TheRedPill
Top Posts

compiled by /u/dream-hunter

www.TheRedArchive.com
Top most upvoted posts made in the subreddit /r/TheRedPill 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

April 24, 2022

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1346 upvotes - Beta for 10 years --> awakens --> breaks habit and wrecks GF's (+ her
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1338 upvotes - The Sixteen Commandments Of Poon

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1267 upvotes - Guide for weight loss

1263 upvotes - Feminist journalist decides to lives as a man for 18 months, discovers that men’s lives are just as hard as women’s

1263 upvotes - Girls are attracted to a level of muscularity that is easy to attain and sustain. Lift.

1261 upvotes - Today I saw first hand how chicks use guys like an ATM's

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1254 upvotes - The Guide to Accepting Yourself (even when women don't)

1247 upvotes - Why Behavioral Addiction Will Destroy You

1245 upvotes - [Career] You'd be surprised how simple it is to create value for someone out of something simple, and make a lot of money out of it

1244 upvotes - Always remain calm. Nothing is worth your anger. (Divorce story)

1242 upvotes - Guy exposes a cabal of reddit SJWs and their ties to the admins of reddit and creates a watchdog sub. Then the shit hits the fan.

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1237 upvotes - How to hold frame (my complete guide)

1237 upvotes - Fucking on the first tinder date.

1237 upvotes - As soon as he sells his companies, his wife leaves and takes half the money.

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A letter to the procrastinator

How to Flirt with Women: Flirting 101

Man flees Canada after losing his kids and $1.2 million home, and being forced to pay $4000 a month to his wife. Is labeled a "deadbeat dad" by the media.

You're not a beta becoming an alpha. You're an alpha recovering from a fucking disease!

CorporateLand: How to Kill it in Your Job Interview

You're not unlucky, You're just Lazy

Israeli feminists helped kill a bill that could charge women for rape of men because - get this - they're worried about false rape claims.

Man works himself to death for his family, still treated like a shit.

Absorbing the Loss of a "Good Woman" is how you get Rpilled

Good news: no one gives a shit about you.

How to beat Addictions (Gaming, Porn, Smoking) - The Story of a Man who turned his life around

Innocent men now can be ordered to inform police of sex they have 24 hours before it happens or face 5 years in jail (UK)

The ultimate proof you need on lifting - The 59 year old man I met at the gym.

18 Red Flags When It Comes to Dating Females

Girl is in a relationship with a wealthy alpha that maintains impeccable frame and doesn’t put up with her shit tests. She feels neglected and hurt (hamstering ensues)...

Another Poor Bastard Finds Out His Wife Was a Whore For Everyone But Him

Maximize your appearance before trying to become the Gandalf of social skills.

A whole bunch of brilliant posts that didn't make it to the sidebar

Turning her down

300,000 Subscribers. The Reddit Administration Tacitly Endorses Male Abuse and Denies its Victims

Ditch "cold approach" in favor of "learn how to initiate conversations with strangers" without having a goal other than the initiation itself.

Never show weakness. She is not on your side.

Model who accused Real Madrid Player Theo Hernandez of raping her has been arrested for making it up. [Spanish]

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Google Fires Ph.D Biologist/Engineer For Claiming -- "On average, men and women biologically differ in many ways."

5496 upvotes | August 8, 2017 | by M_Justice | Link | Reddit Link

As reported in Bloomberg, Google has fired a senior software engineer, James Damore, for authoring a 10-page memo (pasted below) condemning the company’s diversity efforts and claiming men are biologically more predisposed to working in the tech industry than women. According to his LinkedIn profile, Mr. Damore has a masters degree in systems biology from Harvard. (correction: the original posted stated he had a Ph.D, this has since been corrected after Damore updated his LinkedIn profile)

A full reading of the memo shows that Mr. Damore was making a fair and well-reasoned argument for why pay gap and hiring gap issues could not be solely attributable to gender bias against women, and that to understand the full picture, Google (governments and institutions included) need to also consider biological, psychological, social and cultural factors which explain the differences between the genders. Men and Women are actually different, right?

Apparently, this speech violated Google's "code of conduct". The CEO fired Mr. Damore for sexist stereotypes. However, I would argue that Mr. Damore's memo was not "sexist" but rather very logical and scientific. It simply did not sit well with the prevailing cultural elites at the company who believe there is no room for debating authoritarian policies which seek to use artificial quotas and policies to correct for alleged discrimination. However, there is no data to support the fact that the discrepancies between representation of women in science and tech industries has anything to do with other than chosen educations and vocational preferences.

Nice work Google. Before you retaliate against your employees for exercising political speech, perhaps you should give room for other points of view which are actually supported by scientific data.

The memo:

Background [1]

People generally have good intentions, but we all have biases which are invisible to us. Thankfully, open and honest discussion with those who disagree can highlight our blind spots and help us grow, which is why I wrote this document.[2] Google has several biases and honest discussion about these biases is being silenced by the dominant ideology. What follows is by no means the complete story, but it’s a perspective that desperately needs to be told at Google.

Google’s biases

At Google, we talk so much about unconscious bias as it applies to race and gender, but we rarely discuss our moral biases. Political orientation is actually a result of deep moral preferences and thus biases. Considering that the overwhelming majority of the social sciences, media, and Google lean left, we should critically examine these prejudices.

Left Biases

Compassion for the weak Disparities are due to injustices Humans are inherently cooperative Change is good (unstable) Open Idealist Right Biases

Respect for the strong/authority Disparities are natural and just Humans are inherently competitive
Change is dangerous (stable) Closed Pragmatic Neither side is 100% correct and both viewpoints are necessary for a functioning society or, in this case, company. A company too far to the right may be slow to react, overly hierarchical, and untrusting of others. In contrast, a company too far to the left will constantly be changing (depreciating much loved services), over diversify its interests (ignoring or being ashamed of its core business), and overly trust its employees and competitors.

Only facts and reason can shed light on these biases, but when it comes to diversity and inclusion, Google’s left bias has created a politically correct monoculture that maintains its hold by shaming dissenters into silence. This silence removes any checks against encroaching extremist and authoritarian policies. For the rest of this document, I’ll concentrate on the extreme stance that all differences in outcome are due to differential treatment and the authoritarian element that’s required to actually discriminate to create equal representation.

Possible non-bias causes of the gender gap in tech [3]

At Google, we’re regularly told that implicit (unconscious) and explicit biases are holding women back in tech and leadership. Of course, men and women experience bias, tech, and the workplace differently and we should be cognizant of this, but it’s far from the whole story.

On average, men and women biologically differ in many ways. These differences aren’t just socially constructed because:

- They’re universal across human cultures
- They often have clear biological causes and links to prenatal testosterone
- Biological males that were castrated at birth and raised as females often still identify and act like males
- The underlying traits are highly heritable
- They’re exactly what we would predict from an evolutionary psychology perspective

Note, I’m not saying that all men differ from women in the following ways or that these differences are “just.” I’m simply stating that the distribution of preferences and abilities of men and women differ in part due to biological causes and that these differences may explain why we don’t see equal representation of women in tech and leadership.

Many of these differences are small and there’s significant overlap between men and women, so you can’t say anything about an individual given these population level distributions.

Personality differences

Women, on average, have more:

- Openness directed towards feelings and aesthetics rather than ideas. Women generally also have a stronger interest in people rather than things, relative to men (also interpreted as empathizing vs. systemizing). These two differences in part explain why women relatively prefer jobs in social or artistic areas. More men may like coding because it requires systemizing and even within SWEs, comparatively more women work on front end, which deals with both people and aesthetics.
- Extraversion expressed as gregariousness rather than assertiveness. Also, higher agreeableness. This leads to women generally having a harder time negotiating salary, asking for raises, speaking up, and leading. Note that these are just average differences and there’s overlap between men and women, but this is seen solely as a women’s issue. This leads to exclusory programs like Stretch and swaths of men without support.
- Neuroticism (higher anxiety, lower stress tolerance). This may contribute to the higher levels of anxiety women report on Googlegeist and to the lower number of women in high stress jobs. Note that contrary to what a social constructionist would argue, research suggests that “greater nation-level gender equality leads to psychological dissimilarity in men’s and women’s personality traits.” Because as “society becomes more prosperous and more egalitarian, innate dispositional differences between men and women have more space to develop and the gap that exists
between men and women in their personality becomes wider.” We need to stop assuming that gender gaps imply sexism.

Men’s higher drive for status

We always ask why we don’t see women in top leadership positions, but we never ask why we see so many men in these jobs. These positions often require long, stressful hours that may not be worth it if you want a balanced and fulfilling life.

Status is the primary metric that men are judged on[4], pushing many men into these higher paying, less satisfying jobs for the status that they entail. Note, the same forces that lead men into high pay/high stress jobs in tech and leadership cause men to take undesirable and dangerous jobs like coal mining, garbage collection, and firefighting, and suffer 93% of work-related deaths.

Non-discriminatory ways to reduce the gender gap

Below I’ll go over some of the differences in distribution of traits between men and women that I outlined in the previous section and suggest ways to address them to increase women’s representation in tech and without resorting to discrimination. Google is already making strides in many of these areas, but I think it’s still instructive to list them:

Women on average show a higher interest in people and men in things We can make software engineering more people-oriented with pair programming and more collaboration. Unfortunately, there may be limits to how people-oriented certain roles and Google can be and we shouldn’t deceive ourselves or students into thinking otherwise (some of our programs to get female students into coding might be doing this). Women on average are more cooperative Allow those exhibiting cooperative behavior to thrive. Recent updates to Perf may be doing this to an extent, but maybe there’s more we can do. This doesn’t mean that we should remove all competitiveness from Google. Competitiveness and self reliance can be valuable traits and we shouldn’t necessarily disadvantage those that have them, like what’s been done in education. Women on average are more prone to anxiety. Make tech and leadership less stressful. Google already partly does this with its many stress reduction courses and benefits. Women on average look for more work-life balance while men have a higher drive for status on average Unfortunately, as long as tech and leadership remain high status, lucrative careers, men may disproportionately want to be in them. Allowing and truly endorsing (as part of our culture) part time work though can keep more women in tech. The male gender role is currently inflexible Feminism has made great progress in freeing women from the female gender role, but men are still very much tied to the male gender role. If we, as a society, allow men to be more “feminine,” then the gender gap will shrink, although probably because men will leave tech and leadership for traditionally feminine roles. Philosophically, I don’t think we should do arbitrary social engineering of tech just to make it appealing to equal portions of both men and women. For each of these changes, we need principles reasons for why it helps Google; that is, we should be optimizing for Google—with Google’s diversity being a component of that. For example currently those trying to work extra hours or take extra stress will inevitably get ahead and if we try to change that too much, it may have disastrous consequences. Also, when considering the costs and benefits, we should keep in mind that Google’s funding is finite so its allocation is more zero-sum than is generally acknowledged.

The Harm of Google’s biases

I strongly believe in gender and racial diversity, and I think we should strive for more. However, to achieve a more equal gender and race representation, Google has created several discriminatory
practices:

Programs, mentoring, and classes only for people with a certain gender or race [5] A high priority queue and special treatment for “diversity” candidates Hiring practices which can effectively lower the bar for “diversity” candidates by decreasing the false negative rate Reconsidering any set of people if it’s not “diverse” enough, but not showing that same scrutiny in the reverse direction (clear confirmation bias) Setting org level OKRs for increased representation which can incentivize illegal discrimination [6] These practices are based on false assumptions generated by our biases and can actually increase race and gender tensions. We’re told by senior leadership that what we’re doing is both the morally and economically correct thing to do, but without evidence this is just veiled left ideology[7] that can irreparably harm Google.

Why we’re blind

We all have biases and use motivated reasoning to dismiss ideas that run counter to our internal values. Just as some on the Right deny science that runs counter to the “God > humans > environment” hierarchy (e.g., evolution and climate change) the Left tends to deny science concerning biological differences between people (e.g., IQ[8] and sex differences). Thankfully, climate scientists and evolutionary biologists generally aren’t on the right. Unfortunately, the overwhelming majority of humanities and social scientists learn left (about 95%), which creates enormous confirmation bias, changes what’s being studied, and maintains myths like social constructionism and the gender wage gap[9]. Google’s left leaning makes us blind to this bias and uncritical of its results, which we’re using to justify highly politicized programs.

In addition to the Left’s affinity for those it sees as weak, humans are generally biased towards protecting females. As mentioned before, this likely evolved because males are biologically disposable and because women are generally more cooperative and areeable than men. We have extensive government and Google programs, fields of study, and legal and social norms to protect women, but when a man complains about a gender issue issue [sic] affecting men, he’s labelled as a misogynist and whiner[10]. Nearly every difference between men and women is interpreted as a form of women’s oppression. As with many things in life, gender differences are often a case of “grass being greener on the other side”; unfortunately, taxpayer and Google money is spent to water only one side of the lawn.

The same compassion for those seen as weak creates political correctness[11], which constrains discourse and is complacent to the extremely sensitive PC-authoritarians that use violence and shaming to advance their cause. While Google hasn’t harbored the violent leftists protests that we’re seeing at universities, the frequent shaming in TGIF and in our culture has created the same silence, psychologically unsafe environment.

Suggestions

I hope it’s clear that I’m not saying that diversity is bad, that Google or society is 100% fair, that we shouldn’t try to correct for existing biases, or that minorities have the same experience of those in the majority. My larger point is that we have an intolerance for ideas and evidence that don’t fit a certain ideology. I’m also not saying that we should restrict people to certain gender roles; I’m advocating for quite the opposite: treat people as individuals, not as just another member of their group (tribalism).

My concrete suggestions are to:
De-moralize diversity.

As soon as we start to moralize an issue, we stop thinking about it in terms of costs and benefits, dismiss anyone that disagrees as immoral, and harshly punish those we see as villains to protect the “victims.” Stop alienating conservatives.

Viewpoint diversity is arguably the most important type of diversity and political orientation is one of the most fundamental and significant ways in which people view things differently. In highly progressive environments, conservatives are a minority that feel like they need to stay in the closet to avoid open hostility. We should empower those with different ideologies to be able to express themselves. Alienating conservatives is both non-inclusive and generally bad business because conservatives tend to be higher in conscientiousness, which is require for much of the drudgery and maintenance work characteristic of a mature company. Confront Google’s biases.

I’ve mostly concentrated on how our biases cloud our thinking about diversity and inclusion, but our moral biases are farther reaching than that. I would start by breaking down Googlegeist scores by political orientation and personality to give a fuller picture into how our biases are affecting our culture. Stop restricting programs and classes to certain genders or races.

These discriminatory practices are both unfair and divisive. Instead focus on some of the non-discriminatory practices I outlined. Have an open and honest discussion about the costs and benefits of our diversity programs.

Discriminating just to increase the representation of women in tech is as misguided and biased as mandating increases for women’s representation in the homeless, work-related and violent deaths, prisons, and school dropouts. There’s currently very little transparency into the extend of our diversity programs which keeps it immune to criticism from those outside its ideological echo chamber. These programs are highly politicized which further alienates non-progressives. I realize that some of our programs may be precautions against government accusations of discrimination, but that can easily backfire since they incentivize illegal discrimination. Focus on psychological safety, not just race/gender diversity.

We should focus on psychological safety, which has shown positive effects and should (hopefully) not lead to unfair discrimination. We need psychological safety and shared values to gain the benefits of diversity Having representative viewpoints is important for those designing and testing our products, but the benefits are less clear for those more removed from UX. De-emphasize empathy.

I’ve heard several calls for increased empathy on diversity issues. While I strongly support trying to understand how and why people think the way they do, relying on affective empathy—feeling another’s pain—causes us to focus on anecdotes, favor individuals similar to us, and harbor other irrational and dangerous biases. Being emotionally unengaged helps us better reason about the facts. Prioritize intention.

Our focus on microaggressions and other unintentional transgressions increases our sensitivity, which is not universally positive: sensitivity increases both our tendency to take offense and our self censorship, leading to authoritarian policies. Speaking up without the fear of being harshly judged is central to psychological safety, but these practices can remove that safety by judging unintentional transgressions. Microaggression training incorrectly and dangerously equates speech with violence and isn’t backed by evidence. Be open about the science of human nature.

Once we acknowledge that not all differences are socially constructed or due to discrimination, we open our eyes to a more accurate view of the human condition which is necessary if we actually want
to solve problems. Reconsider making Unconscious Bias training mandatory for promo committees. We haven’t been able to measure any effect of our Unconscious Bias training and it has the potential for overcorrecting or backlash, especially if made mandatory. Some of the suggested methods of the current training (v2.3) are likely useful, but the political bias of the presentation is clear from the factual inaccuracies and the examples shown. Spend more time on the many other types of biases besides stereotypes. Stereotypes are much more accurate and responsive to new information than the training suggests (I’m not advocating for using stereotypes, I [sic] just pointing out the factual inaccuracy of what’s said in the training). [1] This document is mostly written from the perspective of Google’s Mountain View campus, I can’t speak about other offices or countries.

[2] Of course, I may be biased and only see evidence that supports my viewpoint. In terms of political biases, I consider myself a classical liberal and strongly value individualism and reason. I’d be very happy to discuss any of the document further and provide more citations.


[4] For heterosexual romantic relationships, men are more strongly judged by status and women by beauty. Again, this has biological origins and is culturally universal.

[5] Stretch, BOLD, CSSI, Engineering Practicum (to an extent), and several other Google funded internal and external programs are for people with a certain gender or race.

[6] Instead set Googlegeist OKRs, potentially for certain demographics. We can increase representation at an org level by either making it a better environment for certain groups (which would be seen in survey scores) or discriminating based on a protected status (which is illegal and I’ve seen it done). Increased representation OKRs can incentivize the latter and create zero-sum struggles between orgs.

[7] Communism promised to be both morally and economically superior to capitalism, but every attempt became morally corrupt and an economic failure. As it became clear that the working class of the liberal democracies wasn’t going to overthrow their “capitalist oppressors,” the Marxist intellectuals transitioned from class warfare to gender and race politics. The core oppressor-oppressed dynamics remained, but now the oppressor is the “white, straight, cis-gendered patriarchy.”

[8] Ironically, IQ tests were initially championed by the Left when meritocracy meant helping the victims of the aristocracy.

[9] Yes, in a national aggregate, women have lower salaries than men for a variety of reasons. For the same work though, women get paid just as much as men. Considering women spend more money than men and that salary represents how much the employees sacrifices (e.g. more hours, stress, and danger), we really need to rethink our stereotypes around power.

[10] “The traditionalist system of gender does not deal well with the idea of men needing support. Men are expected to be strong, to not complain, and to deal with problems on their own. Men’s problems are more often seen as personal failings rather than victimhood,, due to our gendered idea of agency. This discourages men from bringing attention to their issues (whether individual or group-wide issues), for fear of being seen as whiners, complainers, or weak.”

[11] Political correctness is defined as “the avoidance of forms of expression or action that are perceived to exclude, marginalize, or insult groups of people who are socially disadvantaged or discriminated against,” which makes it clear why it’s a phenomenon of the Left and a tool of authoritarians.
A complete guide to picking up 9s and 10s
Today I want to tell you everything I know about getting the highest calibre girls from cold approach. This guide will cover: frame control, inner game, and passing tests — which I consider to be the holy trinity of “9 and 10 game”.
This guide will NOT cover: body language, pulling, or handling logistics. Obviously, the latter are extremely important, but they’ve been adequately covered elsewhere, and there just isn’t space to include them here.

My background
Picked on in school, small and sickly, didn’t have a girlfriend until 18. Was dumped by her and spent the first 2 years of college pretty much celibate.
Got into redpill ideas through the old “Citizen Renegade” blog (which is now Heartiste). From there stumbled on RSD’s infield videos.
Started going out and approaching regularly. Approach anxiety and ceaseless rejection for months, but I kept at it. The odd success here and there.
After about 2 years I was fucking a new girl every fortnight or so, mostly 7s and 8s with the occasional turbo when fortune smiled on me. My current girlfriend is a 9, has done modelling etc.

Below is everything I know about getting the hottest women from cold approach pickup. This is specially engineered for getting 9s and 10s and dealing with the kind of bullshit these girls will inevitably give you.
If you’re more into sleeping with tons of 7s (and there’s nothing wrong with that), this might be overkill.
When I was single I personally was one of those guys who would rather fuck half a dozen 9s/10s in a year than 50 mid range girls, so my whole approach to game is based on optimizing for that.
Take it for what it is — I’m not saying my approach is better, this is just how I roll based on my preferences.
This is a long post. You may want to bookmark it and return to it later if you’re particularly concerned with getting the hottest girls. There’s a lot of subtle points in here that won’t be immediately clear on a first reading.

PART 1: THE ATTRACTION PROCESS

1. Women are attracted to you because you have a stronger frame than they do.
That’s all.
There’s nothing else to it.
Attraction is purely a function of the fact that:
1. you’re a man
2. you have a *stronger frame* than the girl
As a man, you naturally have a strong frame of reality whereas women don’t. Therefore they value that. (Having a strong frame is a result of high testosterone levels.)

**2. Women would rather fuck an ugly guy with a strong frame than a handsome guy with a weak one**
Evolution has designed women to be very flexible in terms of who they’ll become attracted to. Women would rather fuck an ugly guy with a strong frame (i.e. a natural leader) than a handsome guy with a weak frame (cowardice, uncertainty).
That’s because women who chose to fuck the latter ultimately had their genes rooted out of existence by the brutal conditions of ancestral life.
In consequence, women now are very adaptable. They have the capacity to be attracted to almost ANY man so long as his frame is stronger than hers.

**3. A girl can ONLY get horny for you if you have a stronger frame than her.**
Think of this like a mathematical equation. There’s no getting around it, no cheating it, no short-circuiting it. It is an immutable law.
Women want to submit to you. They want to submit to a strong man. But she can’t submit to you if your frame is weaker than hers.
Physiologically, girls can’t even become wet for a guy who has a weaker frame than they do. It’s literally impossible.

**4. “Be a man. Act like you have answers.” (Bill Burr)**
What is a strong frame? Fundamentally, it’s a sense of certainty in everything you do. This certainty manifests itself as calmness in the face of social pressure.
Simply put, in a cold approach pickup, the woman becomes attracted to you because you’re more relaxed than she is.
That’s all.
That might seem strange, but it’s actually not.
The very fact that you approached the girl at all demonstrates a massive amount of confidence and social value (either real or potential).
So once you’ve approached the girl and gotten her into a conversation, the game is yours to lose.
She’ll inevitably become attracted to you because you’re a man, and because you have a stronger frame than she does.

**5. Relax**
You will approach women, and you will make mistakes. That’s fine. Women don’t want you to be perfect. They only want you to be a man.
You are not physically perfect. Neither am I. Neither is anyone.
Women are not looking for perfection. They’re only looking for a man who has a *stronger*
And fortunately for you, you already have a naturally stronger frame than women. An example of this is how women will freak out over spiders or mice, jump up and down, scream, and so on, whereas a man will calmly deal with the situation without it breaking his frame.

6. She tests your frame to test your masculinity. The two are the exact same thing. Women are attracted to masculinity. And masculinity can be defined as a measure of how much pressure a man can endure without it breaking his frame. When you approach a hot woman, she immediately starts trying to break down your frame. She’s testing it for strength. If your frame crumbles in the face of her frame, she knows you’re not a man — because men have a stronger frame than women. Fortunately, your frame will not crumble. A girl’s frame will always “buckle” under yours after you pass several of her tests. It’s instinctual. Women want to be with the strong man. When she sees you have a strong frame she starts getting wet.

7. “Listen, smile, nod, agree — then do what the f*ck you were gonna do anyway.” (Robert Downey Jr.) Women test me all the time. Women have said things to me that are totally brutal — called me ugly, too short, a loser, etc. Most of the women I approach will make a weird face or pretend to ignore me for the first 10-20 seconds. It doesn’t penetrate. It doesn’t cause any emotional reaction whatsoever inside me. I smile, nod, agree and then keep talking to her as if she’s being nice to me. Eventually, she starts responding. Then she starts laughing. And then we have sex. A woman’s frame will ALWAYS buckle under yours. It’s not a question of “if”, but “when”.

8. Chasing hot girls gives you a “charge” When you’re first getting into game, it’s fine to only approach 5s and 6s. Many of these girls will be super nice to you, and that’s cool. A lot of them are fantastic in bed. But once you start to get some experience, you’re naturally going to want to move up the ladder and start laying 8s, 9s and 10s. This is a natural instinct, and it’s good. It’s okay to chase girls just because they’re hot. These girls want you to chase them. If they didn’t, they wouldn’t make themselves hot. Part of being a man is that you can appreciate a woman’s beauty and femininity. It gives you a charge. And pursuing women who are “out of your league” (by society’s false standards) also gives you a charge.

9. Seducing a 9 is no different from seducing a 5 The process of attraction is exactly the same. The only difference is that the hot girl’s frame is stronger than the chubby girl’s. But ultimately, no matter how strong a hottie’s frame is, your frame will always be stronger, because you’re a man.
10. Women will test you brutally when they want to sleep with you
When you approach any hot girl, she’ll test your frame HARD to see if it’s strong. She’ll act like a bitch. She’ll pretend to ignore you. She’ll tell you outright to go away. She wants to see if you’ll buckle to social pressure, or if your frame will remain calm and consistent regardless of external feedback. She actually WANTS to sleep with you — but she needs to test your strength first. Don’t be fooled by the bitch persona for a second. It’s a carefully cultivated TEST. Most men fail the test because they don’t even realize they’re being tested.

11. Fight Club analogy
Getting a hot woman into bed is like the hazing scene in Fight Club where the new recruits are lined up outside the door. Tyler berates the recruits with personal insults. “Too old, go away.” “Too fat, go away.” He forces them to stand outside for days. He tells them there’s no possibility they’re getting in. Most give up. But the few who stay are ultimately invited inside. Seducing the hottest women is the same. It’s a WAR OF ATTRITION. Women will fuck pretty much any guy who’s around at the end of the night so long as he has a stronger frame than she does. But you have to stick around. You can’t leave when she insults you or acts like she doesn’t want to talk to you. If you do, you’re failing her tests. We’ll get into the mechanics of passing these tests in a moment. First we need to talk about inner game, which is the basis of out-framing anyone.

PART 2: INNER GAME

12. The battle is won or lost inside you before it’s ever fought
We’ve said that the only way to AROUSE a woman to the point that she wants to sleep with you off cold approach is to pass her tests. How do you pass these tests? The first principle is to understand is that all tests are FRAME tests. The entire purpose of tests is to see if you have a strong frame that won’t buckle under pressure. Therefore, it’s useless begin with talking about “how to pass tests”. The real value is in having a strong frame to begin with. As Sun Tzu says in the Art of War, “every battle is won or lost before it’s ever fought.”

13. The “I am enough” frame = the gold dust that gets you 9s and 10s
The basis of your inner game is the idea that “you are enough”. In other words, you have value to women simply because you’re a man. Everything else is built upon that foundation.
You don’t have to “do” anything to attract a girl. She’s attracted to you simply because you’re more relaxed than she is. You don’t have to change anything. You don’t have to improve your “game” beyond what it’s at now. You don’t need to become better looking. You CAN do all these things if you want and they will help you. But you don’t have to. You’re already “good enough” simply because you’re a man — because you’ve got testosterone and a dick. Women value that.

14. Men and women are meant to get together
We fit together like a key and a lock. There have been studies done in which women smell men’s sweaty t-shirts, and it changes the chemistry of their brain — making them more relaxed and calm. Your “male-ness” is inherently attractive to women. Same way as their femininity is inherently attractive to you.

15. Standards are a myth — everyone is a horny scoundrel
We have been brainwashed in our culture into believing that people (women) have something called “standards”. Women don’t have any standards — not really. Neither do men. Imagine you’re naked in bed with a “4”. She’s kinda chubby, plain face, you probably wouldn’t be proud of the lay, whatever. But her skin’s soft, she smells good, and she’s naked and wet. Are you going to say no? Probably not, if we’re being honest with each other. You’d almost definitely fuck her if you could be CERTAIN that (a) she’d leave afterwards, and (b) no one would find out. There’s a natural magnetism between men and women. We have no willpower around each other. Women are the same way. Take it from someone who’s “shot out of his league” too many times to count.

16. Be her cheat meal
You can be a “4” and she can be a “9”. If the circumstances are right, she’ll fuck you so long as there’s no downside. Why? Because sex feels good. Even the hottest, slimmest yoga bunny pigs out on pizza every once in a while. It’s human nature. We’re not strong. We’re weak. We pretend to have “standards” to the outside world. But down deep inside, no one has any standards, and we know it. We have no will, no self-control. Hot women are the same. If you can hold frame, pass a woman’s test, and lead her to somewhere sex can happen while creating plausible deniability, she WILL fuck you. You’d be amazed how easy it is when you get it down.

17. Stop thinking you need to be an “alpha” to get hot girls — helpful at first but it will ultimately stress you out
Your frame is: “I am enough.”
Your frame is NOT “I’m a badass alpha who’s better than everyone”.
That’s hard to uphold in the face of conflicting evidence, and will cause cognitive dissonance and stress.
It’s simply: “Women and men are meant to get together. I’m a man. Therefore, women are already attracted to me on some baseline level.”
That’s not a hard frame to maintain. It doesn’t stretch the truth. It doesn’t cause cognitive dissonance. And therefore it’s MUCH MORE RESILIENT in the face of tests and resistance — which is the most CRITICAL element to getting the hottest girls.

18. Cultivate a “reality distortion field”
In order to do this, you must fully INTERNALIZE the “I am enough” belief system. Understanding it in theory isn’t enough. You have to feel it with your whole “mass”. You have to believe it with total, unquestioning, brainwashed conviction.
The more you think about the idea that there’s no reason you’re not enough, the more it will feel “true”. (Things become true to us through repetition, not through logic.)
Use self-hypnosis if necessary. Find every reason you can to support the belief that you’re enough, while cultivating “deliberate blindness” to anything that contradicts it.
Don’t be a slave to logic. Make logic a slave to you. This is how you cultivate a “reality distortion field”.

PART 3: HOW TO MAKE WOMEN HORNY BY PASSING THEIR TESTS

19. Enduring tests = building attraction
When you approach a woman, she immediately starts testing you. By passing her tests, you demonstrate that your frame is stronger than hers. This makes her horny for you.
Women are wired in such a way that they can’t become wet for a man unless he’s overcome some kind of resistance to get her. Hence, tests actually help you to seduce her. You want her to test you.
The more tests you endure, the faster she’ll sleep with you.
When a girl is so into you that she doesn’t test you, this is how you end up on a 3rd date with a woman who still won’t put out.
Tests are your friend.

20. Passing tests is where ALL attraction is ultimately generated.
Attraction is NOT generated by pickup lines and witty comebacks.
Attraction is NOT generated by manipulation techniques.
Attraction is NOT generated by looks or money.
All of these things WILL increase your probabilities of getting laid, and make your game smoother and more streamlined.
But they’re NOT what builds ATTRACTION.
The one and ONLY thing that builds attraction is ENDURING A WOMAN’S TESTS.
The reason for this is obvious when you think about it:

21. **Enduring her tests = ability to overcome adversity = GOOD GENES**
Women have to see you have a strong frame, because otherwise they have no confidence that you’ll be able to protect them and remain calm in the face of danger. And the ONLY way they can figure out if you have strong frame is by testing you, being bitchy, insulting you, brushing you off, ignoring you, etc.
That might seem “unfair” to you.
But if you can’t handle the abuse from some blonde chick in a bar, how the fuck are you going to handle beating a 7ft tall man to death with your bare hands when he and his tribe invade your village and try to gang-rape your girl?
Think about it.

22. **Women aren’t built for Starbucks. They’re built for the African savannah.**
Women aren’t built for the modern world. They’re built for nature, red in tooth and claw.
If you understand that, you’ll do things differently. You won’t take it so personally when you approach a girl and she tries to destroy you.
It’s necessary.
Hot women aren’t acting bitchy to you because of feminism. They’re acting bitchy to you because they WANT to fuck you — but they can only do so after they’ve proved that you have a stronger frame than they do.
This is instinctual. It’s part of the natural order.
Innate female bitchiness existed long before feminism. Testing men who approach them is encoded into female DNA.
When you get bitter at hot women for testing you, you’re being just as anti-nature as feminists themselves.

23. **Eliminate self-destructive beliefs**
There’s a common myth in the seduction community that a girl who acts “bitchy” to your approach is fundamentally flawed and therefore “not worth pursuing”.
This is totally ludicrous.
In fact, it’s just an incidence of “sour grapes” — cognitive games we play with ourselves to rationalize that the grapes we can’t reach are sour.
The reality is that if a girl has ANY VALUE WHATSOEVER, then she will test you hard during your first approach.

24. **Embrace tests**
Do you want a woman who says yes to every cock who comes along without putting up the slightest resistance?
Or do you want a woman who actually DISCRIMINATES among men based on their value — and who CHOSE YOU over hundreds of other suitors because you had the highest value?
If you’re a normal, healthy man, you want the second woman — and that means you must LOGICALLY EXPECT her to test you hard, and to test you with everything she’s got.
And you must not only expect tests, but APPRECIATE them. You LIKE it when a girl acts bitchy on your approach. It means that if you settle down with her, she’s likely to act bitchy to OTHER GUYS who approach her, scaring them away. The higher a woman’s value (in looks and character), the harder she will test you by ACTING “boring” and “bitchy”. This is the way it is and will be. This way and not some other way. Luckily, passing tests is the fastest way to create arousal and horniness. This means that, paradoxically, the hottest women are often the easiest to seduce if you know how to pass their tests.

THE TWO CATEGORIES OF “TESTS” HOT GIRLS WILL GIVE YOU, AND HOW TO PASS THEM
Women will give you two types of tests — active tests and passive tests.

25. Active tests
Active tests are covered frequently in PUA literature. When a woman insults you, belittles you, mocks you, or says something provocative to get a reaction — these are all examples of active tests. Common “brush-off” lines like telling you she has a boyfriend, saying you’re a nice guy, telling you LJBF — these are also active tests. I won’t talk much about passing active tests as this material has already been done to death in the redpill/PUA world. (Just look up anything on “shit tests”.) Suffice to say, the best way to pass active tests is to either:
   a. Agree and amplify.
   b. Ignore the test and continue as if you didn’t even hear it.
Generally speaking, getting active tests is VERY GOOD. If the girl’s actively testing you, it means she’s definitely interested. It’s also a very easy way to demonstrate your strength of frame by being a charming asshole in response.

26. How to get past her “bitch shield” persona and into her knickers: recognize and endure passive tests
But there is another type of test, which is MUCH more important to understand. This is the PASSIVE TEST. This is almost NEVER covered by PUA/redpill literature — yet these tests are actually the most COMMON you’ll encounter, particularly when dealing with 9s and 10s. Passive testing happens when you approach a girl and she appears to be INDIFFERENT, BORED, or ALOOF.
   “Resting bitch face” is a passive test. Giving you only one word answers is a passive test. And — my favorite — when you go to approach a hot girl and she looks at you with a face of half-disgust, half-horror, and runs away.
Utterly BRUTAL as it seems — yes, even THAT is a test.

27. Don’t confuse passive tests with “rejection”
99% of guys interpret passive tests as REJECTION. Even natural alphas do. And that’s totally understandable. I mean, it makes sense right?
If you approach a stunner and she takes one look at you before making a “creeped out” face to her friend, and then they run away — that’s obviously a rejection, right? Well, what if I told you that at least half the women I’ve slept with in my life reacted like that (or similarly badly) when I approached them? Here’s a particularly good example:

**28. “Rejection” is not rejection**
There was this girl I went to college with. Brunette, hot, did modeling work in her spare time, socially was one step down from a “minor celebrity” in my city. Probably one of the 10 or 15 hottest girls in my college. I always wanted to fuck this girl, because she seemed smart and interesting as well as just hot. But I rarely saw her around. One day she passed me in the stairwell, and I thought “this is probably the only chance I’m ever going to get”. So I approached her and blurted. “Hi, I’m Mike”. Good eye contact. Held my hand out to shake hers. Whatever. She looked at me like I had leprosy. I mean, she literally RECOILED. Her eyes went wide in horror, as if I was trying to infect her with AIDS. She shook my hand limply and muttered some social nicety back, then ran away swiftly. WOW… Now THAT’S a rejection, right? Well, the story has an addendum. That woman is now my girlfriend. Has been for three years. She’ll probably be the mother of my children. So what’s going on here? If she was attracted to me (which she later told me she was), why did she appear to “reject” me? Answering this question is the THE KEY to mastering all of game and social dynamics. You ready? Ok, here we go:

**29. You are TOO HIGH VALUE**
Yes, you read that correctly. When you’re getting “rejected” by girls, it’s because YOU’RE TOO HIGH VALUE FOR THEM, and it makes them nervous and self-conscious. Stay with me here. I know this sounds paradoxical, but try to grasp it.

**30. Women are nervous around you**
When you approach a woman out of the blue, it demonstrates a LOT of value. More than you probably realize. This is because 97% of guys DON’T APPROACH AT ALL. (Those who do are usually drunk and sloppy.) This means that if you’re an average to fair looking guy, and you cold approach a girl, you’ve just put yourself in the top 3% of men in terms of confidence. In other words, she is going to naturally ASSUME that you are an alpha male (whether this is true or not).
This makes her NERVOUS and SELF-CONSCIOUS. She’s ill at ease around you because she wants to make a good impression. So she tries to act “cool”, “aloof”, and “standoffish”… because she feels awkward. She says bitchy things… because she can’t think of anything else to say. She run aways… because she feels anxious around you and doesn’t know what to do next. In other words: you’re coming across as TOO HIGH VALUE. Women are nervous around you. Be patient with them! Dumb yourself down. Hold frame, tease them, keep smiling warmly. Eventually they’ll open up and start laughing, flirting back, and ultimately get turned on by the fact that you out-framed them in a way no other man ever has.

BONUS: THE 6 MOST COMMON TESTS HOT GIRLS WILL GIVE YOU AND HOW TO PASS THEM IN A WAY THAT BUILDS ATTRACTION

#1. You approach her, say hi, and she makes a weird face, or pretends to ignore you. Simply keep talking as if you expect her to talk back. She’s nervous and self-conscious and doesn’t know what to say. That’s why she’s acting “bitchy” — you’re too high value for her and she feels anxious, causing her to try to act cool. Don’t react to her. Keep your body language open and relaxed. Warm smile, unwavering eye contact. Keep talking. Eventually she’ll start talking back and responding positively.

#2. You’re talking to a girl and she acts indifferent or aloof, only gives you one word answers, or keeps looking off into the distance. Again, you simply have to ENDURE IT. Keep talking, keep being playful. Teasing her a little bit never hurts either. “Are you this charming with all the guys?” “This bitchy cheerleader persona you’re putting on is really turning me on, please keep it going ;-)” When she sees you’re not going to go away so easily, her frame will crack. She’ll start to smile. Attraction.

#3. You’re talking to a girl and she leaves to go to the bathroom, says “I have to go find my friends”, or runs away for no apparent reason. Let her go. Then re-approach her later. I can’t tell you how many girls have run off on me, then I approach them half an hour later and they’re like “Oh it’s you!” and then we hook up. Why do women leave? Again, they’re NERVOUS. Have you ever approached a hot girl and things were going TOO WELL? The girl is smiling and laughing…. she’s responding well…. and…. you freak out! You don’t know what else to do, but you don’t want to fuck it up, so you leave set! GIRLS DO THIS TOO. Women will “run out of things to say” and run away because they’re nervous and overwhelmed by being in a high value person’s presence, same as guys will. Let her go, then re-approach her next time you see her.
She will respond extremely well 90% of the time in my experience. She’ll literally be GRATEFUL to you that you gave her another chance. Women have told me this explicitly.

#4. If you’re talking to a girl and she tells you outright that you should leave, or says “well, you should go back to your friends”, “it was nice meeting you”, etc.
Smile, nod, agree, and then continue talking to her as if she said nothing. Never leave set because a girl tells you to.
SHE can walk away if she wants. She has that right.
But in a public space like a bar or nightclub, you’re well within your rights to talk to whoever you want.
It’s Saturday night. It’s a social environment. You’re mixing with people.
You’re free to talk to whoever you want, and she’s free to walk away at any time.
But if she tells YOU to leave, it’s simply a test of your frame. She wants to see that you won’t buckle under social pressure.
Pass the test by ignoring it. If she tells you to leave again, look her in the eye with a sly smile and say “You’re free to go if you want to.”
Her eyes will light up and she’ll punch you in the arm. Pussy dampening commences.

#5. You’re talking to a woman and there’s an uncomfortably long lull in the conversation.
Stare into her left pupil while saying nothing. Instant sexual tension.

#6. You approach a woman, or a group of women, and they attempt to mock or belittle you.
They’re nervous around you because you’re the alpha male in the environment. (As demonstrated by the fact that you approached.)
They feel uncomfortable in your presence because you’re high value, and so they’re trying to maintain frame by making nervous jokes.
Smile, nod, agree, and keep talking to them AS IF they were being perfectly nice to you. If you act like they’re being civil, eventually their frame will buckle to yours and they actually WILL begin to act civil.
That’s the nature of having a stronger frame: you create reality. Other people adjust themselves to it.

TL;DR

1. Women value you because you have a STRONGER FRAME than them. That’s all.
2. To figure out if you’ve got a strong frame, women test you. These tests come in the form of indifference, bitchiness, aloofness, personal insults, etc.
3. You don’t have to do much to pass these tests. You just have to ENDURE them, keep talking to her, teasing her a little and being normal. Over time, her frame will buckle and she’ll become aroused by you because she sees you have a strong frame that can’t be pushed around.
4. Attraction is a passive, not an active process. You attract hot girls by outframing them. You
ouframe them by enduring their tests without it breaking your frame. Eventually they “buckle” to
you and become wet, laugh at your jokes, ask you what you’re doing later, etc. Then you can take her
hand and lead her to the sex location and she’ll be compliant.

5. The hotter the woman, the harsher will be her tests. Paradoxically, this can actually make hotter
women easier to attract, because if you can endure her tests you stand out massively from other guys.
Compare to an average girl: her tests won’t be as hard, so you have to pass more of them and spend
more time with her before she can see you’re strong

If you’ve found this guide helpful, you might like my blog. Start with my most popular post:
The Ultimate Guide To "Same Day Sex"
I have been practicing Stoicism for 3 years now and the quality of my life has increased dramatically because of these 3 exercises. One from each of the greats: Epictetus, Seneca, And Marcus Aurelius. Try them and tell me what you think in two weeks.

3600 upvotes | August 7, 2017 | by thegolddawg | Link | Reddit Link

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**Practical Stoicism Tools**

Stoicism philosophy is on the rise. I have been practising it for a couple of years now and would like to share 3 of the most effective and practical mental exercise/meditations that I have used.

**Method One: A view from above**

>'You can rid yourself of many useless things among those that disturb you, for they lie entirely in your imagination; and you will then gain for yourself ample space by comprehending the whole universe in your mind, and by contemplating the eternity of time, and observing the rapid change of every part of everything, how short is the time from birth to dissolution, and the illimitable time before birth as well as the equally boundless time after dissolution'

– Marcus Aurelius

Marcus Aurelius advises us to perform an exercise called 'view from above'. This exercise involves us envisioning ourselves from the third person. In this vision, we zoom out while keeping ourselves in the centre. We continue zooming out and contemplating the scale of the universe. For instance, your first zoom might encompass a view of you from above the roof of your house. Increase the magnitude and you might see a view of your street, increase the magnitude and you might see a view of your country. Keep going until you can picture a view of Earth from the stars.

With this scale, we can gain a better perspective on the insignificance of our problems. When compared to the universe whatever problems we might appear incredibly trivial. For instance, if you were feeling down because a girl flaked on you or someone insulted you, try this exercise. It is far easier to overcome the emotional hurdles we experience when we put things into perspective.

**Method Two: Negative visualization**

>'Remember that all we have is “on loan” from Fortune, which can reclaim it without our permission—indeed, without even advance notice. Thus, we should love all our dear ones, but always with the thought that we have no promise that we may keep them forever—nay, no promise even that we may keep them for long.'

– Seneca

Negative visualization despite the name is an exercise that will increase your default level of happiness if practised consistently. The exercise consists of you envisioning what it would feel like if you lost certain things from your life. Some of the things that you could consider during the exercise are:
• How it would feel to not have a roof over your head.
• How it would feel to lose social status.
• How it would feel to live in a third world country.
• How it would feel to have a physical disability.
• How it would feel to lose a loved one.

This exercise is not meant to be dark or morbid, it’s meant to put things into perspective. Allowing you to see how lucky you truly are. It also prepares you for the worst case scenarios in which one of these things does happen. **You are not meant to fixate on these thoughts, but consider them from time to time.**

This is a very practical way for you to practice gratitude, naturally, when you consider things being removed from your life, you start to gain a sense of gratitude. Now gratitude is important because of a thing called ‘hedonic adaptation’, basically, it’s a term that defines the tendency for humans to always go back to their default level of happiness.

If you won the lotto and became a millionaire, your base level of happiness will increase for a while. However, when you become accustomed to the lifestyle, despite all the new toys, you will return to your base level. Gratitude breaks this pattern, allowing you to enjoy each step on the ladder. You can be grateful when you own a box, and you can be grateful when you own a Lamborghini Avendator.

**Method Three: Voluntary Discomfort**

'But neither a bull nor a noble-spirited man comes to be what he is all at once; he must undertake hard winter training, and prepare himself, and not propel himself rashly into what is not appropriate to him'

- Epictetus

The last exercise has been advised to us by Epictetus. It is called 'voluntary discomfort'. In this exercise, we are going to deliberately put ourselves through uncomfortable situations. We will do this in order to train ourselves to not hold onto comfort with such high regard. We can perform voluntary discomfort in a number of ways. Some suggestions are:

• Cold Showers
• NoFap
• Exercising in the morning
• Walking in the cold without a jumper
• Fasting for a day
• Sleeping on the floor

All these things will change your relationship with comfort. Once you overcome the need for comfort, life will become much easier. Setting your goals and sticking to them will be far easier. When most people complain about being ‘uncomfortable’, you won’t be able to relate. You are literally training yourself to be like a Navy Seal. This method will harden you up for life.

Eventually shit will hit the fan at some stage during your life. You want to have to mental and physical fortitude to weather the storm.

So those are the three stoic exercises. Stoicism is a practical philosophy that has survived the test of
time due to its universal applications. If you practice these stoic meditations, you will be well on your way to the good life.

VIDEO POST, Thank You
Talking With Women - Always DARE, Never DEER

2729 upvotes | May 26, 2018 | by LiveAFTSOV | Link | Reddit Link

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Defend, Explain, Excuse, Rationalize...

The Four Horsemen of the argument apocalypse.

The surest sign of doom's arrival is the scornful tongue lashing from a toothed vagina. Once a woman in your presence argues with you, or tests you - the horsemen are coming to your doorstep.

When you feel the tremoring gallop of these riders approaching, you'd best close the white gates of your mouth, and seal them with your lips.

If they've already arrived, the conversation, as you know it, is over.

The mighty tides of white colored pussy cream, dried in an instant - rendered into friction filled dunes of dry-crusted sand.

The tingles, are gone.

From there, the arousing conflict transforms into a contest of how much power you will surrender to your adversary, the fair-faced, bearded clam.

The sin of entering arguments, or DEERing with women, will happen in 4 ways - each unique in both appearance and punishment.

Learn them well, and avoid them.

Defend - The first Horseman

Being defensive is NOT to be confused with defending oneself from a real threat, like a physical attack, an attack to your character by ad hominem, or an attack against your ideas or beliefs. Defensiveness is a psychological response to perceived or imagined threat or attack to one's sense of self.

• What "Defend" Looks Like

Examples Are Italicized

"I bet you say that to all the girls." --- "What, are you calling me a man-whore or something? I don't do that!"

"How could you not know where the spoons are?" --- "I looked fucking everywhere for them!"

"Dude, are you mad? Your face is all red and you're foaming at the mouth." --- "I am NOT angry! Why would you assume that! Maybe YOU'RE angry!"

"You really suck at having sex, babe." --- "What? But every other girl I've been with said I'm
amazing! You're the one who sucks."
"You went and bought WHAT without talking to me about it?" --- "But baby, I know I made the right call, look at all the benefits of this decision, don't you agree? Tell me why you disagree!"
"Only an idiot reads the red pill." --- "What? How DARE you question the red pill?! You're just a bloopie faggot!"
"I wish you would start doing the dishes." --- "I wish you would stop being so goddamn annoying!!"
"You suck." ---- "Why would you even say that about me? I'm fucking awesome! What did I do to you?"
Arms folded across your chest.
Eyes darting around. Rubbing the back of your neck or head in nervousness.
Strained facial muscles. A feigned smile.
Shifting back and forth in position.

- Why People "Defend"

People become defensive because they aren't confident in their own decisions, and they don't believe in who they are. They feel guilty, ashamed, and timid about their choices. They question their sense of self. A defensive man is not an immovable mountain. Instead, they are an ungrounded castle, built upon pillars of sand, waiting to wither away and topple.

