 upvotes | July 10, 2020 | by [TheNobleJig](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=iAVvpiWGpkk>

Uncovering the Root of Insecurity

34 upvotes | July 6, 2020 | by [Graineon](#) | [Link](#) | [Reddit Link](#)

I see my introduction to TRP as an increase in my level of understanding of life. But I also see leaving the TRP as an increase as well. It played its part in the journey of my 'awakening' - you could say. I'd like to write my story here, for those who are interested.

In writing this I hope to point out the true cause of insecurity, and how TRP 'masks' it but doesn't really get to the root.

Beta Mode

I was totally Bluepill with my 1st girlfriend. I was 17, or 18. We were together for almost two years. I would cry, whine, and moan about how we didn't have enough sex, how she wasn't saying she loved me enough. I constantly needed validation from her. I felt so insecure in myself. I wanted her so badly to validate me that I was good enough. I didn't receive the validation I was looking for.

She left me. And a week later started sleeping with another guy, and boasted how large his dick was. This sent me into a spiral of anger. Anger which then led me to 'do something' about my insecurities. I felt that I wasn't 'manly' enough or attractive enough. I was no alpha.

I joined the army reserves during our relationship, but I had only started the tough training after we broke up.

So I pushed through the army, but I was no 'alpha'. I remember one day crying in the ranks. I was not manly at all. Despite overcoming obstacles, I still felt 'beta' inside. I had too many emotions, too many insecurities. I felt weak.

But that feeling of weakness propelled me into bettering myself. This is when I came across TRP. Understanding TRP propelled me to DO something about my insecurities. I started working out, a lot. I wanted to make myself better. I wasn't good enough. But at least I wasn't 'sulking'. I was taking action.

The understanding I got from TRP explained my ex's behavior - how repulsed she was by me, and how quickly she moved on. I felt replaceable, and TRP explained that.

Alpha Mode

For the next 3 or 4 years, I was full TRP. I worked out a lot. Through the whole thing I still had an underlying feeling of insecurity in myself, but I masked it with muscles. I got really good at hiding my emotions and acting as if I didn't have any feelings. I was just 'stone cold' you could say - or at least I acted the part. On the inside I felt soft, but I saw softness as weakness. I saw softness as the reason why my heart was broken. So I tried to coat it with a rough alpha exterior.

But no matter how much I worked out, how many times I got laid (which actually wasn't that much until the later years), I still needed more and more. More muscles, more leanness, more alpha-attitude. I cultivated these behaviors in myself, and acted the role.

I treated my 2nd like crap compared to my first one. I was very dominant, and I made sure to keep her on her toes.

I made myself out to be a prize to be won, but it was only because deep down I felt insecure. I needed her to see me as someone she actually valued, not some beta doormat. I didn't want to expose my

emotions, because I was afraid of being hurt again, abandoned like my first girlfriend.

After we broke up, I was angry and went on a sex-spree. I was just going out at night and sleeping with all these different girls. They would fall in love with me. I would turn them down. I didn't want to touch love. I was too afraid, and didn't want anything to do with it. Although the experiences I had with these girls was fun, it still felt empty. I still felt insecure.

I was still honest. Meaning, each 'plate' I had, I would end up finding another one, and the first one wouldn't be okay with me sleeping with another girl. Bye bye! This happened a handful of times until I met a girl who was okay with it. And we started dating.

This relationship was even more dominant. I was extremely insecure. I was in love with her but I didn't want to show it in fear of being hurt. So I played the role of the I-don't-give-a-shit-alpha.

I equated showing emotions as a turn off for women, and what causes them to leave you. We had a 'deep connection' perhaps, but I definitely didn't act like it.

Post-TRP

That girlfriend cheated on me after 1.5 years. Having understood TRP, I didn't take it personally. I just broke up with her, cried for about a day, and then got over it.

I then met another girl. I was still afraid of showing my emotions, falling in love and being hurt. I was still insecure. So I masked that, again, by pretending not to care. But eventually, I warmed up and felt comfortable enough to 'settle' into not putting up a face. This girl treated me as if she truly did not care if I was beta/alpha or anything in between. We just had fun together, went travelling, etc. I slowly started letting my guard down.

This was happening as I was simultaneously delving into spirituality and psychology.

This wasn't until I came across an understanding of the mind that blew my world away and suddenly everything I had ever gone to made sense, in the most beautiful way possible.

The Root of Insecurity

I understood the root of my insecurity. I'll try to share it in the best way I can right now. In order to understand insecurity, I want to strip away life to its bare components. Regressing to the basics.

Each of us has a gift, the freedom of thought. In this 'eternal' present moment, we have complete control over our thinking. We can make it whatever we want. We can mould thought like clay and create figures and stories.

That's a Principle. It's a Principle, like gravity, that we have freedom of thought. Every invention that has ever been made has been made upon the Principles of physics. Whether it came from China or the United States - all inventions were created within the laws of physics.

Similarly speaking, every human being has within them the Principle of Thought.

The Principle of Thought points to our amazing capacity to think anything, to live as a free thinker.

Then there's another principle: Light - like a movie theater. The light in a movie theater shines through the film in the projector creating a 'big' experience on the screen. What you see on the screen may seem big, loud, and sensorily intense, but it only looks really immersive because of the light that shines through the film.

We have a light too, the light of consciousness. Also a Principle. This makes us aware of how we think and feel at any given moment. It's the light that shines through Thought and brings us a sensory experience of it, WHILE we think it.

It's as if in every moment of life, you are living inside your own thought-created reality.

It's as if we're living in a movie theater of our own thinking. Whatever thought passes through the mind is 'brought to life' by the Principle of Consciousness. It's made to be a sensory experience.

We are not perceiving our circumstances, our world, or even ourselves, we're creating it from the inside.

This points to something simple, but absolutely life-changing if you see it:

You feel the way you feel only because of the thinking you are having at any given moment, not because of circumstances.

That means that when you feel sad, it's not because something sad is happening to you, but because you're having some sad thinking. It's just that our thoughts LOOK AND FEEL like situations and circumstances.

It's inside-out.

The only reason I ever felt insecure in the first place was because I believed my insecure thoughts. I was just having insecure thinking. Nothing else. I made it up. But because my insecure thinking looked and felt very compelling to me (just a 'big' movie theater), I thought I was 'seeing' the truth. In reality, all I was seeing was my own thinking.

It was an illusion.

I was never actually insecure, I just thought I was.

10 years of pain - only because I believed a thought I had.

The True Source of Love

All this has been a quest to have love. Even during my red pill phase, the reason why I wanted to have sex was because I wanted connection. To me, sex was connection. It was a feeling of being whole that I was searching for. I wanted to feel whole and happy, and I thought I needed sex to feel whole.

I wanted to feel love.

But when I realized where love really came from, everything changed.

Love is not something that you 'get' from a person. It's not something that happens when you're physically intimate with someone (although it can be).

Love is an energy in the universe that you can tap into at any moment. It's more accurately described as a state of mind. When we have sex, we momentarily tap into that state of mind where love flows freely and we feel happy and at peace with ourselves.

But this is what I realized:

Love is innate. It's eternal. It's like a sun that can be obscured but never lost. And it only gets obscured when there's some negative thought blocking it. If your experience of life is a painting that you paint with thought, Love is the canvas on which you paint on.

This is what all the religions have been pointing to. You can actually literally experience the feeling of love simply by allowing your mind to settle and looking for a nice feeling. You naturally gravitate with this flow of life, you allow a deeper intelligence to take you over.

It has never been more than one thought away.

That brings us to the 3rd Principle: The 'God Principle' - the Principle of Universal Mind. This is the

intelligence and energy behind all of creation.

We are all 'tapped in' to God, the Universal Mind, All-That-Is, whatever you want to call it. The beautiful feeling of connection we get from sex, that is a feeling we can have at any time, and stay there for as long as we choose.

If another human being wants to join in the dance, that's fun. But they're not the source of love. Love comes from within you. That's where it's always been.

That's what the Buddha means when he speaks of non-attachment. Nothing in the world is the source of happiness. If you see that, you find happiness as an eternal constant in yourself.

Understanding that gives you a sense of security in yourself that no amount of muscles, alpha attitude, # of plates, or anything can even touch. It's completely unconditional. It's the foundation of who you are.

All the joy, happiness, and beauty we all seek is never further than one thought away.

Knowing that everything you seek is already within you changes everything. It's not bluepill or redpill anymore, it's just living life joyfully.

I've been dating my girlfriend for a few years now, 3.5 actually. I never get jealous anymore. Both through my BP and RP phase I used to get jealous. In BP I used get sad and whiny. In RP I just sucked it up and put out a few extra reps at the gym.

But now it's gone. I can't remember the last time I felt jealous. It's literally must have been at least a year. And this is coming from someone that was PLAGUED with jealous thinking for a decade.

I don't see my girlfriend as a source of my happiness, but I am happy with her. There's no games to be played, besides the ones we play together, like board games and stuff. I don't fear losing her because I know the truth of happiness can never be lost.

I spent 10 years of life looking for happiness, love, and beauty in the world. I didn't realize it the only thing between me and it was my own thinking.

Why are TRP Men so emotionally invested into Red Pill Ideologies?

34 upvotes | July 7, 2020 | by [TeePeeDucks](#) | [Link](#) | [Reddit Link](#)

I find that when you challenge their perspectives; even when given evidence, it is actually a very difficult thing for them to accept or see through a different perspective.

It is like there is an emotional investment into the ideologies; as if you are protecting a baby or something. And they will fight you tooth and nails against accepting or even thinking of the situations differently.

Is there a reason for this?

I thought that since they've jumped from Blue Pill into Red Pill easily, and often through just self reading and interacting with others online. Why is it so hard for them to go from Red Pill to something else? Or loosen their grip on Red Pill ideologies just a little?

How do you feel about guys referring to women as pussy?