When you feel the urge to be defensive, you may believe what the other person (the female) says about you, and you must defend the validity of your inner sanctum from this attack. You question your internal beliefs, start to believe what the outsider is saying about you, and then you defend yourself to convince yourself of your own truth and beliefs. You feel that you are being personally attacked, and you are protecting your sense of self. Terrible, ain't it?

Even worse, some people experience the urge to be defensive when an attack isn't even intended! This is the result of upbringing, and unconfidence - perhaps policing parents who harassed their child, leading to a grown man becoming defensive and confrontational when a woman asks "Hey honey, where were ya last night?" Maybe you were actually out there doing some shady shit, and your guilt about doing what you were accused of leads you to becoming defensive.

We want people to see us the way we see ourselves - or at least not see us negatively - and we spend immense time and energy debating and defending ourselves and our decisions to others, because we want them to approve of us, and to see us in the same light we grant ourselves. We try to convince them that their perceptions of us are flawed - or incorrect.

If you are unclear about who you are, you start to believe what other people tell you, and feel the need to defend yourself by resisting your accusers arguments and attempting to prove yourself - A fencer, ferociously swatting every potential stab away from themselves, when in reality they are an enigma that can be penetrated by sword without suffering so much as a puncture wound. Being defensive is unnecessary, and a foreign notion to a grounded and confident man.

- How "Defend" Punishes

Defensiveness validates accusations. It turns your vagina play toy into a threat - making a woman into an enemy by defending yourself from them. As the woman realizes they have gained the power
to "get to you," and evoke feelings of defensiveness in their man, the Alpha-To-Beta shift begins in the sexual relationship.

By letting the sin of "Defend" pillage your conversation, you create an air of tension and social awkwardness. The girl will give you strange looks, and doubt your capabilities of authority and leadership as the captain of y'alls relationSHIP. This sin will arouse suspicion, and contempt in even the strongest of partner pairings.

Frequent defensiveness leads to women simultaneously shit-testing you more often, and distancing herself from you as she starts to lose attraction.

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**Explain - The Second Horseman**

If it's simple things that make people curious, or just conversational "stuff" in general, it's okay. Never explain the choices you've made, or the way you act and behave.

- What "Explain" Looks Like

Examples Are Italicized

"So, what are you looking for here on tinder?" --- "I'm really trying to find the one, I've been looking around for a couple years and kinda had a dry spell. What about you? Oh she unmatched."

"Why did you ask me out?" --- "Well because you're reeeeeeally pretty and you're my oneitis so I figured, hewk, might as well give it a shot! Hey wait where are you going?"

"Why don't you go make a move on her bro, c'mon?" --- "What? Why should I? You know I'm shy bro, I haven't asked out a chick in like, 5 years, I'll look like an idiot!"

"Why haven't you taken out the trash?" --- "Because babe, it's hot outside, and I've been looking for my sandals, I'm going to get around to it."

"Where did you put the car keys?" --- "Well babe, I was in the shower, and then I went downstairs, and then I pet the dog, and now I can't find them!"

"Why did you leave the TV on again?" --- "Well, honey, I was downstairs, then I went to grab a beer, then I saw you laying on the bed and we got busy, then next thing I knew we fell asleep. I hope you understand why I left the TV on now."

*I did this, this, and that, what do you think?*

*I did this this and that, did I do a good job?*

Puppy dog eyes, eager for direction and approval.

Numale soy grin.

- Why People "Explain"

Humans have a need to be understood. Many men have made the mistake of continuously giving a woman one more bit of info, so they'd just "get it."

This is because when it's a man to man conversation, explaining normally works - one friend explaining to another why they did what they did, that friend nodding and saying "Ahh," then moving on to talking about something else.

Then we go and try to explain ourselves to women - forgetting that they don't communicate through reasoning, and we don't explain ourselves to our subordinates. You put her into a position to judge..."
you - like your mother would.
That's right, you explain yourself to your girl because you want to get your surrogate-mother's approval.

Finally, people think aloud in a concealed attempt to convince themselves that their decision was the correct one - hoping that by explaining themselves to someone else, they can get reinforcement of their choices through another's approval. She isn't your mother, nor on a pedestal, so stop looking up to her. Make a statement and shut the hell up.

You don't have to justify a reason for every action you take. Let others make their assumptions. Your actions will speak for themselves.

- **How "Explain" Punishes**

Would you explain yourself to your 3 year old cousin, or daughter, or random snot-nosed kid on the street?

By committing the sin of explaining yourself to a woman, you instantly throw her into the role of authority. You give her the sub-communicative position of approving or disapproving your decision, and squander your credibility.

Even after hearing your well-thought out reasoning, women will still find a way to blame or chastise you. *"Well you shouldn't have lost your sandals in the first place!"* Explaining only welcomes drama into your life. Women will stand and stare, waiting for you to finish your explanation, then nod in approval or give you a verbal spanking like your mother would. Then they expect you to forever maintain this "bridge of open communication," with her, which really means they grow accustomed to you giving them status updates on your life, giving you shit if you ever stop seeking counsel with her, while they grow a side life of their own, in eager search of a new mystery.

The more you explain yourself to women, the more they will intentionally misconstrue your words and confuse themselves, because they want to keep the conversation going and eventually, as they grow bored, cause drama for your weak-ass. You're going to be hearing a lot of *"so, basically what you're saying is..."* until it leads up to yelling and arguing.

---

**Excuse - The Third horseman**

You know what you did, but you reject responsibility.

- **What "Excuse" Looks Like**

Examples Are Italicized

"Why were you late to our date today!" --- *"Babe, I was stuck in traffic, it wasn't my fault!"

"Why don't you go flirt with that girl?" --- *"Psh, she's not my type, plus she's probably a slut anyways. And besides, I'd have to walk all the way over there. It's not worth it."

"Okay, well why don't you go ask that girl out?" --- *"What? C'mon man, I'm not Red Pilled enough yet. Once I can squat 225, and I know all the iron laws by memory, then I'll ask her out. I'm just not ready yet!"

"What! That girl is so your type!" --- *"Yeah well I don't feel like going over there man, my legs are numb! I had leg day today!"
"Why didn't you try to close that sale?" --- "Dude, you KNOW that guy wasn't going to close - I couldn't have changed it, guys like him never wanna buy."

"Weren't you supposed to pick up the kids an hour ago?" --- "I didn't do it on purpose, I just so much other stuff to do!"

"Why did you jump off the cliff?" --- "Everyone else was doing it!!"

"Why did you cheat on me?" --- "She made me do it!"

"Why didn't you go to the gym today honey?" --- "Ahhh babe you know how tired I get from work... then I gotta come home, take a shower, change my clothes, I'll go tomorrow - twice as hard."

"Didn't you tell me you were a rich club owner with a fancy condo suite, where's your nice car?" --- "No no no babe, I said club PROMOTER... trust me the money is coming... I just uh... gotta cash in on a few investments first."

"Why did you get fired from work?!" --- "Jesus, I knew I shouldn't have worked with that BASTARD! This is all his fault! He's the cause of all this!"

Frightened face.

Look of anguish, worry, possible sweating.

Sleight of hand misdirection equivalent to a top tier magician - anything to keep attention off oneself.

Avoidant eye contact, shrugging shoulders, high pitched voice.

Looking like a bitch for using a bitch's communication tactic.

- Why People "Excuse"

We make excuses when we want someone or something else to be responsible, rather than claiming that responsibility for ourselves. Often, it is to avoid uncomfortable feelings of overwhelming pressure - and a feeling of being attacked. They fear failure, and are deathly terrified of confronting failure. People will quickly shift the focus of the attack to someone or something external to feel a sense of relief, or absolution.

This is because they live inside of a victim-mentality - where they are a pawn in the game of life that other people take advantage of, or cosmic circumstances screw them over regularly.

Or, it's because they realize some people actually do have problems, and fake a "woe is me" attitude to weasel their way into sympathy, attention, and forgiveness. Another excuse maker's rationale is because they are just lazy. Their priorities are not aligned, and rather than accomplishing what needs to get done, they procrastinate and then blame their failures on the sky wizard.

- How "Excuse" Punishes

When you give a woman an excuse, you are subtextually screaming "I can't handle the responsibility! Please forgive me!" Essentially, you tell her that you're a child. Once that's been said, you surrender power and give her the opportunity to accept or reject your excuse.

Give excuses to anyone enough times, and they start to figure out your word means jack shit - that you are not reliable, untrustworthy, and ultimately full of shit. But this isn't just about other people - the sin of excusing ruins YOUR life. You lose your initiative, and let opportunity slip away.

Not only do you repulse the woman by putting her in a position of power over you - you also frustrate
her with your inability to accept responsibility and lead. The woman will lose respect for you, and you can say goodbye to her tingles.

Rationalize - The Fourth horseman
The fucking hamster. The more you try to convince yourself of some bullshit, the more the hamster wheel spins.

- What "Rationalize" Looks Like

"Why haven't you paid the bills?" --- "Well you see, I was going to pay the bills, but I was waiting for YOU to come home first! Yeah, that's it, totally not my laziness."

"Are you available?" --- "Ooh, I got my aunt coming over, then I gotta mow the lawn, then I gotta get ready for my dogs funeral, she was a shitzu, then I gotta do all sorts of things, I'm really busy I just can't make it!"

"I thought you were going to quit shooting heroin!" --- "Babe I couldn't do anything to stop it, my friend brought over the needle and it just happened!"

"Why did you do that to me?" --- "I wasn't trying to hurt you, I was just trying to teach you a lesson! Besides what I did is better than what I WOULD HAVE done."

"So, did you get accepted into that college?" --- "Nah, they rejected me, but honestly I didn't even like that school that much anyways. They were a backup plan."

"You're such an idiot I'd never fuck you!" --- "Oh there must be something wrong with me if my oneitis won't fuck with me what will I do!?"

"So you smoke weed for the medical benefits?" --- "Yeah man, it like, cures seizures, and makes anorexia vanish, and it makes anxiety go away, not that I ever had any of those symptoms, but weed makes sure they never happen in the first place!"

Dazed look of confusion.
Genuine fireworks going off in one's eyes.
Breathing from mouth and gazing into the distance.
Shocked look on face. Open and surprised posture.

- Why People "Rationalize"

A person rationalizes AFTER the fact. A decision or choice is made, then the rationalizing happens afterwards.

This is because of a human need for consistency - we need to have things align in our lives, so if we've made a bad decision based on an emotional state of mind, we will rationalize why it was the right decision afterwards, to remain congruent and consistent with our beliefs.

People want to feel justified, and righteous of their decision, no matter how bad, in order to preserve internal integrity and outward appearances. This is the height of convincing oneself through mental gymnastics. Because you realize you made a bad decision, but are fearful of accepting responsibility and enduring the repercussions, so you choose to jump through flaming hoops to convince yourself of why you made the right decision.

As such, rationalization always comes from a SUBJECTIVE observation of a situation, giving the
rationalizer the greatest opportunity to convince themselves of what-ever it may be. It's used to create an active block against feelings of guilt, shame, and failure.

- **How "Rationalize" Punishes**

You will begin to rationalize the most self destructive and stupid behavior, once you let yourself stoop to that low.

In addition, people who rationalize the most have the most tedious, frustrating and unfulfilling lives. Because, although all their rationalizations do provide some emotional comfort, they also make them completely deluded when it comes to reality.

Essentially, you become a bitch, a woman - and unless the girl you're fucking is Bi or a lesbian, she's gonna see you as less of a man and lose attraction and respect for you.

Now, you are aware of the four horsemen.

With that knowledge, you may reclaim your power.

A great power, one that only Red Pilled men can wield - to call upon the Argument Archangels and DARE your woman!

DARE them with fervent might, and reap the valuable rewards.

**Deflect, Amusedly Agree And Absurdly Amplify, Repeat, Exit...**

The four saviors of amending arguments.

---

**Deflect - The First Archangel**

The Pressure Flip.

- **What "Deflect" Looks Like**

Examples Are Italicized

"You're just another fuckboi, aren't you?" --- *"Why? Is that what you like?"

"No, they always find me, but I hate them." --- *"I bet you're filled with hatred."

"What the hell, why would you say that?" --- *"Black nails, that little choker... tell me, on average, how many times a day do you just wanna scream 'Fuck these niggas!' huh?"

"OMG, that's how I feel at work EVERY DAY." --- *"Yeah I bet, tell me more about that..."

"Why aren't the dishes done?" --- *"Cus you're not in the kitchen babe."

"What?" --- *"You heard me, go take care of it." --- *"Okay, yes sir."

"I have a boyfriend," --- *Completely ignore what she said and continue talking.

"ARGHH OH MY GOD IM GOING TO BE LATE WHY DID YOU WAKE UP SO LATE!!" --- *"Uh uh, you know it's not really my fault, that idiot in front decided today was a good day to crash."
Now if YOU wanna get out MY car and walk, that's fine, but you're not going to take it out on me. Don't do that again."

"ARRRGH, you're right... I'm sorry daddy... BUT FUCK THAT GUY."

"Why are you wearing that color?" --- "Why aren't you?"

"I bet you miss me, don't you!" --- "Just your ass."

"Cus I have good tastes in clothing." --- "Oh, here I was thinking your mother dressed you up."

"Damnit, why haven't you taken out the trash?" --- "Oh I will, just turn around for a second... -smack her ass and scooch her out the door.- You got it babe!"

"I want cookies and milk!" --- "You're a little baby." -Then give her a kiss.-

"You're kinda overweight, dont you think?" --- "Kinda reminds me of this story when I had an overweight luggage, they made me throw away 16 kilos of coke! I was sooo devastated."

"Wait, what the fuck? HAH! No but really you're kinda fat." --- "And you remind me of my needy little sister."

Simply changing the subject.

- **Why People "Deflect"**

Red Pilled Men deflect / pressure flip because they understand women. Engaging in argument is a blue-pilled fools game to lose.

Deflecting what a women says is effective because it demonstrates that you are unphased by her whimsical non-sense, letting her teases and chastizings ricochet off you and bounce back to her. That's the second reason why you want to deflect, to give it right back to her in her cooter.

She won't be prepared for it more than 2 or 3 deflections. You want to keep going until you catch her off guard and make her stumble over her words.

- **How "Deflect" Rewards**

Once the girl starts struggling over her words - you have demonstrated your social superiority and have shown that you are on a higher level than her, as her critiques or quips are completely meaningless - I.E. she has no power over you.

This will generate a fun and positive experience and interaction, in addition to generating arousal through small conflict. Finally, deflection keeps the attention off you and places it on where you want it.

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**Amusedly Agree And Absurdly Amplify - The Second Archangel**

Yeah, so what?

- **What "Amusedly Agree And Absurdly Amplify" Looks Like**

Examples Are Italicized

"You're really short," --- "What is it about short guys that turns you on so much?"

"I have a boyfriend," --- "I have a girlfriend, lets set them up and run away together. I just wonder
who'd get the better deal..."
"Have you always been stupid?" --- "That's too hard for me to think about."
"I feel like I'm being replaced." --- "Nonsense, you'll always have a top tier spot on my harem."
"You really need a haircut." --- *"What the fuck? I'm bald! I've worn a wig this whole time. Come here pull it off."
"WHAT! No. I can't be with a bald guy... wait.. it's not coming off." --- "I knew you liked my hair, can't keep your hands off it."
"Awh, look at you trying to act all dominate," --- "Yeah, and look at you trying to hide that ass," - Smack her ass-
"Jesus christ you're tall, hows the weather up there?" --- "I don't know, how bout you check the thermometer." -point at your dick.
"Are you just going to do nothing all day?" --- "Fuck yeah I am, if I work hard enough, I can keep this up for a full year!"
"You're such an asshole!" --- "Yeah I am, so what? Got little dingle berries hanging from the whiskers in my beard."
*Taking what a woman says, then agreeing with it and exaggerating it to clown level proportions.

• Why People "Amusedly Agree And Absurdly Amplify"

The point is, everything this woman has to say is all just a big joke. You're laughing and she's laughing. That's when you've got her. You've taken her negativity and turned it positive. It turns any negative comment into a game where you see how far you can keep going and making it over the top where you're basically making fun of her for saying something stupid or uncalled for.
At the very least, you agree with what they say, and it removes all power from their words. Yeah, you're a Red Pilled asshole, so what?
It shows indifference and it gives no power to accusations that are made against you.

• How "Amusedly Agree And Absurdly Amplify" Rewards

AAAAA leads to a solid foundation of cocky, confident frame. This signals to women that you are comfortable in who you are, that you don't give a fuck, and that you can handle social stress, all of which are subtle bumps to your SMV.
What you are saying under the surface of your witty banter is, "Don't ask me stupid probing questions. I will not dignify them with a real response."
This is the key to passing a shit test.
AAAAA responses allow you to maintain the cocky/funny frame, and gives her the freedom to fall into your frame that you are the indestructible mountain of masculine energy, safely knowing her emotional winds can't sway you any which way, nor bring you down.
That is one feeling that makes her wet.

Repeat - The Third Archangel
Say That One More Time!

- **What "Repeat" Looks Like**
  
  Examples Are *Italicized*

  "Where are we going out again?" --- *"You'll know when I'm ready."*
  
  "What? Just tell me!" --- *"I will, when it's time."*
  
  "C'mon! What if I don't like the place we're going!" --- *"That's possible, looks like we'll find out!"
  
  "Argh! I'm gonna go get ready."

- **Why People "Repeat"**

  Because you do not have to explain yourself, nor should you do it - especially to your subordinates. They need to trust your leadership and take solace in knowing that you have accepted the responsibility of making the decisions.

  Explaining yourself becomes annoying, and so does answering the infinite questions of children - I mean woman. It is better to firmly repeat yourself until they get the picture.

- **How "Repeat" Rewards**

  Repeating yourself is a subtle and effective way to establish a frame of "I am in command of this ship. Trust me." Remember, women WILL leave you if they believe you are not fit for their following. Give her the opportunity to trust you, and surrender fully to your leadership.

  Once she does, you will have her unending admiration.

---

**Exit - The Fourth Archangel**

- **What "Exit" Looks Like**

  Examples Are *Italicized*

  "(Insert some dumb womanese here.)" --- *You leave the room and engage in another activity.*
  
  "(She follows you into the room and says some more annoying shit.)" --- *You continue whatever you were doing, effectively ignoring her.*

- **Why People "Exit"**

  There are two ways to exit.

  You can exit mentally, or physically. Silence is mental, leaving is physical.

  The most important reasons for exiting is for your own peace of mind, and mastery over your time. With over 100 million women in my country alone, no one women is worth giving me any drama, stress, or annoyance greater than a tooth scraping against my dick. Even that is nearly a deal breaker.

  Your life, at best, will last around 100 years. Now imagine how much of that time was already spent arguing, bickering, stressing over absolute bullshit that you could have applied towards more rewarding avenues of action?
All that wasted energy, wasted time, screaming about why ogling what a woman wears is misogynistic. Who gives a fuck? What does it matter, and more importantly, is this conversation worth the negativity and drama you're experiencing? HELL NO! And odds are, NO conversations with women are worth those depressive states.

Not only that, but exiting the conversation, whether mental or physical, keeps the power seated firmly inside your ballsack. YOU'RE the one who decides when shit starts or ends. YOU determine the rules of conversing, and YOU conclude what is worth discussing or not.

The last bastion of power is the willingness to walk away.

- How "Exit" Rewards

Freedom.
And she'll probably come crawling back to you too. Maybe Even An apology blowjob.

Conclusion

Women in their happiest, most content state, are pee-pee poo-poo immature children who just want to be cute, adorable, and have fun.
You do not argue with a child.
The only way to win an argument with a woman is to CHANGE HER MOOD - NOT HER MIND.
Women do NOT look to you for explainations - like they are your leader.
Women do NOT look to you for reasoning - like they are your partner.
Women DO look to you for feelings, guidance, and leadership - like they are your follower.
Care for your woman, and you will find they behave similarly to a bubbly child - excited for fun and adventure.
When your baby daughter, young niece, or the baby next door calls you a poopey-face stupid-head, do you...
(Defend) You're not allowed to say that to me! Respect your elders! (Excuse) Besides I'm not one anyways. The real poopy faces live in Denver, so that's why I'm not one. (Explain) Do YOU even know what a poopy face REALLY is? A poopy face is... (Rationalize) I hope you learned your lesson - If someone raised you better, then you'd know not to say mean things to people!
OR DO YOU
(Deflect) No, but you have a poopy face right on your NOSE! (Agree And Amusedly Amplify) Now we both have poopy faces, only mine is bigger, so mine is a better poopy face. (Repeat) No, my poopy face is better. No, mine is better! Nope, you said I'm a poopy face, so mine is better! (Exit) You wanna be a poopy face too now? Okay fine now you are one, now give daddy and kiss on the cheek and run along to your room.

In a healthy sexual relationship, the submissive feminine women is subordinate to a competent, masculine male.
You, as the man, are the captain of the ship, and she is your trustworthy first-mate.
You were given the responsibility of being the ever knowing, omnipresent manifestation of masculinity, and she is the flowery child, impulsive, curious, emotional, and silly, but most of all, eager for definitive direction from a strong authority figure.
If at any point these roles switch, there will be hell to pay.

Ensure you remain the confident captain of your relationship by remembering to never DEER, and always DARE the woman you're with.
The most notorious target was FatPeopleHate. Yesterday, people on FPH were noticing that a lot of top Imgur posts on that subreddit had also been deleted by the Imgur staff personally.

Reddit Post: Removing harassing subreddits
https://archive.is/mJyJe

This happened less than an hour ago. This relates to TRP as we were regularly listed alongside FPH as "the worst places on reddit" by multiple AskReddit threads. I know that Puerarchy acts as a failsafe in case we’re the next target by the Pao administration, but this definitely warrants some discussion.

Screenshot: FPH banned for violating the reddit rules to "keep everyone safe"
http://i.imgur.com/bVTmFyL.png
Kind of surprised this hasn't made its way here, considering TRP is called out in the title. A very good example of the double standards people have, and how women are considered victims when they're treated the same way men are all of the time.

http://archive.is/k4ji6

A common scenario: a woman becomes pregnant by "accident", her fling/ex/one-night-stand does not want to be a parent, but the courts end up forcing the man to pay child support for the next 18 years of his life, most of which may never go towards the child.

Of course, we are told that this is completely normal and acceptable. Both parents have a responsibility towards the kid. You can't opt out of being a parent. The child support is for the child's benefit. If you didn't want a kid, you shouldn't have had sex. And so on, and so on.

Except when it's a man that's forcing his girl to pay child support. Then, according to much of Reddit, he's a scumbag, a lying asshole, his child is to be pitied for being raised by him, etc.

In this instance, a 20-year-old man posted on Legal Advice asking for help. His ex-girlfriend was pregnant and wanted to put the child up for adoption when it was born, against his own wishes. He wanted to raise the child, even if he had to do so as a single parent. He said that he earned enough to support the child on his own and he was willing to take on the responsibility.

He was informed that his ex could not put the child up for adoption without his consent and that he should get a lawyer, register his paternity, and push for his custodial rights.

Yesterday, he came back with an update. He got a lawyer, managed to prevent his ex from putting the child up for adoption, and is now raising his daughter as a single parent, with his ex signing over her custodial rights. And oh yeah, after this all happened and he had his daughter, he also got his lawyer to file for child support and his ex now has to pay child support for the next 18 years, and she phoned him up livid, swearing at him and calling him every name in the book.

A very common scenario that often occurs with the man having to pay the child support, but now that it's the woman, plenty of people have some choice thoughts for this man.

I actually feel terrible for the mother. Because if she didn't want the child, she could have easily aborted the baby and this man goes, after the mother gives him full legal custody, and makes her pay child support?

I don't agree with this at all. (+723)

Yes, she definitely should've aborted her eight-month-old fetus to save money.

But that was the point of adoption, so someone could take proper care of the child. This just seems like dirty tactics. (+257)

Want proper care for your child? Put them up for adoption and send them off into the world!

She had a plan, but now has to pay child support instead because the father wanted full custody? (+420)
Now, after he gets custody of the kid, he wants her to pay child support? That kinda negates the point of not being able to support the kid. I’d say that's a dick move on the dad's part. She should have terminated if she knew he would do that. (+596)

Another "she should've aborted her almost full-term baby" comment.

Literally a post why she should have put it up, she'd be in much better position. Crazy. (+4)

If she put her daughter up for adoption, she would save money and her daughter would grow up without either of her birth parents. Imagine how much of a better position that would be!

She let him have the kid without a fuss at the end but then he files for child support? Holy shit can't understand how someone could do that. And just imagine the Reddit shitstorm if it had been the other way. (+188)

"Imagine if this happened to a woman!"

She was mislead and lied to. It is incredibly scummy and I now worry for this kid's future having a dad willing to so coldly lie and fuck over someone like that...There needs to be more reason in these laws. (+44)

Total dick-move to sue for child support. She clearly and expressly did NOT want this child. She made the process for OP to have the child easy as possible. Had she gone the adoption route, she wouldn't be on the hook for child support, but decided to give the father a chance to parent. Absolutely an asshole thing to do to her. (+10)

What selfish prick. Also, what an excellent way to make that woman hate him until the day she dies. (+14)

I think it's a crappy thing to do, and if I was the mother, and he went after child support, I'd go after visitation rights. Then he may change his mind about wanting child support.

"If I was the woman, I would go after visitation rights and be miserable raising a daughter I don't want to get back at him!"

I am glad I am not the only one that was distressed about the underhanded way he went about getting child-support. His lack of honesty really worries me. (+61)

I'm conflicted regarding going after child support. In my head I feel it's wrong, if she had put the baby up for adoption then she wouldn't have to pay it for the next 18 years. However if the roles were reversed and the father wanted to put the baby up for adoption and the mother wanted full custody, then i think public opinion would be that the father obviously has to pay. The laws need to change regarding this topic for sure. (+19)

"Now that this has happened to a woman, the laws have to change!"

Also, one comment that made me laugh:

You said you weren't smart enough for college? Man, you seem brilliant!

And there are hundreds of other comments, calling him shitty, a scumbag, ice cold, and every other name in the book.
To be fair, at least half the people in that thread support him and think this is perfectly fine, maybe even the majority. But you can be sure that if this was a woman, nobody would've even blinked twice.

When a woman is given the same treatment that men undergo all the time, she is seen as a victim. Furthermore, when a woman suffers the smallest consequences for her actions, people will excuse any and all behavior on her part (such as a late-term abortion of a viable fetus to avoid paying child support).
Feminism is not a shit test. Feminism is a macro level compliance test, and we're all failing it.

2489 upvotes | July 15, 2018 | by frrunkis | Link | Reddit Link

tl;dr - Men aren't reared correctly. As a consequence of this, most men are simply boys that are extending their adolescence for as long as possible. This means that women are surrounded by low value (unattractive) men. This is driving up their urge to regulate the sexual behaviour of men through society-wide compliance tests. All men are failing these tests, even men in the anti-feminist camp. The specifics of this are not talked about or understood correctly at all, and it's important that men understand this. I implore you to read this full piece so that we all understand what's really happening.

Women are the gatekeepers of sex, men are the gatekeepers of commitment. Men want sex, women want commitment. If a women gives you sex immediately, she gets labelled a slut. If a man gives commitment away too easily, he gets friend zoned. Keep these general rules in mind whilst reading this piece.

Male attractiveness

Men offer two things to women, value and comfort. Value is how attractive you are. It is your number out of 10. It can be summarised as the traits you have that indicate that you have the potential to move up a dominance hierarchy. The dominance hierarchy is the social structure that men formed in hunter-gatherer societies, and it was roughly based off of who could add the most value to the tribe. Men formed this hierarchy, and women mated with the men who were at the top. This ensured that only the right men would propagate their genes. Only some men all throughout human history were allowed to pass on their genes, which makes perfect evolutionary sense. If there are 10 men and 10 women in a tribe, why would you have each individual man mate with each individual women? Why not just get the man who has the highest value (ie. can add the most value to the tribe) to mate with all the women? That makes the most sense from a purely evolutionary perspective.

Men of high value are men that can move up dominance hierarchies. The traits that these men have are usually centred around risk-taking behaviours, and an ability to maintain your composure under these high risk situations. If I balance on a tightrope that's one foot above the ground, that's quite impressive. If I do it between two buildings, that's 1000x more impressive. If the wire is the same width, then that means the level of balance I'm displaying is the same, so the reason for why it's immeasurably more impressive when performed at a greater height is that the risk is greater. People who can partake in risk-taking behaviours, and maintain their composure whilst doing so, inspire awe and admiration in people. The men who were willing to venture into the unknown and conquer it were greatly admired. We formed hero myths centred around such behaviours.

How men test each other

Let's say you're an alpha male in high-school, and you see a dweeb walking down the corridor. You get a sudden urge to shoulder-check the dweeb and shove him into the locker. Why do you get this
urge, and why do you laugh with your friends whilst doing it? Why do adolescent boys enjoy such behaviours? Well, it makes sense from an evolutionary perspective. If you and me are in the same tribe, and you're not acting right, then our tribe is going to suffer. We have women and children to protect and provide for. If you're acting in a way that indicates that you're weak, I will get the urge to toughen you up. I will get the urge to treat you poorly, to indicate that you're low down on the dominance hierarchy, and to force you to become stronger. Men bully and give each other a hard time to test each other and make each other stronger. Young boys will often wrestle each other. Male adolescents will tease each other mercilessly. Male bonding usually involves a lot of rude jokes that poke fun at each other. We usually enjoy these behaviours greatly, we call it 'banter'.

Let's say that you're insecure and experience a lot of anxiety. You would most likely walk around with your head down and hoping that you just don't get noticed. You don't want people to look at you, you probably just want to stay invisible. You would feel this way because if you're insecure, having more eyes on you ramps up your anxiety levels greatly. Giving a speech in highschool would fill you with dread. You would rely on your notes entirely and most likely shake during the speech. Being insecure and not thinking highly of yourself puts you in your head. You're anxious about your future, you feel regret about your past, and insecurity about your appearance. You're not in alignment at all. You're using up brain capacity on all these different things, and so you lack the ability to just focus on the present moment and act forthrightly.

**Alpha males and their ability to play social games**

The alpha male is not in his head, he is in his body. He is not thinking, he is just acting. He wouldn't need to rely on notes whilst giving a speech, he could just free-associate instead. Why is he able to do this? Because he thinks highly of himself. He's not dwelling on the past, or anxious about the future, or insecure about himself. He's able to have his thoughts, words and actions line up. Fighters will clear their minds before a fight, because if they're too busy thinking then that means that they're using up their finite amount of brain capacity that could be better used for fighting. If you want to achieve a flow-state, you can't be thinking, you just have to be acting. So high status men are able to act in the world in a forthright manner, and low status men are more inclined to stagnate and live in their heads instead.

Alpha males are able to actually enjoy giving each other a hard time. They don't take it seriously, and they actually enjoy the banter. They're capable of free-associating and having thick skin. They're able to play this social *game*. In high school, they give low status men a particularly hard time simply because it's fun to them. If you asked them why they're doing it, you would get a response that's something like "Don't worry, we're just having fun." That's all it is to them, just fun. They enjoy the game. They enjoy the test. They know they're good at it and so they welcome the challenge. They don't shy away from people, they're capable of partaking in these social games we play and winning whilst having a fun time. Evolution made men enjoy these games because we use it to structure the dominance hierarchy. We figure out who's the alpha and who's the beta based off of their behavioural characteristics. We don't create resumes for each male and measure their ability to add value to a hunter-gatherer tribe, we just make subconscious assessments of each other based off of our behaviours and act accordingly. The dominance hierarchy is very much linked to who can banter and free-associate and who cannot.
Social games and Shit tests

We're all aware of what a shit test is. It is tool that women employ to test a man's value. The shit test will involve her saying or doing something that's designed to see whether or not you're better than her from a value perspective. Women are hypergamous, so they're only attracted to men that are of higher value than they are. That means that they mate across and up the dominance hierarchy. If you greatly admire someone, you're more likely to qualify yourself to them and pedestalise them. You want their approval, so you try to prove yourself to them. If they insulted you in some way or indicated that they don't really like you, it would affect you emotionally and it would hurt. Likewise, if you were around someone who you didn't really care about, then you wouldn't qualify yourself to them. If they insulted you or indicated that they didn't really like you, you probably wouldn't even remotely care. We usually only want the approval of people that are better than us, or are of higher value in some way.

So when a woman gives you a shit test, your reaction to the test will indicate whether you think you're better than her or not. Qualifying yourself or backtracking when hearing a shit test means you're pedestalising her and wanting her approval, and therefore you're not engaging her hypergamous instincts. Likewise if you react with indifference, you're indicating that you think highly of yourself and that you don't need her, and inspiring attraction in the process. Responding to the test with a counter-test, or a playful insult, is the best response. Think of the shit test like an invitation to play a game. Flirting usually involves playful banter and light-teasing. The pickup artists called it 'game' for a reason. It's a social game you're playing, and people who aren't in their heads but rather are in their bodies and think highly of themselves are particularly good at playing this game.

How societies create men of high value

Every culture all throughout human history gave their adolescent boys a rite-of-passage. They would send their boys into the woods for a month, or into a dark cave, or something similar. They did this to transition the adolescents from boys into men. Young adolescent boys are indecisive and need decisions made for them. They don't like responsibility, they're easily afraid, and worst of all they're insecure. Insecurity sets in around that age. You start to become really self-conscious and dwell on all your short-comings. From a hunter-gatherer perspective, you're useless and not able to add value to the tribe.

A rite-of-passage would fix that problem. Being thrust into the unknown forces you to become decisive and courageous, otherwise you won't survive. It forces you to stop thinking and instead start acting. It forces you to stop dwelling on your short-comings, and instead focus on what you're actually capable of. You would exit the rite-of-passage with a new found confidence. That experience would be something that you can point to to justify having high self-esteem. If you survived it, you would now have a reason to think highly of yourself. You would now have the behavioural characteristics that indicate that you can add value to the tribe.

How modern society fails men

We have no rites-of-passage in our modern times, and as a consequence men are extending their adolescence for as long as possible. They indulge in all sorts of short-term gratification instead. For example, they indulge in:

- Video games which are a life achievement simulator.
- Podcasts, youtubers, online forums which are a social life simulator.
- Porn which is a sex-life simulator.

These three things are simulation versions of what men of high value get. Men who are acting correctly in the world are admirable, and so they get a social life and a sex life and they most likely experience feelings of accomplishment. What we've done is create digital versions of these social rewards and made them accessible to all men everywhere so the incentive to grow up is greatly diminished.

We also have a schooling system that doesn't allow young boys to form the dominance hierarchy correctly and prevents men from learning how to act right. When you get bullied, the way to stop the bullying is to indicate that you're a formidable person who isn't weak. They're testing you to see if you're valuable in some way. You're meant to figure out how to be fierce, and you're not meant to get help but rather develop the behavioural traits that command respect.

Running to the teacher and asking for help indicates that you're not formidable and not self-reliant, and yet that is what is taught to young boys. They're taught to not fight and to not be boisterous. They're meant to just sit still and submit to the teacher. They're taught to ignore all their biological impulses and not help each other grow. As a consequence, the dominance hierarchy stays static and doesn't move. The dominance hierarchy exists to make men grow, and to ensure that the men at the bottom aren't always the same men. The boys at the bottom stay on the bottom throughout their entire school lives, never being taught that they need to grow strong and become formidable. Men go to very dark places when they stay at the bottom of the dominance hierarchy for years on end.

Most young men also have parents that don't push their sons enough. Fathers should routinely encourage their sons to go out into the world and conquer it. Fathers should also stop the mother from coddling the son too much so that the son can enter the world and take risks and grow as an individual who doesn't need help. Parents need to foster independence, and they aren't doing a very good job of that in recent years.

**How men make women feel**

When Justin Bieber or Brad Pitt go onto a talk show, every woman in the audience screams and loses their minds. When one direction roles into town, women chase them and throw their panties at them. Whereas when Jessica Alba or Ariana Grande goes onto a talk show, the men just sit and clap. Women view the top percent of men with reverence, they throw themselves at them. But the corollary to that is that they view the bottom percent of men with disdain and contempt. The reason for this is simple if you look at it from an evolutionary perspective. Women are the selectors. They decide who gets to propagate their genes and who doesn't. Nature is that which selects, and women select, hence the term 'Mother Nature.' If women run for the hills from low value men, and throw themselves at high value men, that ensures that only the right men will have children. This is why women are the gatekeepers of sex. Women are the egg, and men are the sperm. Men can have hundreds of kids a year (ie. Genghis Khan), women can only have one (barring twins etc.). It makes complete sense that they're brutal when it comes to selecting men.

It also explains why women care way more about sexual assault and sexual harassment. This is a very important point. If I'm on a train and I feel a hand on my ass, and I look over and I see a women who's around my size groping me, I most likely will feel flattered and just laugh. I may even tell my
friends about it and brag about it. From an emotional perspective, I won't care. However, if I'm a woman on a train and I feel a hand on my ass, and I look over and see a man of identical size groping me, I will feel violated. I will feel scared and humiliated. It would be a horrible experience. The reason for this difference in reaction is because women decide who gets to have sex and who doesn't. They're the gatekeepers of sex. This is exactly where their power lies. If you override who ability to select you and just grope her, you just took her power away from her. It isn't just the size difference between men and women that explains why they care more about sexual assault, it's the fact that they're the selectors. Men are apathetic towards ugly women, but low value men make women innately uncomfortable at a cellular level. Remember this fact.

Comfort and what women want

Earlier in this piece I mentioned that men offer women both value and comfort. Comfort is your willingness to commit and be monogamous. It is your ability to provide for her and protect her. Women have a desire for comfort because in hunter-gatherer societies they would die without male protection, especially during and after pregnancy. But men who offer women comfort right from the start get friend-zoned and never get laid. Why? Because value and comfort are roughly inversely correlated. **Men game women for sex, and women game men for commitment.** A women who gives you sex quickly is less likely to get your commitment. A man who gives his comfort too quickly will get a woman's time and emotions (ie. be a shoulder to cry on), but no sex. Men of high value have options, they have multiple women that they can seduce and sleep with. The more options a man has, the less likely he is to commit to one girl.

A women's fantasy is to get the guy that all women want, but he wants just her. *She wants to get the commitment from the guy that has options.* That's what Twilight is. The handsome vampire with impossibly high value that all women want, but he just can't get this Plain Jane out of his head. He lusts after this boring Plain Jane. *She's not like other girls.* That's a woman's fantasy. That's what 50 shades of grey is also. Handsome billionaire, impossibly high value, infatuated with a Plain Jane that all women can project themselves onto. She's wants to have to *game* him by being desirable and feminine to secure his commitment. Women *love* feeling feminine. They love feeling petite and submissive. They want to feel desirable. But they can't just snap their fingers and induce this feeling within themselves, they require a high value man to evoke that feeling from within her. If she has no high value man in her life, then she won't ever be able to feel truly feminine, desirable, submissive etc. Without high value men around her, she won't act in a way that's desirable to men.

Compliance tests

Women test a man's value with shit tests, but they also test comfort. They test comfort by giving men compliance tests (AKA. comfort tests). Compliance tests are far more nefarious and harder to spot then shit tests. They are far more pervasive. But they must be understood because they're more relevant now then they've ever been. Let's say that you're a guy who works out, works hard at his job, has a lot of cool friends, and has a lot of cool hobbies. You're an in shape, ambitious guy with a great social life. You're a catch. You then get a girlfriend. She will begin to give you compliance tests in order to test your comfort. Here's some examples to illustrate what compliance tests are.

"You don't need to work out so much, I kind of prefer guys with softer bellies, it's nicer to cuddle with. Besides, you could hurt yourself at the gym."
"Why do you work such long hours? You're so tired when you get home, and we can never spend any meaningful time together."

"You always spend your weekends with your friends instead of me. It's like you prefer them over me. Do you not like spending time with me?"

"Kayaking is way too dangerous, you're going to hurt yourself! Plus it's so expensive. Let's find activities that we can do together instead."

Now a year later you're out of shape because you stopped working out, you're no longer ambitious because you stopped grinding, you no longer have friends, and you no longer have cool hobbies. And so now your girlfriend is no longer attracted to you. But the reason she's no longer attracted to you isn't because you're an out-of-shape loser with no friends, but rather it's because you failed her compliance tests. The compliance tests are designed to lower your value to ensure your commitment. She's taking away the things that make you attractive to increase your comfort. When you fail a compliance test by bending the knee, you're indirectly communicating to her saying "I'm not high value. I don't have options. I need you because I can't get other women. I will do whatever it takes to make you happy." Remember, we seek the approval of the people we pedestalise. And women are hypergamous, and aren't attracted to men that pedestalise them because it indicates that your value is lower than hers. So when you fail a compliance test, you're letting her control you because you think it will make her happy, but you're actually indicating a lack of abundance and by extension of that low value.

Now because you're no longer attractive to her, you no longer evoke feelings of femininity and desirability from within her. You once made her feel submissive and sexy, but now you don't. Only high value men can do that. She no longer feels how she wants to feel. She wants to dote on you. She wants to be cute and look at you lovingly. She wants to have a symbiotic relationship with you where she serves you and treats you amazingly. It used to bring her great joy to bring you joy. But she can't actually experience any of that unless you actually evoke those feelings from within her, and you can only do that if you're high value.

Compliance testing starts small, and only escalates once you fail. It will start at tiny things, like getting you to do some more chores, or letting her check your messages, or forgoing some activity in order to to some other activity with her. The more you yield, the greater the compliance test. After a while if you keep bending the knee, you're suddenly replacing sex with massages, doing most of the chores, giving up your drums because they're too loud, spending all your money on her, letting her not pay rent at all, letting her walk all over you. Women will act as bad as you let them, but they don't want to have to act that way! They want to feel feminine and submissive, but only high value men can evoke those feelings. If you continually fail compliance tests, you will start to evoke feelings of disdain and contempt from within her. Why? Because women view low value men with disdain and contempt. And since you're failing these compliance tests, you're low value.

If you want your girlfriend or wife to act a right, then you have to act right. You cannot demand respect, you have to command respect. The feeling of femininity and desirability that you evoke from within her is how she games you. Remember, women game men for commitment. She games you by acting in a sexy, submissive and feminine way. She wants to have to act this way in order to keep you around. She will act as bad as you let her. Let her game you. She wants to game you. She wants to have to earn your commitment. Never forget this.
The consequence of a world filled with low value men

Most men nowadays are weak. They don't pursue meaning. They live from craving to craving. They bitch, moan and complain a lot. They don't have an allegiance to anything at all. They prefer to talk about their feelings rather than implement solutions. They don't take risks. They can't maintain their composure in stressful situations. They choose the simulation version of social rewards over pursuing the real thing. More and more men are low value. The number of high value men in western countries is diminishing very, very quickly. As a consequence of this, women are surrounded by low value men. They're surrounded by men that make them feel uncomfortable on a cellular level. They don't like low value men even looking at them, or getting any form of sexual gratification from them in any way at all. It repulses them. What they do want from these low value men is comfort. Remember, low value men give comfort way too quickly. Women expect low value men to be the shoulder to cry on, to be the beta male that serves them. To provide for her, but never get any sexual gratification from her.

The #MeToo campaign is a macro-level compliance test designed to regulate the sexual behaviour of low value men, and to also get low value men to regulate each others sexual behaviour. Women want low value men to provide comfort, without ever getting sex. This is ideal for them. They want to ensure that these men will ask for consent every step of the way, and be incredibly hesitant to ever escalate, and be hyper vigilant of ever trespassing against her sexually, and to get these men to monitor other men's behaviours so they can regulate each other. It's all a compliance test, but on a macro level. But remember, compliance tests start small and only escalate once the man has failed the first ones. Feminism is ramping up it's compliance testing because men continually bend the knee and yield to these tests. This is just the next level. And it won't ever stop. It never stops. Compliance testing never stops, even when you're a shell of your former self and are only used for the money you provide with no thanks, it still continues.

You pass a compliance test by not bending the knee. You maintain an abundance mentality, so that you won't be willing to completely change who you are in order to keep her around. You maintain a frame that indirectly communicates that if she doesn't act right, you'll leave because you have options.

What men need to do

If women see a low status male not bending the knee and is instead railing against women in some way, they see an unruly slave. They see a man not doing what he's supposed to do. They see a man that's attempting to demand respect, instead of commanding respect. What happens when a slave is unruly? The slave master cracks the whip even harder. A lot of the men in the anti-feminist camp fall under this category. Feminists are seeing what they believe are low value men who are refusing the bend the knee. This doesn't suddenly make these men value value, it just makes them unruly slaves. High value men don't spend their time arguing with feminists online, or watching feminist cringe videos, or anything like that. High value men are off acting within the world, not wasting their youth arguing with idiots. So when women encounter these anti-feminist men, all they see is a low-status unruly male not doing what he's told. The anti-feminist guys aren't really helping that much in regards to turning the tide around when it comes to feminism and all the chaos it's created. The only men, the only men, that can turn the tide around are men of high value.

When women see MGTOW, they don't see high value men that are refusing to date them, they just
see low value men saying 'You can't fire me, I quit!' They just don't care. Low value men doing anything other than bending the knee just annoys women. It's not going to change their mind. Only high value men can do that. Only high value men can evoke feminine and desirable behaviours from women. Women will often imprint on their partners politics and beliefs once she's with a man that's she's attracted to. I once heard a quote that was something like "A woman won't have time for feminism if she has a hard dick chasing her around at night" and it's entirely true. Women don't act right unless men act right. You want her to be feminine and desirable? Well then you need to be a high value man. You need to be a formidable risk taker. You need to be able to banter and play the game well. Only then will you evoke that side of her. All women are fully capable of being both loving and doting partners and also cruel andemasculating shrews. The side of her that's brought out into the world is entirely dependent on the men she's around. What side have they earned?

Many men nowadays are railing against feminism. They don't like what they're seeing, and they try to fight back against it. But they're going about it all wrong. How can you expect women on a macro scale to act right if men on a macro scale won't act right? You can't demand respect, you have to command respect. It's should be self-evident as to why feminism is ramping up in recent years, it's simply because men aren't acting right. They're hardly men. They're boys. They're weak. And women are responding exactly how nature intended. The antidote to this is for men to recognise on an individual level that they need to do away with their Peter Pan syndrome and start behaving like their ancestors. I walk down the street and see men with glazed over eyes, who would have very little recourse if somebody decided to impose their will against them. These men don't deserve the loving, doting side of women. Only men who have tested themselves and become formidable and competent deserve that side of women.

In order for men to become who they were meant to become had they been reared correctly, the need to create a rite-of-passage for themselves on an individual level. Recognise that there's a part of you that's resentful and angry and wants to impose your will against others. Tame this side of you, integrate your shadow. Take up martial arts. You'll learn to control this part of you so that you can leverage it voluntarily if somebody tries to trespass against you. Approach women to test yourself against nature. Take social risks and practice maintaining your composure whilst doing it. Routinely do things where you don't know what the outcome will be. Stop using porn, podcasts, shows and food to run from all your negative thoughts. You have to accept your shortcomings that you have no control over, you have no other choice. You need to stop dwelling on your past regrets, and instead re-frame them as lessons that made you a stronger person. It's vital that men do these things, and stop being weak. We have no other option.

A woman's love, respect and loyalty is one of the most valuable things in this world. It's something that all men seek. You don't get to have it by default, you have to earn it. You have to prove yourself. You have to communicate that you're a capable individual, who can play the game well, who has brought themselves into alignment, and is acting how nature intended them to act. Without men acting right, women won't act right. You can't just complain about feminism and the current societal standards, you can't demand change, you can only command change. The more we fail these compliance tests, the further into chaos we descend. By and large, men get what they deserve when it comes to women. If all the men in the world started to act right, a lot of these problems would dissipate. The nihilistic attitude in this sub is a dead-end. It's weakness. It's an avoidance of responsibility. You're a node that's within a network, and so everything you do ripples out and effects the world in some way. You're going to meet a thousand people in your life, and they're each going to
meet a thousand people. That means you're only one person away from a million people, and two people away from a billion. You have more influence than you think. Start doing what you know you should be doing.
1000 migrants in Germany sexually assault, rob and rape women at one train station on New Year's eve. Feminists actively are trying to cover it up.

2433 upvotes | January 5, 2016 | by CHAD_J_THUNDERCOCK | Link | Reddit Link

tldr: see title

Many of us have pointed out that feminists will avoid and even censor any discussion of rape when it is not committed by white men. The famous example is in Rotherham UK where 1400 children were raped by Muslim gangs, and groomed in prostitution as young as 8 years of age. The right wing were not able to stop it for over a decade as they were labelled racist and islamophobic by the left and feminists. The police and a liberal local government actively covered it up and allowed it; in many cases they said the children were asking for it, essentially. An example of a feminist trying to cover up what had happened, even after the story had become official:
https://www.youtube.com/watch?v=m7JmVwMNq4c

On New Years eve 1000 refugees were releasing fireworks and brawling. Gangs of refugees cornered women in subways. Only 10 police were assigned by police to manage the situation. There was one rape and 80 or so sexual assaults.
http://www.breitbart.com/london/2016/01/04/revealed-1000-migrants-brawl-rape-sexually-assault-ste al-one-german-train-station-new-years-eve/ . Also:
http://www.bbc.co.uk/news/world-europe-35231046 . The story is everywhere now, including Reuters and NYT so check your favourite source.