34 upvotes | January 9, 2021 | by [dcw125](#) | [Link](#) | [Reddit Link](#)

I don't want to sound like a snowflake or anything, but there are times where I get uncomfortable when some guys refer to women as "pussy". Of course there are women who refer to guys as "dick" as well, but do you guys think about seeing the opposite gender as a sex object or just seeing them for their genitals? Thank you for reading and stay safe!

Why do redpillers think people who don't talk and act like them can't get laid?

34 upvotes | November 16, 2020 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

Even when I was redpilled for a few months, I still realized that some betas do get laid.

What an alpha male actually is

34 upvotes | January 25, 2021 | by [Philipparty](#) | [Link](#) | [Reddit Link](#)

https://www.ted.com/talks/frans_de_waal_the_surprising_science_of_alpha_males/transcript

This is a ted talk by Frans De Waal. He says that he unfortunately is one of the reasons the term "alpha male" has been popularised. He says unfortunately because it was unintended, and because people interpret it wrong.

Most people who use alpha male think of a big, strong, bully. Someone who has little empathy and the power to step on others. This is not correct.

In the video he explains how it's a) not needed to be the biggest or strongest. You just need support from other alphas. And b) alpha males in general have higher empathy than anyone else in the tribe.

When you think about it, it makes sense. Alpha is the leader. If you have to cavemen. One is aggressive, a bully, and pushes others down. The other is generous, impartial, empathic, and liked by most. When an animal attack in the middle of the night, which one do you think everyone turns to for help. And which one gets left behind...

I'm ex red pill but the silent treatment really does test me

34 upvotes | February 19, 2021 | by [GarglinMay0](#) | [Link](#) | [Reddit Link](#)

This isnt a gendered thing, I'd apply this judgment to any man or woman doing this

I find it really, really difficult to not lose respect for someone when they do the childish action of silent treatment. It is petulant and disrespectful. I am not a perfect human being. Yes, it may be difficult to voice things that have bothered you, but by doing silent treatment you've proven you want attention more than a fix.

Like this is one aspect I think I retained, the best thing you can do in this situation is ignore them until they stop acting like a child

Detox

34 upvotes | January 9, 2021 | by [Objective_Entry_2048](#) | [Link](#) | [Reddit Link](#)

Ever realize that the entire redpill ideology is founded on fear: fear of being hurt. It's a group of men who need to be "rational" about woman to avoid being hurt, blame society, blame woman's nature etc. By being red pill aware they avoid being hurt again. It's a bunch of scared men looking to have power and control over their partners... The value there is also that a man with more sex or theoretically "sexual" opportunities is superior to other men. So what, who cares man.. there's a lot more to life. They all feel inferior, it's a group of men complaining all day or inflating their own self image.

Just go enjoy your life, meet some woman, see if they're good people, if not drop em, if you like em, enjoy it. Don't worry about being hurt fellas. You only get hurt if you make the woman so important that you become a mental slave to what she thinks, says, or does.

Hope this helps.

I made a video explaining why blackpill (or any pill) is like a cult. Hope this helps!

34 upvotes | November 12, 2020 | by [Thenightismyrefuge](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=OS31fvEzjtc>

An Update from a former MRP/TRPer

33 upvotes | June 5, 2020 | by [SandorSadEyes](#) | [Link](#) | [Reddit Link](#)

So about 10 months ago I made a lengthy post (I'd link it but don't know how) about why I was leaving the TRP and more specifically MRP communities. I signed in to this account accidentally the other day and thought I'd just give a brief update of how my life has progressed since deciding to move on from the Red Pill.

I filed for divorce early last August. Due to COVID closing the courts my final trial date has been pushed out to somewhere near the end of July or early August. Other than not seeing my kids and losing a fair amount of control over what they are/aren't exposed to, I haven't regretted this. I would do it again in a heartbeat. I'm much happier and healthier in so many ways, I've reconnected with friends and made efforts to deepen the relationships in my life that contribute to my overall well-being. I've had some low points to be sure, and my STBX has pulled some seriously ridiculous shit over the course of the divorce but I'm doing well.

Plenty of people recommend taking a good length of time to recover after getting out of toxic/abusive relationships. I had already done a lot of work to get better, both on my own and with my therapist, before I filed. Couple that with the fact that my "marriage" was really over years ago and I personally had no problems hopping on Tinder and hitting the bars. I was just looking to meet new people, to hang out and enjoy women's company and just sort of get used to being back out there. In a lot of ways I was still using some RP philosophy, but its not anything that's novel or that TRP has a trademark on. Some women were definitely just playing with me, looking for attention and I shut that down quickly but politely. I decided I would not compromise on certain things (like skipping workouts to hang out with a girl) and I had to emphasize that a few times. My friends also hold priority over women, and I stopped seeing a couple women because they insisted I come hang out with them rather than my friends ("you'll have more fun with me, I promise"). I was and am having success dating/hooking up so I have no experience of pressure to chase anyone or sacrifice for them in a way that undermines me or my goals and values. I have boundaries and behaviors I won't tolerate and I know my worth as a person and as a man. I learned that from TRP, but as I stated in my original post you ought to be able to learn that from any decent therapist.

A big step in my decision to divorce and recovering from what I went through came from the book "Out of the Fog", which is about recognizing and dealing with individuals who are narcissistic, manipulative and generally toxic. It really opened my eyes to how much bullshit I'd been put through and put up with and I highly encourage you to check out both the book and the online forum. You'd be surprised how much abusive behavior is out there in your own sphere. Its helped me navigate my relationship with my mother and sister and its a resource I never hesitate to pass on to anyone I think could use it.

In my case the Red Pill delivered on its promise of making or breaking my marriage. The reality though is that my marriage was broken from Day 1 and would have remained so due to my ex wife's

personality disorder. It never would have mattered how "good" I became, and realizing that I filed without hesitation. I also understood that I was feeling great about all aspects of my life and in a lot of ways that seemed to make my ex wife's behavior worse. She would say awful things to me when I would talk about getting my drinking under control or that I hit a new PR in the gym. I was getting plenty of positive feedback from my friends, my therapist (not to mention a lot of attention from women) and yet my wife, my partner in life, could nothing but insult me and shit on my progres.

These days I'm focusing on learning about how to build and maintain healthy relationships. I'm learning about healthy communication, about listening, and what love really is and looks like. I'm very clear and honest with all the women I have dated or seen casually and the vast majority of them have been understanding and basically doing the same thing I am. Despite the insanity that has been 2020 I'm having a blast with my kids and my own (limited) free time and I'm looking forward to whatever comes my way next.

I sincerely hope some of the guys here have taken the good from TRP/MRP and applied it and had success in pulling their marriages or relationships or even themselves out of a terrible nose dive. I also hope you come to see your time in Red Pilled territory as one more rung on the ladder of life. Its behind you now, but at one point it was a necessary place to grab on to. There's no shame in having drank from a bitter well when it seemed to be the only one around, but there are certainly better options than Red Pill.

RP advice is mostly about gaming trauma dynamics - agree or disagree?

33 upvotes | January 22, 2021 | by [PSSD_Kara](#) | [Link](#) | [Reddit Link](#)

I've read RP boards out of morbid curiosity and I personally feel that most of it is about how to create and reinforce a trauma bond... especially how to spark an intense toxic obsessive/chasing abandonment reaction or trigger in women. I firmly believe that RP for men, is like an instruction manual for "gaming" traumatized women for maximum sex (which really seems to be about validation and power in an RP context).

The truth is that childhood trauma and personality disorders are extremely harmful and warps relationship skills in both genders. My own mother is NPD and I'm the one who encouraged my father to leave and to not allow himself to be treated this way ever again. There's much talk about women dating "jerks" but almost no talk about educating men about abuse and neglect and how it shouldn't be accepted from anyone, to anyone. Regardless of gender. I really believe that this unawareness is a massive issue poisoning gender relations.

I see way too many men accepting abuse, manipulation and neglect in exchange for sexual access and way too many women accepting the same, for commitment access. I advocate for singlehood and celibacy if a healthy and mutual relationship is not available. Yes, we are an animal species and the most attractive men and women will have more options for partners. But I don't see why learning to manipulate and play on other people's trauma just for sex or commitment, is truly worth it to anyone. Is the dopamine from "RP-obtained sex" or "a relationship just to have a relationship" a worthy replacement for the mutual and honest love that a lot of these posters seem to truly want? I think that mutual and honest love is an objectively rare thing, for average or below average looking people of both genders. It's normal for average or below average looking people to be single for long periods of time, waiting for something real. If you have to manipulate someone and be a false self for them to be with you, is it worth it?

The only "RP advice" I support is working on and valuing yourself. This includes your health, and seeking positive, productive platonic and occupational social relationships. But honestly, that is not RP advice. That is just a recap of even the most generic life advice that's out there.

Ex RP Woman. Don't repeat my mistakes, please.

33 upvotes | November 23, 2020 | by [pinkunicorn998](#) | [Link](#) | [Reddit Link](#)

Hi guys. Woman here. I was always averse to 3rd wave feminism because I didn't like the idea of "man bad, woman good." No one is all good or all bad. Some people are assholes, narcissists and devils. Has nothing to do with gender.

I indeed had sympathy for middle class and low class men losing everything in divorce court. However the rather extreme beliefs don't make sense at all. Men who complain about gold diggers usually EXCLUSIVELY lust after gold digger women. RP men will claim a "6" is easily manipulated and great for doing the cooking, cleaning and so on. Funny how even after that, they keep salivating over Instagram "thots". The hypocrisy is so so high.

As for me: I started watching RP content by accident. At age 19 I got gripped with the intense fear that I was running out of time and my value was rapidly decreasing. I started husband hunting and chose a sociopath who I allowed to put me down for months. I was so desperate to be loved and to EARN love. Cooked a 3 course meal for him and his only reaction was "don't be too proud of yourself." Starved myself because he said he was into "super skinny blondes with big boobs and he couldn't get it up because I wasn't his type and my knees were too fat. Mind you, I am normal. I am not obese or severely overweight. I have a pretty face which people would frequently remark but never him. Even when I dressed to the 9's he still wouldn't compliment me. Gaslit me 24/7. Had a severe porn addiction and had several accounts on dating sites. Found a replacement for me the SECOND I ended the shot show.