However the default subreddits are not letting this hate speech be told. worldnews has banned it as local news, although it is front page news all across Europe many right wing papers, the number 2 story on BBC, and reported widely in America now. A moderator did however give somebody the real reason: https://i.imgur.com/21U1AIU.png .

Worst of all is that the 2XChromosomes subreddit has deleted all threads talking about the mass sexual assaults and rape in Cologne on that evening. The default sub for females is actively covering up mass sexual assault!

The silence is deafening. Leftist/Feminists enable rape by attempting to cover up assaults. They choose to virtue signal or fight for agendas that make themselves feel good, even when it results in more rapes for other women. It is the ultimate act of selfishness and hypocrisy.

I know we aren't really activists here, but we can do good by pointing out the progressivism pecking order to women that are close to us: 'oppressed' rapists come before female victims.
Hello, I am a Asian American, male, age 23, 5'6, 160lb. It's been several years since I have started this journey. Typical bluepill background. Typical Asian upbringing. School smart but not street smart. High school was a dud and I wanted to committed suicide during my junior year. Been told I was cute before but never had the balls to do anything. Been an orbiter, emotional tampon, "best friend", the whole nine yards.

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

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

Note: All books can be purchased on the Amazon Kindle App. Save trees, save space, and read anytime, anywhere. Bonus: If you are an auditory learner, several books have Audio Narrations upgrades.

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

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

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

TRP is not a safe subject. Cue eye-rolls. There are those who would use TRP philosophy incorrectly just like those who use religion or politics to suppress or terrorized others. Keep your mouth shut and your thoughts to yourself whenever these type of topics come up in public. Self preservation keeps you safe and others safe. Let people think how they want to think.
• Recommend Method
• Don't talk how 'alpha' you are or how 'beta' someone is in public. It's really sad and pathetic. You wouldn't be here is you were alpha. We all were betas. Be humble.
• Don't put down or insult women for not sleeping with you after you are 'enlightened enough to be an alpha'. They aren't evil, prudes, bitches, cunts, sluts, whores, or etc because they won't help you get your dick wet. They are just human like us. They have the freedom of choice.
• Don't go preaching in streets. You are not going to change the world. You will only endanger yourself and others.
• Keep TRP to yourself mean also means keeping your goals to yourself. Somehow in the brain, if you don't discuss your goals, you would somehow achieve them. It's like those who talk a huge game of losing weight as a new year resolution but fail in the end.
• TRP is a brotherhood. For those of you who want to help our brothers who are plugged in, please keep in mind of how much you resisted swallowing the pill. Just keep an ear out when they start dropping hints. They will be ready when they will be ready. Don't force it. You can only lead a horse to water, you can't make it drink it.
• Recommend Youtube:
  • Derek Sivers Keep Your Goals to Yourself - TED

Starting At The Mind:

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

• Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief. -Frantz Fanon
• Recommend Method:
• Use the Five Stages of Grief to identify your emotions and state of mind. It WILL be hard and does take a lot time to come to an acceptance. But's it completely normal to feel what you feel. It's ok to feel anger, depression, feel like you have been exploited your entire life. What you are feeling now is the change. You will breakdown. You must breakdown. Then you will rebuild. We men are taught to not express our troubles or negative emotion in public. TRP is a safe and anonymous place where you express your hatred, your negatively, your mistakes, and your grief in the privacy of your own home and your own mind. This is where we can get honest answers and guidance from those who were in the similar situations. Be patience, be kind, and be grateful once you are unplugged.
• Recommend Youtube:
Unlearn your traditional male role. A few rules has changed from the past. Mother nature will always be the invisible government of the land, however, mankind's 'laws' are always changing, for better or worse. Remember your basic animal instincts and adjust to new environment accordingly.

Provider=ATM, Best friend=emotional tampon/orbiter, Marriage=slave, divorce=raped, kids=blackhole, single=freedom.

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

- Unlearn "nice guy syndrome". I almost became a neckbeard. Also learn the difference between infatuation and love. Infatuation is good in small doses but not when it becomes an obsession. Keep your head on earth and not in the clouds of your fantasies.

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

- Recommend Book:
Learn to control your sexual urges and desires. STOP being so thirsty. We males tend to think with our other head. Sex is great but it's not the one thing in this world you should strive for. Don't let it control you because then you would be willing to give anything to satisfy it. There are risks beside STDs when it comes to having sex. In Greek Mythology, it was said that the Goddess Aphrodite was feared by all, even the gods, because love and lust can affect all and can warp one's reality. Your value as a man is not defined by the quantity or quality of women you can bring to bed. Ask yourself honestly and deeply why you want sex.

- Destroy the sex glands, whether in man or beast, and you have removed the major source of action. For proof of this, observe what happens to any animal after it has been castrated. A bull becomes as docile as a cow after it has been altered sexually. Sex alteration takes out of the male, whether man or beast, all the FIGHT that was in him -Napoleon Hill
- Recommend Methods:
  - QUIT PORN and fapping. The urge of sex is one of and the MOST POWERFUL driving forces of man. You are wasting your drive for fake pixels. Imagine what would happen when you harness all that energy into something productive. (This by far one of the hardest thing for me to achieve.)
  - USE A CONDOM and flush it down the toilet after. Sperm-jackers are real. I actually got a vasectomy this year, (recovered fast, 2 weeks).
  - Don't EVER have sex with a drunk girl. You are just asking for a rape accusation.
  - Save screenshot of a "Awesome night" text after a night of sex and upload it to the cloud like Google Drive.
  - Don't EVER 'date' coworkers/clients either. You are just asking for a sexual harassment/assault lawsuit or an income/job lost. Don't shit where you eat.
- Recommend Books:
  - "The Sex God Method" by Daniel Rose
  - "Sexual Intelligence" by Marty Klein
- Recommend subreddits:
  - Childfree
  - NoFap
  - MGTOW
Recommend Youtube:
- The Horrors of Children - The School of Life
- The Science of Pornography Addiction - AsapScience
- Fun Fact: An average kid cost 250,000$ from birth to 18 year old. (Not including college). Get a DNA test. Family courts are not on your side.

Having some god damn self-respect!! Language! - Captain America Learn to create, strengthen, and maintain your boundaries with your family, friends, coworkers, and potential mates. Do not put up with drama and avoid those who are drama. Crabs in a barrel mentality is an easy red flag. The core of TRP is self-improvement but also to stand up for yourself and to take care of your own needs. We want to be better, to be our best self we can possible be. And to do that we have to care how we present ourselves and look at how we treat others. But we also must learn how to care about our own needs first and be realistic on how other people are treating us. We men have been taught all of our life that we matter less, that we are valued less, that we should sacrifice ourselves for the benefits of others. It's time to be a little more self-interested, to never be doormats again.

Recommend Book:
- "The 48 Law of Power" by Robert Greene (BlinkNotes is a great summery guide for the book)

Recommend Method:
- The mirror self-reflection technique: When you are with someone, that person is a reflection of you. If the other person is 'unstable', you might want to take a look with yourself and your boundaries. You are the average of the five people you spent your most time with.
- Force Field: Imagine a force field around you. Now expand it to your personal space. Use it as a guide for protection against both physical and mental 'hits'. This provide you a mental picture and more awareness of how strong your boundaries are and who exactly is trying to hurt you.

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

- Man is affected, not by events, but by his view he takes of them. - Epictetus
- Practice saying 'no' out loud with confident and conviction.
- Learn to have self respect with your needs and boundaries and with other person's. It's always a give and take relationship. Keeping scores in your head is fine but don't get obsess with it.
- Pick your battles wisely. You can never change a person's world view overnight. Walk away if
needed.

- Learn to say 'sorry' less and only when it is absolutely necessary.
- Learn to make decisions for yourself and lead. You are the captain. Let the other person(s) decide if they want to follow.
- Have a play and/or flirty tone when using backhand comments. It's banter and it's supposed to be fun. Test yourself 'being mean' cautiously. Don't backpedal whenever possible.
- Take your time talking. Don't rush things and don't let anyone rush you. Be content during those silent pauses. Gather your thoughts.
- Don't take things personally. Take those mental blows until you can shrug them off.
- If a person acts like a spoiled child to you, treat them as a spoiled child.
- Remember to stay amused and keep your frame as strong as a rock.
- Recommend Book:
  "Be the Pack Leader" by Cesar Millan
  Fun Fact: Olympians athletes use imagery as mental training.

Pure attraction is based on the your animal instincts and are non-negotiable. A balance must be achieved when two people are together. That's why 'resources' can used as a substitute and exchange for the other's affection when one person is lacking a specific trait. (That's why some women are caked with makeup and some men wave their wealth around.) What we try to achieve here is to increase the chance for pure attraction. The absolute desire to be with one another with a minimal or zero amount of external influences.

- Recommend Method:
  The ideal mate list: Think of your ideal partner and write down their traits on paper. Now, can you achieve those same ideals and traits? A lot of people aren't willing, both men and women. They want to have their cake and eat it too. This is why self-improvement is so 'enforced' at TRP and increasing your SMV is the first step.
  Recommend Youtube:
  The Ideal Man? One's Woman's 43-Point List Stuns Steve Harvey

Explore what it means to be in a relationship. It's basically a balance of closeness and distance. Also, unlearning monogamy (Another social conditioning) is one of the most EFFICIENT lesson you must learn. Monogamy is really rare in the animal kingdom. (Humans are animals too.) You should NEVER depend on one person to fulfill your EVERY single need. That's why people tend feel too much pressure in a relationship or they don't feel perfect for one another. ALL relationships are temporary because you and your partner meet each other requirements for the moment, whether the moment is only for one night or for several years. People grow and change and so does their needs. They fall in and out of love. Love is temporary, never meant to last 'forever'.

www.TheRedArchive.com
• Nothing last forever, even stars die. -Neil deGeneres Tyson

• Recommend Youtube:
  • "The School of Life" Relationships Playlist ('Affair' video recommended)

• Recommend blog:
  • blog.kareldonk.com - Featured Topic - Love

Know thyself. You have to know how you see yourself, your thinking process, and how you perceive the world around you. If you are an extrovert, be social with everyone within means; if introvert, be close with your good friends.

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

Learn to be unattached. Value your independence and freedom above all. What both males and females tend to do is get obsessive over someone, to 'own' him or her and control their sexual freedom. He's 'my' boyfriend or she is 'my' wife. You can never 'own' someone, even if you both imply exclusiveness. There is a Greek legend that men and women used to be one. The God Zeus fear us so much that he split us in half. It was said we were doom to roam the earth to find the part that make us "whole" again. If men can be whole by themselves, we would had been powerful to overthrow the Gods. Learn to be whole.

• The things you own end up owning you. -Tyler Durden.

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

• Recommend subreddits:
  • Zerowaste
  • Onebag
  • Vandwellers

• Recommend App:
  • My Asset Bin (Keep track of the things you own)

• Recommend Youtube:
  • Minimalism: A Documentary About the Important Things
  • Daniel Norris The Millionaire Pitcher that Lives in a Van
Life Maintenance Skills:

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

- **Recommend Methods:**
  - **KILL AND AVOID DEBT ASAP.**
  - Either be responsible with credit cards or don't get one at all. (I finally cancel my credit card after running it up to the max way too many times. Nearly spent all my savings.)
  - Reduce or eliminate non-essential bills like Netflix, magazine subscriptions, cable/satellite TV packages, and etc.
  - Start an emergency fund and saving fund. Keep it in a separate bank or safety deposit box so you won't be tempted. Start at 5-10% of your paycheck once a month. Do a separate allotment/transfer so you would never see the money.
  - Give yourself 24 hours when wanting to buy something that is non-essential. Compulsive buying is real. You don't need the latest gadget or toy. You live well without it before.
  - Use hard cash more than debit/credit cards. You will think twice when handing over your hard-learn cash. Swiping is too easy.

- **Recommend Book:**
  - "The Total Money Makeover" by David Ramsey

- **Recommend subreddit:**
  - Personalfinance
  - Anticonsumption
  - Frugal
  - TinyHouses

- **Recommend App:**
  - Mint: Personal Finance @ Money (great for knowing your Net Worth, Debt, and Credit Score)

- **Recommend Product:**
  - Turbo Tax (Easiest way to do your taxes and receive a refund.)

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

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

- **Recommend Methods:**
  - Make your bed every morning.
- Wash your dishes/pans immediately after you use them.
- Designated a day like Sunday to clean your place.
- Vacuum carpet, mop/sweep floor, dust/wipe furniture and bathroom, do laundry, and air out the place at least once a week.
- If you have too much shit to clean or organized, you own way too much stuff. Less stuff means less cleaning.
- If you hate taking out the trash, make less of it.
- If car owner, get it detailed every 2-3 months. It would feel like it's new again.
- Recommend Book:
  "Adulting How to Become a Grown-up" by Kelly Williams Brown
- Recommend Youtube:
  Tastemade

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

- Recommend Method:
  - Give up/limit artificial sugar, processed food, and fast food. Easy way to do it is to avoid food that come in box, bag, or can packages. Soda/pop, energy drinks, sports drinks, candy, chips, cookies, microwave dinners, canned food, and etc.
  - Try to stick to raw food you can eat or cook with. (Meat, veggies, and fruit.) Rice is a good staple food.
  - Do treat yourself once a week. You aren't training for the Olympics. Just don't go pigging out or do a binge. Treat it as a snack/dessert.
  - Buy reusable Tupperware and a lunch bag. This should encourage you to not eat out often and cook more. Plus you can show off your dishes.

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

- The average free time for an adult can range from 4-5 hours per day.
- 24hrs - 8hrs (sleep) - 1.5hrs (eating/cooking) - 30mins (bathroom) - 8hrs (work) - 30mins (commute) = 5.5hrs free time per day.
- Recommend Methods:
  - Unplug/limit your home internet service.
• Reduced all of your electronic devices with screens down to one or two.
• Hide your laptop and/or cellphone when you are home to reduce unnecessary usage.
• Uninstall apps like games, Netflix, Instagram, and etc off your cellphone. Try to keep your phone to just a communication device as much as possible. No more endless scrolling or mindless games.
• Don't be connected 24/7. Disable/silent notifications off your apps.
• Online "dating" is only for top 10%, attention/validation whores, and thirsty betas. You have a better chance in public. Also 'catfishing' is very real.
• If you have a Facebook, limit your friends to under 100 and set it to private. (I got mine to less than 50 after I deleted people I either don't know, never talk to anymore, are toxic, or their posts are just drama.)
• Recommend Game:
  Phone Stack game during meals. Stack everyone's phone face down on top of each other. The first person to reach for their phone before the meal is over pays a penalty like washing dishes or paying the bill.
• Recommend App:
  Quality Time (Keep tracks of your cellphone usage per app)
• Recommend Youtube:
  How Is Your Phone Changing You? -AsapSCIENCE

School/Job. Honestly, we all know school didn't do jack squat for us in the real world. You learn the skills you need in life by searching it out. That's how you came to TRP. So only go to college or trade school once you figure what you really need to do or want to do. Teens these days take a year off after high school to figure out who they are. Your MBTI personality should give some sort of guide on where your ideal career field is.

• Recommend Method:
  There are two types of jobs. One that pay the bills and established your 'time and experience'. The other is a fun dream/hobby. Take care of yourself first by getting one that pays the bill. When you got free time on your hands, work on your dream/hobby job. Take only one or two classes if you are working fulltime to not overwhelm yourself.
• Recommend Book:
  "Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type" by Paul D. Tieger & Barbara Barron-Tieger

Bio Hacks Habits:

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

Personal hygiene *Caveman Style* habits

- **Recommend Methods:**
  - Going chemical free (your skin absorb everything). A lot of hygiene products are allowed to NOT list their ingredients. I was able to stop using deodorant, cologne, laundry detergent (I use baking soda), shaving cream (dry shaving), and shampoo (My hair and scalp feels and looks so much better. I use tree oil to keep my hair and scalp 'hydrated' and healthy). Girls that I been with love my natural smell and possible pheromones.
  - Take cold showers. Another mental exercise over your fear. Observe the excuses your mind makes up, clear your mind, and then jump right in. (Training this method everyday will make a good habit for doing cold approaches). Health benefits and save money too. Using too much hot water can dry and damage your skin and hair.
  - Shower every other day and within a 5 minute duration (within reason please). Showering everyday could also damage your skin and hair.

- **Recommend subreddit:**
  - NoPoo (No Shampoo).

- **Recommend Youtube:**
  - Benefits of Cold Showers Comfort Zone Killer- The Improvement Pill
  - Fun Fact: Cold showers was coined as "The James Bond Shower".

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

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

- **Recommend subreddit:**
  - Barefoot

- **Recommend Youtube:**
  - What If You Stopped Going Outside? -AsapSCIENCE

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

- **Recommend Method:**
  - Take some zinc supplement
  - Obtain a medical test to see where your level is at.
Be less hairy overall so girls can see your face and muscles.

- **Recommend Methods:**
- If you can't grow and/or maintain maintenance a beard, shave (Don't be a neckbeard or have a pedo-stashe).
- Manscaping. Learn to pick and trim your eyebrows, ear hair, nose hair, chest hair, back hair, and pubic hair.
- Have a hair style that doesn't required a lot of maintenance. Buzzed, short, shaved haircuts gives you a clean look. Do a Google image search for your ideal men haircut. Print and bring it to the barber. (Balding is not a choice. However, a shaved haircut is a choice.)
- Maintenance schedule for manscaping and haircuts: At least once a month.
- **Recommend Youtube:**
- Beauty and the Geek Makeover

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

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

GET MORE SLEEP.

- **Recommend Methods:**
- Less screen time mean more sleep.
- Darken your room as much as possible.
- Sleep naked and also on hard surface (floor, flat bed frame). It help with neck and back pain and improve better posture.
- **Recommend Apps:**
- Bluelight Filter for your phone
- f.lux for all your computers
- **Recommend Product:**
- LightDims Stickers 5.99$
- Blackout Curtains
- **Recommend Youtube:**
- What If You Stopped Sleeping? -AsapSCIENCE

Hydrate motherfucker! -James Doakes. 60% of your body is made of water.
• **Recommend Method:**
• Drink only water, all other drinks are filled with a ton of sugar. Place a reusable water bottle in plain sight at your work area to help remind you to drink.

• **Recommend Youtube:**
• What If You Stopped Drinking Water? -AsapSCIENCE

Take three deep breaths anytime of the day.

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

Get RID of bluepill music.

• **Recommend Method:**
• Take some time to go through your music collection. Listening to music have been proven to affect your subconscious. I love music but I get so irritated now with songs that have lyrics like 'waiting for a girl' or 'she is the perfect one', or 'how can I live without her.' Makes me want to gagged.

• **Recommend App:**
• Soundhound/Shazam (Identity any song, anywhere)

• **Recommend Website:**
• youtube-mp3.org (For auditory learners when they find good podcast videos.)

Minimize or eliminate mind/body alternating substances.

• **Tobacco:** You already know smoking is bad. Endless campaigns about that. (I also hate kissing girls who smoke.)

• **Alcohol:** I limit myself to 3 drinks when I go out. It gives me a good buzz while letting my mind/body relax without being sloppy. Save me money and from potential beer goggle (ugly chicks). (I also like to play a game of trying to get strangers to buy me my third drink.)

• **Drugs:** Never did drugs before so my only inputs are I don't like things that mess with my mind and prefer no marks on my records.

• **Caffeinated Drinks:** Lower your dependence on coffee, energy drinks, and etc. If you are eating healthy and sleeping well, you shouldn't need it much.

• **Recommend Youtube:**
• Addiction - Kurzgesagt In A Nutshell
Your Exterior Self:

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

- **Recommend Methods:**
  - **Lifting (Duh).** Use free weights and something similar to the 5x5 workout program.
  - **Running.** It's FREE to do anywhere, anytime. A mile a day keeps the doctor away.
  - **Designate a time and place to work out.** It will give you the mindset of the sole purpose to workout. Try to not use your home as a gym. It has too many distractions. Your home is a place of relaxation.
  - **If you are skinny/hardgainer like me, you have to train to eat a lot.** I drink 3-4 protein shakes a day with three large meals.
  - **Find a workout buddy that who knows what they are doing.** I needed help to stay motivated and committed to the workout program for the first few months. I was dragged kicking and screaming along the way until I learn to shut up and stop wasting energy complaining and making bad excuses.
  - **Your time resource is 24 hours everyday.** Use at least one hour to workout.
  - **Document your progress by taking body pics once a month, writing down your weight once a week, and your max weight for each exercise every two weeks.** The fitness process is very slow so you need to see that you are improving every month.

- **Recommend Products:**
  - **Protein shake:** Pro JYM (4lb 55$)
  - **RSP nutrition Creatine Monohydrate** (16.99$)
  - **bodybuilding.com**
  - **Bonus:** Working out is also a type of dynamic meditation. My mind tends to go blank when I focus on my form and movement. It's similar to monks who practice mindfulness when doing chores. (I honestly can't sit still and think of nothing. I'd fall asleep.)

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

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

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

- **Recommend Methods:**
  - Stand tall by using the pencil posture test and fix your forward neck by using the 'hang by your teeth' technique.
  - Use a computer stand to level your screen higher for a better sitting posture.
  - Place a pen in your mouth and start reading out loud. You should be able to pronounce every syllables, talk slower, take breaths and pauses, and get rid of 'umms' and 'uhh'.
  - Record yourself reading out loud. To focus on your tone and volume, place your recording device at different distances away from you. This should give you the idea of how loud and clearly you must be speak in order for the person to hear you. You should also listen to pitch of your voice and make sure it stay low.
  - Move slower by focusing on feeling every step you take. Pretend you just got a new body and are 'testing' it.
  - Eye contact game: Try to memorize what color of the person's eye.
  - Smile less often. When you do make direct eye contact, do a slow smile, like it was meant for that person.
  - Pretend neither you and the other person can't speak. Use your body, hands movements, and facial expression to communicate. Basically charades.
- **Recommend Books:**
  - "Verbal Judo" by George Thompson PhD
  - "How to talk to Anyone, 92 Tricks" by Leil Lowndes
  - "What Every Body is Saying" Joe Navarro
  - "The Voice Book" by Kate DeVore and Starr Cookman

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

- **Recommend Methods:**
  - Make sure your logistics are in order before going anywhere, anytime. You will never know when the next opportunity will arise. Transportation? Check. Bedroom clean? Check. Condoms? Check.
  - You must LEAD at all times. YOUR responsibility is to make the FIRST move and every move after that. The approach, the flirting, the kiss, the numbers, the future plans, the sex. Judge her interaction and adjust accordingly.
  - 3 second rule: When you see an attractive women, don't think, approach. This gives your brain no time to develop any excuses. Don't restrain yourself to just weekends or night venues. Women are everywhere.
• ACCEPT REJECTIONS GRACEFULLY. You CAN'T have sex with every attractive woman you see. There are too many factors to why a woman rejects you. Just say 'thank you for your time' and move on.

• For first few outing, keep it fun, interactive, cheap/free, kino friendly, and low pressure. No dinner. No movie. Get ice cream cones, bowling, arcade, laser tag, walk around the park, putt putt golf, hiking, swimming at beach/pool, board games, and etc.

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

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

• Don't be afraid to touch her! Sit next to her, hold her hand, high fives, hugs, fist bumps, make her twirl, hand slapping game, and etc.

• Kino map: hands/knees -> upper arms/upper legs -> hair/lower back -> face cheek/ass -> lips (kiss) Hint: When going for the kiss, make sure to isolate her from the public view or from people she knows. A person's public reputation can greatly differs from their private desires.

• Keep the sexual tension alive. Use sexual innuendos. Wink, lick your lips, stick your tongue like a kid, blow kisses, smirk, grab/slap her ass playfully, rub/slap her thighs playfully, and etc.

• Push and Pull during the interaction. You're not sprinting to the finish line. Escalate and rest on your terms. Give her room to chase too.

• Recommend Books:
  "The Manual What Women Want" by W. Anton
  "Models: Attraction through Honesty" by Mark Manson

• Recommend Youtube:
  What Actually Makes a Man Attractive? - BuzzFeedVideo

• Recommend subreddit:
  Seduction

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

• Recommend Methods:
  Text with the PURPOSE of meeting up/making plans. Don't text just for the sake of texting. (Like asking how was her day was or what your goals in life are.) Save that for when you are together in person.

• No wall text.

• No double texting.

• No instant text back if you can help it.

• PLEASE write out your texts in compete words, sentences, and correct grammar.
• Use 'statements' formats more often than 'questions' format. (Example: Instead of asking her if she is free, tell her a time, location, and activity of what you will be doing together. Take the lead and assume attraction.)

• Do not drunk text or send nudes (blackmail materials).

• Make a phone call every once in awhile. Show that you got some balls.

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

• Recommend acronym:
  KISS (Keep It Simple Stupid)

• Recommend Youtube:
  How to Text a Girl - sWooZie

Additional Recommend Skills:

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

  • Recommend Method:
    Movie "Suckerpunch"-close your eyes and imagine an adventure with the music.

  • There are two types of dancing style. Individual and partner. Take beginner classes for both. You are with people with two left feet in those classes. Partner dancing helps with being comfortable touching the opposite sex and leading. Individual dancing help with being comfortable with your movements and with yourself overall.

  • Recommend Youtube:
    Howcast

    Will Dancing Get You Laid? - AsapSCIENCE

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

  • Recommend Method:
    kickboxing or some sort of martial arts

Learn to sing. For some reason, singing tend to bring people together. When you and another person know the lyrics to a song, it's really cool feeling. Great for singing during car rides and karaoke nights. Great indicator of putting yourself out there. Just have fun with it.
Recommend Method:
- Take a few singing lessons from a tutor to learn breathing and pitch.
- Record yourself is also a good method.

Storytelling. Our stories are who we are, what we experienced. Share the jokes, the 'what the fuck' events, the scary adventures and your brainfart moments. If you don't have any, go out and do something to at least have one story.

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

And Lastly:

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

- The life of every individual, viewed as a whole and in general, and when only its most significant features are emphasized, is really a tragedy; but gone through in detail it has the character of a comedy. - Arthur Schopenhauer
- Recommend Youtube:
  - The Philosophy of Rick and Morty - Wisecrack
  - How Far Can We Go, The Limits of Humanity - Kurzgesagt In A Nutshell
  - The Lottery of Life - The School of Life
Everything that currently needs to be said about TRP, I feel, has already been said, so let's go back to the basics. Perfect way to start the new year, by getting back to the basics. This cheat sheet doesn't cover everything, it's a summary.

**This is a synopsis. Also, posting this on my main instead of a throwaway.**

This post is meant to be read IN ADDITION to the side bar.

**DO NOT SKIP THE SIDE BAR.**

**READ THE SIDE BAR**

This post is meant to be read IN ADDITION to the side bar, the Red Pill Handbook, Stickied & Top All Times, Endorsed Contributors, various manosphere websites, or myself, and then summed up in a sentence or five for quicker referencing.

This post assumes you are familiar with Red Pill terminology, and have at least moderate success with your life and with women

This post comes from a position of amorality. Moral friends and concern trolls, I'm not interested!

This post was written by a on stage performing plate spinner.

Think of this post as a compilation of flash cards.

If you have your own additions to these topics feel free to add them

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**Your tools in the SMP**

There are many ways to become attractive. Different girls are attracted to different aspects to varying degrees, but remember AWALT

You do not need all sexual market points to be attractive, but having them all will of course raise your SMV.

Choose to focus on the ones you excel at the most. Old TRP Saying -> Play to your strengths minimize weaknesses

Listed in no particular order

- **Your Masculinity.** Your most valuable AF asset. This is expressed through a deep, low, slow, and commanding voice. Or by your Tonality. breaking rapport tone. Not asking questions. downward/commanding/challenging tonality.

- **Dangerous Vibe.** A masculine factor. You are unpredictable, mysterious, you take calculated risks. You are bold. You live life on the edge. You pin her down, you wrestle and play fight with your girl. You choke her. You threaten her. (If you don't know how to threaten in a
seductive manner just don't try it - that method is not for you.)

- **Playfulness.** Balanced with danger. Playful and relaxed. Strongest after the hint of danger and threat. Masculine polarity is more important, but a little playful can work wonders.

- **High confidence.** Self love and self acceptance without justifying your life choices to others translates into confidence and true IDGAF attitude. This includes acceptance of rejection, and the ability to hear out nay-sayers, laugh at them, and then continue on your merry way. "The first easiest way to get laid.

- **Detachment.** The Buddhist principal of emotional detachment. Stoicism. Acceptance of the good and bad as is - both factors of life. Being non-needy. Not looking for ANY validation in any way shape or form from her. You escalate, but you have zero interest in her words, reassurances, respect, etc.

- **Muscularity/Fitness.** Being healthy and looking sexy makes you sexy - Period. "The 2nd easiest way to get laid.

- **Fashion Sense.** Being well dressed with clothes that fit you and suit your style without being improperly dressed and awkwardly standing out.

- **Mental and Social Wit.** Being skilled with words, navigating social situations, properly triggering panty dripping, and proper physical escalation. Knowing the right thing to say, with the right tone, at the right time, combined with the right kino touch. You don't have to be muscular to be sexy and turn women on.

- **Status.** Being popular, being rich and having extraordinary social standing. This is what we call social circle game. The more friends and colleges you have = more social proof = more opportunities = more fun = more sex.

- **Talent.** (Talent does not help your SMV unless you have garnered success from your talent.) Have hobbies & passions for yourself but find ways to monetize / expose the world to your talent and have them appreciate it. Having talent simply for the sake of is altruistic foolishness. Look to get ahead. **Having success skill/potential in athletic/artistic pursuits.** Being a successful and skilled fighter, painter, soccer player, writer, bowler, skater, and more. What matters is not what you do, but that you are a champion of your pursuit. Steven king can get laid by hot intellectual woman for his success in writing in the same way VirtruivanPhysique can get laid by hot party girls for his physical superiority.

- **The ability to lead.** Women want to fuck the king, but settle for the peasants.

- **Social Media.** High numbers = instant social proof.

- **Your ego.** Your ego is who you believe you are. Your beliefs are your mask you show to the world. The mask you wear determines your allies and enemies, and lovers. Are you a pushover beta? Are you a rouge criminal? Are you a reckless biker? Are you a man's man lumberjack? Are you an urban hipster? Maybe you're a Hippy psychedelic person? Are you a creative artist? Are you an intellectual? Are you a gym fanatic? Are you an entrepreneur? Too cool for school? Edgy gothic? Preppy? The list goes on and on - there are an infinite number of egos one may have. Hence the term - alter ego. **If you are of the group that lacks morality, you gain more freedom from in this aspect. Law # 48 -> assume formlessness.**

If you learn how to disassociate yourself from your ego you have given yourself one of the ultimate
freedoms in this life. *I think therefore I am.*

You can change your desired ego at any time.

A drastic way to change your ego (force yourself into a paradigm shift) is with ego death.

I.e. just cus you're an intellectual doesn't mean you can't thrive in a loud frat party, as long as you know how to craft your ego. Just because you are a loud party frat boy doesn't mean you can't fit in with the business people.

**BEWARE YOUR EGO!!** My ego has gotten me into so much shit... got robbed at gunpoint for 300$ cus of my fucking ego lol. Keep it in check and use it FOR you not against you.

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**How to beat LMR**

The first two are my personally favorites and have worked for me in anecdotal experience. The last two are do or die methods that could result in her just leaving the house (happened to me.) Make your first two you go-to's and Use the last two with caution.

Also think of this like a ladder where you go from step 1 to step 2...

Ideally you want to get a girl to have sex with you as soon as you say to, but if that doesn't work...

then:

- Stop, talk, than resexualize. The 2 forward 1 back method/push and pull method. Give it about 4-8 tries.
- Stop and do something else. Pretend that she is not even there. Turn around and go to sleep or go read a book or something. Just withdraw attention completely
- The verbal nuke. Tell her that she makes you horny and go for the fuck. If she pushes you back, stop.
- The MOAB. Wait a few minutes after her final rejection. Then, put on your clothes, ask her to put on her clothes calmly, because you're gonna walk her to the door cus you got a busy day tomorrow. If she leaves, well you were never gonna fuck her. If she fucks you, well there you go.

---

**How to qualify your prospective plate/ltr**

*The Ly Star of Attraction.*

- Does she **mentally** stimulate me? (Personality, intelligence, wit, feminine [or masculine if you're a feminine dude] mental state.)
- Is she **physically** appealing? (Feminine face, feminine or womanly bodily features [feminine = small, womanly = thick/tonned] over all good looking / healthy. 1-10 scale)
- Is she **sexually** stimulating? (A hot sexy ass. That plump and thick round kind is my favorite. > [https://pbs.twimg.com/media/CzMtGxFVQAA6Fy-.jpg](https://pbs.twimg.com/media/CzMtGxFVQAA6Fy-.jpg) < Big not not too big tittties, dick sucking lips, and she has sexual skills / stamina. She is a slut in bed. She knows how to ride. I.E. is not a starfish. She is of my personal "type" or preference. Tan/gold/caramel girls are more sexy than white girls to me. 1-10 scale.)
• Does she stimulate me **spiritually**? (Does she give the illusion of a higher connection? Does she give my soul romantic experiences? Am I able to feel a divine, pair bonded connection to her? [No this is not some oneitis disney movie bullshit] Does she value art, creativity, meditation, and nature?)

• Is she **emotionally** stimulating to me? (She shows me happiness, sadness, horniness, shyness, anger, frustration. She lets me appreciate all aspects of her human emotions and doesn't hide herself.)

• Is she in a good situation **financially**? (Will she be dependent on my money? Will she try to goad me into Beta bux? Is she able to cover her own fares? Is her wealth surplus to the point of buying me gifts?)

• Is she **careerly** set? Does she have a good career? Will she support mine? This is different from financial.

• Is she **socially** savvy? Does she have her own circle of friends, or would I be the centre of her attention? Who are her friends? Are they good people?

• Is her **family** happy and healthy? Does she come from a loving, sane home? Is the father in the picture? Is he respected?

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**How to succeed in the SMP's of Highschool and College**

*These tips are best applied for to girls between the ages of 16 - 25. This is my favorite age group - low desire for commitment, high likelihood of coitus. Even when I am 40 I will still find and bang 20 year olds. Haters get mad.*

• **START CLUBS + INTEREST GROUPS** <----- easily most important and easiest way to get laid. Build social circles where you're the valuable leader. I've done this personally, and got a lot of guy friends, major popularity, and fucked 2 girls as a direct result from it.

• Join clubs and interest groups, peform on stage if you can. <----- also got me popular and laid (i recited poetry on stage, u can be a nerd and still get cute poon.)

• These girls are not women. *They are girls.* While AWALT generally applies, they are 90% looking for fun, adventure and experience rather than stability.

• Expect and embrace drama. Read the sidebar and become a shit-test expert and you will increase your chances of laying young bimbos substantially.

• Make the girls feel emotional. Not make them feel good, make them feel *emotional*. That means happy, sad, sexy, plain, excited, disheartened, calm, anxious - anything but letting them not be emotional. Lack of emotions = boredom = no tingles.

• Sell drugs, be a gang member, get into fights etc.

• Young girls think in general consensus. Win the majority to win the minority.

• They don't care what you do and what your hobbies are **AS LONG AS YOU ARE ATTRACTIVE AND POPULAR**!! Awkward, skinny neckbeard collecting action figures with his 4chan is weird and creepy. Fit and well shaven charismatic dude friends with hot females and high SMV males collecting action figures is "so nerdy and cute <3 ;3 " Jacked gym-bro with no social awareness or social life is a compensating weirdo creep. Jacked gym
bro getting hit up 1000 times a day is Adonis.

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**The principals of secrecy and moderation**

Followers of the Gumby prophecy believe life is about balance. We all have vices, no one is perfect 100% of the time, nor should you be. We are human - we aren't meant to be perfect.

Imbalance creates unhappiness.

- Drink a couple brews and get buzzed - don't get shit faced every day.
- Smoke weed once and a while if you like - don't advertise it to the world. You will be labeled.
- Go to the gym 5 times a week - Don't lift for 7 hours a day.
- Go out and approach women - don't spend every waking minute approaching.
- Go snowboarding every day - don't let that be your only hobby.
- Invest in your business - don't turn every single interaction into a business transaction. (Unless you're an annoying scum bag pyramid schemer.)

Work hard, play hard.

All work and no play makes jack a dull boy.

There is a reason why these quotes exist.

**Secrecy**

Do not be an open book. Be vague in your intentions, but open enough not to draw suspicion.

- You want to get a promotion. No one needs to know that, only that you want to start taking your job a little more seriously.
- You want to fuck a fat girl for practice. No one needs to know that, only that "you got laid the other night. It was okay."

If anything, lying to exaggerate yourself and value is more beneficial than telling the truth. If you are a moral-friend, use secrecy.

---

**How to make a woman lose attraction for you.**

- Communicate verbally with a woman. They lie about themselves and assume you are doing the same. They cannot act/feel on the basis of anything verbally communicated. If she steps out of line say "don't do that". But don't sit down and communicate to her - it will weaken your position and strengthen hers. She will act on absolutely nothing that has been discussed even when she swears on her grandmother she won't (or will) do whatever the problem is. **The only exception is putting her in her place when she does something not to your satisfaction.**
- Confide and share your problems with a woman. Weakness = loss of attraction.
- Commit too much too early. Commitment kills passion.
- Give her a sexual monopoly. Oneitis is your enemy. Do not commit to one girl - they don't
appreciate it and you will start to backslide into betahood the second you feel you don't have the options you did. Cure oneitis by exploring other options.

Identifying Your Enemies

The more you succeed in life the more you will attract the hated and envy of the mediocre, or the opposition of the successful who want to maintain their monopoly. Find allies to combat your enemies. Preferably, be a leader who finds underlings just under your level, so that you are always their idol, and you serve as their guide. This is the concept of tribe building.

Eliminate your enemies from your life as quickly as possible. This is a law of power. Do not hang out with the miserable or the unlucky.

You stand either by my side, in my legion, or in my fucking way.

Recognizing your enemies

- **The Naysayer.** They are easily identifiable, simply share your intentions with someone. If they react by telling you what you can/cannot do, they are a naysayer. Identify the type of naysaying that they are acting upon, as there are many different types, the insecure and envious failure, and the well meaning.

- **The Insecure Naysayer:** This person is reminded of their own failures through your successes and ambitions. They are merely weak-willed scums who project their own limitations onto you and should be disregarded as the losers they are.

Example: You want to become one of the best roller bladers in the world. Your insecure naysayer acquaintance has been practicing skating for 3 years. In 1 month you already show more promise.

Insecure naysayer: "What? You think you're gonna be the next Brian Aragon or Tony Hawk? Come on dude be realistic. There is a 99% chance no matter how much you practice you will never be that good."

- **The Well Meaning Naysayer:** This person believes they have your best interests in mind. Only you have your best interests in mind, remember that. Know thyself. Be aware of the well meaning naysayer's advice, for sometimes it is beneficial to you to heed their warnings.

Example: You want to become a famous battle rapper. Your well meaning naysayer brother believes you won't get famous and even if you do the risk is not worth the reward.

Well meaning Naysayer: "What? You wanna be a famous battle rapper? There's like a 1 in a million chance of you blowing up like that bro, there are better things for you to invest your time in to become successful, like lifting. Besides, you will be surrounded by low life thugs who will probably shoot you if you roast them too hard."

Recognizing your enemies

- **The Underminer.** They are easily identifiable, simply share a piece of your life with them and listen to their words. They will try to make you believe that you are worthless because your success in your interpretation of the world angers them and contradicts their failed world model. Undermining is personal. Refutation is for your benefit. Learn the difference.
Example: You share the fact that you published your first novel with a meat head acquaintance of yours. Your meat head friend has been lifting for years, but still struggles to get with those fit and sexy gym girls. You, on the other hand, get quite the attention from your liberal art intellectual groupies who hear about your publishing success and want to suck your cock.

The underminer: "Lol you're a writer? You're such a fucking faggot. You and all other artist/creative types are the most disposable scums in our society. Please bro, just kill yourself because you and your hobbies are gay."

The refuter: "Oh you're a writer? Are you actually a good one or did you publish a steaming pile of shit? Matter of fact let me read your book and be the judge of that."

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**How to maintain an attractive frame:**

- Genuinely believe you and your ways are superior to everyone else, without making others feel worthless. You can be arrogant without making others feel like shit. (If they choose to feel offended by you that is their own problem. I am referring to deliberate malicious behaviors towards those you consider under you.)

- Hear what your haters say, nod, smile, laugh at them, then do whatever the fuck you were gonna do anyways.

- Realize the majority of people are complacent and mediocre, and their "advice" is there way of bringing you back into the crab bucket. This realization will free your mind of shame & fear of judgement.

- Reject their reality and substitute your own.

- Think of yourself as a God Sun, and people are planets and comets that orbit you. Planets are the people you love and who support you throughout your life. Comets are people who come and go. If they don't want to orbit you anymore, let them lose the benefit of your radiating warmth. Let them freeze in the cold abyss of space.

- Understand that people speak from a position of perceptive interpretation. **That means your opinions and values will differ from others.** Do not feel bad if an artist type thinks you are a loser cus you lift and play sports. Do not feel bad if a gym bro thinks you are a loser because you like to paint and write.
The most important part of game is not being emotionally invested

2309 upvotes | April 10, 2017 | by Woujo | Link | Reddit Link

I hate it when people try to oversimplify pick-up, but if I had to boil down pick up into one principle every man should understand, it is this: The woman must be more emotionally invested in you than you are in her at every stage of the relationship. I call this the IRON LAW OF SEDUCTION.

Understanding and correctly applying this law will solve 99% of the problems men have with women. She’s not responsive to your advances? Not emotionally invested enough. Not returning your calls? Not emotionally invested enough. Flaking? Not emotionally invested enough. On the flipside, as a man, if you emotionally divest yourself from girls, you solve most your own problems. Outcome dependent? You are too emotionally invested in getting laid. Approach anxiety? You are too emotionally invested in the success of the interaction. Neediness and desperation? You are emotionally invested in getting girls. Suck at conversations? You are too emotionally invested in getting laid and can’t just have a regular conversation.

Emotional investment is subconsciously communicated and women evolved to sense it. One guy can talk to a girl all night without her feeling like he is emotionally invested, but another can talk to her for 2 seconds and get auto-rejected for being too invested. Of course, a woman may talk to you, hang out with you, fuck you, or even date you for a long time if she’s not emotionally invested because she’s horny, crazy, lonely, desperate, drunk, bored, want something from you, etc.... But if she’s not emotionally invested, you are on thin ice and vulnerable at any time to flaking or going cold.

What is emotional investment?

Emotional investment is occupying one’s thoughts and emotions. It is not the same as being interested or “liking” somebody. I “like” a lot of people but I don’t “feel” anything for them and it wouldn’t hurt my feelings if they rejected me or even died. This distinction is why women flake. Women “like,” get “interested,” and give their numbers to lots of guys, but if she is not at least a little emotionally invested she will not be motivated to get out of bed, put on her make-up, and come somewhere to meet you. Unlike men, women get invited to shit all the time by guys they “like” so they are not going to care about meeting you unless there is some emotional investment.

Think about emotional investment like this: like most men, you probably like Lamborghinis. But like most men, you probably don’t have one, and you probably don’t spend all day thinking about Lamborghinis and being sad because you don’t have one. But if I lent you a Lamborghini for two months and you drove it around, took care of it, showed it off to your friends, and got laid because of it, you would be sad when I take it back. It’s irrational, but you would get emotionally invested in the Lambo even if you weren’t sad when you never had one. Because you became attached to it and it gave you a sense of identity and power, the Lambo took up space in your thoughts and emotions, making you emotionally invested.

Emotional investment in people is similar. Being around somebody awesome and feeling like they “belong” to you becomes addictive like crack. An awesome man makes a woman feel special, loved, important, powerful, and cool. An awesome man is also fun, positive, confident, carefree, and dominant, easing the woman’s anxieties and insecurities. Being around an awesome guy is literally like a drug to women, and if they are around you long enough, they become hooked.
The Ben Franklin Theory
Ben Franklin, one of America’s founding fathers and greatest poonhounds, famously and counterintuitively discovered that if person A does something for person B, person A will like person B more. Most people would assume the opposite – if you want people to like you, you should do things for them, so person B should like person B more! Right? Wrong!

Person A “likes” person B more because person A has become emotionally invested. Maybe person A subconsciously expects person B to do something nice back. Maybe person A subconsciously see themselves as “beneath” person B in the ape hierarchy. Maybe person A is protecting their own ego – person B must be somebody special if even I did something for them! Or maybe the simple act of doing something for person B caused person B to enter person A’s thoughts and emotions.

Whatever the psychological mechanism, when a woman really likes you, she will WANT to do stuff for you, sometimes even aggressively, and she will WANT to emotionally invest while you fantasize about other things. When a woman really likes you is when you realize that needy, supplicating, validating behavior is not necessary. I have friends that are strippers, and their job is basically to hustle men out of money and to trick guys into buying shit for them. I don’t buy girls things, ever, (and I never, ever visit my friends at work) and I notice that when these strippers start to like me they buy me shit, clean my house, do me favors, etc... One night I even got into an argument with a stripper because she bought me 5 drinks in a row and she wouldn’t let me buy her a drink in return. That’s emotional investment.

The Woujo Theory
According to my corollary of the Franklin theory, supplicating to a woman, validating yourself to a woman, buying a woman things, following a woman around, allowing a woman to treat you like shit, and spending too much time trying to “help” a woman who doesn’t deserve it subconsciously will cause you to become emotionally invested in her and feel “beneath” her.

Sometimes guys will do loserish things, like let a girl treat them badly or repeatedly pursue a girl who doesn’t care about them, and justify it by saying “I don’t really care about her, I just want to fuck.” This is a bad idea, because even though you consciously think you “don’t give a fuck,” by pursuing her, you become emotionally invested, and by allowing her treat you like shit, you subconsciously rewire your brain to feel like a beta male. Even if you didn't give a fuck before, now you do.

You can’t control how you feel, but you can control what you do. Where your actions go, your feelings will follow, and where feelings go, your thoughts will follow. If you do loser things, you will eventually feel like a loser, even if you consciously tell yourself you “don’t give a fuck.” If a hot girl tries to strike a Faustian bargain with you and let you fuck her in return for treating you like shit, you must reject that deal out of respect for your own mental health.

Your brain works by making connections, and when you focus your thoughts and emotions on something, your brain starts connecting that thing to other things in your brain, and that thing becomes “enmeshed” in your wiring, creating a deeper web that is hard to untangle. For example, if you date a really hot girl, your brain will start to associate her with sexual pleasure, or ego, or fun times, and other things you like, so when she dumps you, you will think of her constantly.

The definition of “not giving a fuck” is only keeping positive thoughts and emotions in your head, and cutting out people, places, activities, thoughts, media, etc... that are negative. “Not giving a fuck” is not about being cold, aloof, an asshole, or stupid, but by filing your thoughts and emotions only
with positive things that deserve to be there.

**Why is emotional investment unattractive?**

Emotional investment is an immediate turn-off. It doesn’t matter why, but I can guess some reasons. First, emotional investment is unattractive because people are attracted to lives that are more interesting, exciting, higher, and better than our own. We just assume that somebody living a better life than us is going to be thinking and feeling about their awesome life, not us. If a woman knows she occupies your thoughts and emotions, she will assume your life sucks. She wants to fixate her thoughts and emotions on something higher, but if your thoughts and emotions are fixated on her, she’s back where she started.

For example, a girl that plays soccer will be attracted to guys that are better at soccer than her because they will appeal to the part of her thoughts and emotions that are invested in soccer. I'm not saying she will never become emotionally invested in a guy who is worse at soccer than she is - she may invest in a guy for other reasons - but the guy is playing with a disadvantage.

Second, emotional investment is unattractive because, simply put, emotions are bad and scary. Our society acts like “love” is an emotion and “our true selves” are our emotions, but that’s bullshit. Our value lies in what we can do when we are rational, what we’ve learned in our life, what we know how to do, and what we strive to achieve and be when we are clear-headed. Emotions are temporary and fleeting; but true love is a rational, credible commitment to your beloved’s well-being. In his dialogue the Phaedrus, the Greek philosopher Plato said that emotional love is a kind of madness – when things are going well, you are irrationally nice to the person out of proportion to what they deserve. When things are going badly, you are irrationally nasty to the person out of proportion to what they deserve. Women know that when you are irrationally nice to them you will eventually be irrationally shitty.

Most of our emotions are selfish, irrational, unrealistic, uncontrollable, and oftentimes downright evil. Emotions are fundamentally needy: they always want something, even if the “want” is to help somebody. If you see a beautiful woman and think “I like her, and I want to make her happy and do nice things for her,” you’re lying to yourself. You want things FROM her. You want to fuck her, use her for an ego boost, have your friends see you with her, and make yourself feel better for being a “good person.” You don’t want to see her run off and be happy with another guy, you want her to be unhappy with you. When you show emotion women subconsciously know you want something and that puts pressure on them, and they run away. Women sometimes will hang out with guys they don’t like or aren’t attracted to in any way, just because those guys are not emotionally invested and are not putting any pressure on them.