I spent so much money traveling to him and buying groceries for him, I am fuming at the thought of how much money I wasted. This wasn't even 50/50, I was paying 90%. Meanwhile he actively isolated me from friends with family. It was a shit show and I am so glad to be out.

Now to be fair, I did have a pattern of going for horrible men and trying to earn their love. Pattern I had learned trying to please my dad. So, on one hand I am extremely grateful the red pill drove me to the extreme because it made me slap myself into self-respect and bulletproof boundaries. On the other hand, it's a pure garbage can on fire. Many of the thoughts are correct like your dating pool shrinking with age and militant feminism being destructive - but it also gets so many things wrong.

Especially the idea that women don't deserve unconditional love. Let me tell you - I have loved people unconditionally with all my heart and it tore me apart to receive cold, strictly conditional "love" as a response. It's not normal to be deathly scared of aging or gaining 20 lbs. Based on their ideology, you should have a free pass to cheat on your pregnant wife because "she has let herself go."

Listen, everything is very simple. People who don't respect kindness have issues. If someone mistreated you despite you being nice, they have an issue and it's not an excuse for you to become bitter. Analyze why YOU allowed disrespectful people to enter your life.

I have become severely allergic to men who play games, flake, show disrespect and put me down. I have become very strict with vetting.

Men - if you want a wife, then you better be mentally and financially prepared to purchase diapers and fund your kids college life. Broke men who are upset at a lack of WIFE MATERIAL are LAUGHABLE. Do you really call people gold diggers for expecting you to have enough money to cover basic health insurance? Pathetic.

If you go for people who use you, you WANT to be used. Seek therapy, not bullshit rationalizations.

Thanks for reading ☐☐

Mod-approved - Male Suicide Research (Men who have attempted suicide, 18+, based anywhere)

33 upvotes | January 4, 2022 | by [susie_research](#) | [Link](#) | [Reddit Link](#)

Hi everyone,

With the permission of the moderators, I am posting this request.

My name is Susie Bennett, and I am a researcher at the University of Glasgow. Through my work, I try to understand male suicide risk and recovery factors better.

I am looking for men who have attempted suicide to take part in my next study to co-design a research agenda for investigating male suicide.

At the moment we have lots of research areas to investigate in terms of their link to male suicide - domestic violence, sexual abuse, food, relationships, body image, loneliness, work, sexuality, parental alienation, and many, many more. I would like you to help me decide which questions are most important. Together we will produce the first research agenda for male suicide. We will develop the key questions for researchers to tackle to improve our understanding of male suicide risk and recovery factors.

If you are a man who has previously attempted suicide and would like to be involved, you can read further details of the study and sign up to take part here:

<https://suicideresearch.co.uk/research-agenda/> and if you have any questions please get in touch with me and I would be very happy to talk more.

Many thanks for your time and thanks to the mods for letting me post here.

Take care,

Susie

Why are single red pill men angry at single mothers?

33 upvotes | January 18, 2022 | by [Scorpio_Kiev](#) | [Link](#) | [Reddit Link](#)

I just spoke to a red pill single friend of mine and he went on a rant about single mothers for over an hour. He even mentioned Kanye West situation with Kim. He says Kanye coming out on IG complaining about Kim is a win for red pill. Where is this hatred towards single mothers coming from? And these are dudes with no children.

Do not adopt the defeatist mindset that redpill promotes

33 upvotes | February 11, 2022 | by [Brando_Puerto_Rico](#) | [Link](#) | [Reddit Link](#)

There is no benefit to it AT ALL

Why would you adopt a mindset that literally eat you up from the inside?

There is literally no benefit at all to be a defeatist self-loathing hater

If anything you will be making yourself worse then you were before

Dont be that guy who goes around spreading his toxic ideology of negativity and pessimism/defeatism without being able to justify why he does so to begin with

Its a coping mechanism and stop coping with it

These guys irl have one huge giant shitty vibe but on the internet most of you cant see it or feel it so you dont care

These are the type of guys who literally kill the mood of everyone around them as soon as they start preaching their bullshit ideas

Dont take redpill seriously AT ALL

men need to be taught how to discern red flags in women as well it's not just going after the first woman that likes them

33 upvotes | May 7, 2022 | by [Kyushu18](#) | [Link](#) | [Reddit Link](#)

One of the things I wish I could go back and tell myself is that just because a girl is interested in you does not mean she has your best interest at heart

Girls are human which means they also have flaws

Just because a woman is a woman does not mean she is a perfect angel and I think a lot of guys don't realize this until they have been heartbroken enough

Just as bad experiences and heartbreak lead some women to become radical feminist, the opposite is true also with men and that's one of the biggest catalysts for me going down the red pill

You could be the most open and genuine and empathic person. You could be super understanding of the opposite sex and you could be super attractive and outgoing but all those things aren't Shields from being disrespected

Especially if you grow up with nothing but negative experiences with the opposite sex

One bad toxic partner can destroy years of self-improvement in development and that's a hard lesson I'm learning

I wish that I could go back and tell myself to not ignore her red black but being young and dumb I ignored it and told myself that relationships are work

But it didn't matter because I still ended up abused and I went down a dark Road for it

People really need to be careful with not only who they let themselves be around the what type of information they absorb

Before my Redpill days I was a radical feminist, and truly it was because I did take my own masculinity because I'm a huge black dude.

Both men and women were always uncomfortable around me and you didn't have to be an adult to understand all the connotations with that

I did not want to go up to any woman let alone act all smooth and confident because everything I was taught about that told me that I would be a weirdo or a creep and sexist

But that uncertainty in the willing to do with is exactly what women find attractive so even though you may look weird or creepy and doing So eventually a woman would be attracted to it

And even though the women I dated were not the best I still know not every woman is like that and a lot of girls are cool and are very understanding. I've even had a white feminist girl even tell me that's a lot of women do not realize that they even have a privilege because unlike men and especially large minority men, they are not seen as an immediate danger or threat when they go in public spaces.

By the time I Was Eighteen and I finally found a way to socialize and love myself I attracted a girl who basically destroyed all the self-esteem I built up to that point.

But looking back she had a lot of toxic behaviors that are just not good for a long-term partner. I kick myself every day wishing that I saw the red flags

It is important that men go out there to get experience because women are not going to go up to them

but we also need to teach me that they should love themselves and not just give their all to the first woman that entertains them.

Why Red Pill is a Cult - Part 2 (Based on Mark Manson's writings)

33 upvotes | October 30, 2016 | by [RedPillDetox](#) | [Link](#) | [Reddit Link](#)

Do you know Mark Manson? If not i recommed you check him out. He's a (increasingly) famous blogger who writes about culture, self-improvement and dating. And he posts some really epic shit. One of these was a post called "[The solution to all of your life's problems](#)". If you haven't read it before, i strongly recommed you to read it, nevertheless i'm still gonna summarize it.

"The solution to all of your life's problems" is a satirical post about, you guessed it, the solution to your problems in life. Which is very simple:

Start a cult.

You got that right. Start a cult. Think about it. You take a few fools, convince them you're some kind of messiah and that the world's gonna end and you can save them. And then you can have them giving you money or even wipping your ass if you think it takes too much work.

How do you start a cult? According to Mark Manson it only takes 4 steps:

- **Get a set of believes that can't be easily proven or disproven** - Such as convincing people you're a messiah or the world is going to end. How the fuck are people supposed to prove or disprove that? They can't disprove that you're a messiah, which proves that you're a messiah... well, sort of.
- **Pre-emptively invalidate all criticism or questioning** - Everytime someone questions your "truths" simply discredit them somehow. For example, if someone disagrees that you're a messiah tell your followers that the derogator was put on earth by satan to test your followers faith. And therefore, the derogator must not be believed.... (he may be lynched instead *COF*).
- **Find your people** - Like, go convert the depressed, the needy, the desperate... you know, the people that are emotionally likely to believe you. Bonus points if they are not very educated, young, poor or have fucked up life histories.
- **And finally, create an "Us vs Them" Mentality** - You need to motivate your followers by offering them an imagined enemy. This way they are going to believe in a greater cause (defeating the enemy) while being terrified to leave. It also makes discrediting derogators and criticizers much easier. Congratulations, you now have a cult.

So how the fuck does this relate to the Red Pill? Simple.

The Red Pill has a **clear set of believes that can't be easily proven or disproven**. It is "based" (more like misinterpreted) on evolutionary psychology studies. Now, as much as evolutionary psychology is a scientific field, it is highly controversial given that, you know, it's really fucking hard to guess exactly what evolved strategies caveman had millions of years ago. It's literally trying to guess what happent millions of years ago when most of us don't remember what we had for dinner last night lol. In addition, there are a lot of highly subjective and hard to prove beliefs within Red Pill. How the fuck are you supposed to prove that "All women are like that". Or that all women have like 40+ sexual partners? Or that women view you either as an ATM walking machine or a walking dildo. Even if you ask them they may be lying. How are you supposed to prove that if a woman went to bed

with you was because of you alpha behavior and not because she liked the way you looked, reminded her of a past-boyfriend or she simply liked your shoes lol. How are you supposed to prove that there's this small subset of men named "alphas" who are dominant and masculine and let no one fuck with them but at the same time are charismatic and cool and everybody loves them even though they are "bad boy douchebags?" How do i know if i am an alpha if the caricature is so subjective?

Red Pill **rejects every criticism by discrediting critics** and this one is easy to see. Don't like Red Pill? You're a feminist, an hamster, a beta cuck, a white knigh mangina, all brainwashed by feminist propaganda. You don't like "highly masculine men"? What do you know? You're a woman, women know shit. Bottom line is: Red Pill is perfect, every critic is wrong because they are shitty people. The "Game" that Red Pill teaches is also subject of the same manipulative tactics: If you use game and it fails you can't criticize it because it's your fault. If you used game on a girl and she rejected you it's because you didn't game her "well enough" and not because the game your were taught has faults. Bottom line is Game is perfect and you're just using it wrong.

Red Pill also has an obvious **Us vs Them Mentality**. Feminists want to emasculate you. Betas and Cucks don't want you to get laid because they think they'll "outcompete" you by being nice to women. Society is against you because of feminism. Your dad is against you because he wasn't a "masculine model" to you. Your mom is also somehow against you because she raised you based on feminist shit views. Your cat is against you because you touch yourself at night. The world is against you and it's gonna collapse due to liberals/progressives/whatever-the-fuck-it-is-they-are-obsessed-about-these-days and only the "chosen people" of Red Pill can save it with the power of "family values dropkick" and "masculinity super-punch" against the filthy scum of cucks and feminists and liberals and the flying spaghetti monster.

Finally, Red Pill choses it's people well. It attracts the lonely dudes who can't have sex. The dudes who were cheated or fucked over by women. And the men in general who feel that they don't belong anywhere or don't have a cause regarding anything. In my first post i discussed that cults show up in areas of life where society is failing people, as quoted by the famous social psychologist Philip Zimbardo. And for the first time being a man in our society is ambiguous. Men used to fight, to chase women, to support their families, or whatever the fuck our grandfathers used to do back in the day. And now men are confused about what being a man is. Thats' why "masculine" clubes like Red Pill appeals to certain men. It offers answers they may want to know, but in the end it only results in a "neurotic over-reaction" of a bunch of dudes obsessed with masculinity and getting laid to prove something to themselves.

Bottom line is: Red Pill IS a lot like a cult. Red Pill DOES employ the same tactics that hardcore messed-up cults do. It subtly manipulates people into believeing weird things that are probably far from being truth.

Found my husband's red pill readings- how do I build trust again?

33 upvotes | April 10, 2016 | by [QBall37](#) | [Link](#) | [Reddit Link](#)

I recently discovered a lot of red pill commentary in my husband's conversations with others (I'll own it; I was snooping where I had no business being)

I confronted him and he said it wasn't that serious for him, that he was focusing on self-improvement to make us both happier, etc. Then he deleted the conversation I had started reading so now there's no way to prove it. I'm trying like hell to believe him, but I don't see how "dread game" could ever be anything other than emotional abuse, nor how AWALT could ever be anything other than misogyny. Oh, and the kicker, this had been going on for over a year.

I've been spiraling for a week now. Can't sleep. Can't eat. Can't focus at work. I can't look at my husband without wanting to vomit (and actually have more than a few times). I feel stuck. Can't throw away my marriage (which I thought was happy) on so little basis, but I can't stay like this either- way too much doubt to rebuild trust. Any advice from former red-pillers welcome

My personal experience with the Red Pill mindset.

33 upvotes | July 18, 2015 | by [ThatShoegazer](#) | [Link](#) | [Reddit Link](#)

I was 22. The first woman I had ever legitimately loved broke up with me because I constantly needed reassurance from her that everything was going to be okay. I suffer from severe OCD and the connected low self confidence it so often brings. I started obsessing about my ex, getting jealous, and constantly inquiring about her sexual experiences.

It was also around this time that I formed a passion project band that would later kick me out for displaying controlling and abusive behavior. I wrote lyrics mostly about my ex, even if they were vague. I had this idea for a breakup album, and my band was not cool with that. We weren't even at the phase, creatively, to start even talking about recording, let alone creating an album. I was treating my band much like a man treats a girl when he's on the rebound. It was DESTINED to fall apart.

When I was thrown out, I was devastated. I didn't realize that this all stemmed from the woman who had dumped me (for a very logical reason, mind you). I became depressed and reclusive, only working, coming home, and playing video games. The only friends I had at the time were my brother, my best friend of 14 years, and a female friend that I was slowly getting infatuated with. Out of those 3 relationships, I am only now currently friends with the best friend. I effectively pushed my brother away to the point where we no longer speak, and the female friend that I lived with got understandably scared off.

I started becoming obsessed with sex. I'd waste hours on Omegle looking for girls to cyber with and constantly watch porn. I then discovered a pickup artist named Johnny Sapporno and watched a series of his videos. That's where the real shit happens.

Sapporno draws you in with a very realistic approach: only through self worth and acceptance will you ever get women. Then, he spends the next few hours using pseudoscience to convince you that women, biologically speaking, all want multiple partners and that every aspect of a relationship revolves around sex. THEN, after that, he starts indoctrinating red pill ideology in you without calling it that, and basically becomes your run of the mill PUA.

Eventually a major life event happened that forced me to stop thinking this way. I can't talk about precisely what it is, but I was facing the likelihood of jail time for something I had done. Luckily, I dodged a bullet, but it made me evaluate my behavior.

Here's the problem with both the Red Pill and the "Nice Guy" persona: they both prioritize sex and relationships over every other aspect of life. They force you to put everything else - your career, your goals, your health, etc - on the backburner. It enforces the mindset "THIS IS ALL YOU NEED TO BE HAPPY". And then, even the odd luck happens that someone comes around, you cling onto them for dear life, becoming desperate to hold onto the one thing you think you need to be happy.

I put in extra effort to fix up my life. I started a music review show that, while a pie in the sky dream, I'd like to turn into a career. I still work my crappy thrift store job, but either my show will take off, or I will return to school, get a bachelor's degree, and become a choir teacher. I have goals now, I have plans. I also now exercise via intensive dancing to music I enjoy listening to. I have found my own way to make my life work for me.

I deleted all of my dating profiles and have vowed to never again go on them. Why? Because I need to know that it's like to be happy without a lover in my life. I need to do THE COMPLETE

OPPOSITE of what it was that I was doing in the first place in order to learn how to go about it correctly.

To those of you struggling right now, get your fucking life together. Focus on YOU. Look at yourself, would you want to date you if you were the female equivalent of yourself? No? THERE'S your reason why women aren't dating you. Your life isn't in order. It's a mess. You're the type of guy who becomes obsessive, clingy, and controlling. And these red flags are seen MILES away.

Get out there and get it together. Stop letting love be a goal. Let it come to you. Go and do things you enjoy, and take care of yourself. But do it all for the sake of bettering yourself to have a more enjoyable life. You may go months, maybe even years, without so much as even a fling. But, trust me, when you have control over yourself and your emotions, it won't fucking matter anymore.

I am now 25. It's still been 3 years since I've had a sexual partner, and I've only been on a handful of dates since. I can never gain back the friends I lost when I was a gigantic dickwad, but I got new friends. This is what is most important: life goes on after red pill. Or, to state it more realistically: life goes on after dark periods. I now live with the consequences of my behavior. That band I was talking about? They've started talking badly about my show in an effort to try to drive people away from it. But I have to deal with it. I can't change how I made them feel, no matter how many "sorry"s come out of my mouth. And quite frankly, I can't live in that past anymore.

If there's anything you should hold onto from the Red Pill it's exercise, eat healthy, and be confident. Everything else is utter garbage. Just a bunch of junk food philosophy to stop you from dealing with the real problem: you!

Thank you and farewell

33 upvotes | December 31, 2014 | by [zudomo](#) | [Link](#) | [Reddit Link](#)

I learned a lot from my 4 month stint on the red pill. It helped me become a better person. This is what I got out of it.

1. Learned to increase my value - I picked up guitar and cooking
2. Posture is important
3. Maintaining Frame is important
4. No More Mr. Nice Guy (Every lesson from the book)
5. The importance of ambition

I could never fully swallow the pill in regards to women at least to the extent that the sub goes into. I couldn't fill myself with that much hate.

If you're going to go down that rabbit hole, wear a bungee chord

My bf and friends discovered the redpill and MGTOW

33 upvotes | November 2, 2019 | by [littleBIGAPenny](#) | [Link](#) | [Reddit Link](#)

My bf of 3 years left me today. He discovered the 'Redpill' a few months ago and he and his friends have been obsessing over it. For the past few months we got into fights for silly reasons and I didn't understand why he was so annoyed with everything I did. Finally today when we were arguing he said this is why we MGTOW don't marry you bitches. I was in shock, I was sure our relationship could overcome anything and we'd marry someday and start a family. I screamed back and this made the argument worse and it ended with his packing and leaving. I don't know what to do. I researched MGTOW and the redpill and wish I knew he was reading such content sooner. I will probably have to drop out of university and start working to support myself or move back in with my parents. Regardless my life is in shambles thanks to MGTOW. Please if any men are reading this, don't believe what you hear from MGTOW. They are hateful and will only destroy good women and relationships.

Ex redpill detoxing and enlightening

33 upvotes | March 11, 2020 | by [CptConfused](#) | [Link](#) | [Reddit Link](#)

Ex Redpiller here.

Yeah, I'm just coming to terms with how much of a 'sap' I am. I'm not special. I'm struggling to get by on minimum wage like everyone else. Sure I strive for better things everyday but that doesn't make me better than anyone especially a woman.

Now I'm trying to unlearn all the bullshit I read on that subreddit and all the bullshit books I read on seduction. There are some good guys in the community with good advice but they are few and far between and I don't need anymore advice on "how to talk to girls and get there numbers" etc.

Now its time to admit that I want a girlfriend. That I hate casual sex. That I'm not attractive enough to effortlessly attract any girl I want (believe me I used to think I was). Its time to admit that I want fuzzy warm feelings, I want to make romantic gestures, I want to be soft and I want to love someone deeply and profoundly.

I don't meet new girls everyday, but I have to make the effort to. And when I bring up the courage to say hi to you at the club or whatever event we're both attending I have to be honest, open and I can't be putting on a stupid front. I have to admit that it's scary to talk to a girl I fancy and to ask you out on a date, I have to admit that its scary every time and it doesn't really get any easier. I have to admit that I'm going to miss the moment, screw up, act awkwardly, say something stupid, embarrass myself and so on. Because I'm not perfect and there's no way I can be.

All that matters is that I'm trying, and I'm trying because I think I like you. We men are pathetic creatures, and you women laugh about the embarrassing things we do, you talk about it with your friends and so on, but you don't laugh out of spite, you actually find it cute. When I see a "natural charming man" I don't believe that what I'm seeing superficially is a true picture of what's there, behind the curtains that man probably has bigger problems than you know and his effort to look good in public is doing a good job of covering up those issues, but I always remember that they're still there.