When you become extremely emotional, you fantasize about getting your beloved back or hurting them for the wrongs they did to you, you stalk them, you act weird, you feel depressed, you can’t function, etc… Love songs glorify these feelings, but these are not healthy feelings. They are signs of weakness. Women have these feelings things too (oftentimes much more deeply than men), and they know it’s a scary pit to be in, so if they sense for even a second that a man is feeling these things (or is even just slightly beginning to feel these things), they run away immediately. Women want an emotional rock. They want the lifeguard on the edge of the pool pulling them out, not somebody drowning with them.

Women also take longer to get emotionally invested in men than men take to get emotionally invested in women. Men evolved to seek “fertile” women (big ass, big tits, healthy face) to
impregnate as soon as possible. Women, on the other hand, evolved to find the strongest man in the tribe that could protect her and her baby, so they seek a larger group of traits, many of which are long-term traits (confidence, dominance, emotional stability, intelligence, etc…). It takes a woman time to figure out if a guy has these traits but a man can immediately be attracted to a hot girl. In every man-woman relationship there is a period of time where the man is emotionally invested, but the woman is still “rational” and feeling the guy out. Many men fuck it up here – they start acting creepy, or weird, overly nice, overly fixated, and the woman, who feels nothing, thinks the guy is weird or worse.

Of course, emotions are a part of life and can be beautiful if channeled correctly. But you shouldn’t show your emotions to a woman until she has also developed those emotions.

Third, emotional investment makes you stupid and saps you of your vitality and awesomeness. Tons interesting, smart, funny, cool, successful guys become vacant shells of their normal selves around women, partly because their thoughts and emotions are empty of everything that makes them awesome. If you are deep in a game of chess and I try to have a conversation with you about quantum physics you will sound stupid because your thoughts and emotions are full of chess. Seduction requires intelligence and creativity, but if your thoughts and emotions are just “durr, she’s a pretty woman” you’re going to fail. Because women are “rational” longer than men, they want to have rational, intelligent conversations about interesting shit.

Another reason is power. It’s a sad fact of life, but humans are wired to look at relationships in power terms. We subconsciously rank everybody in a particular social situation from least to most powerful. Women are much more aware of the power dynamic because they are generally less powerful than men. And unfortunately, we subconsciously see emotional people as lower in the power hierarchy. The German philosopher Friedrich Nietzsche said, correctly in my opinion, that individuals higher in the social hierarchy do not feel emotions for people lower than them. The lower ranked apes evolved to obey and be obsessed with the alpha male because they need his protection and resources, but the alpha male feels nothing for the lower ranked apes because he does not need them for anything.

Most importantly, women are not attracted to emotionally invested men because women are attracted to RESILIENCE. Resilience here means “the ability to confidently pursue your goals and not let anything or anybody perturb you.”

Women are attracted to resilience because they naturally want a protector, and a protector’s commitment is only credible if he cannot be thrown off of his mission, whatever that mission is. If a protector becomes emotional, dishonest, distracted, or submissive, he can no longer be trusted to protect. We subconsciously see emotional people as weak because they can be easily controlled. If a guy is emotional about a girl, he is likely to agree with whatever she says, let her get away with bad behavior, etc…

If a protector wavers for even a second, the woman becomes anxious and fearful, but a confident man with boundaries is not scared and cannot be thrown off of his mission. You must be a brick wall that cannot be moved or affected: if you approach her or escalate with her, it is purely based on your own desire, not her cajoling. At every moment you should think to yourself “am I doing this because I want to or because I am trying to impress her”? Sometimes you need to monitor her emotional investment on a moment-by-moment basis.

Subconscious communication

Women can quickly sense by your body language, words, demeanor, tone of voice and actions
whether you are emotionally invested. Neither you nor her may consciously know you’re invested, but you will just “feel” unattractive to her. Sometimes very subtle changes in behavior (staring too long, asking a question that is too intrusive too early) can tip off that you are too invested.

I use the “gravity theory” to gauge emotional investment. In social settings, high-value people are “bigger” and therefore “draw” lower-value people to them. If you look at any party, you will see hot girls usually in the center, relaxing and having fun, and guys literally surrounding them like planets around the sun. There is a reason these guys are called “orbiters.” If the girl gets up to leave, the guys may play it cool for a while, but they then get up to follow her. Your ultimate goal is to become the center of gravity so women are drawn to you, not vice versa, which is hard, because as a man you must approach. But even if you approach your demeanor and body language can exude the message of “I am the center of gravity, and I create a rip in space-time that compels you to come to me.”

The subconscious subtext of an interaction is 99%. For example, the sentence “can I buy you a drink” can have a wide range of subconscious meanings depending on the tone, body language, context and emotion I deliver them in. “Can I buy you a drink” can mean “I want to fuck you,” “I feel like I owe you something and I want to pay you back,” “I’m a generous guy and I like to just people free things,” “you’re a good friend, and I want to show my appreciation,” “I’m a loser and I want to make you like me by buying you things,” etc… What matters is not your superficial words, but your subconscious context.

Because seduction is mostly subconscious, I can’t teach you every detail of the walk, speaking style, body language, demeanor, etc… of a guy who is not emotionally invested. Even if I did, it’s too much for you to remember and process. I even doubted the efficacy of writing this article because it’s incredibly hard to “fake” an emotional state for a long period of time and most people will go back to behaving like what they feel they are.

The paradox of escalation

So far it sounds like the right solution to get girls would be to just ignore them completely. You won’t look emotionally invested, right? Unfortunately, that doesn’t work. It is the man’s responsibility to approach and escalate because women do not get emotionally invested quickly and are afraid of rejection.

To get a girl attracted to you, you must show at least some initial interest and escalate, luring her into becoming emotionally invested in you. Magicians use a technique called “forcing,” where they trick the person into thinking they are picking a random card out of the deck when the person is really picking the card the magician wanted them to pick. Seduction is similar: she should feel like she is picking you, not vice-versa. You are just opening the door to her.

The challenge of seduction

Seducing a woman while you appear not emotionally invested is incredibly challenging. First, women’s aversion to emotional investment is mostly subconscious – consciously, women want the guy to show at least some interest. And it’s naturally hard to hang around a woman you like for a long period of time and not become invested to at least some degree. Beautiful women create a reality distortion field where men lose all concept of rationality, truth, normal standards of right and wrong, etc… You can say “you’re overthinking this, just be yourself,,”, but women touch men’s strongest emotion, so many men literally forget how be themselves. When a beautiful woman walks into a nightclub a swarm of otherwise successful, rational, manly men immediately lose their fucking minds. They start begging for her approval, trying to buy her things, acting stupid, etc…
And like I said earlier, men emotionally invest quicker than women, so we must be patient because our emotions push us to jump the gun and get right into lovey-dovey mode. And in non-romantic contexts, people become emotionally invested at the same rate, so you are used to the other person feeling the same as you if the interaction is going well. And when we feel emotionally invested in somebody, we naturally are going to want to elicit a positive emotional response. But trying to make a woman happy that is not emotionally invested comes off as validation-seeking, supplicating, bitch behavior. You must instead do what is RIGHT. A woman may seem cold, and we may think we can “warm her up” by being “nice” to her, but we should really just pursue our mission and have faith that she will emotionally invest even though she appears on the surface to not be attracted or care about you. Remember: women are constantly sizing you up, so even if they don’t look like they are attracted or paying attention, they are.

Seduction is a gamble because you must have faith that eventually the woman will start to emotionally invest, knowing she might not. Sometimes she just won’t like you. Sometimes she just wants attention. Sometimes she is in love with you but won’t let it on. Some women are damaged and never emotionally invest in anybody – they see all men as objects to be used. This is why you must assume attraction – because you DON’T KNOW.

How to not be emotionally invested

If you take away one thing from this article, it is this: a woman who is not yet invested in you must not occupy a big part of your thoughts and emotions. You must have your mind and heart on other things when interacting with women. Period. If she hasn’t made room for you in her head and heart yet, you shouldn’t make space for her in your head and heart. If you make this change right now, I promise your results will instantly improve. Women are the dessert to a good life, not the main course, and that’s how women should feel when you are talking to them. WOMEN WANT TO BE DESSERT.

Here are my main steps to not becoming emotionally invested:

1) Realize you don’t need to emotionally invest
2) Have an interesting and awesome life that occupies your thoughts and emotions.
3) Have “abundance mentality” with respect to women.
4) Have boundaries and be unperturbable.
5) Focus on your own fun first.

Realize you don’t need to emotionally invest

This may be the most important step. I think a lot of guys emotionally invest in girls because society and pop culture subconsciously make us think that for a man to get a girl, he must supplicate to her and emotionally invest in her. In the movies, the confident, successful guy living his own life never gets the girl; instead the winner is the beta loser who falls in love with her from afar, and then spends the rest of the movie trying to “get” her, enduring multiple rejections and humiliations. These movies also teach that women are delicate flowers that need constant coddling and lovey dovey bullshit. That’s not how it works in the real world.

Men also misunderstand women’s aversion to rejection. Women have a strong need to be “accepted” (as all betas do) and therefore are much more sensitive to rejection than men. The phrase “hell hath no fury like a woman scorned” is true. Dread game and “ignoring” women only works if she is ignoring you first. But if you outright reject her, or if she makes a move on you, or asks for
acceptance, and you say “no” or she feels like you are ignoring her there is a strong chance she will emotionally “un-invest.” Because women have this strong need for constant acceptance and validation, men mistakenly think they must emotionally invest. But all you really need to do is not reject her or make her feel excluded. It’s a thin line between keeping a woman “accepted” and emotionally investing in her.

To win this game, you should only do something for a woman if the woman would do it for you. If you want to buy her a drink, think about whether she would buy you a drink. If she wouldn’t, don’t. If she wants you to wait for her, think about whether she would wait for you. If she wouldn’t, don’t. If there is a girl you always say hi to, but she never says hi to you, stop saying hi to her. She knows who you are, she can say hi to you. It’s ok to “win” in relationships.

Again, this is easier said than done. Society and your emotions team up to make you feel like you need to follow girls around, wait for them, put up with their bullshit, buy them drinks, etc… You must fight your feelings and social training and have faith that if you stay the course women will become attracted. This requires the ability to say “no” to a woman (saying “no” is different than rejecting her) and the ability to walk away from her, even permanently.

**Have an interesting and awesome life that occupies your thoughts and emotions**

Humans are wired to seek good feelings. If the main part of our life is not making us happy (job, school, our hobbies), we get those good feelings from other sources: drugs, trashy TV, women, food, etc… All those things are not bad by themselves, but if your regular life doesn’t make you happy, you will overly emotionally invest in bad things and become addicted and depressed. If your life is miserable, you will subconsciously and unknowingly immediately start overly investing in women.

I use the “cheese pizza method.” Whenever I feel like I’m getting too emotional, I fill my thoughts and emotions with something I love – cheese pizza, Oreo cheesecake, the day I did mushrooms at the beach, reading about dinosaurs stoned, etc… This clears my head and allows me to act “normal” around women. When I am thinking about doing something for a girl I ask myself “what has she done to dislodge cheese pizza out of my heart and mind?” You can replace cheese pizza with anything, ideally an incredible, thrilling life that she would want to join.

**Have abundance mentality with respect to girls**

No matter how awesome your life is, it is hard to not emotionally invest in girls. Abundance mentality is when your thoughts and emotions are full of other women, so you don’t need this one girl. If you don’t have other girls, you need to delude yourself. I recall times when I did have abundance and put myself back in that mental space. If you’ve never had abundance, imagine you are Brad Pitt or some other celebrity and think about how he would feel and act.

**Have boundaries and be unperturbable**

Women want you to be an immovable wall that confidently and joyfully pursues his mission. She will try to perturb you from that mission, not because she wants to see you fail, but because she wants to test whether you are actually a brick wall or a façade for something softer. The same way you knock on a desk at the furniture store to see if it is real wood, a woman shit tests you to see if you are actually confident enough to pursue your mission or if you will be perturbed. And the more confident and immovable you are, the stronger the shit tests become. This is true even if the mission is getting her! As long as she is into it, you need to escalate as if you already know she will say yes.

Your mission, when out, should be maximum fun. She should sense that your emotional investment
is “where’s the party? Where’s the next fun thing?” You should have a plan for the entire night: I’m going to X, then I’m going to Y, etc… You should not let the woman hijack your plans and take the lead. Your primary mission (career, hobbies, etc…) should also be in your head. Remember the song “girls just wanna have fun?” In truth, everybody just wants to have fun but boys are wracked with anxiety because they are trying to impress girls. Whenever you are feeling nervous, scared, anxious or like you are emotionally investing too much in a girl, just say to yourself “I’m here to have fun. If you contribute, great. If not, you are dismissed.” Fun and positivity always win.

Example: If a beautiful woman is talking about something incredibly boring most men pretend to be interested. Wrong! Women know when they are being boring and it is sometimes a subtle shit test to see if you will let her get away with it. Women are not desperate for sex and they do not need to hang around if a guy is being boring, stupid or mean, and they cannot respect or empathize with a guy who would put up with bullshit from her. Men let women be boring when they lose their vision of the good life. A good life involves beautiful women, but it also involves interesting conversations. If you aren’t getting interesting conversations from her, you would leave because you have options. Whenever a woman is being boring, I change the subject just to let her know I don’t tolerate bullshit.

By having a vision of the good life, boundaries, and confidence that your life, thoughts and emotions are interesting and valuable, you can challenge and stimulate a woman. Women want a man that will help them grow and introduce them to a better life and more interesting world than the one they currently inhabit. They don’t want some a that agrees with everything they say, a pushover, or a simple-minded conformist. Women want a guy who is willing to walk away at any time, not because he is some cold-hearted psychopath, but because once a man shows that is he NOT willing to walk away at any time, there is no challenge or growth.

Of course, for most of you, this is very difficult. Many of you have uninteresting lives so a beautiful woman would instantly become the most interesting and important thing your life or you are so sex starved and desperate that you don’t care if a woman is being boring, or mean, or uninterested, or whatever.

**Focus on your own fun first**

Imagine you paid $500,000 to spend a week with Leonardo DiCaprio (or whatever celebrity you think lives an awesome life) and when you get there Leonardo says “tell us what we should do?” You would say “I don’t know, what are the options?” and Leo goes “I don’t have anything planned – let’s just do what you were gonna do.” You would be pissed! You want to become part of Leo’s awesome life, not make your own plan. That’s how girls feel when men don’t have a plan. They want to join your life, not lead you around in their life. That’s why you need to focus on your own fun first. You may like you are being rude or selfish, but you’re not, because women are more attracted to the act of leading than the destination necessarily.

**How to make her emotionally invest in you**

For a woman to emotionally invest in you, certain shit must happen:

1) She must “like” you – i.e., she must find you pleasant, friendly, good-looking, compatible with her values and interests.

2) She must feel an emotional connection with you.

3) She must feel accepted by you. If she you are rejecting her, ignoring her, or being hostile, she will not emotionally invest.
4) She must watch you be confident and resilient.
5) She needs to spend time around you.

She must like you
This one is self-explanatory. Women are usually not going to invest in you if you don’t share their interests, values, goals, etc… Some girls want a rapper covered in tattoos, others want a nerdy guy who watches Star Wars. If you’re a versatile guy with lots of interests, a lot more women will like you, but some people just aren’t compatible.

She must feel an emotional connection with you
The key to developing an emotional connection with a girl is experiencing emotionally exciting things together. The ultimate is of course, passionate sex, but a good concert, a deep conversation, even a beer pong game you guys play together can help build an emotional connection.

Another way to build an emotional connection is for her to vicariously experience your confidence. She wants you to be her emotional rock, so she would like to project her insecurities and fears onto you, and watch you brush them off as if they were nothing. She also wants to watch you take the lead and make the night fun.

A woman has emotional energy, and that energy must be directed towards something or somebody. You want that energy to be directed to you. The easiest way to do this is just by spending time around her. Just “being around” will help build attraction as long as you are not fucking it up by being needy or making her feel bad. The best way to get women to like you is to be “forced” to be around them, such as work or a group hangout, where you do not supplicate to them or validate yourself to them. My friend used to take girls out on his boat, and these girls would usually end up liking me by the end of the day because we would have spent all day together. Celebrities get so much tang because women watch them in movies or listen to their music and become emotionally invested, whereas the celebrity shows the women no emotional investment in all.

She must feel accepted by you.
Again, hell hath no fury like a woman scorned, so it must feel like the door to you is open. As she invests in you more, you must escalate more. You can fuck this up by being an asshole, not being sensitive to her emotions, and not reading her advances correctly.

She must watch you confidently pursue your goals
The word confidence comes from the Latin con (with) + fidens (faith). A man with confidence has faith that he will succeed in whatever he does and cannot be stopped by anybody. Women get turned by watching a man confidently pursue his mission. Why are women w so attracted to DJs, promoters, and drug dealers in the club? Those guys aren’t exactly the “cream” of society. It’s because those guys are the only people at the club actually doing something. All the other guys are just sitting there drooling over the girls, instantly reducing their attractiveness.

Putting it all together
To apply all this knowledge, my strategy is to adopt a rational, almost businesslike demeanor, at least in the early stages of the interaction. As I said earlier, women are “rational” at the beginning before they are emotionally invested, so you should also be rational. A man must act almost like he is a woman: he is interested in a relationship (or maybe even just sex) but he has high standards and must evaluate the woman thoroughly first and make sure she is suitable before he gets emotionally invested. You should act like your actions are guided by a seduction computer that makes all the
decisions based on the available information, not your emotions.

One technique is called “disinterested interest.” Your rational words should show interest and enthusiasm but you must communicate the “emotion” of “I’m just talking to you to be nice, I am not totally emotionally invested in you yet and I could walk away at any moment.” The best way to do this is by keeping your thoughts and emotions focused on something else, other than her.

You should not, however, stay completely rational. You must allow yourself to show your emotions about things that are not her: your passions, your interests, your friends, etc… And you can show emotion towards her if she deserves it: laugh if she says something funny, thank her if she does something nice, sympathize with her if she says something sad: just don’t let on that you feel emotional about “her” unconnected to anything she is or has done.

And of course, escalate sexually. Paradoxically, it is possible to escalate sexually and not appear emotionally invested. In fact, a lot of women (especially damaged ones) are looking for emotionless sex. You must touch her, you must turn the conversation sexual, you must do “seductive” things like look into her eyes and whisper in her ear, etc… And you must confidently take the lead in the conversation and the situation in general, leading her from place to place, getting intimate with her, etc… And when she starts to emotionally invest, make her feel like you MIGHT emotionally invest too (but not as much as her). Sometimes if you play it “too” cool she will think you just like her platonically or that you lost interest.

A broader view

This article is obviously about getting girls, but the principles are applicable in all areas of your life. Simply put, you should not invest your thoughts and emotions into people, places, institutions, and activities that do not give a fuck about you and/or do not produce a return that equals the investment you put into them. One of the biggest mistakes people make is investing too much in their job, friendship, hobbies, etc…, and getting 0 out of it.

Additionally, whatever you do becomes your emotional investment. If you spend every weekend hanging out with piece of shit people that just do drugs, complain and make bad decisions, guess what, you are now becoming a piece of shit person. You are what you do.

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Three ways to consciously manipulate women before they subconsciously manipulate you.

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The universe created two types of men—alphas and betas—to serve the purposes of the species: Alphas to lead and impregnate and betas to follow and serve. Some science suggests that in ancient times only 1 out of every 16 men successfully reproduced. Although more betas than this reproduce in modern times due to social order and the institution of marriage, I nevertheless suspect that the 1-in-16 ratio is useful in illustrating a plausible proportion between the two male types today.

Assuming some degree of historical constancy with respect to the above dynamic I see two lessons to take from it: 1. If you're an alpha--sex with dozens of women is a likely predictor of this, if not a definition--you're probably in the slim minority (good job). And 2. If you're a beta, you may have your work cut out for you seeing as alphas are only the top 6 percent of men.

TRP can serve both groups by providing the information necessary for betas to mimic and perhaps eventually become alphas and for alphas to maximize and streamline their strengths to squeeze the most value out of the sexual marketplace.

As a rule it is the nature of women to use men for protection, resources, and, in the case of her interaction with alpha-males, reproduction. This is due in large part to their physical vulnerabilities. Manipulation is an imperfect word to use to describe this mechanism because it presupposes a degree of maliciousness or intentional deception but it's useful in that it reminds us of how tricky women instinctively are with respect to the value they advertise versus what they provide in an interaction pattern not deliberately calibrated by a more-manipulative, intelligent, and self-interested male. Arthur Schopenhauer described the innate modus operandi of women in these words:

> With girls, Nature has had in view what is called in a dramatic sense a “striking effect,” for she endows them for a few years with a richness of beauty and a, fullness of charm at the expense of the rest of their lives; so that they may during these years ensnare the fantasy of a man to such a degree as to make him rush into taking the honorable care of them, in some kind of form, for a lifetime—a step which would not seem sufficiently justified if he only considered the matter.

Because women are more dependent on men for survival than visa versa, they have collectively developed a compensatory characteristic which allows them to extract value from beta males in ways that are not mutually beneficial. This is manifest in an automatic and brilliant instinct for interpersonal negotiation where she will constantly test the nature of the relationship in the hopes of extracting more value from a man while reducing the value she must provide to him. The classic example of this is the cheating housewife that—if we're all honest—don't blame once we see how beta the husband is (and because sexual strategy is amoral anyway). Women in this respect are instinctively significantly better at sexual strategy than men are. Therefore, we need our own compensatory characteristic: this subreddit.

Much chatter in the manosphere regarding the unpleasant nature of women is only accurate when describing the interaction patterns of women with men who haven't learned female nature and how to consciously manipulate it so as to tip the balance of power in his favor. To quote from a second and
superior German philosopher:

The true man wants two things: danger and play. For that reason he wants woman, as the most dangerous plaything.

Dangerous playthings require skills to enjoy without getting cut or burned. Let's discuss a couple of them here.

1. **Develop and/or mimic a sex-satisfied, not a sex-desiring, mental disposition.**

Women don't consciously agree with this but their psychological firmware nevertheless insists on being attracted to men who are already getting laid. This is a very primal form of pre-selection as her mind conducts this subconscious logical syllogism: "I don't know whether this man is fit for reproduction but the fact that there are signs that he may be already getting laid (he's not desperate, he's barely trying, he's already happy and cheerful) would suggest that other women have already made the assessment that he is."

There are two differing and mutually compatible ways of cultivating this sex-satisfied state (abundance mentality). One is to actually induce it by having sex with women regularly, going as low on the SMV totem pole as is needed to get laid. The other is to mimic it by artificially altering your behavior and demeanor to match the patterns of someone who is getting laid. There is no shame in this: Just avoid like the plague any behavior that she could identify as needy, desperate, or sexually frustrated. This requires you to constantly watch yourself, which is exhausting, so I don't recommend adopting this 2nd technique exclusively.

Heartiste illustrated this point well when he said (paraphrased) "When you don't know what to say to a woman, imagine that you're already lying in bed with two of them."

There is a lot to be gained by haggling your way down in the sexual marketplace just so you can be getting laid regularly. I am open to the idea that other male personality types might prefer to not have sex at all than to have sex with a low-SMV female but I would argue that that preference is born of low testosterone or an over-reliance on masturbation and pornography. There appear to be two camps in TRP. One says "fuck women" and the other says "fuck women." I am of the latter.

2. **Treat her as if she was born to serve you.**

The most attractive combination of psychological traits in a man are narcissism and happiness. The latter has some overlap with our discussion about sex-satiety but the former is separate.

Narcissism for our purposes here is delusional self-confidence and reckless self-interest. It's the characteristic of a man who has massive double-standards regarding himself versus the women he dates, and he knows it, and he laughs when he's called out on it.

Developing a specific, strategically deployable form of narcissism with respect to the opposite sex is tricky and every man will integrate this property into their existing social personality differently, but one trick I've found useful is to use a sort of affirmation or article of faith to undo and rewire the beta programming that the mind uses when interacting with women. An anonymous comment in the manosphere once described it this way: "Act like you are the star of the #1 reality show of all time: cameras following you around and millions watching it because you are so damn interesting."

In short, brainwash yourself into believing that you're a god. Eventually you may learn that this lie is actually true.
Learned-narcissism mirrors pre-selection closely. In pre-selection a woman doesn't have enough information to know whether you are fit for reproduction so she uses the judgments of other women to make that evaluation. With narcissism and delusional self-confidence, a woman doesn't have enough information to know whether you are fit for reproduction so she uses the judgment that you have made about yourself to make that evaluation. I assume it goes without saying that a woman isn't consciously considering you as a reproductive mate when she's discovering whether she wants to fuck you. This is all subconscious psychological phenomena that she herself has no direct awareness of. All she consciously experiences is a desire to fuck you.

While betas exist to serve women, women exist to serve alphas. Sometimes this dynamic is subtle; othertimes women will explicitly enjoy being or feeling used up by their alpha male partners. Treat her a little bit like she exists to serve you to establish the desired alpha-to-female relationship pattern.

3. Ignore anything and everything she says that you would have preferred she didn't say.

The most efficient and benevolent method of extracting the desired value out of the interactions you have with females is to punish and reward her by giving and withdrawing your attention. Counter-intuitively, ignoring a woman when she acts or speaks in an undesired way is more effective in disincentivizing than is confronting her verbally or even using physical violence. This is because ignoring a woman communicates a greater readiness to withdraw from her permanently. This demonstrates value and instills insecurity in her; whereas verbal confrontation communicates to her that she is his only option and that he's more inclined to try to control her than he is to merely gravitate away from negativity and undesired behavior and in the direction of other females from whom he knows he can procure a preferable relationship.

If a girl you're interacting with asks an unwanted question or makes an unwanted statement, flatly ignore it. I'm not suggesting that you fold your arms like a frustrated kid and give her the silent treatment. I am suggesting that you literally act exactly as if she had not said it at all. This is frame-reaffirmation. It's the most effective and efficient way of dealing with her bullshit and is especially preferable to verbal confrontation if either of you are prone to the slippy slope of escalating negative emotions.

There is a recurring and compelling sentiment here that the sexual marketplace is a zero-sum game. I believe this is only the case when men fail to learn how to calibrate male-female interaction patterns to satisfy the self-interested nature of the male and the alpha-pleasing instincts of the female—instead of the self-interested nature of the female and the female-pleasing instincts of the male.
I lost my marriage, my career, and my kid

2240 upvotes | May 11, 2016 | by legion327 | Link | Reddit Link

So this was originally posted to TIFU. It was left up for approximately 14 hours, made the reddit front page then was deleted by TIFU mods. They provided no reason.

Tried to re-post at relationships and they deleted it instantly. No reason provided.

Apparently, the fact that my story resonated with so many people is threatening in some way. Threatening to whom, I'll leave you to decide.

So I'm reposting here. Enjoy.

I was in the US Army. I was stationed in South Korea and I met a girl while I was back home on leave visiting friends. She was really cute and I liked her a lot. We clicked instantly. She opened up to me about how her dad had raped her when she was 9. My heart went out to her and we kept in touch for several months even after I left to go back to Korea. A relationship blossomed and we eventually ended up married. A year later, she was pregnant. I was overjoyed. We both were. 9 months later, my son was born. Within a couple months of his birth, the new-baby joyous haze had faded and postpartum depression set in with my wife. I did what I could to help lift her spirits but I was also working 12-hour days and sometimes weekends because, ya know... it's the Army. When my son was 6 months old, I got the news that my unit was going to deploy to Iraq. We were sent to the Fort Irwin National Training Center in the Mojave desert to train. While I was there, I got a call from a friend back at my unit. He had seen my wife in a Military Police vehicle with my son.

I was shattered. I was thousands of miles away and powerless to do anything and didn't know what was wrong or what might have happened to her and my son. I knew she had been in a fragile state. What could be wrong?!? I was absolutely frantic for days. She wasn't answering her phone. Worse yet, we were doing training exercises and I had lost my phone charger at some point and my phone had died. I called again from a friend's phone and left a voicemail with his phone number in the hopes that she would call back. Finally, on day 3 after hearing this news, she calls his phone. He runs over to me and brings me his cell. The wind is blasting sand into my face and it's 110 degrees outside. I ask her what's wrong and what the hell happened?!?

She tells me she wants a divorce... I'm dumbfounded. This is out of nowhere and I'm in total shock. Turns out she wasn't in a Military Police vehicle because there she was in trouble... She was fucking the MP. Of course, she couldn't very well leave my months-old son by himself so she was carting him along with her while she was doing it. It had been going on for months, even before I left. There's pictures of her and him and baby son with a tent in the background. They'd gone camping. Asked her where my son had slept and she matter-of-factly stated that he'd been in the tent with them.

Nevertheless, I try to work things out for the sake of our son, but she's adamant and wants the divorce. Divorces are never quick so some tense months went by... but finally the divorce is granted. The next morning, I wake up and she is gone. She left our son with me, got on a plane, she's gone.

So there I was, a 22-year-old soldier who is suddenly a single dad of a now 10-month-old baby and I'm supposed to get on a plane to Iraq the following week. I didn't know what to do. So I grab my son, put him in his car seat, and drive to my unit's headquarters and sit down with my Commander and explain the situation. My son's mother has left and gone back to her parent's house, my own parents both work full-time along with parenting my mentally handicapped sister and can't possibly
take on my son as well. So my CO says he'll have to consult with the Battalion Commander about what to do.

I nervously wait a few days. Then, 6 days before we're supposed to deploy to Iraq, my CO comes back and tells me that they're going to put me out of the Army on an honorable discharge. In a way, I was relieved because my son was my first priority. But I also have never felt that guilty in my entire life. I had trained with these guys in my unit for years preparing to go to war. Now I'm not going at all. I was a sergeant so I had soldiers who were underneath me that got transferred to another squad. I felt like they were being abandoned by me and there was nothing I could do to stop it.

Then, on the day my unit is leaving, my company is getting on the buses to drive to the airport. My CO hands me a clipboard and asks me to check off each soldier as they get on the bus. So I did. Each one shook my hand and wished me luck as he got on the bus. I watched every face go by and shook every hand. My CO was the last on the bus. He took the clipboard from me, I saluted him, and he shook my hand and got on the bus and they drove away. Suddenly, I was standing in front of the headquarters building with my son napping in his carrier on the pavement beside me and I was totally and utterly alone. I sat down on the pavement and (I have to sit my manhood aside here for a moment) cried harder than I have ever cried in my entire life. I had never felt so painfully guilty and so alone.

Three months later, I was honorably discharged from the Army and on my way home. I got myself a place, got set up with a community college and started pursuing a degree while doing the single dad thing. I was recovering and putting my life together because I had to. For him.

Three months into this new life I'd set up for myself, a sheriff's deputy shows up at my front door. He hands me a manila envelope with court papers in it. I'd been served. My ex-wife was suing for custody.

Now, let's pause for a moment. So far, all of this is a rather unfortunate set of circumstances and you're probably wondering "So where's the FU? This doesn't sound like it's your fault." Up until now, you'd be right. So here it is. Here's where I fucked up: For the first month, I didn't even get a lawyer. I just called her and asked her what in the world she was doing. Couldn't we work this out? Fuck-up number 1. Always get a lawyer if you get a damn court summons. No exceptions. Your lawyer needs time to prepare your case. The longer you take to get one, the more ill-prepared he/she is. So finally I figure this out because things just aren't getting worked out. So I get a lawyer. The lawyer of course tells me to cease communication with her and that all communication will now go through him to her lawyer. But, in my hubris, I did not listen. I called her due to my emotional state being so out of whack. The conversation was somewhat peaceable at first but turned sour. At some point, she asked me if I had firearms in my house. I responded that of course I did to protect our son she abandoned and blah blah blah... This is fuck-up #2. She recorded it. This recording was the central piece of evidence she used in court against me. Of course the gun was locked up but she claimed he was in danger. Never ever disobey your lawyer and never base legal decisions on emotion.

Another six months passed and then a judge awarded sole physical custody of my son to my ex-wife despite the fact that I had been taking care of him alone this entire time since she left us both. This sounds crazy, I know. However, we're talking about a southern bible belt judge who was golf buddies with my ex-father-in-law. So yeah... that was that. While the system is a bit of joke when it comes to father's rights, I ultimately lost my son because I fucked up.

TL;DR - Guy in army gets cheated on by his wife and loses his wife, then his career, and then, due to
his own hubris, his son.

EDIT:

Part 2 can be found here: redd(dot)it/4jz1ue
So, I am a high school teacher. One of my female students didn't like a disciplinary action I took today, so she absolutely lost her shit, got up in my face, pushed me (not hard, mind you) and told me, "I am going to fuck you up!"

Moments later, I had the loudmouth bitch in the principal's office, and returned to my class to discover that, true to form, at least one of the students had managed to get all of this on a camera phone. Meanwhile, the student was in the office, texting other students to delete the video and to lie about the way she was behaving. The students were there giving me the play-by-play of every message.

I stopped by after that class to follow up with the principals, and momma has shown up and wants to throw down as well (no father in the picture -- go figure). Based on her daughter claiming that I had assaulted her in class, she proceeded to call the police to try and have me charged with assault. At that point, she was yelling at the police that everything was on video for them to see.

Well, the principal and the cops got their hands on the video, and saw what really went down. The principal got one of the students to provide the text messages of this stupid girl attempting to do her damage control, and the principal said that she would be suspended for a few days, and told me that I could file charges. If I do that, this girl will end up in alternative school for the foreseeable future.

And, you know what? That is exactly what I am going to do. Teenage girls who cry and make up stories to try and get themselves out of trouble grow up to be the kind of woman who will make false rape and abuse allegations in order to get back at men who make them angry. If there had not been hard physical evidence, witnesses, and documentation of what went on in my classroom today, it would have been an issue of "he said, she said," with not only this position, but my entire career on the line. Nothing like a child abuse charge to have one's teaching credentials revoked.

So, tomorrow I am going to formally file charges against this girl and let the legal system have a crack at her. Maybe she will think twice about recklessly lying to her mother, the principal, and the police with tears in her eyes after conducting herself like a complete cunt. And maybe her mother will think twice before calling the cops to complicate a matter that didn't require their attention. Maybe other students who see what happens to her will get the hint that you don't pull that kind of shit without real-world consequences.

Or maybe not. Regardless, I am going to thoroughly enjoy giving this stupid girl a taste of her own medicine!

UPDATE 3/24: Met with principal, the girl, and her mother today. Girl is still maintaining her lies, and mother thinks we should both apologize to each other. Yeah, no. I told the principal to go forward with the charges. Plus, she has her best friend lying for her, saying that she was the one who sent the messages to cover things up, not her.

UPDATE 4/17: Sorry for the delay in the update. The police officer on campus was reluctant to file it as an assault (shocking, right?), but she in the interim she actually got herself in more trouble for jumping another girl on campus, so she's off to alternative placement anyway.

There were two positive results from this: by maintaining my frame throughout this whole thing, she was made out to be a fool by the other students on campus, as well as her mother. Momma was
actually calling some of the other students in the class to try and get them to change their stories -- so much so, that one of the student reported that she had to block the number from her phone.
The second is that students (in my class, at least) better understand that I am not to be fucked with now.
You either get bitter or you get better. It's that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, it belongs to you.
How to really succeed at Tinder (not just another Tinder guide, this is a detailed Tinder roadmap)

2128 upvotes | June 1, 2018 | by mallardcove | Link | Reddit Link

EDIT: PLEASE DO NOT PM ME ASKING FOR ADVICE. I WILL NOT ANSWER IT.

Tired of seeing posts on here shitting all over Tinder. If you do it right there is no easier way to meet women in my opinion. The ones shitting on it are the ones not having any success. I've been successful at Tinder(and Bumble) for the past couple of years and let me show you how I do it.

I know a lot of Tinder guides have been posted here before, but here is my take on how to have success.

Step 0 - Understand The Ultimate Maxim of Tinder

IF YOU ARE NOT GETTING MATCHES, ITS BECAUSE YOUR PICTURES SUCK. 100% of the time this is the case. It's not Tinder screwing you, its not Tinder trying to get you to pay for its Plus/Gold features, its not shallow women, its not women only on there for validation, its not a glitch, its not anything but the fact that your pictures are ass. Keep this in mind when you inevitably see someone shit on Tinder in the comments of this post or elsewhere on TRP.

Step 1 - Understand The Tinder ELO System and how it works

Basically Tinder uses an ELO rating system to "rate" each account to judge how attractive the account is based on their swiping and how they get swiped. Obviously, if your profile gets swiped right a lot, you'll have a higher rating, and vice versa. It's not just how people swipe you that determines your rating, but also how picky you are. If you are swiping right on everything, your rating will go down because when you do that you are swiping right on low rated profiles. If you are pickier and only swipe right on higher rated profiles, you'll have a chance for a better score, assuming you are getting swiped right a lot as well. To learn more about how the ELO rating system works mathematically, check out http://archive.is/O07Ad

TLDR, your Tinder ELO score is determined on the rating/quality of profiles swiping right on
Step 2 - Know your competition

One thing I recommend doing, if you have the time, is creating a burner Facebook account as a woman. Use it to make a Tinder account and select that you are interested in men. This way you can scroll through the profiles to see the men you will be competing with in your area.

A general theory of Tinder is that for brand new accounts, you get a "noob boost", which means they are going to show you the higher ELO rated Tinder accounts first, and your profile will also be put toward the top of other user's stacks so they don't have to scroll through many profiles before seeing yours. This doesn't mean every single Tinder account in your stack that you scroll through will be high rated, because remember, there will also be new accounts in your initial stack who are also being boosted, many of which will suck.

Why am I mentioning this noob boost? Because you can use this to scout your competition. The profiles you will be seeing when you do this are generally the profiles the attractive women will be seeing. That way you know what you need to do to beat the competition.

For the sake of this post I went ahead and did this for my area (medium sized city in the Southern United States). I scrolled through the first 100 male profiles and gave each profile a rating on picture quality (1 being shit, 5 being top tier) and attractiveness (1 being ugly, 5 being top tier) and then I flagged an account if they were not lean.

Settings: Age 18-32, 30 mile radius.

Results:

- Of the 100 profiles, only 3 of them had what I considered top tier pictures. Most were shitty selfies, bad quality pictures that had grainy or fuzziness in them, bad lighting, or bad poses. Lots of crappy gym selfies and mirror selfies. The average picture quality rating was 1.866 out of 5. That's bad, and shows you don't really need to do much to have better pictures than the rest.
- The average attractiveness rating was a 2.1, not much higher than the picture quality number. And this is supposedly contains the best profiles? I think a lot of the profiles I saw were "noob boost" profiles, no way they would be high rated. Either way, I only handed out a 5 to 4 profiles, that's 4%, and only handed out a 4 to 3 profiles. That means out of 100, only 7 were what I considered attractive enough profiles a woman would swipe right on.
- 65 of the 100 profiles were not lean, 51 were overweight, and 32 were obese. Once again, shows how much impact being lean has.
- Average age was 20.9, but the average age of the profiles I gave a 3 or higher to was 24.6. Older guys seem to have a better grasp on this.

Moral of this story? You really don't have a high bar to clear when it comes to having a top tier Tinder profile. Most guys Tinder profiles suck ass. All you need are good quality photos and to be lean to beat most Tinder profiles out there. Unless Tinder only shows the highest rated accounts to accounts who already have a proven high ELO score and still hides them even from
Step 3 - Yes, being attractive matters

This is an app where people judge you on appearance. You think looks don't matter? They absolutely do. I am not saying this app is worthless for you if you are below a 7/10 in looks, but you have to reel in your expectations. Women on these apps are pickier than they are in real life, so if you are a 5/10, don't go in expecting to match with 8s or higher.

Before dismissing Tinder and other apps all together, try to max out your looks first. Lose weight, get lean, lift, dress well, wear the right accessories, sport a good haircut/hairstyle, have a good facial care/skin care routine, and all of that. Doing all of this + taking good pictures will go a long way and can add points to your attractiveness.

Step 4 - Pictures are 90% of the battle

I repeat the Ultimate Tinder Maxim: **IF YOU ARE NOT GETTING MATCHES, YOU HAVE BAD PICTURES. PERIOD.**

You are going to sink or swim by your pictures, specifically, the quality of your pictures. Period. I consider myself an attractive man, but I failed at Tinder at first because my pictures sucked. Even if you are attractive, if you have shitty pictures, you are doomed. When I finally put some good pictures on my profile, it was night and day the number of matches and interest I was getting. It became like shooting fish in a barrel. I even got reported to Tinder as a catfish because women thought I was ripping my pictures from models and wasn't who I was in the pictures.

Now the term "good pictures" can mean so many different things. From my experience, here are the elements that make up good quality pictures:

- Picture quality - There is a difference between a shitty cell phone front camera picture and a picture coming from a DSLR or expensive camera. This does matter. Front facing cell phone cameras generally have bad quality, bad apertures, bad lenses, and distort your face. The clearer and less grainy the picture, the better.

- Lighting - Lighting matters. Pictures taken in the dark will suck because they will have high ISO settings, meaning more grainy. Pictures taken using indoor lighting often cast unnatural shadows with harsher lighting. Pictures taken with a camera flash add 7 years to your face and create all kinds of bad shadows and unappealing flashback. The best lighting is outdoors. The problem with outdoor photos is that generally the sun will be too bright, causing too many harsh shadows, overexposure and your eyes to squint. One solution is to take pictures when its cloudy. Or you can take pictures in the shade (but beware of surrounding glare that causes you to squint). The best time to take outdoor pictures is an hour after sunrise or before sunset, known as the golden hour. You can google "Golden Hour Calculator" to determine what time exactly this is for your location. During the golden hour you can take good pictures with soft, golden lighting and yet its not bright enough to cast bad shadows or make you squint.
wearing sunglasses it doesn't matter what time of day you take outdoor pics, but generally you don't want to have more than 1 or 2 pics in your Tinder picture album with sunglasses.

- **Setting** - Where you take your pictures matter. A computer selfie at your desk in your room = shit. A picture of you outdoors somewhere interesting = good. The key here is variety. When I was doing the burner account competition check earlier, most guys are bad when it comes to variety of their settings. Find unique outdoor places to go to. One of my favorite is the roof of a parking garage downtown on weekends. There is no one up there, I don't have to pay to get in, and you get a badass view of the downtown skyline in the background. Parks, hiking trails, mountains, lakes, beaches, rivers, etc. all work. You can also be creative and get shots on the sidewalks, streets, etc.

- **Pose and Posture** - You want your poses to be natural based on the setting your picture is taken. If you are taking a picture on a sidewalk, you obviously don't want your pose to be as if you are posing for the camera, you want your pose to be as if you were walking down the sidewalk. Go to YouTube and look up modeling poses for inspiration. And make sure to have good posture whatever pose you use.

- **Facial Expression** - The key here is variety. You don't want all your photos to be of you smiling into the camera. You don't want all of your photos to be of you looking away from the camera with your mouth closed and a serious expression. I go with the rule of halves here. You want half of your pictures to be smiling, half not smiling. Then half of your pictures looking into the camera, and half looking away.

- **Composition** - Where you are placed in the frame matters a lot. You see a lot of guys fail at this when checking out the competition. In my opinion there are only 2 acceptable compositions: Half body shots, and full body shots. Half body shots are generally shots from the waist or upper thigh up, full body has your entire body in the frame. But that is only half the battle - you don't want much open space between the top and bottom of the frame. Use the entire frame. This is a good example of what I mean in a full body shot, the concept for a half body shot is the same. Notice how the whole frame is used, not much gap above his head or below his shoes. Now here is an example of a bad full body shot - notice how much empty space there is above his head and below his feet. You want to avoid face only shots because they just aren't flattering and will hide your body, which you want to show off if you are lean, and also hides your fashion, which leads me to:

- **Fashion/Style** - Your clothing choices matter and can greatly enhance your overall look if done right. You want your pictures to show off a diverse variety of well fitting stylish clothes. FIT is the key, more than style. They both greatly matter, but bad fit will ruin any style. A good style can't overcome bad fit. Go shopping to stores like J Crew and wear the smallest size you can that still fits, in a slim style cut if you can find it. Some good ideas for clothes to wear: Dark Wash Slim Jeans, Slim Chino Pants(Khaki is my favorite color), Flat Front Chino Shorts at 9 inch inseam or less, Slim Fit Casual Button Down Shirts, Polos, Well Fitting T-Shirts, Denim Button Downs, Denim Jackets, Bomber Jackets, Leather Jackets, Slim Dress Shirts, Nice Sweaters, Watches(you need to wear one in every photo), boots, dress shoes, loafers, nice sneakers, necklaces, pendants, and bracelets. NO - Cargo Shorts, Cargo Pants, tennis shoes, basketball shoes, "skater" shoes, flip flops/sandals, baggy clothes, hats, sweats, hoodies, logo or graphic shirts. You need to be wearing a wristwatch in all your pictures.
• Hair - Make sure you put some effort into it, whatever you do. Find a good haircut/hairstyle for your face shape.
• Pets - If you have a dog, probably a good idea to have a dog pic.
• Motorcycle - If you have one, probably a good idea to have a pic of you on your bike

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Step 5 - How to actually go about taking good pictures

So I stated what makes a good picture. But how do you actually do it? There are 3 ways I recommend, all of which are viable and have their pros and cons.

The Friend With a Camera Approach
Find a friend to go along with you with a camera and have him/her take pictures of you in various places or settings. Ideally you'll want a friend with a good camera who knows a thing or two about how to take good pictures. Or you could go on Craigslist or something and hire a professional photographer but that can be a bit pricey.

Pros: Lots of possibilities, someone else controlling the camera means you don't have to set and forget the photo settings or placement, good for getting shots at busy places with lots of people without creating a distraction or scene(think downtown locations), cheapest approach

Cons: Less creative control over the pictures, can only be done when friend is available and in that certain time frame, not everyone has a friend who is available or willing to do this.

The Tripod Approach
This is where you buy a tripod to go with whatever camera you are using, set up the tripod and take pictures. I do have a nice camera and a tripod, and have used this approach, but it can be difficult to get right even though I have a remote controller for it because with nicer cameras, it's most ideal to have someone behind the camera to fine tune the controls for every shot.

Pros: Don't need someone else, can do everything on your own time, allows for unique locations to be shot

Cons: Can be expensive, not ideal for high traffic places, tripod can be unstable and knocked over by things like wind, some locations there isn't an ideal place to put the tripod, even with a timer or remote controller it can be difficult to get the right photo settings in terms of shutter speed, aperture and focus.

The Drone Approach
This is personally the approach I have used over the past year to amazing results. Obviously, drones aren't cheap, but they are worth the investment. Not only can you get some good photos from some unique angles and take them anywhere, but it also gives you a fun hobby as well on the side. I've used both the DJI Spark and DJI Mavic Air drone for this. Both have good cameras, and even better, they have an interval setting meaning it will take a picture every 2 seconds. Meaning 30 pictures a minute. DJI Spark battery lasts about 12 minutes, and DJI Mavic Air lasts about 16-18 minutes. That means you can get 360-480 pictures per battery. Tell me you can't find at least one good picture? You can find a DJI Spark new for $350-$400 in stores or on eBay used for cheaper. Just make sure you get a
quality drone, DJI is a good brand. The cheap $50-$100 drones you can get at Wal-Mart won't cut it.
Pros: Don't need another person, can get all kinds of unique angles/settings/locations you can't get
with a tripod, can be controlled remotely, good picture quality once you get the settings right.
Cons: Loud, not ideal at all for use amongst places with a lot of traffic/people so you have to find
more isolated places, some locations are restricted for drone use, takes a while to learn how to dial in
the photo settings like ISO, shutter speed and exposure value that flatter you the most, expensive.
All 3 of these approaches are viable. But one of these 3 approaches have to be used if you want
to have top tier photos. Getting your cell phone camera, leaning it up against something, setting
the timer and running into place isn't going to cut it. Outstretched arm selfies won't cut it.
Cropped group pics won't cut it. Mirror pics won't cut it. Yes, it takes time and effort, and for
some of the approaches, investment, but it pays off. Do you want to succeed or not?

Step 6 - To shirtless ab pic or not to shirtless ab pic?

From my experience, you can go either way. If you have a shitty body, are skinny or fat, and have no
defined abs and vascularity, it won't work. If you have a good body with defined muscles, vein
vascularity and a 6 pack, it won't hurt to have a shirtless picture in there. It's not always ideal, though.
There are girls who will swipe left when they see a shirtless picture no matter what. I've found that
shirtless pics work better when you are looking for hookups, not so much when you are looking for
dating/something longer term.

If you want to use a shirtless pic, there is one rule: IT HAS TO LOOK CANDID. Shirtless mirror
bathroom pic = NO. Shirtless gym selfie = NO. If it looks like you are posing for the picture, and
therefore it was planned, its not going to work. It has to look like it was taken candidly, unplanned, as
if you were doing something, and someone happened to take a picture of you. The shirtless picture I
had the most success with was one of me at the park holding a football, I made it look like I was
playing football, even though I was there by myself and used my drone to take the picture. However,
I made it come across as extremely candid, even though my 6 pack and vein vascularity and muscles
were showing off. Shirtless pics at the beach or pool also work.