It's always better when you admit to how foolish you are, to how you fucked up, to how you are not special. Believing you're special is just a delusion, its a cover up, your faking it till you make it and guess what, your never going to make it so you'll be faking it for the rest of your life.

Whats important is to 'try' as much as possible to be comfortable in the moment with your life, right here right now, and to do things right here right now the way you want to. To wear your heart on your sleeve when you meet people, to take care of your responsibilities in terms of your health and finances and to do the things you truly enjoy and build your own future. Your mental health is not perfect, everyone has tough days, tough mornings, tough afternoons, arguments etc. But you know that that's normal, you know that that's not a defect only you suffer with, its the natural cause of trying to strive through life and make a living.

And that's that.

The Alt-Right Playbook: How to Radicalize a Normie

33 upvotes | April 6, 2020 | by [Mumbledoor](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=P55t6eryY3g>

This Redpill shit is like Corona virus God! damn!

33 upvotes | August 17, 2021 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

Crosspost "The easily intimidated "Alpha" is approaching" from /r/AreTheStraightsOK:

Posted by Lilnymphet | 18 June 2021 | [Link](#)

New Hampshire State Rep Who Created Reddit's 'Red Pill' Resigns

33 upvotes | May 17, 2017 | by [cyanocobalamin](#) | [Link](#) | [Reddit Link](#)

<http://www.thedailybeast.com/articles/2017/05/17/new-hampshire-state-rep-who-created-reddits-red-pill-resigns>

Are red pill men just desperate for a way to get women to like them?

33 upvotes | September 24, 2021 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

A lot of them act like they know "the game" ironically. Probably just a sad way to convince themselves they aren't entirely pathetic. Like if they get rejected they can fall back on their red pill bs instead of accepting they got no game. I just get the sense that these rp guys feel like total losers inside and are finding every possible way to say they aren't.

When the woman loses the divorce, the manosphere loses empathy.

33 upvotes | October 9, 2021 | by [ET-Osmio-180599](#) | [Link](#) | [Reddit Link](#)

Hi, with these screenshots demonstrate how the manosphere loses empathy when the woman loses the divorce, here a video from Better Bachelor analyzes Adele's divorce where she lost over \$100M to her ex-husband.

If you look at the comments of the video, the whole manosphere applauding and congratulating the man for the victory in the case and in turn how they feel proud when it happens to the woman.

The hypocrisy comes when where the man loses in divorces, they blame the woman and treat her as a bad wife and a "Gold Digger" and empathize more with the man than the woman,

Hypocrisy at its finest shown in the comments.

<https://preview.redd.it/cl90d332xgs71.png?width=1408&format=png&auto=webp&s=ec942a50c34fdb2039a41c6f7f535be8b9a221b>

<https://preview.redd.it/9zplma73xgs71.png?width=1289&format=png&auto=webp&s=31705cec35f798a6544907fcc06399eb0c20f1a7>

<https://preview.redd.it/w5al0ea4xgs71.png?width=1401&format=png&auto=webp&s=21078c47fbd9caeb035733a301fa259af4dbd8d5>

“Men without women is school shooters”-The roommates podcast

33 upvotes | October 13, 2021 | by [Left_Yogurtcloset779](#) | [Link](#) | [Reddit Link](#)

This may take the cake out of everything they say but who knows. This channel is extremely redpill but always says that they are not. Found an interesting reaction/ Analysis that I'll link. Hafeez was literally trying to say that women rejecting men when it comes to dating will lead to them becoming school shooters. What's funny is that he made an entire video saying how women are so entitled these days, when he's making comments that give the impression that men are entitled to women. Newsflash! You are not entitled to women and their presence. To try to blame women for a problem like this is crazy. The comment made me think about the whole “what were you wearing” question. I hope that any woman who watches their horrible channel does not place blame on herself if a man harms her.

Men like Hafeez truly believe that women were placed on this earth to only serve men and their needs and whatever her passions and inspirations are don't matter unless they are benefiting a man. It's sick. He just gives me such odd vibes and I didn't fully understand until now. He says things so casually that we miss what's actually being said underneath. Summit to me or die. That's what it gives me. The whole thing just seems like a threat or scare tactic to women and it's disgusting.

Did any of you ever watch them but then realized how damaging their messages were and moved away from them? Like just kinda woke up and snapped out of what they were saying? I'm interested in hearing your story.

Edit: forgot to mention he looks up to Jordan Peterson and promotes him and his books a lot. That should tell you more than anything

Link: <https://youtu.be/s9l9t1pHcws> (around 6:50 time stamp)

Lol there are REALLY people that believe the red pill junk....or is it just a serious cope?

33 upvotes | October 31, 2021 | by [PrincessTiaraLove](#) | [Link](#) | [Reddit Link](#)

I made a post in another sub about sex, clibacy, abstinence, waiting for marriage etc and some incel wrote I'd probably never meet a man that will wait unless he's a simp, because of my "High mileage" and sex before marriage is reserved for virgins. lmfao. I don't want to say bad things about these people, but seriously? High mileage? Given the internet, early exposure to sex via the internet etc a person is going to be hard pressed to meet another person that doesn't have sexual history unless of course we're talking about these internet trolls that blame their lack of sex on everything except themselves.

It often happens that I read or hear stories of how a guy used flattery or was so nice and sweet with a girl that she slept with him because of it, then I always think about the redpill, which instead promotes being "toxic" (whatever that means btw) and treating women bad, and it just doesn't add up

33 upvotes | December 1, 2021 | by [perla-madonna](#) | [Link](#) | [Reddit Link](#)

Btw it never ever ever worked for me. Everytime I tries to be an asshole or angry at a girl, I only got labeled as some asocial weirdo. Everytime I had some sort of story or relationship with a girl, it was because of mutual chemistry and treating her good. Ofc teasing could have happened, but it was because of chemistry, and some asshole jokes were also seen as joking etc.

How do redpillers explain this?

How can I stop feeling resentment and jealousy towards women?

33 upvotes | May 28, 2022 | by [nicholasbuchanan](#) | [Link](#) | [Reddit Link](#)

It's as simple as, I'm a lonely awkward guy who tries to make friends, but it can be quite difficult.

And my brain keeps reminding me, that if I was a pretty girl, I could probably have a great big social circle in no time at all; with plenty of dating prospects at the click of a button.

Obviously making comparisons like this doesn't help anything, but I can't get my brain to stop repeating it.

I'm already in therapy for similar reasons so don't say anything like that. I have multiple doctors helping me already and it doesn't seem to be enough.

Hypergamy has my mind all messed up. How much of a battle really are you in with other men to get women?

33 upvotes | July 11, 2022 | by [spankyourkopita](#) | [Link](#) | [Reddit Link](#)

I keep thinking it's this ridiculous competition to beat out other men and prove you're the baddest dude on the planet. Sure if a woman is attractive I'm sure there's plenty of dudes who would want to bang but that doesn't mean she wants to be with you.

I feel like I'm missing the big picture or have no clue how a real relationship or interaction is. I'm caught up in this insecure battle with my manhood.

My birthday is today, and have no friends or family to celebrate with.

33 upvotes | July 23, 2022 | by [Pomeranian111](#) | [Link](#) | [Reddit Link](#)

I've come to believe I'm just not someone anyone wants to be around, platonically or romantically.

Isolated and hate socializing, also incredible bad at it as well.

Redpill and blackpill beliefs worsened my sanity even further. Now not only am I hateful, but have the same awkward quirks I was born with.

Wanted to get out today and there is a thunderstorm coming where I live ☐. Been a shitty last few weeks lol.

Edit: Didn't mean for this to sound so sad and depressing haha.

'It's a slippery slope': How young men fall into online radicalization | Reid Brown says YouTube started showing him problematic content when he was 13

33 upvotes | September 20, 2022 | by [absolutebeginners](#) | [Link](#) | [Reddit Link](#)

Crosspost "'It's a slippery slope': How young men fall into online radicalization | Reid Brown says YouTube started showing him problematic content when he was 13" from /r/technology:

Posted by Hrmbee | 20 September 2022 | [Link](#)

There is one thing that I don't even understand about matt cross

33 upvotes | November 7, 2022 | by [ConstructionAny4047](#) | [Link](#) | [Reddit Link](#)

Matt cross is so quick to call out women who are over 30 that are single and unmarried whores, grandma's, and damaged goods meanwhile matt cross who is over 40 unmarried, damaged slept and fornicate multiple women. Speaking as a 20-year-old women I find it real gross and unattractive for a guy his age sleeping with multiple women who are about my age.

A lot of red pillers seem to think women are into bad guys, but they also forget if you're an average or ugly looking, fat neckbearded dude using asshole behavior to compensate for in the looks department, that will be just as off turning as being a shy timid nice guy

33 upvotes | January 7, 2023 | by [Cookiecuttermaxy](#) | [Link](#) | [Reddit Link](#)

I notice a lot of red pillers using the "be a bad guy" card as some get out of jail card when you can't afford yourself to look a little more presentable, trust me I noticed your typical cliché neckbeard fat glasses-wearing dorks using the act of being an outright asshole to compensate for lack of self respect or given respect from others around him, but with that attitude people can smell insecurity from a mile away

The equation usually goes

Charm+looks+charisma+attitude, not looks+attitude+charm+charisma with the first equation implying looks factors way more in than attitude and the second vice versa

Is like a pretty woman basically downgrading her attractiveness and starting to be viewed as repulsive if she has a combative, overbearing and bullyish attitude

Being a acne-ridden cheetoh-finger-licking glasses-wearing fat neckbeard dork with an asshole attitude can be just as off turning to women(if not even more) than a presentable, well-dressed shy timid nice guy

Look at Lionel Messi, the guy is more shy than a turtle and the dude literally still has a stable relationship to this day

And plus is not about being so much so a bad guy, is about having self respect, having a bad guy attitude to compensate for the lack of self respect can be just as repulsive

Otherwise most incel terrorists by now would be desired by a ton of the women they created a scene near, according the TRP's short-sighted logic.