Step 7 - Post Processing/Editing

You don't want to just use the pictures as they are. You want to find your best ones and then edit
them. Use editing software(Adobe Lightroom is good, the stock Windows photo software is good, I
am sure iPhoto is good) to mess around with the pictures. Apply filters, change the
brightness/contrast/clarity/saturation, and all of that. The key is to not go overboard with the filters
and everything. You still want it to look natural. The editing will add to your photo, not make your
photo. Women will know if your picture is edited too much. Edit it in a way where it looks a lot
better than the original, but at the same time you can't tell it was actually edited.
Step 8 - Selecting Which Pictures to Use

The generally key, as I have already stated, is variety. You want your 6 pictures to give a well rounded perspective of who you are. Variety in terms of poses, facial expressions, outfits, and locations.

Obviously you want to pick your 6 most flattering pictures. The best approach to use is to pick 6 locations and outfits and take a shit ton of pictures at all 6. Then pick the best from each group and there are your 6.

Your lead picture needs to be your best one. It needs to clearly show your face and your body, uncovered eyes(no sunglasses) with clothes on(no shirtless pics as your lead), by yourself(no group pics). Your last picture also needs to be a good one, as if a girl is swiping through your pics, will be her last impression before she decides to swipe right or left on you. Remember, she will judge you by your worst pic.

I'm not going to post my profile, but here is a breakdown of my pictures:

- 4 of 6 I am smiling
- 3 of 6 I am looking at the camera
- 2 of 6 I am wearing sunglasses
- 5 of 6 are full body shots, head to toe
- All are taken outside
- No shirtless pics that I am currently using
- 2 of 6 I am wearing flat front chino shorts, 2 of 6 I am wearing jeans, 1 of 6 I am wearing khaki chinos, 1 of 6 I am wearing dress pants
- 2 of 6 I am wearing a v neck t-shirt, 3 of 6 I am wearing a casual button down shirt with the sleeves rolled up, 1 of 6 I am wearing a dress shirt with a tie
- 2 of 6 were taken in broad daylight(both sunglasses pics), 3 of 6 taken at sunset in the golden hour, 1 of 6 taken in broad daylight but in the shade
- Locations Used: Beach Sand, Downtown Sidewalk, Work(Outside), Top Level of Downtown Parking Garage, Football Field, Side of Building
- Poses Used: Sitting on Cooler, Leaning Against Pole, Leaning Against Wall, Walking With Football in Hand, Standing Straight Up Smiling Into the Camera, Looking Over Shoulder
- No Group Pics or pics with others. Group pics are overrated. Yes, it shows you having fun with friends, but generally they are not flattering and the cropping you have to do ruins the quality. I'd rather have 100% control over my pictures from start to finish. If your pictures are good enough she won't give a shit if you are alone in all of them.

Step 9 - Your bio. Does it even matter?

In general, your bio doesn't matter. She really only looks at your pictures which are all that matter. If
your pictures are good enough, then she might glance at your profile just to make sure you are a real person.

Your bio will not help you at all. It can only hurt you. Since you have all to lose and nothing to gain, you need to keep your bio short and to the point. If you are over 6 feet tall, list your height. If you are 5'10, say you are 6 feet. Put where you are from, what part of town you live in, and about 3 or 4 things you like to do. Put the college you graduated from if you have graduated. If you have a cool job, put it in there, otherwise be either really vague with it or don't put it in there at all.

Example Profile that works: "6'1, from New York, living here in Florida in West Miami. Ohio State '13. Fishing, traveling, fitness, and more."

There. That's all you really need. Nothing in there that will scare anyone away or devalue you, but makes you look like a real person. Don't try to put anything witty or funny or out there. Just keep it simple.

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**Step 10 - Deploying your Profile and Using Tinder**

Don't set up your profile until you are absolutely ready to start with your full profile because once you set up your profile you are put in others stacks. If you already have an account, delete it so you can start over. Upload your pictures, write your bio, and where you go from here is up to you.

**Swiping**

Be picky. Only swipe right on girls that you are certain are who they are in their profile. If she only has face shots, chances are she is fat. Remember the rule: "If you got it, flaunt it". Girls live by this. If they have a good body, they will show it off. If they have good tits or ass, it will be shown off. If it looks like they are hiding something, they are. Read her profile, don't just look at her pics. Chances are you might like her pics, but then you look at her profile and it will state she is a single mom. Generally, if you have been swiping a while and have reached the point of the stack where all the girls are ugly, and then you come across one that is hot, chances are she is either a bot or single mom. Because legit hot girls who aren't single moms or don't have major red flags will never be that far down the stack.

Being picky also helps your ELO score, which increases your chances of being shown at the top of the stacks of the more attractive women.

**Super Likes**

There are two trains of thought on Super Likes. One train is that its good, it will make her think longer about you. The other train is that its creepy and too much and shows her you are already too interested.

My take? Use them. I've had more good than bad from super likes. Not only that, but using a Super Like automatically puts you at the top of her stack, so you know you will be seen next time she logs on. Unless you have Tinder Gold, you only get one per day so use wisely.

**Tinder Gold**

I am a fan. I only recommend, however, using this on a month by month basis. I think its a good investment to use your first month. The queue which shows who has liked you is helpful and will help you gauge how good your pictures are. If its not filling up you have shitty pictures. Also the
quality of girls liking you will also help you see what type of women is finding you attractive. Lastly it helps because it helps you ground yourself to reality. A lot of girls don't log into Tinder that much, so by seeing who has already liked you, you won't get your hopes up for girls in the stack who may or may not be active (Tinder hides profiles inactive more than 2 weeks).

If you are successful at Tinder I think its worth it to stay on Gold after your first month. I do. The passport feature is useful for traveling, as you can arrange meetups with girls before you even get there. This is just my opinion though. If you aren't successful, paying for Gold won't make you successful. The best way I can describe Tinder Gold is that its a valet for an already successful Tinder user, it just makes it easier. Seeing who has already liked you might sound like something you don't really need or need to pay for, and while I agree, its actually been more beneficial than I realized.

**Boosts**

Regardless of whether or not you subscribe to Gold, I think everyone needs to try a boost at least once. A boost puts you at the top of the stack for everyone in your area for 30 minutes. This means you will be seen by everyone who logs on during that time. I get matches regardless but each time I boost it seems like I get a lot more. Boosts help because after a while, unless your ELO score is good, you fall farther and farther down the stacks of other girls Tinder stacks, and you won't be seen. Instead all she will see are high ELO accounts and new accounts getting their noob boost. Women swipe a lot less profiles than men do (since the attractive ones will match with almost everyone they swipe right on) so its vital to make sure you are showing up at the top of stacks.

Timing is important with boosts. From my experience, Wednesday at 7:15pm is the best time to use it. This is ideal because its before the weekend before plans are set. If you use it on Friday or Saturday girls already have plans.

You get a free boost every month if you have gold, otherwise its $4 each.

**Bots**

Obvious bot accounts are obvious. Their pictures are often cropped and low quality but of really attractive women in generic poses/settings. Their bios are often empty or extremely generic. And they often only have either 1, 3 or 4 pictures exactly. They are pretty easy to spot.

**Instagram/Snapchat Follower Farmers, Sugar Daddy Seekers and Venmo Scams**

You'll see girls on here who are clearly only doing it to rope in instagram/snapchat followers, or find a sugar daddy, or get money sent to them via Venmo.

Here is my take on them. Yes, that is what they are doing. However, for the right guy, they will throw that away. Use the Brad Pitt test here. If she saw Brad Pitt had matched with her on Tinder, you think she would just try to use him for Venmo money or to get an Instagram follow out of him? No way.

If you think you are attractive enough, go for it anyway. Generally these girls obviously fishing for Instagram Followers or Venmo money should be massive red flags automatically disqualifying them from anything above plate material, but its possible to bust through the massive shit test. I've done it multiple times.
Step 11 - You've matched, now what?

So you have matched. Ideally with multiple women.

As successful as I am at this, I would still say only about 10% of women message me first(and many women who message you first will be bots if you were unable to detect them prior to swiping). You are going to have to do the initiation.

Fuck that shit about message timing, when to message her, etc. "If I message her too soon after matching she will think I am desperate!" No. Just message her when you feel like it.

The key to an opener is to be different, set the frame, use her name, and play on her emotions. I've watched girls use tinder before and pretty much every guy either opens them with a boring "Hey" or "Hi", or uses some really stupid cheesy pick up or sexual opener that is just awkward. None of that is different, none of it sets the frame in the guy's court, and none of it plays on her emotions in a positive way.

It has to be organic. Review her profile and pictures, and try to craft a message based on that. Don't compliment her physically(i.e. you're hot or you're cute), don't get sexual in the first message, or use a dumb pick up line.

Here is an example I used recently that worked. It was a profile of a nurse who said she worked the overnight shift and lets say her name was Anna.

"Anna, are you a Waffle House or IHOP kind of girl? Since I am guessing those are the 2 places I would have to choose from to take you with that schedule..."

See what I did here? I did a lot of things. I set the frame as one that I will be taking her out(not necessarily to Waffle House or IHOP). I crafted the message organically based on her profile, and I made her laugh with the Waffle House/IHOP reference since those places are pretty sketchy in the AM hours, but people secretly love those places. I also gave her a reason to respond.

Here is another example of a girl who had a picture of her bowling, lets say her name was Tina:

"Tina, if we go on a bowling date, I am not letting you use the bumpers, so you better learn how to bowl without them"

Again, I set the frame from the first message to one that I would be taking her out without asking her out. I teased her about her bowling skills and gave her a reason to respond(to defend her bowling skills). We did go on a bowling date when all was said and done.

It's a numbers game

You are going to have girls who don't respond. You are going to have girls who unmatch. You are going to have girls who take forever to respond. You are going to have girls who are just not into it even if they respond. It's really a numbers game. The more girls you open, the better chances you have at least one who goes through with it all. Don't get hung up on any one girl. Assume every girl you match with will ghost you. Assume every girl you talk to will eventually stop. Assume every girl who gives you her number and you set up a date/meet with will flake. Don't get invested. Persistence is the key.

I think this is where most guys get discouraged and come here to write their OMG TINDER IS SHIT posts. They have shitty pics, and only match with 1 or 2 girls, have no abundance, and when it doesn't work out with those 1 or 2 girls whether they don't respond, stop responding, flake, etc.
act like Tinder is shit and all women on there are shit. You have to remain persistent. Keep in mind the better you look, the better your pics are, the more attractive you are and better your text game is, the less likely she will flake, and the more likely she will respond and follow through. I can attest to that. Remember that girls have dozens of matches and are only going to bother with their best ones.

Step 12 - When to ask for her number/ask her out?

So you have had a successful opener and started a conversation. When do you escalate to get her number or arrange a date/meet up?

Every girl is different, from what I have learned, so there is no one size fits all plan. Some girls want more rapport and chit chat before they are comfortable giving you their number or setting up a date. Others require less. Regardless, you need to at least try to get a number or set up a date in 5-6 messages or less. Remember, she has dozens of matches, with guys who are farther along the process than you probably are, so you have to shit or get off the pot eventually. Plus she will get bored if you don't go after what you want.

The best way to do it is to have the conversation naturally flow into you asking for her number or asking her out. Here is an example that I used, of a girl who actually messaged me first:

| Her: Hey! How was your weekend?  
| Me: Pretty good. You?  
| Her: Nothing too exciting lol. Lots of work.  
| Me: Well we need to fix the nothing too exciting part. Let's go get some drinks, when are you free |

See how I took her response and turned it into escalation. You already have the IOI, otherwise you wouldn't have matched, so why waste time? I did it on message #2. You need to look for the opening to make it flow naturally to asking for her number or asking her out. Sometimes that takes longer than 2 messages, but you get the idea. You don't want to go too early though, then you just come across as a player/needy/desperate.

The worst thing you can do is just make her your pen pal and ask dozens of interview style questions without escalating. She is not an idiot, she knows what you are there for. If after 5-6 messages or so you still haven't found the opening to ask for her number or ask her out, just do it.

Step 13 - So you've got her number and set up a date, now what?

Try to set up a date within 1-3 days of getting her number/asking her out. Anything longer she will probably flake. The only times I have successfully set up dates longer in advance is when she was out
of town.
From there you need to shut the fuck up and not contact her until the day of the date, where you confirm plans. Don't text her, don't become her penpal. All you can do at this point is hurt yourself.
If she initiates with you and texts you, respond to be polite, but space out your responses. I'm talking, take 12+ hours to respond. I had a girl who was all over me from the time we set up a date to the time we met up, always texting me. I didn't want to be rude so I would respond, and I thought that since she was the one initiating, I was fine. Wrong. We go out and then after the date she says she "wasn't feeling a connection". You'll never live up to the standard you set by texting her. You have nothing to gain and everything to lose. Resist the urge to text her until you meet up.
If she flakes, she flakes. It happens. Don't become invested. If she is truly interested she will propose a counter time. Just because she cancels doesn't mean she isn't interested. I had one cancel on me and I thought it was over and I needed to move on but she rescheduled with me.

Does this approach also work with Bumble?
Yes. The difference is that she will open you, so you can take her opener and play with it. That doesn't mean its any easier or harder.
My problem with Bumble is that the userbase is smaller, and there are so many inactive profiles on there. Unlike Tinder, Bumble doesn't remove/hide profiles that are inactive. I was using Bumble and saw the profile of a girl I work with who was married a year ago. She said she hasn't logged on there since 2015.
Also you will match with girls on Bumble and they still won't message you. Again, girls get tons of matches so they will only message the cream of the crop. Become the cream.
The upside to Bumble is that the quality of girls are higher.

Conclusion and Final Thoughts

- Tinder/Bumble/Online Dating is 99% pictures. They have to be outstanding. Not good. Not great. Outstanding. How much you want to invest in getting outstanding pictures is ultimately up to you because it takes effort and time and in some cases money. Just remember. If you aren't getting matches, its your pictures. End of discussion. It's not Tinder screwing you over, its not shallow women only looking for validation, its not women having you outside of their Tinder preference settings, its not anything but your shitty ass pictures.
- Your approach if you are looking for hookups and your approach if you are looking for something more long term has to be different.
- It really is a numbers game. I know this sounds cliche but the more matches you get the more your odds are in favor of at least one working out. You get more matches by having good pictures and utilizing features like boost. Tinder might seem like a lost cause if you only get 5 matches and none of them work out. But if you have 50 or 500 matches you're going to have
matches that work out, its the law of averages.

- Don't get your hopes up on any one individual girl until you actually meet up with her in person. From there you apply TRP to prevent the onset of oneitis.

- Don't match with a girl unless you are 100% certain she is who she is in her pictures. Read her entire bio and look at all her pics before matching to find red flags.

- Tinder Gold in my opinion is useful if you are already successful at Tinder, but it won't turn you from unsuccessful to successful.

- I've seen false advice given around TRP that the opener doesn't matter, if she is attracted to you she is attracted. While attraction does matter the most, you still have to give her a reason to engage with you, invoke her emotions and set the frame.

- Shit or get off the pot. She has dozens of matches and dozens of guys doing the same thing you are doing. If you don't make a move, another guy will. Build some short rapport and then find an opening to ask for her number/ask her out.

- There is inevitably going to be someone in the comment section saying you don't need Tinder or dating apps, all you need is day/night game, Tinder is shit. What if I told you, you could do both? mindblown.gif
To those nervous about going to a gym: once you step foot in the door, nobody gives a fuck about you.

2114 upvotes | November 6, 2017 | by bostonburrito | Link | Reddit Link

Not only do I see a lot of posts here on this topic, but it is also one of the main statements my friends give me when asking for tips to "get into shape". My immediate response to them has now become what I put in the title of this post.

I go to a gym with about 3000 members, probably the biggest one in my city. This particular gym has this stigma for being roid central, as it houses quite a few pro bodybuilders and high end Instagram models, mixed with power-lifters who've been pumping iron since they could walk. Stepping foot inside the building can be a very daunting thing for newcomers as they feel they're immediately placed at the bottom of the ladder.

Here's the thing though, something that is one of my favorite aspects of joining a gym. Despite what is taught outside the gym walls, once you walk inside, 99.9% of the time no one could care less about your size, muscle build, appearance, or the level of progress you are at. The only people that will give a shit about you are personal trainers, and that's only because they're paid to. In fact, the only point where most regulars would acknowledge your existence would be their first glance at you, and most of the the time this will consist of them thinking "Good for them, good to see people trying to improve themselves," before they get back to whatever they were training.

Remember, everyone in a gym shares a common goal: to improve their fitness. Most are too focused on this goal to even consider for two seconds if you are sharing that goal with them.
For some reason this guy realised he was about to make a mistake and called off his wedding to this post wall woman. He was by all means a bb:

He claimed he paid for everything, including her mortgage, credit card debt, health insurance and even let her drive his 2015 Mercedes Benz. The businessman even gave her the combination to his safe room, he claims.

So wedding's called off and she steals $2.1 million worth of jewellery. In the ensuing police investigation of her theft she claims he abused her. Turns out her assertions were completely inaccurate.

It is incredible what some women do once they catch a whiff of guaranteed financial security from a bb

link to article here:
This is ridiculously sad. A father tells his kids about their mother cheating on him and she threatens to kill him. In the eyes of two legal advice subreddits, he is an evil, manipulative jerk.

2074 upvotes | March 13, 2018 | by [deleted] | Link | Reddit Link

This is the original thread.

Ex-Wife sends death threats to husband when husband reveals to their kids (aged 15 and 16) that they divorced because of her infidelity.

What happens? + 268 points

I want to point out that what you did is classic parental alienation. I don't care if she banged every pizza boy for 10 zip codes. You need to separate her actions against you, with her rights and duties as a parent to her children. Using your issues with her (however valid) to drive a wedge between her and her kids is not only wrong, but she could absolutely take you to court over it and possibly win. You have violated her parental rights. You need to make some amends.

Great fucking legal advice! Just what this guy came here for. To hear some armchair neckbeards talk about how his wife is the victim and this idiot goes so far as to saying that he needs to make AMENDS with a potentially hostile woman.

And then there's the classic projection from White Knights, Incels, and SJWs.

Honestly, the more I read this guy's posts the more I realize why the wife decided that infidelity and leaving him was the way to go. I'm not saying she had that the right way round, but I don't blame her for wanting out of the marriage.

Isn't it amazing how much push back this simple concept is getting here? A lot of people who don't understand how to handle adult problems like mature adults.

I know right? That woman shouldn't be threatening the father of her children! Oh, wait, you think the woman threatening to kill someone is the victim... because the actual victim dared tell his kids the hard truth when they asked?

Legal advice is a shithole.

And now here's the original BOLA thread. Another thread filled with classic assumptions. LAOP talks reasonable and is coherent in his tone, he MUST be a narcissistic abuser and manipulating asshole and the wife is a victim! Everyone even going against this is down-voted.

Then OP posts an update. He confronts his ex wife in a reasonable manner and offers her a way to repair her relationship with his kids. He even tells them about how he was not the "best lover" and that she should be forgiven and that he "forgives" her.

bestoflegaladvice continues to maintain that OP is a psychopath and a manipulative jerk who has "hurt" his kids.
LAOP is still insufferable. Those poor kids :(

Clearly. The father responds in the thread, presenting himself in an eloquent and organized manner. He even attempts to repair the relationship between his ex and his kids.

Apparently the kids are "unlucky" to have such a caring and kind father. He should have lied to them forever. Lying fixes everything right?

"I believe I handled this perfectly." isn't very humble.

Sure, that was cocky. Better call him a sociopath, then!!! Better say that he thinks he's a God! Like those statements aren't extreme and overly confident in one's abilities to judge character.

Of course he isn't an angel. What a stupid concept. And he's admitted as much. So why are you castigating him so hard for not being fucking angelic? You've been frothing at the mouth over this guy's story, calling him a monster. Where's your halo?

Downvoted. Why? Because apparently OP is supposed to be this infallible angel and the poor womyn is being oppressed by such a kind father who, supposedly, forgave her cheating and even tried to help her repair her relationship with the kids.

You can even go to church everyday before breakfast, but what you told here is just awful. You think you are a type of God who can manipulate the emotions of your kids. You are even a worse parent than one that cheats. Thats why you got so many downvotes. You aren't seeing reality. Again, this is what you considered to share. I'm scared about what other terrible things you do to those poor kids. Instead of helping them. Terrible.

+41 upvotes. OP is getting savaged.

Oh, and how could one forget! The infantilization of two teenagers. Apparently they should be kept in the dark about why their world was shaken to the core. Apparently, they are too young and stupid to understand that their mother was a whore and that their world was shattered because of it. And supposedly, they aren't able to think for themselves and are clearly being manipulated by, as armchair psychologist eloquently puts, a sociopath.

And people wonder why men face difficulty in family courts.

edit: thanks for gold!
The main lessons I've learned after 3 years of implementing TRP

2057 upvotes | September 19, 2017 | by Metalgear222 | Link | Reddit Link

First off, a big thanks to all the mods, vanguards, SCs, and ECs for the outstanding content and keeping this sub on the rails despite the increasing new traffic.

A bit about me, I started 120 lbs & 5'9 soaking wet when I found this sub. My days consisted of smoking weed and playing video games all day when I wasn't working at my shitty dead end job in the food industry. No college, no girlfriends, no social life, just a never ending cycle of wake up depressed, drown it out with weed and video games, staying up til' I couldn't keep my eyes open. Rise and repeat. I could go on in detail, but you already know what I'm going to say cause most of you have been there.

Now here's where I brag. I quit smoking weed entirely, moved 1000 miles away from my hometown to a coastal city I love, I'm the happiest I've ever been at 180 lbs with dedicated lifting habits, a great new career with huge potential, and success with girls everywhere I go (5 plates currently spinning with more in the works)

I want this post to be about helping newbies transition from learning all this wisdom and information to APPLYING IT Here are the main points that I learned and applied that got me RESULTS.

1. **Discipline yourself to take action.**

The most important of all lessons. None of what you read here matters if you don't do anything with it. My best results happened when applied a little knowledge at a time, not trying to overwhelm myself with too much change too quickly. Baby steps. For example, if your lacking in the fitness department, start with a monday wednesday and friday routine with 5x5 stronglifts for a month, before upping to a 4 day split for 3 months, before upping to a 5 day split for 6 months, before upping to a 6 day split or PPL for a year. Another example, for 2 weeks, just start saying "Hi" to people when you walk past them or make eye contact with no expectation of a conversation starting. Then for another 2 weeks start saying, "Hey, how's it goin?" again, not expecting any conversation to start. Then 2 more weeks of "Hey, how's it goin? Crazy game last night, huh?" This time allowing a 30 second conversation to occur. And so on and so forth. You have to make yourself do the things you know you need to do. You WILL thank yourself for this. The grass IS greener on the other side of hardship.

2. **Learn to speak up about what you want and start fucking saying NO.**

This world is your oyster, you're a legendary sexy space christ sent from mars to lead the normies to a fun and interesting life that doesn't suck. Boss wants you to stay an hour late so it fucks up your workout schedule? "No, can't tonight". Friends wanna go to some lame ass hipster bar filled with green and pink-haired feminists, "Fuck that shit bro, we're going bowling." Friend doesn't wanna approach 2 cuties with you cause he's a pussy? Go approach and bring them over to introduce him anyway. One way or another you have to make this life enjoyable and fun FOR YOU. Stop giving a fuck about others intentions and start carrying out your own wants and desires. Others will follow and want to follow. I promise you'll be happier and as a bonus, people will respect you MORE for it. It is your mother-fucking job to get out of life what you want from it. Act like a king and go for it.
3. Be bold, confident, and cocky

Is this really all that hard? Hell no., and it seems fun as fuck. Who else would have the balls to do that? Certainly not the majority of guys in the world who are feminized pussies. I do ridiculous shit like this often, the more bold you are, the more results you get. My personal favorite is making hella witty and sexually charged jokes anytime I'm around a female I'm attracted to. Mixing humor with desire is a strong aphrodisiac for girls. Mix this with calibrated kino and you're golden. Think of it like an exercise in the gym, you're exercising your BOLD muscle. Once it grows, you'll have momentum on your side and others will start to pick up on your IDGAF attitude. Then your social circle builds because you're an interesting person to be around. It only gets better. Before TRP, Even as a complete social-anxiety-ridden mess in social settings, I was confident as fuck in things like video games/chess/music. I would be hilarious over the mic and in-game chats because I was IN MY ELEMENT. I was used to it, it was my domain and I was comfortable. Seek to make social interactions and meeting people your DEFAULT. Make it your element and something that comes naturally and comfortably to you.

4. Take fitness/lifting seriously.

This has been stressed more times in more threads than I can even begin to count. The wholesome, raw confidence, mixed with the discipline of a strict training regime is THE MOST valuable attribute I've gained since I began this journey. I feel like a million bucks in every room I walk into. Rarely is there someone bigger than me, but when I do see someone bigger, I respect them and their dedication. Not jealous at all, glad that they have reached a level I aspire to be on someday. I always make it a point to talk lifting with the biggest dudes at parties and bars. Their eyes light up like fucking christmas because all big dudes love to talk about lifting. Good way to meet alpha buddies too; something the majority of the sub-base here tend to struggle with. Be dedicated as fuck til you reach the point where people move out of your way in heavily crowded areas and you receive the Nod of Acknowledgement everywhere you go.

5. Embrace discomfort.

You have to make the connection in your mind that the things that you don't want to do today are your happiness and joy tomorrow. Still haven't taken that cold shower that is recommended here once a week have you? TRY IT. Set an alarm on your phone for 5 minutes and make a game out of it. Pretend your on fear factor or some shit to make it fun. Free increase of testosterone. Still haven't tried the no electronics in the bedroom rule have you? TRY IT. I'll bet you $5 your sleep quality increases. Still haven't tried the goal of 10 approach-rejections a day before you're allowed to go home have you? TRY IT. I bet you close some numbers and start generating plates faster than you thought. These and many other actions that are recommended here have huge potential and dividends if you would just give them an honest try. Tired after a long day and just want to binge-watch Narcos? No. Fuck that and fuck you. Get off your ass and do one of the above or something you've been "trying" to do but haven't "gotten around to it". Then you can watch an episode of Narcos before bed as a reward for doing something worth a fuck.

6. Women are a lagging indicator

You'll notice none of these points are about women directly. That's because the only failsafe method to approach TRP is to Build it and they will come. SMV Rules all. I'm gonna type that again. SMV RULES ALL. Fuck your lazy habits, fuck your endless video games, fuck your blue-pilled friends, fuck your shitty oneitis, fuck your "crippling anxiety", fuck your shitty sense of dress and style, fuck
your bad hygiene, fuck your poor choice in foods, fuck your half assed-workouts, fuck your dead-end job, fuck all of that. This is a results driven world. Get it the fuck done! **NOW LETS KNOCK THIS MOTHER FUCKER OUTTA THE PARK!**
Your time is your greatest asset. Be selective about how you spend it.

2041 upvotes | May 23, 2018 | by c-novo | Link | Reddit Link

It took me some time to realize what SMV really meant. On the surface, it boils down to a number on scale of relative attractiveness. And there's definitely some truth to that. However, in order to better understand the concept, I think it's important to break it down further.

How is the value of anything in a particular market established? What does every market attempt to capture? Only the most valuable currency known to this planet. Human attention.

Paying attention to something is a way of assigning value. The quality and amount of attention given determine relative value. And the more you pay attention to someone or something, the more you signal to the rest of the world (and your own brain) how valuable you believe it to be. This makes sense because if this wasn't the case, logically you wouldn't waste your time or energy on that thing or person.

Pre-selection is powerful. When people pay attention to a particular product, it grows in popularity and demands an increase in price. This is why billions of dollars are spent each year on marketing and advertisement.

Women market themselves through sexual availability and physical appeal. Those who men pay attention to the most have the highest sexual market value. This is fairly obvious. This is why men can easily be attracted to women in seconds, while women generally take longer to become attracted because they seek out behavioral traits that aren't quite apparent at first glance.

When you give your attention away freely, it becomes clear that you don't value your own time. People are well-attuned to sensing this subconsciously. When a man orbits a woman, he broadcasts the fact that her time is more valuable than his, and will therefore supplicate to her whims and emotions. This is such a turnoff to women because women are attracted to value. And when you don't provide value, you are of no use to her.

In the age of social media, women have been inundated with validation from men who don't know the value of their own time. This causes some women to believe that they are much more valuable than they really are. And as we all know, perception is reality.

The trick to this is, if your frame is unshakeable and you truly believe something, reality will bend to your psychological frame of reference because reality is based upon the perception of observers.

However, your brain isn't stupid, you can't fool yourself forever. Repeating a mantra of "I am alpha and tough and all women want me" is no substute for actual self-improvement. The basis of a strong frame is actually going out and becoming successful, no matter how you might define it. In order to truly believe that you and your time have value, you must improve yourself. Investing money into a product will increase its value. Investing time in yourself is no different. When the reality of your time being valuable is nested in sound logic, when you know it to be true, women's emotional reality has no choice but to bend and accept the logically stronger frame.

As far as human nature is concerned, the man with the strongest frame of reality, the self-actualized successful man, is the man with the highest Sexual Market Value.
The human brain is an excellent servant, but a terrible master. Left to its own devices, it will seek to conserve and hoard energy. In the modern world of excess this manifests as laziness and gluttony. Your natural desires for success are placated by virtual fantasies transmitted through black mirrors in our pockets and living rooms: video games, porn, tv, social media, etc. But these virtual successes are short-lived and unfulfilling. People are so depressed, anxious, and short-tempered these days because they are trapped by *webs* and filtered by *screens*.

Time will go by regardless. It is how you invest that time which determines your success in life. The more you value your time, the more you will spend it wisely. The more wisely you spend your time, the more valuable your time will become. Its a positive feedback loop.

But you must be selective about how you spend your time. Don't get caught in the virtual web of distractions. Take intelligent action to improve your life and nature will reward you for your efforts. This doesn't mean you must be a slave to productivity 24/7. In order to maximize the value your time provides, relaxation and rest are absolutely essential as well. Optimization requires balance.

It may be a stretch of the term, but I'm of the opinion that life is really just an elaborate shit test, designed to *screen* out the unworthy who aren't strong and intelligent enough to shape reality for themselves. Fortune favors the bold and nature destroys the weak. This is natural selection in action. If you can't figure out how to survive and thrive, nature has no place for you and it will shit on you with no remorse. Nature is amoral and your time is valuable. Act accordingly.
Last year, my buddy's business took off and he's making a ridiculous amount of money. He makes more in 6 weeks than most people make in a year. It's sick, I admit even I'm jealous of him. He'd been dating the same girl for 4 years. She has a 'strong personality', he's beta-ish and easygoing, so she often just bowled him over and got her own way. Even so, it seemed like they were happy, they had discussed buying a house together, all signs were pointing to marriage in the near future -- which is why it was such a surprise when he broke up with her 2 weeks ago.

I finally got to see him last weekend and his side of the story is crazy. When she found out exactly how much he was making last summer, she immediately wanted to quit her job and "come work for him" (even though there's nothing she'd be qualified to do). He said no, but from that point onward she regularly pressured him about it -- increasing her demands to wanting to travel the world together on his dime, have him pay off her student loans, etc.

She started getting unjustifiably suspicious. She wanted to know where he was at all hours of the day, who he was talking to, who he was texting. I remember we'd go out and he'd stare at his phone half the night answering her calls and texts. He basically wasn't allowed to speak to or hang out with girls alone anymore, no matter the scenario.

She basically ruined their Christmas by being standoffish all day because he "only" got her a $500 watch. He said by this time they weren't even having sex anymore (!) -- she was just resentful and hostile toward him pretty much 24/7. But that didn't stop her from talking about marriage and trying to guilt him into proposing soon. Every day she'd be showing him expensive cars, houses, wedding venues and travel destinations. All she talked about was money and ways to spend it.

Finally, two weeks ago he woke up at 3AM to find her awake and going through his phone. That was the nail in the coffin; after a huge argument he ended the relationship. She came to her senses and tried desperately to get back together a few days later, "apologizing and taking full responsibility for everything", but he (smartly) refused. Now she's been running her yap to all their mutual friends about how "money has changed him" and "he thinks he's too good for me now". So now a lot of people think he's an asshole.

I found the whole scenario amusing. If she hadn't altered her behavior, they'd most definitely still be together right now. Most girls would start cooking him 5-star meals and fucking him like a pornstar, yet she basically did the opposite. I don't understand her thought process, it's like the thought of being rich short-circuited her brain.
Twitch streamer goes missing during a convention, but I bet you knew exactly where she was. Unfortunately, her own BF/husband can't say the same.

2015 upvotes | June 16, 2017 | by carrotplanter | Link | Reddit Link

I was just using reddit on a new account and went to see the front page, when I read the first words of a current top post, and it basically says a woman went missing during a gaming conference that was just concluded in LA. I paid no mind to it when I first saw it like half an hour ago, but I reloaded the r-all, as you often do, and I happened to see the second half of the headline about her: she went missing during a "mixer." Well, it kind of just clicked in my head instantly. She probably had a few too many drinks, and you could probably guess what happened next. I was intrigued. So I had a theory in mind as to why she went missing, and it wasn't long before I found that she had already resurfaced and it turns out that she's fine. I wanted more info, so I kept searching, and lo and behold, she actually has a boyfriend/husband. It took no more than a minute of more searching to find this exchange they just had on twitter.

http://i.imgur.com/2SBXjAP.png - Source

Need I say more?

My takeaway from this is, a bunch of white knights made it a point to take a non-occurrence and turn it into a national news story, no doubt thinking to themselves what good guys they all are for doing the right thing and helping a damsel in distress. When in reality, the girl in question was just having fun, as girls do, to the point that even her own bf had no idea what happened to her. And he still doesn't.

If he's any good as a man, this should be a glowing red flag that this bitch needs to be dropped. Here's hoping that everybody gets what's coming to them.

*Edit*: I should add that in both of the front-page posts where this topic is covered (primarily where the original call for help to find her was first announced by the random white knight), there are a lot of controversial and deleted posts. The first thread about it that I opened has also been locked as of this writing.

And this topic has been posted on at least 1 other subreddit as of this writing, specifically r-drama. And there you can find some RP comments about it, some that you would probably already be thinking yourself. I highly recommend that you go and take a look. This should serve as an example of the red pill theory stated thusly:

**Bitches ain't shit but hoes and tricks**

*Edit 2*: The plot thickens

*Edit 3*: "She even sounds like she's been deepthroating." - She posted this video as confirmation that she's alive and well but later deleted it, probably after she realized that her posting this confirms that she was in a hotel room with someone but fortunately, it has been backed up and here for us to see.

*Edit 4*: This will probably be my last edit on this for now, but I found this twitter reply where the BF was talking with a rando and she literally said the bitch is now gonna get kicked out no matter what she did. Hope he follows through.
"She was supposed to be on a panel at e3 and at a booth or whatever. The day before she got drunk and went somewhere. Then no one heard from her for over twenty hours. As a girl who had an event to attend, tweets fucking constantly, and wasn't even contacting her husband, it was suspicious. The internet took off with it. Later she posted a video saying she's ok and just missed e3. But it was inside some sketchy hotel that no one recognized. So she deleted the video. Then later she posts a video from the road. But it turns out she's not the brightest bulb on the tree because that sidewalk was literally outside the same hotel. So weaponized autism on the internet pinpointed her location using clues from the two videos such as curtains and road signs in the background. Turns out to be some sketchy motel. They called the motel and used the missing persons report to see if anyone matching her description stayed there. They confirmed. Everyone started calling her out on twitter for cheating on her husband until she finally cracked and was like "we aren't even together anymore lol"

TLDR; that blows off fans at e3 to blow off some dude in a motel

If that last part is true, and it has been confirmed that this girl and the supposed bf "aren't even together anymore" then this all becomes an even bigger shitshow. Apparently Beta Billy over here still thinks they're together but the missing princess thinks that's a load of shit? I can't even laugh it's so embarrassing.

*Final Edit:* Really glad this got massive attention on TRP, unfortunately our guy just doesn't get it at all.

*Fucking blue pillers when will they learn?* - Source / c/o u/TPShabba
The trick to starting random conversations is to simply let people in to your interior monologue. I NEVER think in terms of "starting conversations," but if you hung out with me for a day you would say "wow, that guy starts conversations with everyone he sees!"

It is because I am not trying to start conversations. Rather, I am simply aware that I am a good person, and a smart and social guy – and therefore I am entitled to enlighten other people with a thought or two from my interior monologue.

When I see a person walking a dog that I think is cute, there is no thinking "should I say something to this person?" because I am already telling them that their dog is cute.

When I see an attractive woman in the bookstore, there is no questioning to myself whether or not I should talk to her, because by that time I am already telling her not to buy that Dave Eggers book because Dave Eggers is a terrible writer and she will not benefit from her purchase.

I think genuine self-knowledge and self-awareness goes a long way towards achieving this state of Omni-Talkativeness. When I looked deep inside myself and searched my motives, I was a little surprised by the fact that inside, I am a genuinely good person who genuinely wants the best for people.

Society implants moral self-doubt within us. Society teaches us that "evil lurks in the hearts of men." That's why I was surprised when I looked deep inside myself and found... no evil. No malice. Only a desire to do good.

Society has lied to you – it has lied to you about who other people are, and it has lied to you about who you are. Chances are that you hold a few negative beliefs about yourself. Maybe you secretly believe that you're "selfish," or "bad."

But look within. Seriously, look. Do you want to kill anyone? Do you want to hurt anyone? Do you want to make anyone cry? No? Well, then you are definitely not a bad person.

Keep looking within. Do you have a desire to help your friends achieve their dreams and live dope lives? Do you have a desire to give sexual pleasure to women you are attracted to? Do you have a desire to become the best version of yourself, and to help your fellow man become the best version of himself?

If you answered "Yes" to these questions, then I've got news for you, motherfucker: You're a good person. Not only that, you are a fucking insanely good person. Most people never ask themselves these questions, so they spend their whole lives wondering if they are a good person or not. But if you go inside and ask yourself these questions, you just might realize that you know you are a good person. And once you've got that level of self-knowledge, no one can take it away from you.

If a person assumes I have ill intent, I am not upset: they are simply wrong. I do not have ill intent. Because I have looked inside myself and realized that actually I have only good intent.

With that knowledge embedded deep within my "frame," there is no part of me that "hesitates" before talking to someone. Since I know on the deepest level that I am a genuinely good guy who wants the best for people, there is no reason to even THINK of THE CONCEPT of asking myself if I should
interact with someone – because by that time, I am already interacting.

When you have this kind of positive self-image on a *moral* level, talking to other people is the easiest shit ever. Your confidence is absolute, because you are simply aware that there are only two possible outcomes to each interaction, both of which are positive:

- You have a fun chat and never talk to the person again.
- You have a fun chat and wind up developing a relationship with the person and getting the opportunity to make their lives more awesome.

There is simply no negative scenario that can occur.

TBH bros, I think that talking about "avoiding approach anxiety" is completely missing the point. That's like trying to put a band-aid on top of a cancerous tumor (the tumor = the subconscious belief that you do not deserve to talk to people, which stems from the subconscious desire to TAKE something from people instead of GIVE them something).

You must travel deep inside yourself and flip an invisible switch.

You are a person who engages in interactions. The reason you are not "social" is this: In your interactions, you have been focused on *how you can benefit from the interactions you engage in*. Here is the switch you must flip: To become "social," you must *stop* thinking in terms of *taking* and start thinking in terms of *giving*. You *must start thinking in terms of how the other person can benefit from interacting with you*. (Trust me, that's the only thing they're thinking about anyway. Once you're thinking about that too, then you're both on the same page.)

The only questions you should be asking yourself: What do I have to offer this person? What do I have to give? (Friendship? Good cheer? The D?) How can I make their lives more awesome?

When you meet women, often the answer to these questions is obvious: the most effective way you can make their lives more awesome is to give them the D that they thirst for so passionately. When you meet men, the answer is often less obvious – sometimes you can give them knowledge, sometimes you can teach them a skill, other times you can just give them the gift of a few light-hearted observations on whatever is happening.

For me, attaining the state of Omni-Talkativeness is a *moral* journey that is 100% internal.
Now I am become Chad, the destroyer of pussy.

2010 upvotes | June 14, 2018 | by Heathcliff-- | Link | Reddit Link

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"I began to see why woman-haters could make such fools of women. Woman-haters were like gods: invulnerable and chock-full of power. They descended, and then they disappeared. You could never catch one."

Sylvia Plath, *The Bell Jar*

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Around two years or so ago. I became attractive.

I’d swallowed the pill a while back, but like most of you, I assumed I was some kind of exception and didn’t lift. Well I kind of did, but had a pretty severe case of fuck-around-itis and no discipline; not to mention an inability to cook and feed myself properly. I made no gains.

I was redpill aware, and gamed girls, but really didn’t make that much progress. I knew how to pass shit-tests but didn’t get any, I knew what to do with LMR but had no girls in my room. 9s and 10s were actually quite kind to me; I mistook this for attraction, not realising that I’d actually just fallen into the “asexual-child” category women put guys in who have are not even considered men, let alone a prospect.

Eventually the humility hit me, I couldn’t stay deluded forever, and I had to accept it when looking at myself in the mirror. I was ugly.

Now I had been given a few gifts that I was wasting; one was height, no one can call me “tall”, but I’m above the average at least, so, hypothetically, I was at the threshold most women needed to consider me. The other was a not-ugly face. I wasn’t beautiful, I didn’t have a thick jaw or strong cheekbones, but my face was passable; no stand out blemishes or disproportioned features.

I can work with this, I thought. I may not be Brad Pitt but I can scrape through into “attractive” if I work hard enough.

There were however, downsides to the gifts, and things I didn’t get; my height came with a skinny, ectomorphic body, with an albatross armspan leading to thin wrists and pencil neck. My face can be considered feminine, boyish; more Justin Bieber than Ryan Gosling, weak chin, unable to grow a beard, or even sufficient stubble. My hair at the time was long, thick and gay. My back twisted into one of the worst cases of rounded shoulders I have seen on anyone, with a forward facing nerd neck, video-gamers anterior pelvic tilt, the whole shebang. It was gross.

I was a 3, if I’m being nice. But at that level ratings mean nothing anyway; anything less than a 7 and you’re invisible to women.

At the time I still had this magical idea of women, that they were different than us, that they could look past the beauty and be attracted to alpha-personality on the inside, that they didn’t need us to look good in order to want to fuck us, we could make up for it in other ways. That they had better control of their sexual urges and weren’t as visually turned on as us. That they didn’t really enjoy sex like we do and degeneracy put them off; that they were pure, poised beings with grace and innocence. Lmao. Delusional.

After years of painful rejections and bitchy put downs, I stopped making excuses and began to accept
that I wasn’t the exception; I needed to lift and fix my body in order to become attractive; all the
game in the world couldn’t help me if I still looked like a teenage fedora nerd.
So I began to take it seriously.

I started off as a 3.
The first thing that happened was my posture sorted itself. Deadlifts and Bent-Over-Rows fixed my
forward shoulders within a fortnight. Stretches solved the APT. I was purposefully checking my
posture and neck whenever I remembered, and forcing myself upright. It was uncomfortable,
sometimes painful, at first, but my body fell into a new equilibrium and settled. I stood up straighter
and sat better in chairs; people would notice, a few said “did you get taller?”. I became a 4.

Next I cut my hair. It used to hang below my ears cos fuck gender norms and short haircuts were for
jocks and I liked heavy metal. This time though I told a new barber to cut it short. Men have short
hair.
It was a disaster. I was horrified at the boot-camp haircut he gave me, it made my face look even
skinnier and gaunter than before.
But I pushed through it, after a few weeks the hair grew out and became scruffy and messy and
actually… looked good. I suddenly felt 3 years older and more masculine, looked like an actual male.
I began taking care of it better, stopped shampooing it every day like a retard, and after a few weeks
of grease it settled into a natural, thick cleanliness. It felt so nice I would just play with it sometimes.
People commented; “your hair looks so much better this way”. I became a 5.

At this point I was lifting properly. I was going 4 times a week, no exceptions, no excuses, and
enjoying it. I wasn’t lifting heavy, and was a bit insecure about my low weight on the bar, but knew
ego-lifting was for pussies who hurt themselves. More importantly though, I was cooking properly,
and eating properly. I enjoyed this new hobby, cooking, more than the lifting. I was hungry all the
time, something I had never known or experienced, and so I grazed throughout the day until I was
hitting 3k+ calories consistently. Everything about me got slightly chubbier, and I stopped being able
to see my ribs; my face started packing on fat too, and began to take on a more masculine appearance,
my skin looked and felt different. A few people said “you look healthier, you look like you’re
glowing”. I became a 6.

I changed my wardrobe. I’d just hit it big time on a STEM scholarship so splurged out on new
clothes. At first I went on reddit fashion subreddits and brought desert boots and oxford shirts and
chinos, but I looked like a damn Victorian twink wearing all this. I was very self-conscious going
outside because it just didn’t feel right, it was like I was in a costume.
Sometimes I would go out in sweats and a hoodie and trainers and think “wow I actually look kind of
badass” like, old women would walk across the street to avoid me. So I adopted the style. I dressed
like a black dude for a while and felt much more comfortable; it felt like “me”, and it would hide my
skinny frame. Eventually I started finding which colours worked for me, and adding my own
personality to the style; things about me from teenagehood I couldn’t just drop, band t-shirts and
chucks and vans and flannel. It worked, very well. I got compliments from people on the roadman-grunge hybrid, it felt effortless and suited me, didn’t feel like a costume. I’m young, and stopped trying to dress old. I became a 7.

It was at this point I started getting looks from women on public transport. I would hop onto a train and a 5/10 would see me and I’d see her and then her eyes would snap away and I’d be like “weird” and then she’d look again and see me looking and her eyes would snap away again and then she’d fix her hair. Often I would check my face to see if I had anything in my nose or whatever. This kept happening for a while and I was getting quite self-conscious about it. Was I creepy or weird? Was I dressed funny? Have I got a big nose or ears or something and they just can’t stop looking?

It’s been about a year at this point and I can finally squat my bodyweight for 5x5 and while I still look skinny in clothes I check myself out shirtless in the mirror and am impressed. I moved on from my strength program to an aesthetics program and started actively working on my pencil neck to make it thicker and chest to make it wider. I saw results within weeks. Suddenly my neck was solid and thick and I was stretching my shirts. I’d also picked up bouldering and this pumped up my forearms and back like no-ones business. I became an 8.

It started to become undeniable that women were checking me out. Every time I would get on a train there would be at least one woman who would see me and we’d meet eyes and she’d quickly look away. Then her hand would go to her nose and scratch it or she’d smooth down her skirt or she’d fidget or fix her hair or fringe. I didn’t understand why. Often she’d look back at me when she thought I wasn’t looking again and I’d catch her and she’d snap away again and I started having a lot of fun messing with girls this way.

I even began to count how much it happened during the day; my average is 6. Some days are better than others, normally after a haircut or during rush-hour. Honestly, if this is what it’s like being an attractive guy getting checked out by women, I cannot even begin to imagine what it’s like being an 18 year old HB9 in public; like minor a celebrity probably. No wonder they’re all so damn entitled and full of themselves, the validation is immense. Or maybe it just gets tiring and annoying after a while. I still enjoy it though.

Some women would hover nearer to me or turn their body so they were facing me and their feet would point in my direction or they’d begin copying things I did or how I sat. Some just couldn’t stop looking, even if I caught them. There was this one girl, not that attractive, who backed up into me on a very crowded sardine train and started grinding her fucking ass into my crotch like we were in a club. I thought it was an accident at first but got a boner anyway but then she kept doing it and I knew for a fact that she could feel my hardon poking her buttcrack yet she continued.

It started to become flattering when I would get the looks from really hot women. Girls who I still considered out of my league would stare at me and sneak glances and I’d look back like “wtf you looking at” and then they’d sit next to me or across from me and play with their hair or part their legs or touch the inside of their thighs. Sometimes it would come from older women, cougars and milfs who were much more subtle about it but would also smile at me when I caught them looking.

Oh yeah, the smiles from women were a big giveaway, women don’t randomly smile at ugly men.
I was still denying it though. Still sneakily checking my reflection in my phone to make sure I didn’t have anything on my face or a booger. I couldn’t accept I was attractive, not after a whole life of invisible betadom. AI was actually getting laid at this point though, with 6s and 7s I met at school, and this would improve my mood and mindset. It began to show in the way I walked, my aura changed and I would manspread or check out girls without giving a fuck. At this point, I’m a 9 to some women. I can’t pull off the whole big and masculine thing, still too boyish, but I definitely got that pretty boy Dorian Gray fuckboy vibe going.

It was when I got these stares from women who were with their boyfriends that I began to get blackpilled. They would sit there holding their boyfriends hands or he’d be diddling away on his phone and the bitch would sneak glances and then get all fidgety. We’d meet eyes and I’d hatestare her and then she’d blush and then start grooming herself and the guy would be fucking oblivious. She would continue to sneak glances for a while until they left, or sometimes the guy would pick up on it and then hatestare me back and then put an arm around his girl or something. I don’t blame him. The whole time all I could think was “stop looking at me whore your bf is right there”.

It’s when I started getting stares from the teenage girls and children, some of them quite clearly pre-teens that it started to make me feel sick. I understand that I look like I could be in one-direction or something but I was not ready for this level of blackpilling. They can’t start this early can they? When I was that age all I cared about was yugioh. Wtf are they doing staring at me? This is wrong, very wrong. Often it would make me so uncomfortable I would get off and wait for the next train.