If someone has doubts if this subreddit actually helps or if it's just switching to a different poison...

33 upvotes | January 3, 2023 | by [Arcaribus](#) | [Link](#) | [Reddit Link](#)

I made a post here yesterday and I was prepared to get the usual reddit responses.

However, I actually got surprised that people actually listened, had their opinion, and were open to discuss where the differences in our opinions came from, and let the conversations reach an actual understanding, where at least I felt like both parties got something new out of it.

So my first reaction was to see if I just got lucky with who responded, and looked at a couple other posts and the comments there as well. And yes, basically it looks like it's just normal here.

So yeah, this place is actually very helpful. People of both genders seem really caring here. Well, at least compared to a massive amount of the internet. Makes one actually feel challenged, but not with endless streams of insults, instead with actual differing ideas.

I think I'll actually just make this my new favourite place on the internet. Feels like I finally found a community that doesn't only mentally strain me.

I look forward to communicating with you people. I'll try to help with grounding the people back to reality here and there from here on out as well.

(I hope this kind of post is allowed. If not, tell me and I'll just remove it on my own.)

Red pill is literally ruining my marriage

33 upvotes | March 3, 2023 | by [8LunasWorld8](#) | [Link](#) | [Reddit Link](#)

After nine years, our second child on the way and him falling deep into red pill videos.

He (m38) has decided that I (f29) have grown into a 'modern woman'.

If he makes one suggestion that I don't agree with I get called combative and disrespectful.

I apparently suddenly can't make sound decisions because I'm a woman and I am too emotional to think for myself.

If I express a counter point, now he twists my worst a spews silly red pill stats at me without nuance.

Quoting people off the internet instead of actually having a conversation based on your specific relationship.

Self victimisation at its finest.

He has convinced himself that I am out to take all his money and masculinity. When I give examples of how I'm not - he says I'm being ungrateful for not being content with all he does.

I literally can not win. When I refuse to discuss things because I don't want statistics to be shouted at me instead of speaking about our relationship directly, he has a problem with that too.

I suppose it's because I am a woman and too dumb to understand anything of course.

How do I get my brother out of the red pill?

33 upvotes | March 21, 2023 | by [imullyn](#) | [Link](#) | [Reddit Link](#)

I just had a huge argument with my brother and I'm feeling like shit.

He complained about how all women were shit especially western women, and POC women, and said Asian women were the best, I honestly tried my best to calmly talk to him, try to change his mind

But things kept escalating and I lashed out, we had a screaming match and I was shaking. He has no empathy, I really tried my best to point out his hypocrisy but he kept a nonchalant face and repeated red pill ideologies like "Nothing will change if you protest, I don't care if it doesn't affect me" and it honestly felt like it led to nowhere.

I told him "what if your girlfriend was raped and she couldn't get an abortion?" But he said it wasn't her so it didn't matter, I think I should've handled it better, I wasn't prepared for something like that to come out of his mouth, what can I do to try and get him out of the red pill?

I think redpill broke my brain.

33 upvotes | August 20, 2020 | by [mister_sex_account](#) | [Link](#) | [Reddit Link](#)

Okay, this will be long, but I've gone over my head so much, I just need to get it out. I'm so tired of thinking this way and I wish It would stop.

I don't think I'm your average RedPill kind of guy. I've been in a relationship for nearly 20 years. I'm not angry, or hateful towards women, but there's definitely a ton of resentment on my end especially regarding how easy they have it in the dating world.

Originally our sex life just slowed right down, and became a bit routine and I started looking into things I could do to improve it. Looking back, it just slowed because we had small kids, but also, I mean... going from twice a day at least, to once a week or so just killed my self-esteem. It doesn't help that the males in my life value sexual interest as their metric for success and also because I'm less attractive than all the males in my life I felt like a failure. My brothers and father (who is single) constantly talk about their hookups when I was younger, while I struggled to get a date. Girls would be interested in me until they met one of my brothers then drop me for them. It felt like being the ugly Hemsworth.

I found reddit, found deadbedrooms, which I never belonged to, but [/r/sex](#) was on the other spectrum and I was somewhere in the middle. Then I read 'No more Mr Nice Guy' which resonated really well with me. Outside of their stories, no one gave me dating advice so I tried to be romantic like the movies and the worked about as well as you can expect. From there I found the redpill. A lot of what they said made sense. Judge words not actions etc.

So with that mess explained, here's where I am. I have a higher sex drive than my wife. My kids are older and she just isn't really "into it". Her initiating is she'll jump into bed naked, then I can initiate. She'll cuddle on the couch and hold my hands when we walk. She gushes about me to people, but she just doesn't seem that 'interested in me'. If I initiate without her doing the aforementioned, she'll usually turn me down stating she's too tired, then just sit on the couch scrolling through her phone. I struggle to get her to do any activities with me, to watch shows I'm interested in, but she usually asks me to do "her things"... If I try to negotiate, we'll do one of mine, for one of yours, type of things, she'll just say "Don't worry about it, I'll do it on my own". I've done everything to try to get her interested. I've followed all the redpill tricks, I've done all the beta tricks, choreplay etc, I've worked on myself, nothing has worked. Once a week. Jumps into bed naked facing away. (she gets into it when I start, but I have to do all the work). No oral, nothing adventurous.

Get to the fucking point already, I know. I'm trying to set the stage, but all of these things just sort of make me feel like, I'm the beta chump.. she'll tick off the weekly chore sex, but isn't really into me, she just stays because she's comfortable. She has a good life, she doesn't have to work, she chooses to a few hours a week. Our income is joint, so she just buys whatever she wants and I'm not a spender. I'm great at the dad stuff, and I do a solid amount of housework (not too much to be a chump, just

enough to not have chore resentment).

I've brought this up with her and she assures me this isn't the case, but actions not words right? I cannot shake the feeling that she'll monkey branch as soon as she can. I mean I keep in shape and always have, but so does she, so that advice is moot here, but remember, I'm pretty ugly, average at best, I don't have any deformities, but you know, I have the wrong shaped eyes, a big nose, I'm bald and it doesn't suit etc.

When we have gone out in the past, if I leave her for a while (to get drinks or the bathroom), she'll get hit on. Her social media is constantly pinging and she's posting sexy, but tasteful stuff constantly with dudes liking her posts. My social media is dormant and even though I'm fit, I've never been hit on outside of this relationship. I was super lonely before I met her and I kind of had to convince her to date me 20 years ago.

I guess what I'm getting at with all this is this, I cannot get the idea of hypergamy out of my head. She has options, she sees that I don't and It's not like I can do anything else to increase mine. I'm fit (pretty built), have (enough) money, hobbies interests and yet, she just doesn't seem to invest as much into the relationship as I do and if I ask her to, she says she's already doing everything she can. I find it frustrating that I constantly have to be "turning the romance" wheel so to speak and she just gets to coast knowing that if she were to bail, she can have 100 matches on tinder by the end of the day and.. like actual good matches. My metric for success is sexual validation, and I can't shake that no matter how much I try. Whenever my family meet, they love to rub their sexual conquests in my face about women who pursued them, yet I can't get my wife to be interested in me at all.

I'd love for someone to be able to change my view, but I cannot get the "actions not words", hypergamy principles, or the fact that on paper, I fit the perfect "beta" description and it feels like I'm just waiting to get cheated on, if I haven't been already.

My best friend of 20+ years is regurgitating the most caustic parts of red pill. How do I get him to stop hating women so much?

33 upvotes | August 20, 2020 | by [imdaMANimal](#) | [Link](#) | [Reddit Link](#)

Sorry, this is kind of long.

Admittedly, there are things having to do with red pill that I agree with, but he's had some bad luck with women and he seems to just use those reasonable parts to bolster the more toxic ideas that come out of that community. Namely, that women are selfish and worthless. He acts as if trying to do something to better the lives of women takes away from men. He sounds like a nazi talking about Jews. That's not hyperbole. It's just really hard to stomach having a conversation with him because he inevitably steers it that way and all his hate and vitriol boils to the surface. He was never like this before. He tells me over and over again how lonely and sad he is but then when I even bring up the prospect of dating he can't stop saying "the dating pool is a swamp", "men have to do all the work", "muslims have the right idea with women", "every girl I meet is just obsessed with herself and guys play right into it", "I don't have the desire to impress them, because I see right through their bullshit", "society has them conditioned"... It just goes on and on like that with me having to be the attorney for women kind. How do you reach someone that seems to try and evade any criticism of their worldview, shutting down, blowing up, or just refusing to talk about it once you make a point that shows their inconsistency?

There's no game

33 upvotes | September 24, 2020 | by [imbecile_keshig](#) | [Link](#) | [Reddit Link](#)

She either likes you or she doesn't. It's that simple. It's all boiled down to looks, opening and interesting conversation. Women don't care about negging, kino spinplate, eye contact, gaslight, amoging ect.

Red Pill Is Toxic For Relationships Becuase It's A Wrong Interpretation of Game Theory (defections are the norm instead of exceptions)

33 upvotes | July 3, 2019 | by [lux_7](#) | [Link](#) | [Reddit Link](#)

This is “Rollo Tomassi cardinal rule of sexual strategy”:

For one gender’s sexual strategy to succeed the other gender must compromise or abandon their own.

Which is basically a deeply flawed misunderstanding of game theory applied to relationships (also read “[Game Theory Bargaining](#)”).

It is true that one player from each gender can gain more by short-changing the other.

For example, purely from a utilitarian point of view, a woman might get more if she can trick more than one man to finance her lifestyle and invest in her offspring. And, similarly, a man can gain more by getting a woman pregnant and abandoning her.

This is because social relations are somewhat social exchanges and, as thus, can be described in game theory terms. And tricking others (defections) can yield outsized wins.

And at the core, that’s what this Rational Male philosophy is about: a long-winded description of how defection strategies apply to dating. The problem is that Rollo stops there!

Rollo Tomassi never moves beyond a “me VS you” paradigm.