Every time I looked in the mirror I was unimpressed, still fuck ugly and twinky, still and forever small.

Yet the indicators from the outside world were undeniable. I would be walking past a group of girls who were talking loudly and they’d all go quiet and look. Women in my vicinity would get louder and more obnoxious, trying to draw my attention. And still, always, excessive spontaneous grooming from any girl who would see me.

One girl in the library who I used to check out while she squatted at the gym would plop herself down next to me and sigh loudly. Then she’d keep doing it and then accidently bump into me sometimes or drop things and then sigh some more. Another girl followed me around a party and eagerly fetched me drinks and asked me very personal questions until her boyfriend had to confront me and I acted all oblivious.

A lot of women conveniently forget to mention their boyfriends around me. I’d hang out with them for weeks or months and we’d chat in class and I’d flirt quite heavily but subtly as I’m good at it by now and she just won’t tell me she has a boyfriend until I either find out myself through social media or I see them together or she’s forced to mention it because we’re in a group setting or one of her friends sabotages her and brings it up. Normally there’s a quick “wtf bitch why u do that” look between the two girls after. Hilarious shit.

Then you get the betas who are scared of you and treat you like a king. The guys who stutter around you and worship the ground you walk on. You have the guys at the gym who end their sets early if you ask them for the rack because they’re so fucking agreeable they’re scared of telling you they
have sets left. There was a dude who basically did my coursework for me for a while, whenever I’d ask him for help with a question he just sent me the full answer and it confused me at first why this guy was bending over backwards for me until I found out he was a faggot and that’s when I realised just how much worship women get from betas; pathetic.

Then you have the betas who are absolutely threatened by you and try to AMOG you at every turn. They get all hyper-competitive in groups, especially with girls, and are fucking loud and obnoxious. I just sit back and let them crash and burn, knowing the golden rule is the more you talk the more faggy you come across. I feel kinda bad for these guys because they’re not attractive and hate you because you are, but they don’t lift or make any real effort and think being aggressive makes them more alpha so not my problem.

Ugly and average girls are super nice to me and give me the sparkle eyes like I’m a god and seem to be happy they’re just in my presence. They laugh at everything I say even when I’m not trying to be funny and stalk my facebook profile with their friends (attested by the random likes on photos posted 4 years ago). Pretty girls go into full on bitch mode as soon as we meet. This never happened before, I was treated like a child before, but still human. Now the 8s and up all assume I want to fuck them (or hope I do) so start shit-testing me from the first word.

Then there’s the girls who change their whole personality around you and become fake. There’s this histrionic jewish girl in my class who bounces around me and does all she can to try and impress me and is wild and childish but in that attractive way where you know she’s crazy in the sack. It was cute at first so I asked her if she wanted to hang out after class with my friends to smoke weed and so we did and I brought my bro round who is one of my best friends but also kind of beta still and we all smoked and he didn’t really say anything embarrassing or cringey he’s just kind of shy and doesn’t lift and this whore went into full on beta shaming putdown mode on the dude and made fun of him and laughed. It made me SO angry that she could so easily flip between submissive sex kitten to ice queen sneering maneater, especially to my best friend, and so I caught that shit and stopped it as tactfully as I could in the situation then ghosted her.

At this point I’m actually getting laid a lot, from women who meet my standards, and it’s hard not to start hating women and just how fucking degenerate they can be. I started off being scared of women; thinking they were smart little princesses with sweet smiles, and they terrified me because they seemed to see right through me and had this magical, ethereal power of intuition. Now I know that was just me projecting my own weakness and insecurity and actually they’re all fucking stupid and malicious and irrational.

Before trp I didn’t hate women. They baffled me, they confused me, they scared me, but I didn’t hate them. I treated them with “respect”, which really meant I kissed ass and sucked up to them. I didn’t get laid.

Now I get laid, and I hate women. Now they piss me off. Now they frustrate me. Now they disappoint me. Now I’m a misogynist.

I’m not a woman hater due to inexperience like the feminists think so, in fact when I was inexperienced I treated women better than I ever do now. It’s precisely because I deal with the
prettiest and smartest girls on the daily that I’ve come to the conclusion that they’re all fucking retarded. All of them. If they’re pretty they’re a whore. If they’re smart they’re also a whore. The “smartest” girls I know are the biggest sex addicts and wildest in bed. If they’re not a whore they’re normally ugly, or just fucking dopey, or incredibly bitchy and hard to be around.

Oh and “boyfriend”. Lol. That word means nothing to pre-wall women. Or at least, it doesn’t mean what we think it means. It means companion. It means backup option. It means fashion accessory. It means status symbol. To be paraded around and make other girls jealous. But it definitely does not mean “exclusive sex partner”. The “boyfriend” is a term for the baseline, comfortable branch she’s sitting on at the moment while reaching for a higher-chad, at the slightest hint of confirmed upgrade the dude is dropped. Closest translation to trpSpeak is “main plate”. There is no such thing as a girl who is 100% exclusive to her man, they all cheat, and often without thinking about it, never "on purpose". They don’t see it as cheating, it's just normal to them, they feel entitled to it. Their definition of cheating changes with their whims and the weather. I’ve banged way too many girls with boyfriends to ever take the “I have a boyfriend” shit-test at face value.

You’ll be surprised at the things girls tell you when you’ve just pounded her into an existential crisis and she realises you’ll never actually commit to her, you know she’s a whore and accept it without judgement. She’s honest in that moment. The n-counts they reveal… the experiences they’ve had, and the way they speak about their boyfriends, or orbiters… With utter contempt! With revulsion, mockery! I’ve had more than one girl lay there telling me about the size of another guys dick or how much of a pussy he is or laughing about when he cried or did something embarrassing and it made me fucking sick.

I’ll be laying in bed after having cum in some girls asshole and she’ll sigh as she picks up her phone and there are 20 ignored messages from her orbiters and I’ll sometimes look over and it will be something like “sorry for getting all emotional yesterday I was drunk lol, wanna get lunch today?” and she’d be like “not today sorry xxx” and if only the dude knew that she’s laying on my chest scratching my balls with her other hand while typing this. Sometimes I’m pounding a girl with a fistful of hair and her phone keeps buzzing and it’s her boyfriend and I say “aren’t you gonna get that” and she says “nah just ignore it” and I say “it’s distracting switch it off” so she switches off her phone.

And then you have the ones who are all sweet and innocent and demure and shy and have the perfectly cultivated family oriented social medias and aesthetic photography instagrams yet are in an uber to your place at the slightest hint of a booty call and eagerly tongue swirl your asshole while you browse reddit on your phone.

The wool is no longer over my eyes. It has been burnt away violently. They’re all whores. All of them. women on the train who stare without shame. The MILFs who brush their tits up against you. The teenage girls who think they’re being sneaky taking snapchats of your manspread. The girls who kiss you while their boyfriend is in the other room at the party. The girls who sit in front of you during lectures and bend over and turn around a lot. The girls who take selfies for their boyfriends while their lower half is grinding on your dick.

All of them. Without exception. All it took for me was to get attractive and suddenly I’m in a completely new world, an entirely different fucked up game where the true nature of the female sex is
revealed. Becoming Chad was the best and worst thing that ever happened to me. Sure I wasn’t getting laid before but at least I had faith in the “fairer” sex and my world was more pleasant. The illusion was nice to uphold for a while… but now that it’s shattered I’m left with a disgusting, stark, reality that I didn’t sign up for. I didn’t want this shit, send me back to the Matrix please.

You don’t get hit by the anger phase just once, it comes in waves. Initially when you swallow the pill, but multiple times after that. The first time you fuck a cute little thing and she treats you like a sex-god only to realise you’re actually her plate and she treats every other guy this way too. The first time you accidentally meet the kids of that woman who’s face you cum-splattered a few days before. The first time you get given an STD by that small innocent girl you met at the art gallery. Each time you’ll get the surge of rage. Why the fuck do they have to be like this? How can they ALL be like this, yet uphold the good-girl image so perfectly and sweetly? They’re all fucking whores. They’re all damn liars.

The sex isn’t worth it. After overindulging as Chad for a while it becomes boring. Meaningless. I don’t want to use these girls as fucktoys, I hate it. And even if I stopped, some other guys will use them anyway. I just wish they’d all stop being lying fucktoys period. Can’t we just have enforced monogamy again where everyone fucks only one person their whole life and sex isn’t a big fucking deal at all? Where we understand the destructive nature of sex as a drug and keep it under control?

Yes I know it’s delusional and beta of me and imma get the spergs like “still bluepill, still anger phase why r u endorsed u retard, just deal with it enjoy the decline blab la bla” but fuck man, if you’d seen what I’ve seen you wouldn’t just be able to cope with this shit and remain a bystander, it’s sad what’s happened to our women. They’re not the enemy, they’re not something to be used and enjoyed and thrown away, they’re our sisters and mothers and daughters... “enjoy the decline” is for hedonistic, nihilist losers, faggots who assume they have no power in the world so just fucking give up trying to change it.

I became attractive to get girls, I became Chad, and the world I was inducted into horrifies me. I want out.
How To Get Your Shit Together: A Guide For 15-to-25-Year-Old Pieces of Shit

1997 upvotes | June 16, 2019 | by CarlosNeedsAHat | Link | Reddit Link

Note: This is an edited version of a response I gave a couple of weeks ago on asktrp. Rewriting and posting here so more people will see it.

So you're at the point in life where you feel like you ought to start getting shit figured out, but somehow--almost certainly due to your own ignorance and sloth--things just never started coming together for you, and you spend all your free time playing Fortnite and masturbating. I can't do anything about your sloth, but after reading this post, hopefully you won't be quite so ignorant.

Getting your shit together involves a three-pronged attack.

ONE: GET YOUR UNDERLYING STATS UP

Part of the reason you feel so anxious and helpless is because you have it in your head that you're worthless. Maybe not completely worthless, but other people your age are miles better than you, and both you and they know it. Before you can start telling yourself, "Fuck those people, I know I'm awesome" you have to be somewhat awesome, or at least well on your way there. Your tasks are:

- Take school seriously. Keep those grades high.
- Lift weights. Eat a diet high in protein. Add muscle. Shed body fat. If you're a giant fatass, cut back to one meal a day, low carbs.
- Dress better. Get a halfway decent haircut. I don't care if you decide to sit on your ass all day and not talk to anybody, but you aren't going to look like a total slob doing it.
- Clean up your room, your locker, your car. You might be ashamed of yourself, but there's no reason to be ashamed of the space you inhabit. Stop sabotaging yourself; it's not that fucking difficult to be tidy.
- This can come a little bit down the road, but learn how to cook. If you don't know how to change your oil, you can take it to a mechanic and be pretty sure they'll do a competent job. If you don't know how to nourish yourself, you can go to a restaurant, and while they may do a competent job of making your taste buds happy, they sure as hell aren't going to make sure your body is fueling itself with the correct mix of macronutrients. Learning to make cheap, healthy food taste good will do so much to improve your day-to-day experience that it's unreal.

TWO: GET YOUR HEADSPACE RIGHT

Most of you assholes have convinced yourself that you have some kind of depression. Maybe you do, maybe you don't, but either way, your batteries are probably sitting on low. That means you aren't going to want to do much of anything. OK, fine. You're going to have a lot of free time. I don't care what you fill it with, but stop filling it with crap. The key is to avoid short-term dopamine hits, because those will make your brain chemistry even worse.

- No porn. No elaborate jack-off sessions. Take two minutes every few days to check that the ol' prostate is still working, then move on with your day; don't weave some elaborate fantasy out of it.
- I'll say it again, no porn. Seriously. That shit rewrites your brain. You want to get horny when
you see a cute girl your age wearing a nice outfit, not inure yourself to the female form so much that you can only get hard if you're watching a dozen black dudes in horse masks tag-team a pregnant midget. That's what happens when the "regular stuff" stops doing it for you. And the "regular stuff" isn't that fucking regular anyway.

- No videogames. For most of you, this will be harder to cut than porn, if not downright impossible. So let's say no more than 30 minutes to start with. And if you're going to play, try to play with someone that you know rather than just sitting there alone. The more you start getting your other shit together, the more you're going to realize videogames are a giant waste of time unless they're a social activity. (And the more you start moving in social circles that have successful people in them, the more you're going to realize that winners do other things besides play videogames when they get together, but that's an epiphany for a later date.)
- No caffeine. Caffeine fucks your sleep. Now, you aren't going to be able to cold-turkey porn, videogames, and caffeine all at once, and I'd put caffeine at the bottom of that list, but coffee is a crutch, and nobody learns how to walk--much less run--if they're stuck relying on a crutch. If you're drinking soda, cut that shit immediately, though... it's about the worst stuff you can possibly fuel your body with, and it'll rot the teeth out of your head.
- Get off Reddit. Or at least unsubscribe from subs where the whole idea is to point at people and laugh at how stupid they are. Same thing goes for "outrage porn" that reinforces how dumb/evil/corrupt the people on the opposite side of the political spectrum are. How the fuck does that help you get in a frame of mind to succeed?
- Ditto the YouTube videos you watch and the books you read. Watch, listen to, and learn from people that you admire, not people that you disdain. There are lots of people out there that do have their shit together, and they're more than willing to tell you how they did it for free. In this day and age, the only excuse for not knowing how to do some basic shit is not having the willingness to seek it out.
- Don't binge Netflix shows.
- YES to reading, exercise, yoga, walking the dog, hobbies like painting or woodworking where you are making something in the real world, a part-time job, doing chores, writing, volunteering. Stop thinking you don't have time to do stuff. Almost all of you are wasting 4+ hours a day between videogames, Reddit, YouTube, PornHub, and Netflix. If you set yourself a rule to avoid all that crap, you'd be amazed how much of your day still needs to be filled with something. You can make it something worthwhile.
- To elaborate on those last two bullets, do you know how many basic bitches--both male and female--are on dating apps thinking that the stuff that they consume is what defines their personality, rather than the stuff they produce? It is not to your credit that you like The Office. A retarded turtle could like The Office. Define yourself by what you're able to do, not by what other people have made.
- Get more sleep. That means quality sleep when it's dark outside, not lying in bed until fucking noon. Don't keep your phone or your laptop within ten feet of your bed. Don't read them in bed, ever. If it's 10:30 at night and you aren't tired, that means you should have been more physically active during the day. You can simulate the effect by taking a long, cold shower. Stand under the water until your teeth are chattering, then stay there for another 7-8 minutes.

THREE: UNCALCIFY YOURSELF SOCIALLY

Here's something a lot of people don't realize. In the absence of major trauma like going to war or
losing a parent (and no, losing a girlfriend is nowhere near being in the same ballpark; women are replaceable), once you've broken through a particular type of social anxiety, it's gone forever. There's little to no backsliding. Exposure therapy is the thing. Go do shit that scares you a little bit. It might take three or four times before it stops scaring you at all, but once that problem is solved it's fucking solved for good.

Go talk to people just for shits and gigs. Tell a stranger at the park you like their shirt. Sign up for stuff that you have a legitimate interest in, even if you suck right now and don't know anybody who'll be there. Work out at the gym and then strip down naked and take a shower in front of people. This stuff if only difficult because you have a mental block--chip away at the block; it doesn't grow back.

Now let's talk a little bit about alcohol and weed. A lot of people will tell you that alcohol and weed will help loosen you up, while other people will tell you that weed and alcohol are vices that distract way too many people away from their purpose. Both sides are correct; this is a nuanced subject.

- Will these drugs open you up socially? Yes. (Though weed can also make you a paranoid wreck and keep you inside on the couch.)
- Do these drugs give your charisma score a boost? No. If you can't talk to women because you have social anxiety but are otherwise an interesting person, alcohol might help open you up. If women don't want to talk to you because you're a boring fuck, alcohol won't help at all.
- Should you go to a social event where there'll be drinking and smoking? Maybe. Is it a chill environment with people you trust? Then probably. If you get caught, are you going to lose your job or get kicked off the track team? Then probably not.
- Are you a giant pussy if you don't drink or smoke? At any one time, no. But over the course of your entire young adulthood, yeah you probably are. Now, don't get me wrong, I'm not saying that you're a pussy because you don't drink or smoke. I'm saying that you're probably a pussy in general, and not drinking or smoking is just a symptom of that. Going out and getting drunk might help you uncalcify yourself socially, but it's a small part in getting your shit together, and learning how to not be a pussy in general is a much more important thing to learn. In fact, if you lean into weed or alcohol too hard, it becomes counterproductive. Speaking of which...
- Is getting high or drunk an accomplishment? No! This is one that took me a long time to learn. In my teens, I was a pussy-ass introvert with social anxiety. As I improved, I found myself with more and more plans to go out on Friday and Saturday nights. At first, getting drunk with friends seemed like a pretty cool achievement, since it was something I never had the balls to do in high school. But as you take stock of What Did I Accomplish This Week, let me tell you, getting hammered doesn't belong anywhere near that list beyond maybe the first time.

**LASTLY**

Don't be too hard on yourself. Don't get lazy, but as long as you're getting better at *something* over the course of any given 3-4 day period, you're on the right track. You don't have to do everything at once. What will kill you is fucking backsliding. Don't backslide. Though inevitably you will here and there. When that happens, don't throw your hands up and think all is lost and go back to the sack of shit you were before. Move past it and keep plugging away. Progress isn't linear. Don't get discouraged. It does get easier. Like they say, nothing succeeds like success. Winning at life produces a positive feedback loop. The more shit you get under your control, the easier everything else becomes.
And to hell with the people who will try to keep you down, but that's a post for another day.
Hey guys. I decided to write a post as I've never really contributed but I've taken a whole lot from here.

I ended a 3 year LTR as I wanted to be single, that's it really. It wasn't horrible. She wasn't evil. I just wanted to have sex with a whole bunch of different girls. Turns out using the basics from here, it's real easy.

Me. Late 20s

I live in a big city.

Own my apartment I live in alone.

Professional job

Muay Thai for about 10 years

Not a lifter but the kickboxing keeps me in decent enough shape. Not a big dude at all. Think "fighting thin" 6' 1 and about 175lbs.

On a normal day I'm a 6.5 at my best I'm a 7.

I am writing this as a bullet point list really. I've found dating to be utterly hassle free which has come as a shock to me so I figured I would just pop down some stuff that I've found and hopefully it benefits people. Most of it is obvious / simple.

Essentially this is a list of practical things with no order or theme. Please add yours in the comments. I don't mention the actual meeting of girls much as to be honest I don't know how I do it really. No set way. Tinder. Parties. Bars (my least successful place for meeting). I don't go to clubs. Friends of friends. Language classes. Just out in the world really.

1. When arranging dates I always pick a bar near my house and I tell the girls this to make it clear why we are meeting. "Let's meet at bar X because it's right next to my apartment." Note the use of BECAUSE. This works well. I go home with a lot of first dates. A couple of them have told me they noticed it and liked the confidence / the leading.

2. Give yourself a chance. Be as attractive as you can be. Trimmed nails. Regular haircuts. Styled facial hair. New clothes. The clothes don't have to be expensive. I bought a 10 pack of cheap plain t shirts. They fit right and look new. That's all that matters. Throw out stuff that you know is dead and should be thrown out.

3. Smell good and have good breath.

4. Don't drink too much. I usually only have two drinks on a date. It also leads to a good line of, "I'm not looking to drink anymore but I am keen to keep hanging out if you want to come to my place." People say a girl needs an excuse to come back I. E. Come see my antique Xylophone that I told you about . But I've found just saying this works more often than it doesn't.

5. Condoms. Wear them. It doesn't get mentioned much here but after a touch of chlamydia I thought I would reiterate it. Girl who gave it to me was an upper middle class architect. So, you know, it can be anyone.

6. Have wine in the fridge all the time. Can be cheap shit. Go buy 10 bottles of piss and keep it
handy. It's a good excuse to hangout in the apartment. Not for first dates but for second onward. Skip the bar and have her round for wine, if you are late 20s or older and fucking younger girls they like this. A girl under 25 being invited round for a glass of wine makes her feel like a sophisticated grown up. A 21 year old told me this.

7. Create the picture of a life she wants to be part of. So, girls don't do shit. Generally speaking they have no hobbies beyond texting. They are looking for a guy to show them stuff and take them places or just have things going on. I have a lot of friends. They are cool interesting people. I talk about them on dates. "Ah that reminds me of something my mate Matt was telling me. This is a fairly disgusting end to a Tinder date story. You in?" Tell your friends stories. Be someone who seems to hangout with all these awesome and hilarious people. I've travelled the world a fair bit and I find the stories about my friends have more of an impact than any story of trekking through the Vietnamese jungle etc.

8. Shit tests. I'll agree and amplify if the vibe is right and we are fucking with each other. If we don't have that vibe (yet) and it comes over as her just being mean or being a bitch. I ignore it completely. Act like she didn't even talk. It works better than anything I've tried. A girl had a party at her place. I'd met her that day from tinder and she invited me to the party. At some point she says to me, "You are maybe half as funny as you think you are." I saw a girl heading out the door and said, "are you going to the store? I'll come too, need some more beers." Then just walked off. So this party hosting girl was some big feminist and would give me shit tests all night, constant nonsense and social justice crap. I ignored each and every one of them. Just started a new conversation with someone else. She wasn't getting the argument she obviously craved. Whenever she was nice, she got attention. She figured it out and stopped being a dick. Depriving her of attention was the worst thing that could happen to her it seemed. She was hot and a lot of her friends seemed like male feminists I. E. Skinny and desperate to please her. We had sex when the party ended.

9. It's an old one here but it is so so true. Text for logistics only. Do. Not. Validate. Her. By. Text. She should have to work for those feelings of attention. Don't let her get her dopamine hit lying on the couch texting you and 6 other dudes. Once I have fucked a girl a few times then I don't mind some bullshit by text. Memes. Links to stuff we have talked about etc. To be perfectly honest if you are doing all this stuff right and sleeping with 3 or 4 different girls on top of having a productive life..... You really won't have time to go back and forward on text.

10. When it comes to the number scale and girls I've found some stuff. Ask out YOUR 10s. So, I had a weird thing for a while. I had no problem asking out a 7. But when I saw a 9/10 I would be intimidated. My 10s are real thin Balkan / Russian looking girls. That's what I am about. Tiny frames. Small tits. So I'd ask out anyone that wasn't them basically as I "wasn't ready for that." Turns out.... They aren't everyone's 10. There was this one chick I thought was incredible. My friend likes gym girls. Thiiiiikkkkk ones. The girl I liked? He thought she was below average. Right...... I should just ask then because if she is a 6 to him and I'm not scared of 6s let's do it. Sometimes YOUR 10s say yes. Ask em.

11. I have taken loads from here but the one thing I want to give back is that none of it matters. It's just not that big a deal. On this run I've had sex with the hottest women I've ever been with. No 10s. But a a solid run of 7-9. Some stupid good runs as well. 5 in 5 days and things. Know what I felt? At first, excited. Then....... Tired. Then bored of talking to girls. The sex was fine. Good even. Sometimes excellent. But largely inconsequential. I know I can do it now so I actually do
it less. I passed up fucking some girl the other night so that I could play PUBG after training. I took a great feeling of pride in doing what I wanted like that. Previously I'd never pass up a chance to go meet a girl. And of course the ridiculous thing is now that I'm willing to pass it up..... They want to fuck more. I'm happy to feel that. I hope if you aren't there that you will feel it one day. I'm actually open to another LTR now. I've met a girl who seems cool and I like being around. If it works great. If not then I know I can go back to living like this. Either is fine. Both have a lot fun moments. That confidence likely makes it way more likely to work I think. Who knows. We're all dying anyway.

Many blessings to you all. I wouldn't dare attempt to field questions. I'm just some idiot who has got ok at getting laid when desired. Hopefully we can chat a bit though and maybe see what other bullet points people add.
I've recently rediscovered this fantastic sub and wanted to offer some hopefully important advice to those in their twenties and even late teens. Although I am learning every single day I feel like since turning this age my outlook and opinions have dramatically changed. I want to offer these as I go along:

**Chasing Women is a waste of time** Luckily Tinder etc is the norm. Women do not disappear they are always there. Always. If desperate for a bang, drop your standards. But do not under any circumstances focus on it. Yes I got laid a lot, not as much as I wanted to however they are memories you share with your buddies over a beer, and they make you smile for about 1 minute. Thats it. But what I will say is get it out of your system. Fuck around, fuck an asian girl. Fuck a spanish one. Have a ONS. Do it, enjoy it. Then you'll know when you don't have the energy for it anymore that its out of your system unlike the beta that settles for any thing, and you can chill with a respectable LTR.

**Lack of Goals = Lack of Improvement** WRITE YOUR GOALS DOWN. All of them, and set yourself realistic targets. Do not just say "I want to lose weight" say "i want to lose 5kg in 2 months. Those who do not have clearly defined goals are wandering lost souls. Write your goals down, and stick to them. This will bring you greater pleasure then getting laid a lot trust me. Do not be a male bimbo.

**Going out every weekend** Biggest waste of money, time, energy and so on. I have stayed in on weekends for last 2 years half of it single and had the time of my life. Maybe cos Im 30 but seriously I do not recall one night that was "life changing” and so on. Its a load of shit and in the antisocial socialist heavy society we live in most people are insecure assholes in bars etc. So really think about it, on your days off/weekends why would you choose to go to a place full of people that are a bunch of cunts? Go to dinner, get a hobby, improve yourself, work on a project, even play a video game that you can improve on. Going out is finished. Again nobody on their deathbed ever remembers the night they go to the bar full of average to sexy looking women who were rude or might have fucked you.

**Invest** Real estate, shares, anything that produces income. Do not invest in something that gives you no dividends. Its a load of bullshit.

**There will always be another job, but not another life** If you need income, work, but if you want to be successful work for yourself. I realised at 23 that my bosses at all my jobs were no smarter than me, and I refused to ever work for another incompetent asshole again. Funnily enough 7 years later each one of those bosses have either been fired, company closed or quit. You got one life, do whatever the fuck you want on YOUR terms.

*Do not go to College* Unless you are studying law or medicine, DO NOT BOTHER. Do not get yourself into THOUSANDS of debt, for a piece of paper. Im a college dropout, zero debt, worked for myself, whereas others I know cant even fucking go out as they are crippled with student loans. Do not do it, youre only doing it for the social life, and again thats a bubble not worth staying in for that amount of debt.

**Friends come and go** Seriously the friends I have now to before are chalk and cheese. If you dont like a dude, do not hang out with them. Also like to add, do not socialise with women. They are at their worst right now and are selfish beyond belief. Those who are lucky to use them to get laid etc
well done, but majority of us have never been so fortunate. They offer you nothing good at all and I havent had a female friend (that i wasnt banging) for 3 years. Couldnt be happier.

Assume bullshit I believed everything I was ever told. We live in a bullshit heavy society. Do not believe a single word. None of it. Whether its in business or socially. Assume bollocks, smile, nod and don't give a fuck.

Its easier to make money for yourself then ever A guy I know had no money, no prospects got a business loan and paid it off in 13 months selling fucking burgers for a stand and is looking to expand. Seriously, take the hit, totally worth it.

Get dumped/Break up Greatest life lesson ever. Best painful experience too. If you've never had this, you've never lived.

Delete all social media Biggest waste of time ever, use it ONLY for trying to bang a girl or promote your business. Anything beyond that do not bother.

Take the risk Invest the money, ask her out, do something stupid, put a lot on red, but all within minimum. I've gone extreme on all this, I've lost a lot of money, I've done plenty stupid things, i put a lot on red and black came up. Don't regret any of it, lifes too short. But be warned do not overstretch yourself. Dont put it ALL on red, eggs in one basket and so on.

Last but not least Do whatever YOU want Your family, friends, spouse, teachers, boss do not know you. They think they do, but they are fucking stupid. You know you, and only you can do what you think is right. Trust your heart, but not what you think your dad would like etc. I'm telling you to be selfish because its not their lives its YOUR lives.

You can honestly achieve anything in your lives. Seriously, the amount of shit wankers told me and I proved them all wrong is the greatest feeling ever. I want you to know that you will be hated for all of this because it goes completely against the grain. But thats what this sub is about. Its about becoming the man you always wanted to be.

Edit: Life lessons to youngsters
Vagina Envy
1826 upvotes | September 19, 2018 | by chazthundergut | Link | Reddit Link

We have a lot of posts rightfully scoffing at chicks and their penis envy.
Women are so turned around that they think the path to happiness is by acting like a man.

**The Modern Woman:** I will become highly educated. I will build a successful career and make lots of money. I will have sex with as many partners as I can

Women who enter their masculine frame and start acting like men end up miserable and lonely. We all know it, and we clearly see it playing out in society.

But there is a much more nefarious and less-frequently discussed phenomenon that I find much more disturbing.

Vagina envy.

Men are cutting off their own balls, their own masculinity, and acting like they wish they had a vagina.

**The Modern Man:** I can't wait to find a chick to settle down with. I will sit around doing nothing meaningful with myself, praying for Mrs. Right to save me from my boring life. I want to cuddle on the couch with her and whisper sweet nothings. My greatest ambition in life is to find the Right One.

Barf.

When our boys stop acting like chicks, maybe our women will stop acting like dudes.

Final thought:
You don't become the King by chasing after the Queen. The Queen comes naturally, as a byproduct of you being the fucking King.

So chase the crown, never a bitch.
Life is too short to be a chump. The 80/20 rule isn't a theory, it is law. Not every action yields an equal result. The key to personal success is finding the 20% of things that give you 80% of your results and to double down on those motherfuckers.

Here is a guide.

1804 upvotes | February 19, 2018 | by Joeycrackem | Link | Reddit Link

Perhaps one of the most elementary and hindering mistakes we make in life is to assume a linear relationship between events and causes in life. The reality is that linearity is not the norm. The 80/20 rule is simply a byproduct of the power laws, logarithmic and exponential tendencies of many of life's happenings. In this post, I will explain 80/20 and how to leverage it in all areas of your life, because life is too short to be a chump.

Watch This

What is 80/20?
The 80/20 rule also known as the Pareto principle or the law of the vital few, is a principle that states that roughly 80% of results are generated from 20% of efforts.

It’s a distribution that was uncovered by an Italian economist named Vilfredo Pareto. Pareto noticed that 80% of the land in Italy at the time was owned by 20% of the population. He also noticed the principle at work in his own garden! 20% of the pea pods contained 80% of the peas. This distribution has been proven multiple times in different sectors since its discovery.

The ratio is not always 80/20, it can be skewed all the way to 99/1 or even bigger ratios. The main idea is that a small number of critical causes tend to produce the biggest effects in almost all area in life. What is important is being able to identify these causes and leverage them to your benefit.

Examples of 80/20

In the video linked above, I go through 3 examples in real time, clearly showing the consistency of 80/20. The examples I use are The worlds GDP, the population of cities in Australia (where I am from), and analytics on my own YouTube channel. (make sure to check that out)

Some common examples often mentioned in the 80/20 discussion are how:

• 20% of criminals commit 80% of crimes (Think of convicts that keep returning to prison)
• 20% of employees account for 80% of the companies success (Just look at any sales team to see this in action)
• You wear 20% of your clothes 80% of the time (you dirty fucker, change your shirt)
• You walk on 20% of your carpet 80% of the time (the walk from your bed to the fridge)
• You spend 80% of your time with only 20% of your friends

I must stress that the ratio isn’t always 80/20, but it’s almost always something skewed.
Why does 80/20 happen?

The 80/20 distribution happens because of the magic of feedback loops. Many people who have owned goldfish can attest to the following observation. You go to the pet store and buy 3 equal sized goldfish; a couple months roll by and the 3 goldfish are drastically different in size. Why is that? Well, naturally when you first fed the goldfish one might have been lucky enough to eat a bit more food than the others. This extra food allows the goldfish to grow slightly larger than the other goldfish giving it a slight advantage when it came to eating food. Over time this advantage gets larger and more obvious until the other goldfish can barely compete, and you are left with one big fat goldfish that just eats all the food the same way that your cousin David does at every family gathering the fat fucker.

Now replace the goldfish with Google or Microsoft and you can see how monopolies are formed. Other factors are involved of course, but this seems to be one of the primary reasons for the ratio.

How to leverage 80/20 Examples for the real world

Now that you know about the magic of 80/20, let’s go over ways that you can optimise your life using this simple principle. 80/20 is a mindset, being able to see through everything through this mindset will drastically improve your results in all avenues.

Fitness:

Two best friends decide to join the gym to build some juicy muscles and make the king of Iron Arnold proud. One of the boy’s trains 6 times a week and focuses on isolating each muscle with specialised movements. He does an hour of cardio after each workout in hopes of getting ripped. He works out for an average of 12 hours per week. He doesn’t worry too much about his diet, and has never counted his calories. The second boy takes a more minimalistic approach, he does full body workouts 3 times a week focusing on heavy compound exercises that stimulate his whole body. He does cardio only once a week and prefers to focus on high-intensity interval training such as hill sprints. He focuses on the diet keeping track of his daily macronutrient requirements. He only works out 4 hours per week. Who will achieve their goals faster? The second boy will. He will make more gains because he puts all his effort in the 20% of things that will result in 80% of the results. Instead of spending 12 hours in the gym like his friend, he stimulates his body effectively and gives it plenty of rest resulting in insane gains.

Work:

Jim works in a sales department. He spends most of his days performing small tasks that are delegated to him. He replies to every email and is quick to give anyone his time. Unfortunately, due to the workload, Jim only spends one hour of his day performing cold calls. He has been working hard for a couple of years doing everything his boss command, however, has been unable to create the results needed to be eligible for a promotion.

Ray works in the same sales department as Jim. He spends most of his time at work cold calling clients. He doesn’t reply to most of his email. When he uses email it’s only to deal with potential clients or critical tasks. Ray does not have time to chit-chat with co-workers. To him, if something is a non-critical task it can be delegated to someone else. Through his time spent on client acquisition, he has managed to secure 6 figure deals, making his boss very happy. Ray doesn’t complete half of
the tasks in his job description but gets promotions regardless.
Ray is successful because of his understanding of the 80/20 rule. Jim is not successful because he
treats all tasks with equal weighting.

Relationships:
You are divorced from your wife and can only spend one day out of the week with you Son, what do
you do? Is it better to watch TV with him for a couple of hours or to go outside and do something?
Think about this, we forget probably around 99% of our lives. The day to day shenanigans quickly
disappears into the ether. Don’t believe me? Can you remember what you did throughout one whole
day a month ago? No, we only remember things of significance such going away on that trip, or your
sister’s wedding. Now back to your son, if your goal is to optimize your relationship with him, you
are probably better off going fishing with him or shooting a few hops at the park. These things are
will be the 20% that equals 80% of the memories he remembers with you.

Education:
I remember having a project management class for my engineering degree. Our assignment was to do
a presentation in front of the whole class. A couple of my friends spent weeks and hours researching
for the assignment. Come due day, all they presented was a dense and boring death by powerpoint
slide.
I was to present the week after, I decided to take a different approach and look at the criteria of the
assignment. I noticed that presentation skills such as eye contact, and vocal tonality scored high. I
also remembered the professor telling us that our slides should be simple. So, my team and I decided
to focus on simple and entertaining slides that got to the point quicker. We didn’t use palm cards and
remembered our speeches making them far more engaging. A total of 8 hours was spent on the
presentation and we received the highest mark in the class.

80/20 everything
To maximize your efficiency in life you must always be looking for the 20% that will give you 80%
of the results. When you find these double down on them, make them your primary focus. As Tim
Ferriss suggests, always ask yourself
‘what is the one thing that I can do that will make everything else irrelevant’. It might be cold calling
new customers It might be eliminating soda drinks from your diet. Make it your mission in life to
always look for these 20%, those motherfuckers are the true game changers.
Summary This is not so much a field report but rather my own account of my unplugging, it will cover a time span of over 15 years so a little long. I think it’s important to create context so the first part is really dedicated to the story behind our meeting and marriage, the second part is the events leading up to the divorce. The experiences I have gone through have fundamentally rewired my psychology and how I see relationships and the opposite sex. Having read this sub daily, I think it is high time to give a little back to the community that crystalised what I already knew to be true.

Part 1 – The ultimate Beta provider

I met my ex-wife when I was 24 years old and she was 18, we both worked part time at a store in the capital city of an African country (one of the more developed ones). We were friends at first, I thought she was innocent and sweet, a little awkward but cute. Her father had passed away when she was 8, her mother was a teacher and ruled the house with an iron fist, very conservative and everyone pulled their weight in the household. I respected her mom, she was dealt a tough hand and made the best of a bad situation. I felt that a girl who had been brought up in that environment was bound to be good enough for me.

Our paths diverted when I finished my studies and started working full time, she remained working at the stationary store, struggling to help her mom pay the bills…very little future prospects, stuck in a rut.

2 years later, we bump into each other at a bar, we exchange phone numbers and started dating. She dropped her current boyfriend almost immediately to be with me. She was ambitious and wanted to continue studying, she had taken a 1 year break after high school to figure out what she wanted to do with her life. Financially strapped, she could not easily afford tertiary study. She had saved some money for her studies but nowhere near enough. She managed to secure a bursary/scholarship to one of the top universities (she was a smart girl) who paid for 50% of her studies. At this point, deep in a relationship with her and wanting her to be happy, I paid for the rest. (mistake 1)

2 years later. The political situation in our country had gone south and we make the decision to leave for the UK. I would go first and get settled, she would complete her last year of study and then move to the UK. Just prior to her moving, we got married…a spousal Visa was the only way to get her into Europe (mistake 2). I knew she loved me and I so deeply loved her, her innocence, her frailty, her vulnerability.

After she moved to the UK, she decided to change her career direction, she wanted to be a Software Engineer like I was but did not know where to start. We found a college that offered a 1 year Software Engineer qualification, she studied for a year, I paid for her studies and she lived with me rent free. She was my wife, my duty as her husband was to help her be successful so that one day, we could build a strong family unit and not struggle financially (mistake 3)

After a while the sex dropped off, I thought this was natural after being together for so long. We had sex once a month if that. I tried talking to her about it, it would be OK for a week or two and then we were back to where we started. I swallowed it…she was my wife, I loved her and our relationship was beyond sex (Mistake 4).
One day, after being sexless for approximately two months and missing the affection I so longed for, I found an e-receipt on my home computer from an online store for 3 dildos and some anal lube, they had been ordered several weeks back. I felt betrayed; she would rather have sex with plastic than with me? her loving husband that had given her everything. I went into our bedroom and found them hidden at the back of her sock drawer. I did not have problem with her getting dildos, I just felt excluded…this was something we could have done together, she could have been open with me. She said she was going to surprise me and spice up our sex. We fought for a couple of days about this, but it passed…I loved her, I believed her…but I also realised, she was not attracted to me anymore (mistake 5).

After she finished her Software Engineering studies, I pulled some strings and got her a job as a junior developer working for the same company I worked for but in a different division. We had always had a joint bank account, the account where my salary had been going to, she had her own card for this account and I was finally happy that I was not going to be the only financial contributor to that account. 3 months after starting work she said she wanted her salary to go into a separate account and she would transfer “her share” into the joint account monthly….RED FLAGS suddenly started flying everywhere. I made it clear that I had been covering her ass for the last 4 or 5 years, there is 1 joint “family” account and her fucking salary would be going into the family account. Just like I was happy to do when she was contributing nothing. Her salary went into this account, but she opened a separate account where €200 would be transferred monthly to her….at this point, I am starting to feel fucking over…but I am her husband, we are a family, she loves me and I love her…nothing is going to break that….right?

2 years later, our bedroom still dead…we agree to have kids, our first son arrived in 2006. We decide to leave London to have a “fresh” start, I manage to secure a good position with a company in Germany, we sold our home in London (which I paid for) and moved…a new life in Germany. In Germany, she stayed at home bringing up the kids, our second son arrived in 2008, we built a huge family home in an exclusive area in the town we stayed in. When the kids were old enough…she went back to work. I was happy, there was no sex but that was not important. We had a beautiful home, 2 smart kids, a great circle of friends, we were both working and had secure futures. Life was perfect…except, I knew she found me repulsive.

Part 2 – The downfall (Chad enters stage left)

She had been working for about 6 months. The year prior, she had dieted and lost substantial weight. She started looking after herself and I was happy for her, I complimented her every day, tickled and teased her…she laughed. I had always done regular exercise, while I was not ripped, I was by no means fat. One morning, after getting the kids ready and sitting them down for breakfast, I went upstairs to the bathroom…she was doing her face, I came up behind her, hugged her and whispered in her ear “you are looking so good, I can’t wait to get home tonight so we can have some alone time”. She said, “Perhaps if you weren’t so fat I would fuck you”. I said….nothing…shocked, I went downstairs, packed the kids in the car and drove them to kindergarten. For the first time…I started thinking about divorce. After all that we had been through, all our shared experiences..she blurted out such a hurtful thing so easily.

A month later, she did some online training for a week where a bunch of students sit in a virtual class room. A couple of days in, she tells me it is really cool, and one of the other students (Dave) is a really funny guy…I would love him if I ever met him. I think nothing of it.
That weekend, while on our Tablet at home, she had left her email account open. I noticed 20 emails between her and “Dave”. I click on the first one, the email history attached below…they are flirting. I confront her, she says they are just friends and he is in the UK…no danger. I tell her its not OK to be married and flirting with other guys…think of everything we have built up, the kids, the house…me. She cries and says it will stop.

I don’t trust her. I hack all her accounts and have access to her phone. She sends him an email the next day saying she loved her husband and they need to stop. He agrees.

Two days later, she initiates contact again with him and it escalated quickly, I see the email exchanges but let it develop, perhaps she will do the right thing. At dinner, I ask her if she has spoken to him again…she says no, that’s all history.

Five days later, its escalated…he is sending cock shots, she is sending vag shots to him via email. I again ask her if she has spoken to him. She says no, with an absolutely straight face but unable to look me in the eyes (well what do you know, my little angel is a really good lier). I tell her I think she is lying and ask her to show me her phone…she refuses. Then, admits it. She cries, she knows it was wrong…we agree to try again. Its only online right…think of the family, think of the house, the kids…our life together, our history. I mean… I was there to help her bury her mom when she passed,her pillar of support…didn’t that mean anything to her? She sends him an email saying they have to stop…he agrees.

Another 3 days pass, she initiates contact with him again, she is talking about how beautiful his cock is and she can’t wait to lick the cum off of it. Turns out my little princess is a raging whore that wants all her holes filled. Dave was good, he knew exactly what to say to get her wet…I read it all, each message kills me a little inside. I say nothing…perhaps she will figure out that this is wrong and come back to me. After 2 days of intense emails between the two, explaining how they plan to fuck each other…I have got to the point where I realise that I do not know this woman at all.

That night, I have said nothing…she is lying in bed next to me with her laptop. I pretend to be sleeping….she can’t see my eyes, I have a pillow over my head. I can see her screen. I pretend to be asleep, deep breathing…she opens her email account and starts typing...after 5 minutes I say “How is Dave?”….she slams the laptop shut, she denies it…I ask her to show me…she refuses, then admits it. I blow my top….WHAT THE FUCK IS SHE THINKING! She is going to risk this family for an internet fling with some prick in the UK?! The house, the kids, our friends circle…everything we have built up!!? She says she can’t help it….she needs this adventure. I tell her she has to make a decision..its me or Dave. She leaves and goes for a walk…crying. I go to bed; she comes home and sleeps in the other bedroom.

The next day, she sends Dave an email saying that she has to choose between her husband or him…and she chooses him. I was at work when I read this…it took a minute to sink in, I went to the bathroom, holding back tears, violently started vomiting, then passed out…I don’t know how long I was out for. I left work dazed and confused, went home and slept…

She got home, asked if I was OK…said I was fine, shaking, pale, dehydrated…I had not eaten in days. We started talking and I asked her if she had reached a decision? She said she wanted to stay and hold family together (the lying whore)…I pretended to be oblivious; she then suggested an open relationship. I told her to fuck off, I had self respect, if this is what she wanted then it was not over…she still wanted to fuck him. I knew it was over between us…if it was not Dave, it was only a matter of time before she was fucking someone else, I was starting to unplug.
The next day, I told her she had a divorce on her hands, the switch had gone off in my head. Having read the exchanges between her and Dave…I did not know this cunt at all and she was unpredictable. Everything I did now was focused on protecting myself and my kids. I immediately removed her from my bank account, contacted a lawyer and minimised all communication with her. I took some extended holiday from work, I was not able to function. My concentration was shot. My day consisted of waking up, doing 200 pushups and 100 situps. I ran 10km every morning and 10kms in the afternoon. I would do push ups at every opportunity I had. At night, I would go out with a friend and we would hit all the bars in town. I needed distraction, I had serious IDGAF and for some reason (we all know this)….woman flocked to me. Over the next 8 weeks I would end up texting with about 12 different woman, they could not get enough. I was a 40 year old man at the time, on one of the first nights out I met 24 year HB9 hairdresser who could not keep her hands off me. Being out of the game for so long, I did not close…and in reality…I did not want to close. But it gave me hope for the future…this new life might not be all bad. My soon to be ex wife saw this transformation and hated it, now that I had grown a set of nuts and took control of my own life, she detested it. Her Beta provider was disappearing (and somehow becoming attractive again)

I was still tapped into her accounts, she was making concrete plans to go fuck Dave in a hotel in London now that she was getting divorced, she had a free pass to fuck Dave. They were sending hundreds of messages to each other every day, describing what they were going to be doing to each other, things you would not want done to a farm animal…my little princess that I looked after like brittle porcelain was going to be A2M’ing Dave…nice. A close friend who I shared everything with told me to stop reading these messages, it was killing me. I said no, I needed to read this because they were cauterising the last set of feelings I had for this woman. I would stop, but only after I was done with the last step.

She told me she was going to London to visit her brother…I knew better. I told her I was not stupid and knew that she was planning this, she denied it. I knew what time they were meeting, what hotel they were staying at, I knew the room number, I knew that she had an appointment to have her Vag waxed the day prior to meeting him. Her cousin in London was to lie and say she was with her in case I called. I suspected she wanted to attempt a rescue after she came back from London. Little did she know.

We had a house together and this was on the market, it would take another 3 months before house got sold. She wanted me to move out…I told her to go fuck herself. She created this situation, she should move out. She wanted to sleep in the main bedroom…it was her room. I told her to go fuck herself…I paid for everything and she should move to the guest bedroom. Her car broke down, she called me…I told her to go fuck herself and call “Dave”. I had given her so much in the past and it would be a cold day in hell before she squeezed anything else from me.

For the sake of the kids at home, we were cordial with each other, parental duties continued as they were. We tried to keep life for the kids normal. We made arrangements to have house sold, agreed to divide up furniture and liquid assets…I just wanted out. Her trip to London was in about 6 weeks, during those 6 weeks, I was on an emotional roller coaster. My life consisted of running, pushups, situps, bars at night and meeting new people. I was content with my future one hour, the next hour I was curled up on my bed crying. During a low period I contemplated suicide, I came close, but how would my kids live knowing their father committed suicide…I stepped back from the ledge.
She left for London, when she left, I told her not to fuck him with a smile on my face. She smiled and said that I was crazy and she was not meeting him. She continued denying it as she had done for the last few weeks. The night they met in London, I gave it a couple of hours then I called up the Hotel, I asked to be put to through to Mr Dave Thundercocks room. He answered….I said “Hi Dave, do me a favour, can I speak to Mrs All_fixed_now?”; he said “sure, who should I say is calling?”….I waited 3 seconds then said “her husband”…he hung up. I then called her mobile, she answered…”all_fixed_now, why are you doing this, just leave me for tonight?”….I hung up. I was done and I felt nothing anymore. I was not angry, depressed, happy or sad….I was just empty.

My close friend suggested I talk to someone to deal with the pain, I felt no pain…nothing. I remember talking to him saying that it felt like my psychology had been rewired over the last 8 weeks. My opinion of marriage, being a provider, the true nature of woman, what I would compromise for a woman and what I would not had completely flipped. I would never get married again, I would maintain my independence and I realised that woman aren’t these fragile little creatures that need to be looked after, it is in their best interests for you to believe that…but they are experts at deception.

She came back from London, as expected…there were tears, begged me to take her back. She tried to come onto me, get touching and affection. I pushed her back. I sat there coldly while she bawled, told me she loved me, for the sake of the kids, the house, our family, all the history we had together….she was distraught and so desperately wanted me back, my emotions felt tickled…only slightly. I sat back in my chair, looked at her coldly and then said “So Daves cock did not taste that good then did it”?…got up…and walked off.

I was done.

**UPDATE - The Epilogue**

Many of you have asked for an epilogue, how things turned out. While my original post was quite long, I will add a few more paragraphs to close off the loose ends. This all happened during the last quarter of 2011, from when I first discovered the flirting in October, to when she came back from London in November and to when I met my next LTR (a different post) in December. The house was sold in December 2011 but I only moved in February 2012 so we had a couple of more months living together in the house….I was not moving out.

After she came back from London, she made several attempts to fix things with me. She went from being nice, she tried appealing to my emotions, talking about the kids, she even tried climbing into my bed naked in the middle of the night. She was in emotional turmoil but I was so thoroughly disgusted by the person I now knew she was that I coldly and calmly rejected all of her advances. This usually resulted in anger from her, I walked away…did not care, I felt nothing. One night after her usual attempts and anger, she said that Dave was the best fuck she ever had….he made her cum 6 times that night, my response “good for you”.

After the veil of “love” had been lifted from her, the beauty I had seen in her disappeared. I saw her for the aesthetic wretch that she was, a HB5…a 6 on a good day. I was repulsed by her, even though I had never come across the RedPill at this point, I knew something had changed in me, something fundamental.
My life was now open ended, I could do anything I wanted and had no commitments to her, the only thing I needed to worry about was myself and my kids. After 15 years of being the sole breadwinner…it was liberating. The one thing I knew was that I did not want any more kids, I would likely be running around like a dog with two dicks and wanted to make sure that I was in control of choosing to have kids or not. I had a vasectomy in December and it was the best decision I ever made (and you will know why in my next post).

I realized that despite me having no feelings for this woman, she was still the mother of my kids and she needed to be OK for my kids. After all that she had done to me, I was fair to her and made sure she was OK to find her own place, get moved in and there was minimal impact to my kids…that’s the only thing that mattered.

In December 2011, I was juggling multiple women, I was out every night with friends or dates and I was looking for an apartment in the old town of my city. I scheduled a viewing to see an apartment I was interested in, waiting at the door…an attractive real estate agent comes up to me and introduces herself. She was 33 years old and extremely attractive, slim, dressed well and had beautiful blue eyes. We go inside and she starts showing me around, she asks why I am looking for an apartment, I let her know it’s a divorce…she starts telling me about her divorce. We spent 3 minutes looking at the apartment and the next hour talking about our failed relationships. She was open and honest, a breath of desperately needed fresh air. She was to be my next LTR.

I heard through the grapevine that my ex-wife went off the rails for a few months. On the weekends that the kids were with me, she would apparently go out with “friends” and fuck anything that moved. Apparently she even had a couple of Lesbian encounters. Over the next 3 months, she introduced 2 men to the kids, guys that stuck around for a couple of weeks. After the second one disappeared off the scene, I told her to settle the fuck down and find a new man and stick with it. I did not want a revolving door of men coming and going out of my kids life, if the kids were introduced to one more man that was only there for a couple of weeks…she would find herself in court and I would look for custody.

6 months later, the ex-wife met another guy and she has been with him ever since. Tall, balding on top with a pony tail, skinny but with a fat stomach, only drinks Soda’s and Red Bull, absolutely no dress sense. My friends have told me she downgraded…as long as she is happy I don't care. He is BB through and through and a “nice guy”, he is good to my kids and teaches them right from wrong, he is not a negative influence on them. They stick around for a coffee when they pick-up or drop-off the kids, we do birthday party’s together and there is no anger.

My ex-wife continues to be extremely “nice” to me, she tries to help and make my life easier, I put it down to her guilt nerve still twinging in the back of her neck.

Oh…and she has put all the weight back on. I am in the best shape of my life (thanks to TRP’s lifting advice)

**Lessons Learned:**

- You think you know your little snowflake? You don’t know her at all. If you think she is a snowflake, it’s because that’s what she wants you to believe. It serves her purpose
- Don't be a Beta provider – Does not matter how lost she feels, does not matter how much your caretaker instinct tells you to help. She will not appreciate it in the future, the only thing she appreciates is what happens now (Brifaults law).
• Don’t be a begging Beta, if she does not want to have sex with you then don’t beg, you can’t negotiate this shit. Be the guy she wants to fuck, and if it’s not her…then it’s another one of the lined up woman. My current response to a dead bedroom shit test is “You don’t control my sex life, you either keep me happy or I get someone else to keep me happy”

• If she cheats - the only thing that can be rescued is your self respect, GTFO and show no emotion

• Some people on this forum say "dont get married", I would take it a step further and say dont ever get yourself into LTR situation with a woman where you cant walk away at the drop of a hat. Maintain independence, have no dependents.

**Edit 1** Geezuz guys!!! my first serious post and you guys give me nearly 1000 upvotes and you toss fucking gold at me?!?

**Edit 2** By popular request, I have closed off my story with a small Epilogue. How things turned out.

**Edit 3** For my next post I plan to talk about the lessons learned from my next LTR (the real estate agent). That relationship is about to end.

**Edit 4** Link to my follow-up post I did a while back

[https://www.reddit.com/r/TheRedPill/comments/3kdu83/fr_she_is_not_who_you_think_she_is_again/?st=iz7634qi&sh=78ff16ba](https://www.reddit.com/r/TheRedPill/comments/3kdu83/fr_she_is_not_who_you_think_she_is_again/?st=iz7634qi&sh=78ff16ba)
I posted something not too long ago about whether AWALT is true in ALL cases as I'd presumed my girlfriend was "the one". The fellows in the comments gave me enough mistrust to decide that perhaps I should check her messages right when she left the room (something I wouldn't normally do, because I trusted her), but almost like clockwork, I found a group message with her and her friends, with her talking about how she wants to fuck this guy in her study group, a guy that was previously flirting with her over text and when I confronted her about it before, she claimed that she didn't think it was flirting and that she could handle herself.

In any case, right when she came back in the room I confronted her about it and she tried to rationalize it in some absurd ways, but needless to say I said "we're done" and walked out right there. She's been trying to call me and knock on my door and shit, but I'm just keeping up no contact.

We've been together for 3 years so it's somewhat solemn that she's just another woman when I took her for a unicorn for so long. In any case, I got a haircut and some new clothes earlier and plan on going out to get some new pussy tonight for the first time in 3 years.

All I can say is, thank you Redpill. Thank you so much.
1790 upvotes | December 7, 2015 | by ScoundrelHero | Link | Reddit Link

Summary: There is not a lot of advice out there if you get a stranger pregnant other than, "Get ready to get fucked for 18 years with child support." I slipped up once and had sex with a girl I had met one time previous. 13 days later she called me and told me she was pregnant. This is a simple story of what I did next. What's the next best thing you can do? (Italics are chapters from 48 Laws of Power). The laws in your state vary; so what happens in Indiana may not work in your state.

The First Conversation My daughter's mom called me early in the morning to tell me she was pregnant. She asked me what she should do. This question is testing you in a lot of different ways. Are you going to freak out? Are you going to try to convince her to get an abortion? The correct answer is to say, in a calm and confident manner, for her to start taking prenatal vitamins. If you want an abortion you have weeks to talk about it. This is an easy question to knock out of the park. If she decides to have a child she can NEVER use against you that you wanted an abortion. When shit goes downhill she will throw you under the bus to everyone she knows. Give her as little ammunition as possible. Reason: You will need to maintain frame in a way that you've never had to for a length of time that seems impossible. When you know what she's saying is not true it makes it easier to suffer the slings and arrows. In my case I could tell immediately that abortion was not a live option and that I would be left in the dark for the next 9 months if I brought it up. But I should add that I would never abort a child as a form of birth control.

Week 1 - Start saving 20% of your income for a safe new car. Well, that's what I told by daughter's mom. I told everyone that actually. It would have been great, but I knew then that it was unlikely. Really what I was doing is saving 20% of my income to see what child support was going to be like AND for attorney fee's. I spent every dime so far. Start saving immediately. Hope for the best, plan for the worst.

On Child Support - That money is simply no longer yours. Do not argue about it or whine or try to get out of it. She might even tell you she doesn't want it. Do not take the bait. Force her hand. Require her to take the money. There are other methods to avoid paying your full legal obligation. But you MUST play the perfect courtier from the very beginning. Your end goal is to have a congruent story. If you want to argue philosophically about how it's immoral or whatever post on this site. In America It's like arguing with gravity. It makes you look like a fucking moron. My strategy was to just immediately give her the ground. No need for her to fight it. Why? Assume Formlessness. In the future she will try to hurt you. She will have learned a lot about what hurts you. You will never be hurt the way a pregnant woman can hurt you. She has so much power over you (due to the laws in this country) that you will break. A year later she is still using what she knows hurts me to try to hurt me now. Fortunately I Controlled the Options.

Week 2 Tell her that you're getting a paternity test through the courts. Not a walgreen's kit. She will understandably be outraged at the implication. Tell her early before you guys get to know each other and just say casually that you two are strangers. Ask her if she trust you 100% already. Tell her it's a legal requirement for setting up child support (half true). When I did this, it really wasn't that big of a deal.
Week 3-5ish Plan all the way to the end and Know who you are dealing with Pregnancy amplifies whatever is wrong with a girl. Obviously she is not a princess if she hooked up with a stranger. It should put a huge spotlights on her specific brand of crazy. Between September and October I knew her fairly well. I knew she wanted to be a "heroic single mom." I knew she had an avoidant attachment style. She was an insane control freak. She gave me faux options to manipulate me into thinking I had a choice in the matter. She told me before we knew the gender that my child would not have my last name and that there was nothing I could do about it. The anguish and pain that caused me could not be hidden. I told her that we were not in agreement on this issue but she told me that I would have to deal with it and tough shit. My brain said she was right, there was nothing I could do because I was powerless. Use the Surrender Tactic: Transform Weakness into Power and than later Play a Sucker to Catch a Sucker – Seem Dumber than your Mark In any dispute where you have no power you shouldn't argue with her, just state that you are not in agreement on this issue and drop it. You will pay an attorney to argue with her in the future.

6 months of hell I went to every doctor's appointment she invited me to. I did everything she wanted including signing a lease with her. It was her idea, but I saw how I could use it to my advantage. I think at this point she was trying to get me to say no to something so she could go tell everyone want a terrible dude I was. But my rationale was this: Best case scenario when she moves out after a year I could argue that child lives at that house and is off breast milk, emergency placement prior to court is usually the residence that the child knows best. Worst case scenario - I had signed a lease with a girl I wasn't even dating, that's how invested in my child's life I was. Make sure you can afford to pay for the entire rent yourself before signing the lease. MAKE SURE SHE SIGNS THE LEASE. My daughter's mom tried to get out of signing it. Nope, her name is on that shit. Which will prevent her from claiming you raped her.... but who would do that.

Last three months- Mom moved out due to me being a manipulative, uncaring, slob (her words). We had one fight while living together and nothing she said was true. She was just looking for a reason to move out. She refused to talk to me for the last three months of the pregnancy. I really think her issue is that she knew she wasn't controlling me. We didn't talk for three months.

In those three months I focused on Concentrating my Forces. I had told my daughter's mom that my parents were moving here to help us out. This has helped me so much in my fight to get visitation so far. My sister lives in town, my brother lives in town, and now both my parents were available at all times to baby sit. I also went lawyer shopping over the three month period. www.avvo.com I talked to five different lawyers.

I make this sound easy: I haven't mentioned about how my health declined due to stress. It was the worst when I signed the lease with her. Huge gamble unknown whether it was foolish or if it would pay off. My vision started changing every single day (Eye doctor tried saying I had type II diabetes), Bald spots appeared in my beard, blood pressure went into type II hypertension. I spent more on doctor bills in six months than my entire adult life. Hang in there man. Find a support group, coworkers, family members. Lean on people but remember that they want to see a success story. Females at work always love to hear about a father fighting to stay in their childrens' lives.

You have no rights Before the paternity test you have no rights. Zero. You must continue to use the surrender tactic. You are literally a random stranger to that kid. Do not sign a voluntary acknowledgment of paternity. If you have a good lawyer he delivered the court order BEFORE your child was born to do a paternity test. I was the father by the way.
Mom Fights Back  Oh man she will fight as if her life depends on it. Her maternal instinct to protect that child from people she doesn't trust/like is going to make her behave like a crazy person. She tried to fight the paternity test. She didn't let me see my daughter for three weeks over father's day and then acted like it was my own fault. Bite your tounge. You still have a ways to go. Do NOT fight with the mom. Ever. You arguing with Mom is a waste of breath. You pay an attorney to fight her. Win through your Actions, Never through Argument No matter what she did to me I didn't let it phase me. I made sure the courts knew what she did so that we could have a congruent case of her denying me visitations. The day I was declared the father through the paternity test Mom filed serious endangerment charges against me. At first she was alleging that I raped her. But that lease she signed with me destroyed that option. My attorney BCCed me on emails so I basically read his response as, "are you joking? This is a joke. She signed a lease with him." So she went with a whole shit ton of mud instead. None of it true. The courts MUST investigate so don't take it personally ($$$ $$ because of the Children $$$$). Play the perfect courtier. Remember you don't care about money, only about bonding with your child. My Attorney was 1500, the supervised visits cost me 1200$, the guardian ad litem cost me 1400$. I never brought up that she filed this, never yelled at her for it. Just imagine you're playing chess. She made a move, it's your job to anticipate it and counter it. It's easy to counter.

Guardian Ad Litem  She is the only person you care to win over. Play the perfect courtier. Play the perfect courtier. The GAL relies on the supervisor that is watching you with your daughter. Treat the supervisor like an old friend. Listen to their stories of other "crazy" parents. Mom won't like the supervisor because she's not in control, someone else is in control. To the GAL, compliment Mom on her mothering abilities. Never trash talk her, don't ever say anything emotionally charged about her. Say you're only complaint is that she won't let you or your family see your daughter. Say you just want to be equals as parents. I remember distinctly saying, "four hours a week is just not enough, it's just not enough" to which she echo'd me. Mine had a questionnaire for me to fill out and I spent 8 hours writing and rewriting it until it was the perfect. I had painted a picture, that was true, whereby Mom has mud on her by the end and yet you never saw me throw anything and my hands remained clean.

By the next court date I had the Guadian Ad Litem telling me she was going to try to get me 50/50 joint custody. It helped me out a lot that I actually liked both the supervisor handling my case and the GAL. I knew immediately they would be able to see through Mom's ridiculous behavior if I just continued to maintain frame and play the perfect courtier. I could tell they were both good people. Your mileage may vary and you will get GAL who are in it for the money. My attorney went out of his way to get this GAL. I didn't do this at the time but absolutely research reviews online for the GAL. The GAL is actually more important than the attorney you get. Tell your attorney that you want a GAL who has a reputation for acting in the child's best interest. The supervisor handling my case also if you talk to her will gossip about the reputations of all the attorneys involved in your case.

False Allegations  First the serious endangerment charges, next Mom will record every way that you're not doing a good job as a parent (in her mind). Yes it annoys you to have to answer to everything you do with your time but it's annoying the Guardian ad item too. My favorite thing to say to the GAL is this, "She has never brought it up to me, if I'm doing something wrong I want to know. Why wouldn't she tell me?" Play the perfect courtier. When I won my first major battle I got the best false allegation of the year. Mom came over and tried to start a fight with me. She had nothing to go on and I have now never argued with her for 15 months. Why would I start now? Long
story short she went postal while I remained calm. She started hitting my door, etc. She left and called the police. Police showed up to ask me some questions. The moment you prepare for finally happens (you are prepared for the police getting called on you when you start winning in court right?). I simply tell him I don't answer questions without an attorney. Bye bye sir. That was now 7 days ago and I've heard nothing from the police. This is where maintaining frame comes into play. It's so important, remember you're doing it for your child.

**Assume Formlessness/Control the Options**  
Mom wants to hurt me. But she never correctly figured out how. She thought the only option for hurting me was to deny me visitations but that's because I controlled her options. I put her in a position where her choices were to not attack me and let me visit my daughter and thus I win, or to attack me and (when I'm exonerated) it makes her look bad and thus I win. She had a lot of options to waste my money and give me tons of time with my daughter (when I was paying someone to supervise me). This would have made her look good and done a great deal of damage to me. She never did it because she didn't realize it would hurt me. From the beginning I acted like money was not a big deal and would constantly just spend it in front of her like I had an endless supply of it. I would tell stories that carried the message that IDGAF about money.

**Present day**  
By this point no one in court believes her anymore. I went into court thinking that she was going to get to file an order of protection but I think that even her own attorney must have advised against it. I had my first overnight with my daughter this week. I'm confident that she tarnished her reputation and they see that she's just hyper controlling and will fabricate things about me to maintain that control. She doesn't know how to hurt me or control me (well controlling me would be easy, she just could try being nice to me). The best part is that soon I will have 50/50 custody which reduces my child support obligation (that thing I supposedly don't care about). My attorney says that he has gotten surname changed and that there is a good likelihood (depending on the judge) that this also will come about.

Guys you can win in court. It's hard and unfair and we're not used to being discriminated against so obnoxiously. We're not used to being guilty until proven innocent. I constantly let Mom think she's smarter than me. I play dumb constantly with her. I never engage her. I pretend like I don't know what's going on and that my attorney doesn't communicate with me very well. I pretend like it's no big deal that she says crazy stuff about me. I never ever ever ever gloat or rub it in or try to hurt her back. She's a child, you're an adult. If she knows what's going on in your brain the fight will never end. Moves and countermoves guys. It can be done. It will affect your health. I jumped out of an airplane and was so depressed I felt absolutely nothing. There were days I woke up where I did not think I could do it; I didn't think I had the stamina for this type of warfare. The toxicity from Mom was that intense. The odds seemed to be stacked against me to too great of a degree. You can do it if you must.

*Edit:* By the way, I forgot to mention this in the beginning but I really always "hoped for the best, plan for the worst" That was my strategy. If you read through all of this you'll really see that it's obvious. I genuinely hoped that Mom would figure out that I have my family in my best interest and that she could trust me. Every step of the way I gave her the option of doing the right thing with no repercussion. She just never took that option; I don't harp on it as it's probably never going to be relevant. But as you try to win the hearts and minds of others make sure that you emphasize how you hope for the best and what you're doing (saving for a safe car, signing a lease with a stranger to raise
your child together, going to all doctors appointments, etc.)

2nd Edit: I should also mention this guide pertains to a non-substance abusing mother. This is about getting your rights from a mom with no real issues. I am so fortunate and happy that I don't have to worry about any actual harm going to my daughter. Like if you remind yourself how much worse things could be, it makes it easier to remain stoic in the face of America's court system.

3rd Edit: Some typos's etc. I have a paternity test guys. It's in the story. Yes, I'm intelligent. I am the type of guy that would never make a mistake. I was drunk and I honestly just fucked up. If it happened to me, it'll probably happen to other guys out there so I wrote this guide. If you don't want to be a part of your child's life than you don't really need a guide. Personally I couldn't leave my daughter to be raised without a father knowing everything I know about TRP.

No. Thank You TRP A lot of you guys are thanking me for writing this. I'd like to say instead thanks to all of you. The only, ONLY, reason I was prepared for all the false allegations, the toxicity, the back stabbery, the nonsense, the insanity, and the court system was you all and this community. Very few guys naturally would ever think the way I was forced to think. I was never flatfooted on ANYTHING she did because I was able to anticipate it months in advance (false rape allegations, domestic disputes with the police, etc) and thanks to you guys I knew how important maintaining frame was throughout all of this. So while many of you don't agree with everything I did or get focused on the one time in my life I had unprotected sex (with a stranger), I don't mind the criticism because I never said that this guide was the ONE way to do it. There is probably a better strategy. I did waste a lot of energy on things that were absolute wastes of time. I'll try to write updates in the future to talk about what happens with Mom through the years.
/r/theredpill is SUBREDDIT OF THE DAY!
1785 upvotes | April 24, 2016 | by redpillschool | Link | Reddit Link

https://www.reddit.com/r/subredditoftheday/comments/4g88p8/april_24th_2016_rtheredpill_a_look_at_what/
This story is a couple months old, but I just saw it. An army colonel was about to be promoted to general when some random blogger accused him of raping her like 30 fucking years ago. The army yanked his promotion and started an investigated that found no proof, but his career was over. Can you imagine that shit?

He sued her for defamation and was awarded $3.4 million for lost wages and reputation damage and $5 million (!!!!) for punitive damages. Apparently the punitive damages in this state are limited to $350K and the overall damages will probably be reduced to around $2 million, but wow this is still a huge win.

He proved that every part of her story literally could not have happened. The jury was composed of three men and four women. They deliberated for 2.5 hours, but the entire deliberation was over the amount of the damages. They all unanimously agreed after their initial poll that she was liable. One juror said that they awarded the punitive damages "to make sure that something like this could never happen again."


Edit: Oh and after the army's investigation found no evidence against him, his name was put forward again for promotion but Obama's scumbag Army Secretary still denied it. Unreal what that man did to the country.

Edit 2: Been getting some flak for my first edit because I said that Obama's Army Secretary denied the promotion and it is against sub rules to discuss politics. Sorry.... I guess? I didn't attack liberal tax policy or foreign policy. I attacked their sexual assault policy.

I'm not sure how the politics can really be disentangled from this case. One party has been driving this almost exclusively, and one party decided to create a situation in academia and in the military where one unfounded accusation on someone's blog ends your career/education in order to win more votes from women. That's the reality. If reality makes you uncomfortable, there are a few other subs I can recommend for you to check out such as Two X Chromosomes or The Blue Pill.

If any of the mods think this breaks the rules I will remove the offending paragraph.

Edit 3: There's a bit of confusion in the comments that people are saying "glad he was acquitted," or "why wasn't she jailed for lying," etc. I'd like to give a 10 cent civics lesson for those who maybe aren't from the US or don't fully understand the legal system. I'm not a lawyer. Please feel free to correct me if you are and I've made a mistake.

In the US and other countries that get their legal traditions from the English, there are two types of trials, criminal and civil. In a criminal trial, the people through their government bring charges against a person for breaking a law. At the trial the government must prove beyond a reasonable doubt that you committed the crime to the jury. If the jury returns a guilty verdict, then you are punished by the state with fines, community service, probation, prison, or even death.

In a civil trial, one private citizen or corporation sues another private citizen or corporation
(government can sometimes be sued but not always) for committing a tort against them. They seek to recover monetary damages for being wronged. These torts could be anything from libel/slander like in this case, to medical malpractice, to suing a dog owner if his animal bit you. In a civil trial, the person bringing the suit must show that there is a greater than 50% chance that they are correct (different standard than criminal trial) and also show how they were damaged by the wrongdoing. If the jury decides in their favor they can then decide how much the damages should be. There are different types of damages that can be awarded. For example in this case the jury awarded him $3.4 million for lost wages and for damage to his reputation. This means that the jury believed that the wages he should have made as a general plus the damage to his future earning potential and the personal suffering he endured because of his damaged reputation was worth $3.4 million. They also awarded punitive damages of $5 million. Punitive damages are meant to punish the defendant and deter future behavior like this. Again note that the actual judgement was almost certainly reduced by the judge to around $2 million. This seems to be a pretty common theme in civil trials.

Some are asking why she is not in prison for making a false charge. She never made any official charge against him. She just put some words on her blog. Some are also asking why she isn't in jail for perjury (lying under oath), since she lost her case. Understand that just because she lost this case, she is not guilty of perjury. The government would have to bring charges against her and conduct a whole new criminal trial to prove beyond a reasonable doubt that she lied in her testimony. Simply losing a court case in which you testified is not enough to convict you of perjury, otherwise the loser would be getting hit with a perjury charge after after case.
As I was lifting a ten thousand pound dumbbell high above my head while two sultry blondes licked at my nutsack, I noticed the guy next to me was a bitch! Here he was, at the gym, which is an inherently not bitchy place even if sometimes some retardedly hot piece and her friend start babbling. And, yet, this man was a bitch all the same. He cowered at the sight of masculine men, and women, well, they may as well have been Medusa for how much he avoided looking at them. This couldn't do at all!

My dear boy, I said to him. I am going to help. I am the Ghost of Getting Ass, and I have taken pity on you! Come! We must debitchify you!

The man seemed uncertain as to whether or not he should get onto the motorcycle, so, to aid him, I punched him in the face.

What did you do that for, the man said.

I wagged an alpha finger at him.

Don't be uncertain! Uncertainty is the move of women and bitch men. Asses your options, and then do what springs to mind immediately.

The man struggled to get a proper foothold on the bike, and he immediately crashed into a light post.

Don't you know how to ride a bike?

The man shook his head pathetically. I gave him my hand and put him back on the bike, teaching him how.

Learn Skills and do exciting things! Women are attracted to skill and being good at something exciting and dangerous gets women wetter than ten thousand roses ever could. Women are extremely boring, and you are the exciting instrument that they secretly want to blow.

The man and I rode our motorcycles to some dive bar and began to drink with the other men. The man, now surrounded by pure uncut masculinity, began to loosen up.

She has titties as big as satellite dishes! One man said. And the bar laughed. I turned to the man again.

Become immersed in masculinity. Once you are surrounded by something you become more comfortable. Like diving into a pool. Once the waters of masculinity become a Haven for you, your adventures with women will become easier.

The man and I left the bar. Time to score some ass!

I saw some Latina bitch with a fine ass walking by and went over and alphaed her until her panties got wet, of course. The man stood behind me, looking at women. He was strutting his chest out and holding his head high.

I stopped talking to the Latina.

What the fuck are you doing, faggot?

I'm being alpha, the man replied, I read a post about alpha body language and i-
I punched his flabby jaw.

Stop it.

You can act as alpha as you want, but beautiful women need to be approached. They have incredibly low self-esteem and are insecure. They could not handle it if you rejected them. And so they don't approach. They are a lot like most of you, a bitch, afraid of even the slightest bit of bumps in the road.

The man finally grew a big set of balls, and went up and talked to a woman.

H-hi...

Dear God what is he doing, but then I remembered patience. Not so long ago I was a beta faggot who wouldn't know what to do with a pussy if it was gift wrapped and sent to my door.

I-i thought you were cute and I wanted to say hi.

I have a boyfriend, the bitch replies.

Oh, I'm sorry, ok bye.

The man walks away.

I grab him by the arm. Hey, that was pretty shite but at least now you know one thing.

Rejection is better than regret.

The night is over, and the man goes to his 9-5. I follow along, floating beside him like the alpha Spectre that I am. He slacks off at his job, and constantly shoots glances at Karen, the funky bitch with the back tattoo in HR. As he goes to the urinal for his procrastination piss, I give him a solid jab to the ear.

Hey retard.

Money is more important than women. Start paying more attention to your bank account and less towards whores.

The man is done and drives home, listening to some classic rock garbage that every department store plays to brainwash you into buying heaters.

Are you going to the gym now, you haven't gone today, I say to him.

He shakes his head.

I, uh, went yesterday and besides I think I'm gonna switch to calisthenics, it's a more-

I spit in his eye

The gym is your church, and if you are a good Christian man you don't just go on Sundays. You go to every pot luck, every meeting, and keep your body strong.

After lifting weights, the man begins to play videogames with his online friends. After about an hour I relieve myself on his XBOX or whatever the fuck.

Hey what the hell man, he shouts. Don't piss on my stuff!

I piss on his shoes now.

Listen faggot!

Video games aren't a skill and if you play it for longer than an hour you are atrophying.
away. Their is a world full of fresh pussy waiting to be dined upon, and we, the last alphas in this bluepill dystopia, must endeavor to dine on it.

The man now sits mindlessly on his phone.
Don't you have any hobbies, I ask.
The man says yes, but upon closer inspection it appears his hobby is smoking weed and jacking off.
I look over to his closet.
Boxing gloves, a parachute, dancing shoes, a fencing sword or whatever the fuck it's called.
I then realize his problem.

Find hobbies and stick to them. Nothing ever comes easy at first, but you risk becoming a boring and retarded loser if you don't do anything.
The man is now finally looking good and approaches a woman the right way for the first time.
I don't usually do this she says
I don't believe he responds suavely.
I'd tell you how to approach a woman the right way, but their are over 100 posts about it. Here's what you should remember.

Take risks with women, as my uncle Vasily says, faint heart never fucked fair lady.
Finally, the man is back at his room with a woman. As he fucks, I hover over him giving him the thumbs up occasionally. Felt like highschool running trains again.

A final rule.
Betas fuck like in movies. If ur alpha u go for the kidneys with every pump, grabbing a handful of neck while you do so.
The man nuts all over the girls face.

He turns to me.
But Visible, I feel so empty. Did I do all this work for this momentary satisfaction.
No. Go look in the mirror.
And their, he sees himself, a healthy, strong, masculine man, who is happy with his life.
And finally he understands.

The Redpill isn't about women, it's about you. And making you a better version of yourself. Women are a secondary thing. You, are what is important. And as you improve, you shall become happier.
And with that, I fly off to teach some new beta how to be alpha.
I was asked to train a new female employee to do the promotion
I got passed on.

1759 upvotes | May 21, 2015 | by [deleted] | Link | Reddit Link

I want to start this out by saying that the female coworker I trained wasn't coasting and she really wanted to learn how to do the job, but most importantly do it right. I had been working for this outfit for about 2 years, and every foreman I had worked with had giving me great reviews. A position opened up which was basically the same thing I had been doing, but instead of residential work, it would be more on the commercial side. This new title came with a substantial pay raise and I made it very clear to my bosses that I wanted the job. A week or so went by and they had me take written tests to see how well I knew everything incumbent to the job, I passed every single test without getting single answer wrong. This job was mine. I busted my ass. Then I get the word that they hired someone to fill the position. I was bummed out to say the least, but to make it worse it was someone with no prior experience and I had to train them on how to do the job. This person happened to be female and day one during training was getting paid almost twice as much as myself. I didn't take it lightly and requested a meeting with my superiors. They told me that it was because a quota for minorities had to be filled (even though the person who left and created the vacancy was a white male) and that I should just keep doing what I have been doing and it will all work out for me. I walked out of that office, thought about it for a minute, walked back in and quit. I got the job I was looking for at a competing company with in a week. Like I said I have nothing against the person who got the job, she was eager to learn and do it the right way, but that doesn't mean I had to take it sitting down.

You don't have to stand and take the bullshit that comes your way.

edit: I want to thank the people who gave me gold. I had no idea this submission was going to get this kind of attention.
Intro: I believe that videos are vitally necessary for the explanation of big picture TRP concepts and should be included in the sub and Puerarchy.com should the sub shutdown. As incredible as posts and the comments section can be, they can't replace the visual aspect and thoroughness of a clip. Below, are videos that every TRP member, newbie and veteran alike, is required to watch, except below the weightlifting section. Many of them have been sporadically shared here in this sub over the years, but now they're in one place. None of them are a substitution for the other. Videos have been backed up in case of censorship. Beware: intellectual burnout and anger phase relapse may occur. There's a comedy section at the end, I suggest you periodically dip in it for some relief, it can get depressing. A good laugh will be had. Enjoy.

Reminder: The merit of a message is not predicated on the character or extra curricular activities of the speaker.

The Plugged-in Won't Listen

Arguing is Futile

- Video blogger shows how humans confront arguments. You do not enter with a blank slate, take information, then make a decision based on that information. You get a dopamine spike for denying another person's view that doesn't fit your ideology.

Alpha Fux Beta Bux

RSD Tyler Proves How Women Judge Men

- Tyler goes into the club with a guy and tells him to say he's a dentist. Tyler plags the laid back cool guy. He shows that women do in fact place men in 'mental boxes', categories for roles they deem he would fit best. Tyler explains to the women what they did. They apologized upon their realization, they weren't even aware of what they're doing.

RSD Tyler Shows How Society Shames People into Boxes

- Tyler explains how society, especially women put you into mental boxes and will shame you into staying their. It makes their world more predictable and comfortable. Betas get shamed the most.

RSD Tyler on Frame and Pre-Selection
Gender Equality Narrative

Gender Studies is Nonsense (6 Part Series)

- "Comedian completely destroys every claim by the gender studies institute [Nordic Gender Institute aka NIKK] with proof from actual scientists, biologists, psychologists, etc. to the point where the state shuts it down." - /u/theVet

Feminism Vs. Freedom of Speech

- Feminists pull fire alarm during men's rights meeting. They all clap and cheer at their sabotage. One of the leaders is interviewed.

Female Firefighter vs Male (Not a Firefighter)

- A TV show hosts a basic firefighter course contest, men vs. women. The women (athletic build) can't even pass simple obstacles while the men have no problem. Is this the person you want to rely on saving you when trapped in a burning building?

Should Women Be Police Officers?

- Not one, but two female police officers attempt to get a hold of male suspect and are embarrassed without the male even trying. Is this who you want chasing after criminals paid with your taxes? Patrice O'neil - "I let her arrest me"

1 Man vs 5 Women To Save Female Victim

- Woman is attacked by gang of five girls, guy intervenes and wrecks shit. He's not even that big and tosses them around like they're nothing.

Women in Combat: Can't Cut the Mustard

- Ex-Army Ranger shows statistics of physical ability, men vs. women + graphic reality of what happens when you're captured.

Rape Culture, Harassment, and Female Oppression Narrative

The Truth About Rape Culture

- Videoblogger completely destroys the narrative of rape culture with government statistics and common sense.

What Affirmative Consent AKA "Yes Means Yes" Looks Like
This is a visual demonstration of how the Federal Government wants male students to conduct sexual activity every time they initiate sex, regardless of relationship status. Colleges don't show this video to their students.

**Saying Hi = Harrassment**

- Video blogger deconstructs the NYC street video harassment video, completely destroying the narrative of rape culture and 'harassment' it was trying to perpetuate.

**The 48 Privileges Exclusive to Women**

**What Patriarchy is, and Why it Comes to Be**

- Big picture video related to the book, The Fate of Empires. The cycle of patriarchy and gynocracy repeats throughout history depending on the proportion of men and women.

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**Gender and Racial Wage Gap Narrative**

**Do Women Earn Less?**

"Like other myths, this does have a kernel of truth to it. So for example, if you add up all the incomes of women and divide by the number of women in the labor force and then do the same thing for men, what you'll find is, on average, women do make about 75% of what men do. What's happening is not discrimination in the labor market, but differences in the choices that men and women make (about investing in their knowledge, their education, their skills, and their job experiences) that led to them getting paid different salaries."

**How every company in America can save 23% on wages**

- Maddox takes a different approach to debunking the gender wage gap narrative.

**Thomas Sowell Dismantles Feminism and Racialism Narrative**

- Woman host presents misleading facts about the corporate world in regards to racial and gender discrimination, Thomas destroys the narrative.

**Milo Yiannopoulos Debates Wage Gap Narrative On Live TV With Two Females**

- Famous gay guy discusses the gender wage gap narrative with two females on live TV.

**Barack Obama and Other Politicians Perpetuate Wage Gap Narrative** (Not a left/right argument)
Given what you know about the wage gap narrative, why does a man with access to all the top experts of economics continue to perpetuate it?

Women are Wonderful Narrative

Media Encourages Women to Deceive Men About Birth Control

- Audience member tells host that she wants a baby but her husband does not, and asks if she should stop taking birth control without telling him. The host says yes, and every woman in the audience agrees and applauds.

Three Girls Falsely and Publicly Accuse Taxi Driver of Sexual Assault and Harassment

- Three girls didn't feel like paying $13 taxi fare, they asked for a pussypass. Taxi driver says no. Girls get mad and start crying rape when the exit the vehicle. The whole drive was recorded on camera.

Ex-gf Attempts to Frame Judge For Abuse by Throwing Herself out of the Car

- Judge was cleared because he had it all on film. Other public cameras caught some action too.

13 Highschool Girls Conspire and Do Falsely Accuse Kid of Rape

- He goes to jail for over a year based on no physical evidence. "He needs to be taught a lesson for being a player"

The Truth About Single Mothers

- Videoblogger reveals the reality of single motherhood and how it is completely detrimental to society, specifically the black community. Our societal setup incentivizes this phenomenon.

The Dangers of Dating a Single Mother

- Videoblogger talks about what it's like to date a single mother. Hint: Don't do it.

Indoctrination and Consumerism

Century of the Self (4 Part Series)

Like Darwin and his theory of evolution, Sigmund Freud's ideas about the subconscious controlling most of our lives was considered, 'radical', specifically those pertaining to sexuality. It was insulting to people's sensibilities and egos that they weren't in complete conscious control of their lives. And also like Darwin's critics, people didn't like being reminded that they were animals underneath it all.
A government official alive during the 1920's admits the government took a keen interest in Freud's ideas of the subconscious, and wanted to research on how to manipulate their citizen's minds without their conscious knowledge.

**History of Political Correctness**

- European immigrant founders of Marxist Frankfurt school came to America to indoctrinate and take over its inhabitants with false narratives.

**Demoralization**

- Ex-KGB intelligence officer exposes the reality of the intelligence community. Very little is done in espionage, while most work is done to indoctrinate the populace with narratives to such an extent, they will deny obvious facts.

**Academia is the New Church (by /u/bsutansalt)**

- Governments and the elite have learned that outright indoctrination and domination through the church and dictatorship are not as effective today, so they decided to be more subtle and indirect with the illusion of democracy and slowly indoctrinate through the media and academia. They set the narrative, then people vote based on that narrative which always leads to a restriction of rights. In this case, women's suffering (ie rape culture).

**Indoctrination in Academia**

- Teachers are being forced to spin every school subject in a SJW issue light which also includes the STEM courses.

**College Conspiracy**

- The school system and academia is no longer about education, but about filling the pockets of a few and creating worker drones. Students are being taught that the only way to succeed in life is through this system, and are never taught how to escape it.

**SJW's are Useful Idiots**

- Ex-KGB intelligence officer admits the reason why the government creates them, and the probable fates based on similar historical circumstances.
- This clip, and the one before it are small segments of *Yuri Bezmenov: Deception was my job*, more like Dark Enlightenment Territory, but highly recommend.

**Feminists are Useful Idiots**

- Alain Soral talks about the big picture of feminism and explains why it fails to make women
happy. Very good analysis.

**Reason for Women's Liberation**

- Aaron Russo, explains why the elite and CIA funded women's liberation.
- The clip is a small segment of *Reflections and Warnings*. Again, a bit more Dark Enlightenment territory, but highly recommend.

**Planned Obsolescence**

- Several light bulb manufacturing companies form an official cartel to purposely make light bulbs last 1000 hours less so that consumers need to replace their products more often. This idea has spread and influenced multiple industries, and still exists today.

**Why Engagement Rings Are a Scam**

- Big corporations with monopolies on diamond mining artificially restrict the supply of diamonds to give the illusion of scarcity. They then indoctrinated the populace into expecting jewelry to be apart of the relationship dynamic.

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**Divorce Reality**

**Inside America's Lucrative Divorce Industry**

- VICE conducts a documentary on rich divorce lawyer, and reveals how the business world has adapted to incentivize it in the new marriage climate. Lawyer: "I'm surprised marriage is not an extinct institution"

**Divorce Corp (or here)**

- A documentary narrated by Dr. Drew showing the reality of the family court system.

**Erasing Dad (Argentina)** [Censored by the State]

- A documentary showing that the state purposely uses children as financial hostages against the father to extract as much money as they can from him in family courts and child services.

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**Legal System Advice and Reality**

**Don't Ever Talk to the Police**

- A lawyer and a veteran police detective thoroughly teaches students to never talk to police. Your words can only be used against you, never for you. They will implement many
manipulative and deceiving tactics to get a conviction. Always contact a lawyer

**Privatized Prisons** (Related to Debtor's Prison & assault and rape laws from the All-in-1 Legal Guide for Men)

- Businesses contract with the government, some requiring 90%-100% occupation quotas, lest they have to pay a fee for unused beds. They are looking for any reason to prosecute you. Prisoners are used to prepare products for big industries for slave wages, creating big profit margins. "Crime goes down, jail population goes up"

**Overcriminalization** (Incentivized by Prison Quotas)

- There are over 300k laws, so many that not even the government can keep track. Hundreds of laws are made every year, laws you never would think would be a jailable offense.

**Spain's War on Men**

- The courts accept false accusations when claimed by women. Accused men are placed in jail for 48 hours. Over 400 accusations are made a day by women.

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**What the Decline Looks Like**

**Demographic Winter (Part 1)**

- Examines the population decline, especially in the west. The fertility rate has dropped below the replacement rate around the world. The average age is shifting upwards (more older people, less younger people).

**Demographic Winter (Part 2)**

- Discusses the reasons for the decline including feminism, marriage climate, and self centeredness instead of acting for the good of the community.

**The Beautiful Ones**

- A rat experiment funded by the Rockefeller Foundation that shows the social effects of removing predators, 'unlimited' resources, in the confinement of limited space. It could be said to be a MGTOW analogy. A good manosphere article analysis, [here](#)

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**Other**

RSD Tyler and Julien: Progression vs. Degeneration
Weightlifting Basics (Starting Point)

Strong Lifts 5x5

- 5 sets of 5 reps, add 5lbs next session. Nothing complicated. No excuse for not starting today.
- Mark Rippetoe on Squat Technique
- Mark Rippetoe on Bench Technique
- Mark Rippetoe on Dead Lift Technique
  - One more on deadlift technique
- Mark Rippetoe on Overhead Press Technique

TRP Comedy

Patrice O'neil

- Elephant in the Room

Bill Burr

- You People Are All The Same
- I'm Sorry You Feel That Way

George Carlin

- Question Everything

Marc Rudov

- Owns feminist on live television

The Amazing Atheist

- Makes fun of the most obsurd feminist rape redefinition propoganda of all time. Hilarious.

Who Bitch This Is?

- Chateau Heartiste analyzes a hilarious video (video inside) that contains an altercation between a gamer champion and a feminist.

The Dad Bod is Worse Than Ebola

- Deep analysis of the psychology of the dad-bod movement with a lick of humor.

- The Orbiter
* Robot Chicken-like animated visual representation of how a girl orbiting a girl looks like.

**Recommended Video Channels**

- **Black Phillip Show** (w/ Patrice O'neil)
- **Sandman** (TRP & MGTOW)
- **Bar Bar** (TRP & MGTOW)
- **Thinking Ape TV** (TRP & MGTOW)
- **Turd Flinging Monkey** (TRP & MGTOW)
- **Elliot Hulse** (Lifting & TRP)
- **MGTOW.com**
- **Joe Rogan Experience**
- **Karen Straughan AKA GirlWritesWhat** (Men's Rights)
- **TL;DR** (Anti SJW & Feminism)
  - TL;DR is really the name. Pronounced, 'teal deer'.
- **Tom Leykis** (Red Pill)
- **Opie and Anthony** (Red Pill, Other)
  - Contains lots of Patrice O'Neil

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**Note**: If you have any problems with the links or think a video should be added, let me know.

Edits: added 1 man vs 5 women fight, overhead press, TL;DR channel, Tom Lekis Channel, OpieRadio Channel, Milo Yiannopoulos Debate, Taxi False Accusation Video, why engagement rings are a scam video, Ex-gf Attempts to Frame Judge by Throwing Herself out of the Car video, Spain's War Against Men, 13 girl false rape accusation conspiracy video, amazing atheist video, dad bod video, RSD Tyler Beta Shaming video, RSD Tyler on frame and pre-selection, RSD Tyler and Julien: Progression vs Degeneration video, Elliot Hulse Channel, Feminists are useful idiots vid, the orbiter video, the 48 privileges exclusive to women video
For all you newbies, this is for you.

1756 upvotes | April 9, 2016 | by MAX_Fury | Link | Reddit Link

1. Never, never, never stay or return to a woman who has cheated on you. No matter what. It is never worth it, you can't fix it, and you will always regret it if you do it.

2. Don't change her mind, change her mood.

3. No woman can fix your happiness or be the main source of it. Get your shit together first and improve yourself.

4. Don't deal with a shitty women. Ever.

5. Don't be ashamed of your sexual desires or think that girls don't want sex and have to be 'convinced' into having sex with you. When it comes to sex, men are like an on-off switch, women are like a volume knob.

6. The amount of girls that want their hair pulled, ass slapped, and to be told what to do in bed is astounding.

7. The guys who are banging girls out of their league are doing it because they went for it.

8. Look at how she treats her parents/friends.

9. You need to be BOLD. The sting of rejection is nothing compared to the sting of regret.

10. Don't feed them with compliments, leave it to the betas. Your eyes should do the talking when she dazzles in that dress.

11. You want to touch her, she wants to be touched. Be unapologetic about it. Talk simultaneously while you do kino.

12. Be ready to walk away from any relationship. This also applies to real life, if something doesn't seem right, walk.

13. Be always less invested than she is. You hold the power.

14. You can't build attraction over text, use texting for logistics. The face to face interaction is what you need to seek.

15. Do not make a woman your goal. You're on your own path and she can just join you.

16. Don't mate guard.

17. Treat women like human beings, not goddesses.

18. Women treat relationships like men treat jobs. You may have a fine job--decent pay, vacation, just got a promotion, whatever. You're thinking, "Yeah, I'll probably stick around awhile". Then somebody comes up and asks if you want to be an astronaut at triple your current pay. You couldn't put in your resignation fast enough.

19. A monkey doesn't let go of the branch its on until it has another branch in hand.

20. Swing at everything, you miss 100% of the chances you don't take. There are no special snowflakes, they're turning 18 everyday.

21. If you want true love, get a dog.

22. She's not yours, it's only your turn.
23. Hookers cost less than girlfriends and go away when you tell them to. Just saying.
24. They have their mobile phones near them at ALL times, and i mean ALL, no matter what they are doing (or what is being done to them). if they want to contact you immediately, they can and will. so if you message them and they do not text you back until a few days later, they are deliberately ignoring your ass.
25. It doesn't matter how long you've been with a woman, how many memories you have together, or how much effort you've put in...she will forget you in less than a week and move onto the next guy.
26. Women want someone to take care of them but they want to feel like they are taking care of themselves
27. Don't stick your dick in crazy (trust me) and wrap your shit
28. What women truly want is value. They want a combination of things that excite their dopamine receptors, none of which come directly from you loving her. She wants your value; your status, your wealth, your protection, and your comfort.
29. Don't forget to lift :)
The Sadness Phase

1754 upvotes | May 12, 2017 | by Heathcliff-- | Link | Reddit Link

So there's this girl, I'll call her SadEyes. I've been gaming for a while. Read: a few days. I met her outside campus while she was having a cigarette with her friend, a guy I kinda sorta knew. Used that excuse to start a conversation, get her name, and then bounced. Didn't really think much of it. She's small, 5'2, slim, cute as heck, waifu kinda girl. Has really deep, sad eyes, like she's seen some shit.

Few days later, studying in the library, she walks in and gets her chemistry shit out. I saunter over and plop myself down next to her. Pre-TRP beta ass me would have spent hours stressing over whether I should go talk to her and what I was going to say. I didn't even think for a second, I got up and started talking to her as if we'd been friends for ages.

We say here, "always assume attraction". I think you should take it one step further, "assume you already have the bang".

I've been doing this for a while now and it's improved my frame with girls tremendously. I used to always be kinda nervous and beta around girls before I fucked them, and if they did somehow let me into their pants, the alpha would burst out and I would have that girl wrapped around my finger after. The girls would be hooked af once the wild cocky alpha came out of me, and I would never lose them after.

So I started treating every new girl like I'd already fucked her, or I was going to fuck her eventually. I'd import the frame I had with girls I was already fucking and employ it on every new girl I'd meet. BAM. Instant results.

1. Act like you've already fucked the shit out of her

So I'm chatting to this girl and she just malfunctions. Nervous, tripping over her words, saying stupid shit, really embarrassed. I've had this effect on girls before but this time it was so stark. I reminded me cruelly of the way I used to act around super hot girls that scared the living shit out of me, and it made clear just how gross and unattractive it must have been.

Anyway, it was cute coming from this girl. It's very uplifting to know you can make some girls break just by talking to them. Girl was probably soaked. Had a really fucking huge realisation at that point; "Holy fuck, I'm Chad". I went from Naruto messenger bag skinny fedoralord to being able to do this to a chick...

I tell her to let me know next time she goes out for a cig and I'll join her.

She goes out for a cig and I go out with her and we make smalltalk and shoot the shit. She says she will add me on facebook, I tell her I don't have that shit and give her my number instead. She texts me, I ignore her for like, 2 days. Idk.

Bump into her on campus a few days later. I'm chatting to another girl I'm gaming and her hot friends and she's eating that shit up. Hair twirling, stupid laughing, that twisty knee thing they do. Blondie is boring holes into me from afar. Bunch of my chad friends walk by, I do stupid bro shit with them, like frat boy chest beating and all that.
Chat to SadEyes, get interrupted by my climbing buddies, more Chads. Chat to Uni lecturer who walks by and knows me by name. Shoot the shit with him for a few seconds. Displaying massive value all over the place without even thinking about it. She just stands there swaying and waiting for me to pay attention to her again. Once again, it flashes through my head. "Holy fuck, I'm Chad"

Start talking to SadEyes about movies. Very easy way to get some plausibly deniable way to get into her pants: "You've never seen Shrek 2??!!? What the heck??!!! I definitely got to show it to you one time".

She's all up for that shit. "Yeah sure" she say. "I'll text you" I say.

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2. Use Movies or TV shows to set up an easy way to get some alone time. "Netflix and chill" isn't just a meme, it's precisely handcrafted fuck strategy honed over the ages. Use it wisely.

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I don't text her for a while until she texts me. "Hey xxx" she says, or some shit. I get straight to the point, "Movie at yours later?". She's apprehensive. "I'm not sure about mine... etc etc". "We can't do mine" I say, and then just drop it.

I can't bring girls back to my place at the moment. Makes it much harder to get the bangs, but hey, you gotta work with what you got. We're all going to have something holding us back, all you gotta do is work through it.

I try again in person a day later. "Okay, whatever," she says, "they'll just have to put up with it". I don't know what she means by this but damn do I eventually find out.