Why does Rollo Tomassi see it as a struggle?

Because Rollo’s philosophy sees women as enemies of men. And that’s why, I stated and confirm here, Rollo Tomassi’s philosophy is inherently misogynistic.

The problem with it?

First of all, morality.

When you have an enemy, all amoral ways of dealing with them become moral (see [Zimbardo, 2008](#)) Rape is also a type of “defection strategy” that you’d use with an enemy.

But let's stick to facts here without any morality.

Second, and most important of all, **both genders can also gain by supporting each other**. Which is, guess what, the standard view of relationships that society aspires to -exactly what it should do-.

Now, knowing the theory of manipulation ("defection" in game's theory terms), is extremely important to understand reality and to protect oneself. But listening to "red-pilled authors" pitching a defection strategy as the "real reality" that men should follow, that's not only nonsense, that's toxic nonsense.

The Truth of Sexual Arms' Race

In evolutionary psychology, the defection strategy has also been referred to as "sexual arms' race".

It's been well explained Robert Wright, which is a great read instead of resentment-fuelled, made-up manosphere evolutionary psychology.

The truth of the sexual arms' race is that it coexists with the many -and likely stronger- incentives for cooperation. And you can minimize the incentives to defection while enjoying an awesome and supportive relationship.

TL,DR: Rollo Tomassi "red pill" is a potentially highly toxic misinterpretation of relationships that sees -and focuses- on battles and wars.

This is an extract from this review:

<https://thepowermoves.com/preventive-medicine-by-rollo-tomassi/>

How to get over a red piller

33 upvotes | June 28, 2019 | by [Existing_Nebula](#) | [Link](#) | [Reddit Link](#)

I am recently out of a relationship with a redpill guy. This is a sub I was completely unaware of until meeting him. These views and the people in them make me so so sad, and I wish I was never introduced to it. Ignorance is bliss, they say.

Anyway, here we are. Heartbroken over this guy..and for what? It's clear I got out of something bad for me. It's clear I'm better off and that he'll probably end up alone. It's clear I dodged a bullet. But I'm still so sad and missing him, and there is still a hole in my heart that mourns the loss of something that could have been really good. Also, I feel sorry for him...for being dragged down into these horrible beliefs and believing them to his core, simply because he was clearly wronged in the past.

How do I get over this? And not go on believing that every man I encounter will be this way. I feel like this relationship has warped my head. Suddenly, I'm questioning everything I ever really thought and I cannot wrap my brain around these ideas and beliefs. IM CONFUSED.

Red Pill "abundance" is not abundance.

33 upvotes | April 12, 2019 | by [gogogadgetname](#) | [Link](#) | [Reddit Link](#)

Picture 2 men.

First, a circus performer. His time at Clown College has given him a body in peak physical condition. The whole audience is looking at him. But he's not looking at them-- he's looking up, at the four plates he's spinning. Doesn't take his eyes off them, and doesn't blink. *Definitely* doesn't smile, not even for a second. His face is the face of someone in constant paranoia, in constant search of praise. Because he knows that if one plate shatters, he'll need to toss another one up there, in order to avoid shattering with it.

And doesn't just *spin* objects. His world is *full* of objects, and objects alone. Each with its own Value. Objects that you can buy and sell and use, but can never talk to or laugh with or cry with or love. And the performer himself? In his own head, he's the biggest, shiniest object of all. He calls himself The Prize.

Second, picture a vegetable farmer. His body is...a body. You've never seen him, and you might not even notice if you did. He farms some onions and garlic for the market in town, but mostly crops for family and friends.

And boy, does he have friends. Everyone around him is alive-- everyone is a subject. He thinks of all the plants as having a soul-- it's some weird hokey stuff, but it works for him. His wife and kids adore him because he adores them. Friends come from around town to eat dinner with him because he's not afraid to share his food, to listen to them talk, even to cry with them in their moment of need.

Which of these two men has true abundance? Which one do you want to be?

Wife of TRP/MGTOW Husband (Trigger warning, sexual assault)

33 upvotes | April 3, 2018 | by [IndividualGrapefruit](#) | [Link](#) | [Reddit Link](#)

My husband and I have been married for ten years and have kids. If I am being completely honest, there were a lot of red flags in our relationship.j

He has been following TRP for quite sometime. He shared this info with me and I checked it out. Initially I felt very hurt, but there were certain aspects I could get behind and I pointed out what I felt comfortable with and what made me uncomfortable about TRP.

It is possible he should have never shared TRP with me, that I would possibly be oblivious and things would be different than they are now. Looking back, I realize he became aware that he treats me pretty poorly and found TRP community validated his behaviors, at least he thought so. Overtime he seemed to become very aware that TRP also promotes being healthy and looking good. He is a bit overweight and unmotivated to change that. (I have never been critical of this) He also behaves much like the woman TRP often describes. He is childish, acts out when upset, nags, pouts about his appearance, storms off when moody, etc.

He now reads MGTOW. He rarely wants to have sex (I am in fit, dress well, look nice, etc) and when he does it clearly seems like more of a chore.

At this point, between him following TRP philosophies, me trying to accept this "lifestyle", him realizing TRP isn't for him, not because he thinks better of me and other women, but because he isn't able to maintain the standards to achieve anything remotely near what is considered to be alpha behavior and now moving towards a MGTOW lifestyle, we are clearly headed for divorce.

We had issues before, but TRP became toxic to our relationship which I believe could have been saved otherwise. What I have gained from all of this is a lot of MRA info on how a divorce will likely go down with him. Thank goodness I am mentally prepared for that.

For those that are questioning TRP ways, consider how it will impact your relationship in the long run. You are removing yourself from your wife's support network when you should be the most trusted person in her life.

I was recently sexually assaulted by my husband and right after was one time he was the kindest to me. He realized he fucked up and it was the only time I have ever not wanted his comfort. The one time he offered it. I honestly believe this would have never happened had TRP/MGTOW been something on his radar.

Men who have left Red Pill, what was the first falsehood you recognized that led to you starting to doubt the rest of their claims?

33 upvotes | April 29, 2023 | by [ShelbySecretary](#) | [Link](#) | [Reddit Link](#)

If you still have the resource or book you learned it from, please share it for others. :)

I see myself with low “smv”.

33 upvotes | May 9, 2021 | by [Sorry-Watercress4589](#) | [Link](#) | [Reddit Link](#)

I'm just not sure where to go with this. I'm 23 years old and I grew up poor most of my Life. I'm basically treading water now. Even after detoxing from all the red pill nonsense I still have thoughts with high smv and low smv. There are times I'm envious of athletes or entertainers because of success with dating. I tried online dating but that doesn't work if you're black unless you're a supermodel. I'm tall and I've had women compliment me but I have really bad social anxiety and I can barely hold conversations. Especially with Covid I don't have any way to meet people. I'm basically caged in. Any tips of advice?

Keep Up The Good Work!

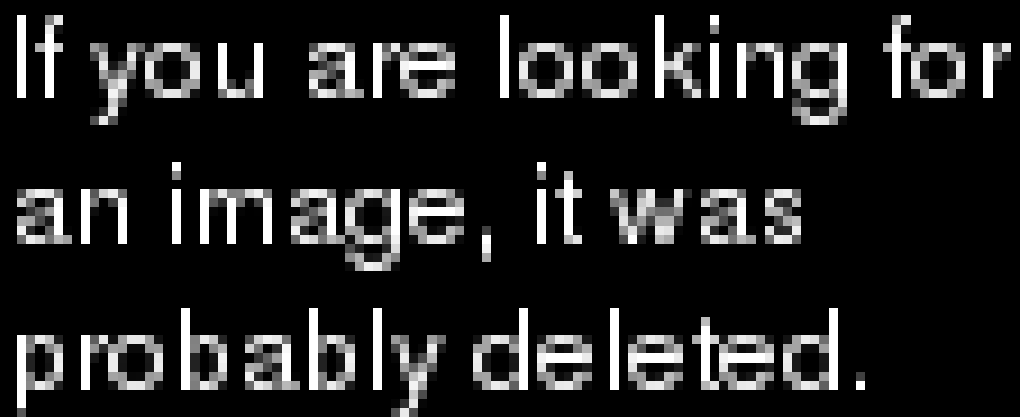
33 upvotes | April 26, 2021 | by [atman714](#) | [Link](#) | [Reddit Link](#)

Hello everyone!

This community has really grown alot, and I really enjoy seeing how active you all are. Every post seeking help has multiple replies, and most people replying seem to genuinely care. It's pretty rare to see communities that offer as much help as this one does. Thanks to everyone who replies and makes this community special.

Redpillor thinks women nowadays are not worth dating because higher education turns them into feminists

33 upvotes | May 28, 2021 | by [NoOfficerImNotHigh](#) | [Link](#) | [Reddit Link](#)



If you are looking for
an image, it was
probably deleted.

Just a rant about life and female perspective on being exredpill

33 upvotes | June 5, 2021 | by [LexiLennon](#) | [Link](#) | [Reddit Link](#)

I guess this is just me bitching about life. I understand you have to put in the work for it to get better. But nobody says what that work entails. Sometimes I wish I had a step by step process of what to do to stop feeling this way. "This way" feeling like I'm not good enough.

Logically I know I have a lot going for me and for the first time in my life I feel somewhat content and excited for the future. But my self worth still depends on LOVE. I hate that.

I really want to feel happiness inside myself. And I do have things i love about myself. I'm a good writer, ambitious, resourceful, conventionally attractive I guess but I enjoy my soul more than my looks.

Still, I can't help but think I am worthless and pathetic and that if I don't marry before the age of 25 no man will want me. I also spent a lot of time in theredpill which maybe contributes to this way of thinking. I have traditional values and hate that this generation is so into the hookup culture that perpetuates feeling used up as a way of empowerment.

If it makes you happy then more power to you I wish I could have meaningless sex and feel some form of enjoyment. But when all men have ever wanted me for is my body it makes me question if there's any good ones left. Logically i know there must be, by how do I stop attracting the bad ones and more importantly love myself instead?

I want you Red Pillers to look at this come back and tell me if women are naturally made to be submissive and constantly stay in the home and live as a sex object for man

33 upvotes | June 8, 2021 | by [MicahMX700](#) | [Link](#) | [Reddit Link](#)

<https://youtu.be/VANvh-bA-BU>

These guys need help

33 upvotes | July 16, 2021 | by [jaredhasarrived](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=ZW-TztjN-MA>

They paint the picture as single women being unhappy and yet their audience is full of raging, insecure, bitter guys who spend their time bitching and moaning about women having high standards. Look at the comment section It's depressing

Betabuxing is literally splitting up your money, being the sole provider.

33 upvotes | July 18, 2021 | by [West-Emu-8696](#) | [Link](#) | [Reddit Link](#)

TRP thinks that when men marry a woman, and since TRP thinks all women are money hogs, they believe after marriage, a woman will take all a man's money. TRP also doesn't want women to work, to become traditional moms. Well if you are the sole provider of the family, you have to give your money to your wife and family, it's best to let your wife have a job as well. Because you're in a mutual relationship, you and your wife have to both provide for the family and also do the chores in the house. And a lot of MGTOWs think women are money hogs, but they're actually splitting up the money for each member of the household, and they're over exaggerating what women do with the money they're given.

Male Dating & Sex Struggles: A Problem In Plain Sight

32 upvotes | April 19, 2021 | by [Long_City_8724](#) | [Link](#) | [Reddit Link](#)

https://www.youtube.com/watch?v=be_Ms3nVG10

this man's channel is about narcissists and psychopaths,talks about BOTH feminists and redpillers

32 upvotes | April 5, 2021 | by [Mrapocalisse](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/channel/UCLadFapyecCYAeuTqc12avA>

He has some very insightful and useful material among his videos,watch his videos about tinder myths and narcissists and psychopaths NOT being "alpha" males.

<https://www.youtube.com/watch?v=8ZlWaePc030>

<https://www.youtube.com/watch?v=RhRS3Ziv8xg>

How to not be brainwashed by the red pill

32 upvotes | April 3, 2021 | by [iwannabeastonedhippy](#) | [Link](#) | [Reddit Link](#)

Hello! Early 20s purple piller female here.

I am currently a master's student at a high ranking university but am studying in my home which is miles away from campus (I've been away for about a year now) and I am expected to graduate this September. However, I feel that a lot of young men my age who are like me might be stumbling upon red piller/MGTOW/PUA/Incel content online out of boredom/rotting social skills and as a result might become brainwashed. I hope to start dating men after I graduate but I feel many men post COVID will subscribe to this mentality especially among graduates. So reading red piller/MGTOW content really got to my head to the point where I start to feel insecure about myself because of the fact I am female.

I got banned from a GTOW-leaning subreddit after their advice from me was to start dating now (because after age 25 my SMV will decrease yunno because "AWALT"), but the man should be in his 40s. After telling them I will only date a male around my age, their NPCness started to show out big time, after painting me with AWALT rhetoric and downvoting my beliefs. The reason why I was on that subreddit was to have a look at mistakes other women made in their life so I don't make those same mistakes.

To let you know, I am someone who never slept around with anyone and has never been in a relationship. This is because I am from a strict east Asian background and I feel I may be disowned if I go against what they say. I am also expected to find someone similar like me but I feel a lot of these men will follow GTOW ideology the further up they go. So I had it in my head to not care that much about a man's education when it comes to dating and see if I can date men "lower down the totem pole". Family expects me to date after I graduate because of "time investment".

I will admit after reading all this brainwashing content it took a huge toll on my mental health to the point I constantly feel insecure about myself and worthless. I never was red piller but I was worried a lot of men may think that way.

How do I remove myself from that mentality of thinking completely and stop worrying?

Why alpha and beta concept is so popular?

32 upvotes | March 11, 2021 | by [Darknessdaddy69](#) | [Link](#) | [Reddit Link](#)

Why is it so popular, cant they just google it that it dont exist in humans?

It's funny how the RP thinks everything is black & white

32 upvotes | June 29, 2021 | by [Imper000](#) | [Link](#) | [Reddit Link](#)

They preach that EVERY women only wants the traditional man in the “10%” who is dominant, a provider, muscular, wealthy etc etc but they cannot accept that some women don't prioritize that, and just want a partner whose goals and personalities are compatible. Which doesn't equate to being famous, jacked, or rich. This sets a lot of unrealistic standards and pressures on men which turns them “mgtow”. I believe a lot of Red Pillers have shit personalities and compensated by chasing riches and fame so they can be liked. Notice how most of these red pillers never have successful marriages or long term relationships. Somebody who has a successful LTR is way more impressive than some guy who nihilistically sleeps around women for some physical pleasure and validation.

I don't know what to say about this

32 upvotes | July 29, 2021 | by [patan2000](#) | [Link](#) | [Reddit Link](#)

I am in a group of nofap in Spanish, I saw a user who uploaded a post of "hydra mgtow" suggesting habits that "all mgtow should cultivate". I commented on the publication of that user and I said "don't get into that shitty misogynism community", he insulted me, and I insulted him and then blocked him have you observed a similar phenomenon? What conclusions did you get?

I suspect (I am not sure) that the members of mgtow take advantage of adolescents without a formed criterion and of people who had a love break, to unite them to their sect

I don't know how to upload the images / evidence

Darius M exposed himself on live

32 upvotes | July 7, 2022 | by [Upstairs_Ad9722](#) | [Link](#) | [Reddit Link](#)

<https://www.youtube.com/watch?v=FkFfwngqZHI&t=1361s>

This guy had a mental breakdown and says he is God on Earth

Why do men who can't hold a relationship for more than a year always feel so inclined to give me advice?

32 upvotes | July 11, 2022 | by [AppropriateCoconut92](#) | [Link](#) | [Reddit Link](#)

Is this just something I deal with?

I have a family friend in his 40s who has a new relationship every few months because he can't hold one longer than that, he also complains to me about how he can't find someone he likes.

I find it really creepy that they want to know that detail. There's a few other guys i know who've done this. I just get the sense that these people don't want the best for me. It seems like they just want to be the wing man, or simply want me to suffer with them. It seems outwardly malicious since I come off as reserved which can be easily taken advantage of.

Andrew tate is a complete utter joke

32 upvotes | July 29, 2022 | by [ethiopianboson](#) | [Link](#) | [Reddit Link](#)

I just published a youtube video of andrew tate (<https://www.youtube.com/watch?v=YSLkIhQQrP8>)

My video is about andrew tate's mini debate with Hasan about female drivers being inferior drivers to men. I am still a complete beginner at making videos. So just a heads up the editing is crap. Let me know what you think if you're curious to watch it. Thank you.

WhY wOmEn ChEaT

32 upvotes | August 1, 2022 | by [CallofDutyMW3XBL](#) | [Link](#) | [Reddit Link](#)

I stopped subscribing to alot of the redpill bullshit a long time ago by using common sense. I hated this mentality that women will cheat on you if you are a weak man and not fucking "Alpha" 24/7. No bro if she cheated on you it's because she is a piece of shit. Like it's so crazy to think I kind of even fed into this nonsense. Like if you feed into that shit it gets you paranoid and on edge. The same can be said for the guys, if you cheat bro, that's you not respecting her and not having good morals. Likey the obvious misogyny is fucking CRAZY in redpill. Like please stop fucking looking down on your girl like she is a dog that needs a shock collar you fucking weirdos, learn to LOVE her and RESPECT her

Edit: Something reminded me of this, same can be said for if a girl is not putting in the effort and it is only you. Like dude, stop trying to act more masculine, that's the women being an asshole and not respecting you. Vise versa. I used to have soooooooo many girls not put in effort with me and I thought it was because I wasn't masculine enough or some shit, like I am a good looking guy and had my goals straight, that was THEM playing games and messing with me, when you find a girl that accepts you for you and doesn't mess around with you, THATS who you might want to be with. I don't think the problem was me, I think the problem was I was using tinder and so many girls hoe around and are broken asf on there.

I am an ex-RPW who used to date a red piller(ex-red piller now?)

32 upvotes | April 5, 2017 | by [Anika360](#) | [Link](#) | [Reddit Link](#)

Obligatory English is not first language for both of us.

Background: together since junior high, losing virginity to each other, our parents are old friends to each other.

What cause us to be trapped in the red pill maze: Fear. There were so many cheating and breaking up going on in our friends' circle, especially during the high school-university transitions. We were afraid of heading the same path and scrambling for online 'help' instead of just accepting that most of our friends back then were morons.

How is it like being RPW and RedPiller couple: we could not just RELAX and enjoy the relationship. We felt like we had something to prove. He felt like he could not be open with me because he did not want to appear weak. I second guessed many things that I have done (did I do that because I wanted to test him? Did I do that because of my nature as a woman? Or did I do that because of I am me?). There were many more RP stuffs that actually did not line up with how our relationship was. We wanted an easy, stress free, chill relationship...but it was impossible to have that following the red pill.

How did we left it: we went too far by planning for living more or less traditionally with us raising kids and me being a 'surrendered wife', while he being a captain and I first mate. Deep inside, he did not like nor want that kind of responsibility. Deep inside I want to work and travel instead of be a SAHM. The moment where we cleared off the red pill fog was the moment we realized that we nearly bought a house to live together and plan to have children...practically just because some strangers in the internet told us to do it.

Where we are now: we broke up around one year and a half after leaving the red pill. Not because of cheating, we easily stayed faithful to each other until the end. It's just because we both want different things. I have always felt that my ex swings both ways (he likes guys too, but it was a taboo-ish thing where we used to live) and he wanted to explore that side of him. I landed a job where I can travel a lot not long after too. My ex is now together with a nice man and we are staying in contact and I am also bestfriend with hisnnew man. During our relationship, the part that I enjoyed most was our strong friendship (it is almost a 20 years of friendship in total now) and it was temporarily mising during the RP days, but I am grateful that we regained that and are still keeping it until this very day.