Next day I text her "coming over, meet me here at 6". Didn't ask for shit, didn't mess around with logistics. Every single one of the 3 texts I sent this girl was to set up a meeting. Drove her fucking wild that I wouldn't text her at all, she told me later.

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3. Texting is only to set up meets. Don't be the beta that has long conversations with her over text. Your time is valuable, she doesn't want to see you wasting it on her. She wants you to be mysterious and more important than her. As I said in my previous post, the hottest thing a girl can hear you say is "busy".

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So we get to her place, dingy little room in a block of flats, but hey I don't judge cos we're all broke students here. Her room is particularly lifeless and bare though and I start to get an odd kind of... pity... for this girl. She's very shy and anxious and sweet and not outwardly slutty or masculine like the other "bad bitch" slut kinda girls. She seems like she'd make a great girlfriend/wife one day, or she would have at one point.... plus, she has really sad eyes, like, I just look into them and I can just tell she's hurting real bad on the inside.

So I fuck her anyway. There's no movie, I go straight for her lips once my shoes are off and she's going crazy for it. Girl really wants to be fucked. Get her clothes off and she's got a great, tight little body that she's been hiding. Obviously I'm pretty aggressive from the get go and as I've said before I normally skip the blowjobs the first time round and go straight for the aggressive fuck. This girl really wanted to suck my dick though, so, whatever, I let her. Got some of that great, "first time I'm
sucking his dick so gotta impress him " head. She wants to get on top and ride me, so here's where I employ "The Slut Test".

Me: "I don't think I have any condoms, I didn't expect this to happen" I say (HAAAAAHAAAAAAHAAA).

"Oh fuck" She says. "....."

"We're going to have to stop. Next time I'll bring some"

She's sitting there twiddiling her thumbs. "I guess, I don't mind that much..."

"Don't mind what"

"you can not use a condom if you want " she's looking at the floor.

"I'm not sure... are you on birth control?"

"no... but if you pull out we should be fine..."

"Hmmm... I don't know... Really wanna fuck though...let me just check in case I left one in my back pocket"

Oh, would you look at that! Miraculously I find a condom. Slap that shit on and start pounding away at her. Sadly though, the massive red flag has already been raised and I probably won't fuck this girl again unless she gives me a really good reason to.

I do this with EVERY girl I bang for the first time. Pretend I don't have a condom and see how many of them will fuck me without one anyway. If they have any class they'll say no... but the vast majority of girls I've done this with were totally okay with it. SO MANY girls fail the test. That's fucked up. If they are willing to fuck me raw then they are down to fuck every other guy like that too. It fucking worries me just how degenerate our teenage girls have become and how they'll allow any alpha chump to give them a disease because she got the tingles.

I've only ever had one girl who stopped sex and just sucked me off. Some girls have their own condoms. That's less worrisome then the bad option but still irks me that they're fucking around so much that they keep their own condoms just in case. Oh well, whatever, AWALT after all.

So I'm really going at this girl, hand around her neck, fistful of hair, she's burying her face into her pillow, trying to be quiet, I think. Then out of nowhere:

*BAM BAM BAM*. Loud knock on the door.

"Fuck", she says.

First thing I think is, "boyfriend???".

"What is it?" I say. She seems visibly pissed. "It's my flatmate." She says. "He doesn't like it when I bring boys back".

"What...."
"He gets really crazy when I bring boys back here". Dude is still knocking at the door and calling her name. "What, why?" "I don't know, but he gets really angry" "Wow is he your dad?"

She seems very nervous and shy and definitely the non-confrontational type. He's still going. Idk what the fuck to do. She puts on some clothes and opens the door a crack. He starts shouting at her and I can practically feel the angry beta seep into the room. "Who is that? Just a friend? What did we tell you! Too many! etc etc etc"

She's just trying to placate him. I'm astounded. This keeps going, kinds sounds like a manager telling off an employee, I go up to the door, still naked, she's like "no no no go back". He's standing outside in the corridor, all 5ft 7 of him. Stupid beard, reeking of autism. "What do you want dude" "Who are you?" He says.

SadEyes is just pacing around the room freaking out. "What's your problem?". I'm still not very good at maintaining eye contact, but I'm high test and fucking blue balled at this moment in time so the anger has me shooting lasers into him. He breaks and looks away. "She's not supposed to bring guys back here". "Are you jealous dude?"

"No, no it's just -"

He sneaks a look at my dick. I watched his eyes snap down then shoot back up. "I mean if you want you can come in and watch I don't mind"

"-" dude is silent. I close the door and lock it.

Walking back from that interaction, I can't help but be astounded at the reversal of the situation; I would never have dreamed that I would be on this side of the door a couple of years ago. I would always have been the salty beta, but holy fuck, now I'm Chad. I've reached peak Chad.

SadEyes is happy I dealt with it but she's still super fucking stressed about it and the shit she'll get tomorrow and we end up going to bed without fucking again and I'm still blue balled af and have to listen to her complain about her flatmates. Apparently the dude has had a crush on her for a while and asked her to be "friends with benefits" and she said no and now he just spergs out whenever she brings any guys back, which apparently, is quite often.

Imagine being that fucking beta. Looking at it from his perspective, I'm just a douchebag tall Chad who's fucking the girl of his dreams and now I'm the worst person in the world. This is what most Betas don't understand about Chads... most of the time they haven't got that way by accident. There's a lot of hard work and self growth needed to get to Chad status. Some guys have good upbringings and genetics and learn it through childhood. Some guys never do, even the ones who won the genetic lottery. I've seen plenty of tall, potentially attractive guys who are beta as fuck because they never discovered the tools needed to become Chad. TRP was the tool I needed, and while this beta
shlub might think that I've "always been this way" and that he just can't compete with someone as genetically gifted as me, he doesn't realise I used to have a BMI of 17 and fapped to futanari hentai.

Anyway I'm pissed, not only because I was blue balled and now I don't have another condom so can't fuck her again, but also because I'd somehow let myself believe (even with my super advanced, diploma level TRP knowledge) that this one wasn't a massive slut and maybe I'd found a "good girl™ and that she was just so infatuated by me she made an exception. Fuck, so stupid. Nice little slap in the face. AWALT, AWALT, AWALT.

Small cute girls always get me. They look so innocent and that they shouldn't be fucking about and you just want to protect them. Especially this girl, with the sad eyes and what I imagine to be crippling depression and longing for a real man to guide her. Laying in bed with her she asks me how many girlfriends I've had, and if I was looking for something serious. My heart broke. I tell her no, of course not. But I couldn't not feel for this girl. All she wanted in the whole world was to be loved properly by a guy who could actually guide and protect her, and she was giving up her body to try and find a guy who would do that for her. She thought she found it in me, and she went crazy for me, asking for commitment within a few hours. Having to take that hope away from her and throw her back into the pile. Fuck man. How could I do that kinda shit and not feel bad about it?

And she's not the only one either. Every single girl I've fucked, every plate has had this effect on me. Maybe I'm just a big fucking softie, it just makes me sad. Sad to see so many lost girls with no idea what they want and what will make them happy. Throwing their bodies at guy in a hope that one of the will love her. I've seen the sad eyes in too many of the girls I've fucked, eventually I think they just die inside and get that thousand cock stare, but some of them still have hope... and to be the guy to dangle the carrot in front of them and take it away after, fuck, I can't keep doing it.

"Do you have a dad?" I ask her.

"no." Exactly as I thought.

Almost all my other plates are fatherless too.

In the morning while she showers I look around her room. She has some old photos by her bedside table, family photos, when she was a baby, both parents in the pictures, happy memories with siblings.

Fuck. My heart broke again.

All I wanted was to take this girl into my arms and be her dad and tell he everything was going to be okay. But I can't save her. It's not my job. It's not even possible. There are thousands, millions of other girls out there, exactly the same. Broken and lost and sad and longing for a real guy to love them. These are our sisters and daughters and this is what has happened to them.

I can't blame women for being sluts anymore. I had a long, dark Anger phase where I hated them and the way they acted, now I'm just sad, very very sad. It hurts. To blame them for not being able to control their emotions and indulgences is like blaming a fat child for being fat. They don't understand, they don't know how. They're grown children with no parents and they are all really, really sad.

I've connected with every girl I've ever fucked and had to sever that connection, and it must fuck them up, fuck them up real bad. No wonder none of them can pair bond anymore. It was this last time
though, seeing that at just how sad this girl was and the photos next to her bed.... it really got to me... I walked home that day in a sobering stupor of sad, pensive thoughts. I stopped by the chapel in my school and sat and thought for a long long time, I guess naively hoping it would help clean me. If there's an Anger Phase to the Red Pill, then there's a definitely Sadness Phase, and man is it harsh. I don't even think I can plate anymore, I can't keep doing this to these girls. I know if I don't others will, but it won't be on my conscience at least.

What's happened to our sisters and daughters and mothers. It's sad. Really sad.

**Lessons Learned**

1. Act like you've already fucked the shit out of her
2. Use Movies or TV shows to set up an easy way to get some alone time.
3. Texting is only to set up meets.
4. The Sadness Phase is real
Quick tips to Staying Lit: Non-Sidebar Review
1745 upvotes | August 9, 2017 | by Full-Time_Lurker | Link | Reddit Link

*Red Pill GOLD I have acquired from 3 years of Lurking this Sub. THIS IS REVIEW. Make sure you didn't miss any of this! *

Lean back not forward.

Do not seek validation from others. You are good enough. You are good enough for you. That's all.

You are a man, and she is a woman, that's enough no matter what. Everything else is a shit test. Everything is a shit test. Women test you constantly. -> IGNORE, agree and amplify, "You're soo right about me, I'm actually really like that!"/sarcasm.


Never feel obligated to explain yourself to anyone.

Try flipping the pressure: "Are you Okay?" -> "I'm great, How are you?"

2/3rds rule. If a woman talks 3 times, texts 3 times, talk or text 2 times. Every time. Her 3 to your 2.

Let people talk about themselves, be a good listener, be genuinely interested and genuinely kind yet firm. Be stoic. Maintain frame.

Stick to your principles. It does not matter what you are confident about as long as you are in fact confident. Confidence is the #1 thing women are drawn to. Experience builds confidence. Approach.


Live for now, anxiety is living in the future with worry, depression is living in the past with regret. Throw that shit in the trash. Live for today. Plan ahead. Let it go. Don't stress.

Have a good day. At the end of each day make sure you are closer to your goals and who you wanna be. In time you will become who you wanna be.

Avoid alcoholism and drug addiction like the plague, everything in moderation. You do not need a lot of something to enjoy it, too much of anything is a bad thing.
Bad things happen to good people. Such is life. Stay alert, stay confident. Seek spiritual peace.

Make more money than your women, or lie and say you do. Someone asks where you work? Strip club. You do not owe anyone anything, or any info. Make sure your white lies are seen as having fun. Girls just wanna have fun. Have fun with them.

Do not get married. Unless it is on your terms (very rare). Do not get married too young. Even then, what do you stand to gain from marriage? Tread carefully here. Long term relationships are the red pill on expert mode.

Hold off on having kids. Make sure you're ready. Kids are a financial responsibility. Are you stable financially enough for this?

Divorce rape happens every day. Men lose their entire kingdom over one fight or falling out. Courts may fuck you and side with the women. Are you willing to risk this?

Look everyone in the eyes. If someone looks you in the eyes longer than you look them in the eyes, they are stronger. No need to intimidate. Simply smirk, nod, smile, laugh. Remember you are confident.

If a women looks abruptly at the ground, bends over, or gestures to you by staring, smiling, waving, or doing a double take, this is her invitation for Approach. Their deepest desire is for you to see it.

Kino. Increase physical contact inch by inch. Hand on the thigh. Did she pull away? Hold her hand. Its all 4 play fam. Do not kiss unless you're ready to fuck. No need to rush, do not let yourself get friend zoned and you will not be friend zoned.

Don't be a creep. Go for girls who are legal and willing. Society will shit all over you, stay vigilant.

Your mission comes before everything else in life. Your mission is more important than women, than friends. Pick a long term goal, a mission. This is your meaning in life. It is ok to take your time on this.

Stick to a budget, people "good with money" all stick to a budget. This is adult life.

Stand up straight. Shoulders broad. Walk slowww.
Talk slow. Make your words count.

Be narcissistic, be red pill, be psychopathic, be manipulative. Do what you must do to get what you want.

Women desire a man who "sees what he wants, then goes and gets it" this is evolutionary. Bring home the kill. Bring home the bacon. Or you are disposable. Such is life.

The first rule of fight club, is you do not talk about fight club. It will only bring shame and trouble.

Live it, do not say it, talk is cheap. Actions over words. Reals before feels.

Get a good nights sleep. Meditate. Enjoy life.

Peace

    • Full_Time-Lurker

PS - Remember to be open minded. People know a lot of stuff that you do not know. Listen & Learn.
*PROTIP - Misogyny is not the goal here. Healthy relationships, self-improvement, getting laid, and happiness. Above all else. FREEDOM. SUCCESS. Keep trying. You will fail. Keep trying. These are the goals. Good luck.
NOTE: This post is intended for Red Pill readers who have a complete understanding of what a shit test is and why women use them. If you do not have this complete understanding, read this first: The Shit Test Encyclopedia

DISCLAIMER: While the following examples may be useful, you must understand that the best way to pass a shit test is through your attitude. Regurgitating a memorized line is still failing the test if it’s not convincing. You pass a shit test through your attitude, tone, and delivery. One thing we know about women is that they can smell a poser from a mile away. If you respond to shit tests with robotic, memorized lines, I promise she will be able to tell. That being said, I believe there is still immense value in seeing concrete examples of how you can handle shit tests as well as understanding what women really mean when they use them. Hence, this post:

21 Shit Tests Used by Girls You're Trying to Lay

1 “We’re not having sex”

_Translation_: I’m considering having sex with you, as long as you don’t fuck it up. If you play your cards right, keep escalating and conquer my ASD/LMR, you’ll be getting your dick wet tonight.

_Response_: “Maybe you’re not, but I am” / “You’re right, you’ll have to wine and dine me first” / “Woah, you’re already thinking about sex with me? I’m not a slut” / “Yeah, sure” (smirk)

2 “Buy me a drink”

_Translation_: Are you a beta chump who I can use for a couple free drinks and then ignore?

_Response_: “No, but you can buy me one”

3 “I have a boyfriend”

_Translation_: Are you better than him?

_Response_: “Aww, you’re in love! When’s the wedding?” / “Nobody’s perfect” / “That’s okay, I don’t get jealous” / “Sorry, he’s not invited”
4 “Are you gay?”

*Translation:* Do you have a fragile ego or are you a rock who can’t be moved?

*Response:* “Yeah, I am. But I need a decoy girlfriend for my parents. That’s where you come in”

5 “I bet you say that to every girl”

*Translation:* You’re trying too hard to impress me. I can see through your games.

*Response:* “I bet you say that to every guy” / “Yep, and they all love it” / “I’ve never talked to a girl before”

6 “I don’t give out my phone number”

*Translation:* You haven’t impressed me and I’m not interested in you. But please continue to validate me and give me attention by trying even harder to get my number, further building up my ego.

*Response:* “Okay” [walk away and approach a different girl]

7 “Are you a player?”

*Translation:* Do other women find you attractive?

*Response:* “At this point I’m more of a coach”

8 “I need to get to know you first”

*Translation:* If I sleep with you this quickly, you and other people will think I’m a slut. Plus, it gives you all the power. I will only sleep with you if you make me feel like I’m not a slut and having sex “just happened.”

*Response:* Deflect/ignore and continue to escalate later.

9 “I don’t hookup” / “I’m not that kind of girl”

*Translation:* I don’t want you or other people to think I’m a slut, but I’m always DTF for a high value man.
Response: “Yeah, sure” (ignore).

10 “You’re too old/young for me”

Translation: I don’t want to be judged or perceived negatively for the age difference between us. Assure me that it’s fine.
Response: “I don’t usually go for blondes/[her hair color either], but sometimes I make exceptions”

11 “You’re an asshole”

Translation: I know I’m not supposed to be attracted to guys who are mean to me, but you’re giving me tingles.
Response: “Yep, and you love it.”
Failed: “I’m sorry, I wasn’t trying to be mean”

12 “Do you have a girlfriend?”

Translation: Do other women find you desirable? Can you get laid?
Response: “Why, do you want an audition?” / “I guess another one wouldn’t hurt” / “Yes”

13 “Let’s just be friends”

Translation: Will you be my orbiter who I can use as an emotional tampon and an ATM?
Response: “I have enough friends” (never be her orbiter. Go find another girl).

14 “You’re too short for me”

Translation: I bet I can break your ego.
Response: “I knew I should have worn my heels”

15 “You look sad” / “Why are you upset?”

Translation: Are you a pathetic, loser beta?
Response: “It’s really hard being as attractive as I am”

16 “I don’t sleep with guys on the [1st, 2nd, 3rd, etc] date”

Translation: I’ve been pumped and dumped many times by guys who I slept with quickly, so my guard is up. But I’ll still fuck you if you’re high value enough.

Response: “Neither do I. Most girls don’t get a date”

17 “You’re not my type”

Translation: You’re not impressing me

Response: “You’re not my type either. Look, we have something in common”

18 “Give me your number instead”

Translation: I want to shut you up by making you think an exchange is happening, but in reality I’m never going to text you

Response: “Sorry, I don’t give out my number”

19 “Does that work on other girls?”

Translation: Do other girls think you’re attractive?

Response: “Only the hot ones”

20 “How much money do you make?”

Translation: Are you a beta bucks who I should make wait for sex so I can extract resources first?

Response: “I’m homeless” / “Enough” (NEVER give a real answer)

21 “I’m on my period”

Translation: I’m putting up LMR because I’m still not 100% sure if I should fuck you. [note: she may actually be on her period. But many times this is an LMR tactic, so be aware.]
Response: Say nothing, continue to escalate, and try again

Tomorrow I will release Part 2, which discusses 19 shit tests used by Plates, LTRs, and Wives.
Men are not happy

1727 upvotes | June 5, 2014 | by Archwinger | Link | Reddit Link

About once every month or two, there’s a post somewhere on Reddit, by a woman, saying something like, “My boyfriend suddenly started doing Red Pill stuff and now I want out,” followed by 4-6 paragraphs explaining how her boyfriend is now a controlling, abusive asshole who works out and wants sex (because these traits are, of course, very, very unique to The Red Pill, and any guy who exhibits them obviously went online, found us, and we ruined him). These threads get seized upon by our detractors, who eagerly point out: “See? See!? The Red Pill doesn’t ‘work’! It just ends relationships and turns guys into assholes!”

Independent of what is and is not actually “Red Pill behavior,” situations like these are based a bad assumption. Simply put, in examples like this, the lamenting woman has presupposed that prior to her man’s “changes”, their relationship was actually good, and he was actually happy. Then he ruined everything by reading some bullshit online that told him how his relationship ought to be, then trying to implement it.

This begs the question: If the relationship was fine before the boyfriend went all Red Pill on his woman, why is he trying to change things? Why did he go on the internet and seek out the manosphere? If he’s happy with his relationship the way it is, why is he trying to find ways to improve his sex life and become more assertive? (All of this, of course, assumes that a) the stories presented on Reddit are true; and b) the man actually sought out The Red Pill and didn’t just stop kissing his girlfriend’s ass for any number of other reasons.)

The Red Pill is here because men aren’t happy. They don’t want to be sweet and sensitive and do things for women all day long and be the “perfect boyfriend,” while having subpar sex once every six weeks, paying out the ass for expensive dates and gifts, sacrificing personal time, and getting bitched at and threatened with a break-up if any of this perfect behavior ever dips slightly. They don’t want to give backrubs and footrubs, stay at home one weekend a month while their women have a night out with the girls, get disrespected and talked about behind their backs, get cheated on (but just harmless, meaningless mistakes that don’t really count!), and get berated when they push back against any of this. They don’t want to let women move in, rent-free, and get pressured to buy a ring for a four-digit number of dollars and tie their finances to someone who makes less than half as much money, just because they’ve been “dating awhile” and “it’s time” and they’re “supposed to.”

Sure, everything’s hunky-dory for these girlfriends, but for the men, everything is NOT happy. Everything is NOT going well. And men are sick of it.

When a 28-year-old man with an entitled bitch of a girlfriend of 5 years stumbles across the Red Pill, he reads stories about men not so much older than he is who don’t have or want girlfriends. They don’t need a girlfriend because they have four or five women fucking their brains out on a regular basis outside of a relationship. They barely spend a cent on dates or activities. They barely lift a finger to impress women. But girls can’t seem to get enough of them.

And what these men do seems so simple. Work out, focus on your career, practice your social skills and get confident, develop useful skills and interesting hobbies – essentially, quit wasting time. Read non-fiction instead of fiction, watch less TV, play less video games, quit jerking off to porn, spend that time doing something that makes you physically, mentally, or socially better. The Red Pill tells
men that their time is valuable, and to use it well. Hand in hand with that, The Red Pill tells men that since their time is their most valuable resource, quit wasting it on women when you’re not getting something of equal value in return. If your girlfriend is ugly, sexually ungenerous, lazy, or just an entitled bitch that expects you to do all kinds of crap for her just to maintain the pleasure of having a girlfriend, is it really worth all of the time and energy you expend? When you could be doing something that actually improves your life?

The Red Pill exists because many men aren’t happy. Because these relationships that are allegedly “just fine” are very much NOT just fine. Because men are giving so much to their women and getting so little, with the assumption that merely existing – merely being a presence in the man’s life – is all a woman needs to do to become his highest priority. That men should be falling over themselves getting in line for the right to say “I have a girlfriend,” and nothing more. Men are sick of this.

Guys in the “my man went Red Pill and ruined our relationship” Reddit posts probably aren’t actually going to internet sites to get an instruction manual for how to piss off their girlfriends. They’re just normal guys who know in the pit of their stomach that something is wrong – that they’re wasting their lives, and that they’re not happy. It’s not their girlfriends’ fault, it’s theirs. And they decide one day, for whatever reason, to try to take control of their lives, of their relationships, and build something they’re actually proud of. And steps 1 and 2 of that process involve asserting yourself and living the way you want, and expecting the people with whom you associate (e.g., your woman) to add value to your life equal to the value you’re expending. The rest of the world shorthands that behavior as “being an asshole,” and “ruining relationships.” How sad is that? Honestly and confidently pursuing the life you want, and expecting others to hold up their end of a relationship is the new Hitler.
There is a big difference between knowledge and wisdom. If you want to learn things fast as fuck and actually understand what you are learning I suggest ‘The Feynman Technique’. It was popularized by Richard Feynman a Noble Award-winning Quantum Physicist. Here is a quick guide.

1727 upvotes | January 27, 2018 | by Joeycrackem | Link | Reddit Link

The Feynman Technique

The Feynman Technique is a method of learning that is incredibly effective for deep understanding and information retention. How many times have you learned something fast only to forget how to do it weeks later? Maybe it was the Pythagoras theorem, back in high school when you crammed for your math exam. Now when your friend asks you to recite it, all you can do is shrug and say “What the fuck is that? A Harry Potter spell?”

The problem was that you never learned the thing properly, you simply stored it in the temporary storage section of your brain. This is how many people go about learning, reciting things only to forget them later. There is a big difference between knowledge and wisdom, knowledge is having the information, wisdom is knowing how to use it.

The Feynman Technique is a mental model that will help you gain sufficient wisdom in any endeavour. Richard Feynman was a Noble Prize-winning theoretical physicist who was best known for his work in the fields of quantum mechanics, quantum electrodynamics, superfluidity and other groovy shit. To say the least he was a smart dude, he was often called the ‘Great Explainer’ for his uncanny ability to teach complicated principles in layman terms that everybody could understand. Feynman claims that he wasn’t a naturally gifted physicist but managed to make it due to his learning style and hard work. Here is his notorious method for accelerated understanding.

Step One:

Write the name of a concept that you want to learn about on top of a blank piece of paper.

Step Two:

Write down an explanation of the concept using plain English. Pretend that you trying to teach it to the slowest person you know or a child. Assume the person has no idea what the hell you are talking about so make sure you cover everything you know simply.

Step Three:

Read over your explanation and take note of the areas in which you are lacking the sufficient knowledge in order to articulate yourself properly. Take note of these areas and return to your source material until you have a better understanding. Use a variety of materials: YouTube videos, books, and experts. Return to step two and simplify further.

Note: When you simply you are cutting out the slack, do not remove things that are important.
for understanding whatever you trying to learn. You are simply trying to be more concise.

Step Four:

Use the aid of simple analogies, diagrams, metaphors and anything else that can help you commit what you have learned to memory. Come at it from different angles to gain a deeper understanding of the topics. Einstein is often attributed to saying:

“If you can’t explain it simply, you don’t understand it well enough”

The Feynman Technique will ensure that you understand any subject incredibly well.

What Can You Learn Using The Method?

To put it simply you can learn anything with the method from:

- Computer Programming
- Calculus
- Physics
- Economics
- Chemistry
- Mathematics

Anything at all! You might have to modify the method slightly for some disciplines but the main underlying principle is what makes the method so effective.

WHY IT WORKS:

The Feynman Technique works for many reasons. Often when we are trying to learn new concepts we erroneously assume that we have learned them and understood them when in actuality we haven’t fully grasped the concepts.

Feynman once said:

“The first principle is that you must not fool yourself and you are the easiest person to fool.”

This is the first and most critical mistake that many make when trying to learn new things. Writing what you know and trying to simplify it exposes your gaps in understanding.

The second reason it works is through the beauty of neural connections. Think back to 2 weeks ago when you went grocery shopping. Can you remember what you bought or what happened at the shops? Most likely not, your brain does not put much stock into the mundane. Now let’s assume 2 weeks ago you were shopping and you saw three firefighters running towards to deli section. Now that’s a memory you won’t forget, you might remember it for the rest of your life because it was out of the ordinary.

The strongest neural connections are always formed with things that are out of the ordinary. This is why you can remember what you were doing when you heard about 9/11 or can vividly recall your first kiss. Now when you are learning and are up to step 4. You are forced to come up with analogies and metaphors to help you understand concepts. This simple process is out of the ordinary and allows your brain to have more stimulus to work with, more checkpoints to return to when you trying to recall a piece of information. So that’s the Feynman Method, for overrun and an actual real-time
example, make sure to check out my animated video here:

**Animated Video Summary: With Worked Example**

Sometimes, Gems are found in the comments section of a thread, rather than from the original post itself.

I have a list of these saved, some from years ago, others from yesterday.

These are some of those Gems:

"Instagram model" = whore. Literally. - Whisper

"TRP isn't about ANYTHING. TRP is a toolbox that you use to achieve your goals. Your goal is the "what is this about". And no two men will have the same goal, nor the same route to getting there. So if your goal is to train a woman to please you, you use the tools within TRP that are suitable to that goal and ignore the rest. There is no underlying philosophy to TRP other than "apply the scientific method to methodically figure out what works" and "don't let people trick you into thinking that their goals are yours". - HumanSockPuppet

**"No one here will Ever be a Socrates. TheRedPill isn't your identity Clubhouse, we aren't your brothers, and if you died tomorrow, no one here would give a shit. There, problem solved" - Rian_Stone

**Women don't want to be saved.** Strippers strip for money, suicide girls want to kill themselves and not remain alive, and girls getting pumped and dumped by Chads are never marriage material because they make a poor decision with men and you make a poor decision by picking women who have poor decision making relative to their own gender. - Ozaku7

"TRP is not a road map to get you from point A to point B, it is a course in navigation. Because not all journeys go to the same destination, and if you're too lazy to navigate, you're too lazy to hike. When you say "Tell me specifically what to do ", you are asking to be led. You are asking how to get what you want without changing who you are. You are asking how to emerge from your cave, get the girl, and then go back to playing World of Nerdcraft. In order to achieve what you want to achieve, you must become the sort of man who achieves it. There are many different sorts of man to choose from. But "exactly who I currently am" is not one of them." -CrazyHorseInvincible

"Yes we do. Men are inherently lazy and will only do enough to live comfortably and fuck women, this is known and posted often. This is why game takes effort, and PUA is ultimately window dressing, or pretending to be a man." - RedForEduction.
There's more than one structure to navigate. In fact, there is almost infinite structures to navigate. **Situational Alpha is the modern Alpha.** Focus on the alpha behaviours, create your own structure, reap the rewards. Society is the best it's ever been... let the rabble punch each other out, you'll be too busy enjoying the decline to care." - Rian_Stone

"Women no longer rely on men for financial support (it's mandated through taxation and child support, "for the sake of the children"), online communication can't be stopped (eg Tinder), birth control is effective, the required number of children per woman for population maintenance is 2.1 rather than 5+, women make up >50% of the population and have the vote, **men care more about women than men, women care more about women than men. None of these things are about to change.** Combine these and the drivers for enforced monogamy just don't exist and can't be made to exist. On the up side: you can fuck multiple women and don't have to do anything for them." - MattyAnon

"Can you fuck and can you fight. That's what makes a man. Everything else has been automated, or girls can do it about as well anyways. Its all we got now." - Rian_Stone

**Young middle class men are at the bottom of a society's totem pole.** We pay the most into a society and get the least out of it. Do welfare queens care that they're destabilizing the system? Did bankers care in 2008 when they asked for huge taxpayer bailouts. Did bush care when he undermined the international standing of the US with his invasion of Iraq? No. Everyone is doing what's best for them except for idealistic boys like yourself. Pleasing others to please yourself is beta male pathology, and we just don't subscribe to the slave morality drilled into your skull at public school." - GayLubeOil

"Women get support, men get blame. As men we can expect zero support from a society that is ready to point the finger and blame us in an instant, while absolving women even of significant crimes. More than ever before: live your own life for yourself, you owe the world nothing because the world does nothing for you." - MattyAnon

**Sure I'll chime in. Feminism is a child of liberalism.** The same process that liberated laypeople from Aristocracy, slaves from their masters, seeks to liberate women from their husbands and soon children from their parents. Liberalism liberates people from traditional structures so that they can be replaced with monetized versions. The more people are ground into a uniform mass free of distinction the easier it is to control and monetize them." - GayLubeOil

"You get to define your goals and direction of what it means to "be successful". A TRP
truism has always stuck with me. Straight from the vanguard....TRP is a toolbox. Nothing more. It takes a man to make a plan, then decide what tools to use to build. Without a plan, the best toolbox is useless." - FeralRed

"The traditions are all gone now, cupcake. All traditions existed to limit or bound human behavior for the greater good. Now everyone gets to do whatever the hell they want. People find meaning anywhere. Ashes to ashes, dust to dust. Unless you want to make a theological argument, in the end none of it matters." - TheRedPike

"MGTOW. Not the sour grapes version, where you're so hopeless as a human you can't get a woman even if you have a chloroform rag and a rape van, The version where you truly realize that you are the prize, that women and sex truly are lagging indicators of success. They're chocolaty treats the restaurant trots out to the big spenders after they've dropped hundreds. I have no higher branches in my vicinity. I have a tree service to take care of that. Women chase me, not vice versa. I take an interest in you, you know that this is an audition to come play with the big boys for a while if you measure up. All is recorded. If you have to chase girls, be dependent on their whims, put up with their bullshit, fucking FEAR them then you've already lost. They have the power and the control. Because you have curled up into a little dickless ball and given it to them. You've given a grenade to a 5 year old with a god complex. WtF are you thinking? Thanks for making yet another crater that slows my morning commute. (Jk, only plebes commute - it's a metaphor.) Women only have as much power as we willingly hand over to them in a desperate pathetic hopeful sacrificial supplicative gambit to get some pussy. FUCK THAT. Pussy comes to me. Anything else and you're doing life wrong. Successful men get fucked. Without even asking. What are you doing in your life where that's not your reality?" - FeralRed

"NIGHT CLUBS are a SCAM. The clubs are designed to induce anxiety, and then sell you the solution to it: alcohol. What causes the anxiety? Loud music, crowds of people, darkness, weird lighting, lack of available seating, etc. etc. So, then they sell you overpriced drinks so you can "relax." They create the problem, then they sell you the solution. Many of the chicks are just dupes, selling their time for free drinks, but some are even ringers who get paid to go places and be seen to attract men. The club owners have photos taken of the hot chicks at their clubs, then use the photos to promote the clubs. Guys show up expecting to meet women that look like models. I could go on and on. Clubs exist only to make money for their owners, not facilitate successful romantic encounters. If they facilitated those encounters, their business would dry up, as everyone would be in functional relationship. - monsieurhire2

" How do you think strong wise men become great the first place? It's through difficulty and conflict. Conflict averse people don't grow. In fact that more risk averse they are the more stagnant they are. Women are the most risk averse and we all know about women here
at the Red Pill. Where you fucked up is you showed weakness by deescalating when he escalated. Oh sorry, where you looking for honest advice or a mommy to make you feel better? You want me to be your mommy?" - GayLubeOil

"For people trying to be James Bond." Masculinity through emulation is beta male masculinity. Emulating movie masculinity is downloading Goldberg cultural programing. Congratulations you haven't actually taken the red pill. Better luck next time." -GayLubeOil

"Hopefully now you understand TRP advice isn't about the girl, it's about you. When I give advice like that, it's not like I'm trying to assess the girl and whether or not she'll cheat in the future. I'm assessing you - what does it mean for you if you accept back a girl that burned you? What does that do to your growth? TRP is here to challenge you, to help you take the pain up front, to the chin, now. So rather than deferring your pain, you take it on the chin now - you go through the pain of breaking up now, and you begin the process now. My point is that even if she HAD been a good GF for a few months, even if she HAD not gone back to the exact same behavior... it STILL would have been a bad move to stay. Because what does it do to you to accept a girl back? It ing raines a cuck pattern in your mind, you get more practiced in rationalization and hamstering. This is why I don't try to tell these asktrp guys "she will cheat again". They won't believe it, they won't get it. I try to tell them "regardless of what she does, you will damage your own growth and personality if you take her back". It's not about what she does or doesn't do, you can't control that. This isn't to say we told you so or anything - it's more likely that now one day you'll be the guy trying to convince some dumbass or his friend or someone to not take back a ho. Or maybe you'll feel weak and want her back. But remember, it's never about what she will do. It's not about her - it's about you. You say "even though she really loved me" - maybe. Probably not, but sure, maybe. Does it matter? No, because the decision should never be about her, it should be about you." - Thotwrecker

"The problem with "TRP is about helping you actualize whatever life you want to live" is that when you are BP / low value / incel / beta / etc, you want retarded things. You don't know what you want, you just want avoidance of pain..." - Thotwrecker

"Being able to break it off is what most have trouble with, but keeping her shut out while you move forward with new women is a 'stage 2' where most guys fuck it up, because the new waahmiinnzz that you have acquired will make your ex go kookoo for cocoa puffs. She will do ANYTHING to get you back Into her vagina to fuck up your new relationship just to salvage her ego. If you fall for it, you lose. She'll try to ghost you afterward as she feeds on the drama of your new sexual interest(s) nexting you and flipping out altogether, which in her hamster-wheel mind, is enough to convince herself that she got the last word, left you, and made the right decision slotting you as a beta cuck single mommy product, just so she can eliminate the reality that she got dumped for being a ho-
gash in the first place." - Dmva100

"Guy asking if this is alpha or if that's beta," Stop looking for an authority to tell you how you think is ok. You could have used your own two eyes. - Rian_Stone

"You have nothing to gain from her. She has a lot to gain from You (your SMV, social value etc). Never forget that. You already have lots of girls and a good social life. In the end, forming relationships and becoming buddies is all just a transaction to most women." - Nonthaki

"If there is one fundamental truth here, it's that: Women are transactional. It's hard to explain, and requires specific situations to observe. But you will witness this fact, and remember it. Women are transactional by nature-- they have very little to provide, they exaggerate its value, and then expect you to provide that exaggerated value in return. This is their entire life strategy: setting up a one-way benefit flow. But they won't forget "how much" you owe them. - Mojo_juju

"The value of pussy. It isn't worth my dignity or self respect. It's only worth about $80. I really wish I could've shown 18 year old me that truth.** Would have saved me a lot of time and headaches. - Chazthundergut

"You are lazy which is why you didn't even bother to read the stickied posts here and surely not a single word from the sidebar, but most importantly it's why you are fat. Change your diet and start lifting." - Vandaalen

"I serve my own desires and naught else. I do not want to fuck women because hypergamy commands it, I want to fuck them because my cock commands it." - 88Will88

"If a woman tells you she has a boyfriend, that means one of four things; 1 - She has a boyfriend and is not interested in you. She is telling you about the boyfriend so you will know she's not interested and leave her alone. 2 - She does not have a boyfriend but is not interested in you. She is telling you she has a boyfriend so you will know she's not interested and leave her alone. 3 - She has a boyfriend, but is interested in you. She is telling you about her boyfriend so you know to be discreet as you escalate, and so that when you end up fucking her, it was all your idea and all your fault because she told you she had a boyfriend. 4 - She doesn't have a boyfriend, and she's interested in you. She is telling you she has a boyfriend partly because it's instinctive anti-slut behavior to try to ward off guys hitting on her and partly to see how you handle it. Telling guys she has a boyfriend is a
great way to weed out wieners who shouldn't get to fuck her anyway. The solution in all four situations is exactly the same. Shrug, tell her you aren't interested in hearing about her problems, and continue to escalate. If she's not interested in you, she'll give you a hard no, then you move on. Whether or not she actually has a boyfriend is completely irrelevant. - Archwinger

"Some girls justify cheating by "just" having sex with other guys. As long as it's "just" sex, without romance, kissing, etc., then she's not really cheating on her boyfriend. Because the thing that makes a boyfriend special is the romance. Sex can happen with anybody. So as long as she's only romantic with her boyfriend, he's special. He wins. She's not cheating. Right?" - Archwinger

"Sex is easy, and almost meaningless to women. Finding a guy willing to fuck them takes about 30 seconds. Relationships/romance are more valuable. So being romantic with a guy feels more like cheating than just fucking a guy. Because romance is what separates her boyfriend from any other guy. Any guy is a possible sexual partner, but her boyfriend is her romance partner. So if you follow that logic to its warped conclusion, as long as she has sex-only partners and no romantic partners, it's not reeeeeealy cheating since she's honoring the unique parts of what she has with her boyfriend and only really treading on the lowly common sexual stuff she could do (and probably has done) with anybody." - Archwinger

"A woman's biology is constantly seeking out the highest level male in the environment. A man's value is dependent on context within the environment.** Once a woman's perception (normally subconscious) believes she has ensnared a high value male, her brain will release a flood of dopamine to let her know that she's being a good girl in mother nature's eyes. To be a high value man today, it's simply enough to lift and have frame."" - KetoGainsMongoose

"**The fact that you think your biggest mistake is breaking frame after the second time she cheated on you just goes to show how much work you have left to do on yourself. Man, fucking pathetic. Seriously. How are you going to look yourself in the eye in the bathroom mirror and degrade yourself like this- dating a cheating girl who's sucking off her "best guy friend" while you stain your pillows at night with tears before going to bed. Get a fucking grip, kid. Dump this bitch and put your dick away until you know what it's for and how to use it. Quit rewarding and reinforcing your pitiful behavior with sex you don't deserve. Monk mode until you're actually somewhat valuable to the gene pool. We've already got enough cucks floating around." - KetoGainsMongoose

"It's biological mating strategy. Basic Evolution Men=Spread their seed Woman=Select best mate for breeding. Put 100 men on an island with 1 woman, she can only be
impregnated with one man's child. 9 months of pregnancy. Years of postnatal care. Put 100 women on an island with 1 man, depending how much viagra is on hand, could impregnate them all in a couple days. This is why a man wanting to have sex with many women is inline with his biology. Whereas a woman wanting to have sex with many men goes against her selective nature (A Hoe) - KeffirLime

"Alpha is all an illusion. It doesn't matter who is actually tough, or powerful, or cunning, or can get shit done. For mating purposes, it just matters what a girl believes. If she thinks you're a badass, you might as well be. If she thinks you're famous, you might as well be. If she thinks you're cool, you might as well be. You look at him and see a wimpy junkie loser. But junkie loser girls look at him and see a fearless rule-breaker who they just know is gonna be rich and famous someday." - Whisper

"Keep it simple. Picture an end state, achieve that end state. You know if your decisions get you closer to it, or further away. Then you don't have to ask if you 'did good' Just like the old PUA days. It's not about getting 'that' woman, it's about getting 'more' women. the Stay plan is the same as the go plan. From my own bias, if you assume the relationship is over, and she is just a sparring partner for you to practice for next time, it will help remove any covert contracts you have. - Rian_Stone

"This shit society is rotting from the core and if there should ever be something better it will surely not rise out of that pile of horseshit. It has to die first. Completely. All humans possess free will and they choose their path their own. They shall live with the consequences that come with it as well. Not my fucking job to heal the world. Fuck the world. I have been to the gutter. I haven't only read about my expendability. I have experienced it and it held one simple realization for me: Society does not owe me shit, but I don't owe shit to society as well. I don't give a single fuck about other people or "the world" and especially not about "future generations". Let them deal with their problems, I deal with mine. I don't even give a fuck if there will be any future generations or if humanity dies out. Don't think anybody will notice. And when the shit hits the fan, I will climb a steep hill, light a fire, undress butt-naked and dance around it. - Vandaalen

"**I have always maintained that if you are a guy in a relationship you always need to have one foot holding the door open if you want to leave. You have to be ready to walk away. If you are afraid to lose her then you are the one who is submissive and you lack power. Worrying if a girl will leave you is ONEitis and shows a complete lack of abundance, putting the pussy on the pedestal and a lack of leadership/frame." - 88Will88

"**You "communicate" this to your woman in two steps:
1. Being so high value she should be worried to lose you.
2. Showing her, through your actions, and with coherence, that you do not tolerate disrespect, and that your normal answer to disrespect is your calm but immediate removal of your involvement in the situation.

If a girl, at any point, disrespects you, it means you have already lost her. Because it means she believed that either:

1. You won't act on disrespect, or
2. If you do act, that you're worth losing anyway

If you're currently with a girl who disrespects you:

1. accept that the LTR is eventually doomed.
2. plan an exit strategy.
3. practice withdrawing your attention/time/involvement with every disrespect, as practice for the next girl. - Auvergnat

"It's essential to communicate "I am an attractive man with other options and you're lucky that I stick around", in a way that women actually understand and believe (and that means communicating with actions not words)." - MattyAnon

***Wish I had more, but looks like reddit deleted old saves."
Meta Rule: Be a narcissistic jerk -- or at least act like one -- even if it's not your nature. This facilitates everything else.

1. Take care of yourself first!!! You cannot count on anyone -- especially any romantic interest -- to stick by you if you get sick or lose your job. Therefore, do everything in your power to make sure you stay fit, healthy, and gainfully employed.

2. Women rate 80% of guys as being below average aesthetically (OKC survey). Therefore, do whatever it takes to get into and remain in the top 20%. Exercise and diet are priorities. If you have to "cheat" do so. weight loss surgery, TRP, cosmetic surgery, do what you have to.

3. Don't slack off even if you're in a LTR. She'll expect you to ignore her physical decline but she sure as fuck won't ignore yours. Going to the gym is actually more important for guys in LTRs -- they have more to lose.

4. Don't play her game -- being a strong male is way more important than cheap romantic gestures. She wants a strong Alpha not a fat sick Beta with roses.

5. Do not invest in any relationship with a woman until she proves she's worthy.

6. If she's externally motivated run! If she's excessively concerned about what her friends, colleagues, and acquaintances think she's not relationship material. This type of girl is expensive and never satisfied.

7. It's a good thing for a woman to have goals. However, talk is cheap, if a woman is all talk and hasn't actually executed she's not relationship material. Getting what you want takes work and sacrifice. If she has a history of not putting in the work and not enduring the requisite sacrifice to reach her stated goals she's not worth your time, effort, or investment.

8. Stay away from damaged women. If she's been abused and/or traumatized be empathetic but write her off as a serious prospect. Cold for sure but very important for self-preservation.

9. If her mother is an objectionable person run. If her mother is a dishonest, grasping, materialistic objectionable person run faster. We all know where this item is going.

10. If she claims to be nothing like her mother look for proof that she is indeed different. DON'T JUST TAKE HER WORD FOR IT!!! The proof must encompass a very significant amount of time and must involve serious effort on her part.

11. Stay away from women who claim they're "not like those other bitches". She's most likely either lying or deluding herself. If she has a history of being dishonest, greedy, and self centered she's just like those other bitches (if not worse).

12. Stay away from women who are always making excuses. Life requires effort to overcome obstacles. If she has a history of being derailed by minor obstacles she's not relationship material. This is especially true if she's otherwise smart and, therefore, could have, with a little effort, easily negotiated her way around or over life's little obstacles. Examples; (a) gets taken to the cleaners at the used car dealership because she never had a father to teach her how to buy a car -- especially bad when she works just two blocks from a Barnes & Noble with many good
books on how to buy a used car -- and let's not forget the internet; (b) never finished college because her family wasn't supportive and didn't go back even though advancement in her chosen career absolutely requires a 4 year degree at the very least -- especially bad when the degree she needs can be obtained online through a number of reputable universities (good state schools).

13. No agency or execution. If she only takes advantage of opportunities that fall into her lap she's not relationship material. Individuals need to act -- if you have a goal it's on you to take the action necessary to reach it. If the only reason she got an AA is because her welfare social worker told her it was either that or get a minimum wage job run. If she started a degree completion program through her employer but never followed up on her own when budget cuts terminated the program run.

14. If she has a history of substance abuse run! Even an eating disorder counts. If she can't control what she puts into her body how can she be trusted with anything.

15. If you want a Norman Rockwell life you have to choose a woman with deeply ingrained middle class values (i.e. internally motivated, strong work ethic, truly values honesty, willing to delay gratification ...). If her ghetto or trailer park background is just below the surface she's not relationship material.
They're all virgin neckbeards. Couldn't get laid to save their lives.

I consider it somewhat ironic on a meta level, that the people saying this don't themselves see the irony.

Recently we were deemed the most bigoted subreddit on this site. And of course the usual insults began to fly. We are, as everybody knows, just a bunch of sexless, angry, nobodies.

I'm hoping I've caught the attention of at least a few new people taking a peek to see what we're about. You're probably hoping to find evidence to support the popular opinion- that we should be chided or ignored.

The reason we are here and the reason we don't care about the insults are one in the same: Because joining the red pill did not start the insults, instead the insults started the red pill.

The irony sorely lost on the masses is in the call for equality, anti-bigotry, and whatever other causes your average social justice warrior stands up for. The public has doubled down and taken up the very weapons they decry. Shame and scorn against those they disagree with. Sexual shame in retribution for valuing sex. Smooth.

They say that we're wrong in our assessments, and then revoke our manhoods by commenting on our inability to get sex.

But they've got the order of operations down wrong.

I'm not going to deny that we have had trouble with sex. That is the common thread that brings us here. Using sexlessness to dismiss us is precisely the behavior that brought men here to begin with.

We were sexless. Our views and perspectives, our so-called "bigotry" did not lead us to a sexless life so you can conveniently dismiss our views. Instead, our sexless lives lead us to adopt these views as a last ditch effort to reach sexual success. And most of us stayed here when we realized it was effective.

**But life isn't all about sex! You guys are obsessed!**

Right?

I think it's pretty safe to say that most women don't really understand to what degree sex matters in the average man's life. He finds more than a physical release, he finds belonging and acceptance in sex. Sex for a man is knowing you are wanted. The fact is, for most of our lives, we've come to accept that we are not sexually desirable to most (or all) women. Our advances left us crushed and depressed, were treated as creepy or worse than murder. Our relationships left us broken or broke. Our marriages crumbled. If you listen to pop culture, and believe everybody finds their special somebody, then we must have been the outcasts.

The fact that commenting on our lack of sexual success is inherent in all public dismissal of us (virgin neckbeards) should help put this into perspective- even the feminists and social justice warriors of the world denouncing sex as that important have made our manhoods (and therefore rights to have or speak an opinion at all) entirely dependent on our access to sex. Why would being a virgin or a neckbeard matter, unless sex truly does matter to our manhoods?

I don't really buy the rationale that it does matter to be a man. But I do recognize that sex will still be
important to men nevertheless. And so here I support such a hypothesis, and behold, 102,000 men in two years have flocked. You can dismiss us, our views, and theories. But you cannot dismiss the common need and problem that brought us together.

I want to back up a little bit, and address the idea that we're social outcasts.

Now, you'd think, every gender and every group has their outcasts. Looking back at highschool, there were always those fringe groups that didn't quite get along. Some banded together in their unpopularity and played dungeons and dragons or wore funny looking clothing. So what's the red pill? Just a group of pimply-faced nerds who never learned to talk to women?

That's the problem here- the reason for our corner of the internet. It affects more than just the pimply-faced nerds, more than the short guys, more than the fat, the skinny, or the ugly.

The changes to inter-gender relations over the past 30 years have started to affect all of us.

You can see it in the declining marriage rates, in the studies that show dissatisfaction among both genders in relationships, the sky-high divorce rates, and the endless stories of custody battles and alimony cases. The school shootings and the male suicide rate, the gamer scandals, and presidential campaigns. The declining rate of male college graduates and the women who don't care. The single mothers, and the children who hate men.

We're not the sexless virgins. We're not the neckbeards.

We're fathers, firefighters, pilots, drivers, teachers, engineers, students, bankers, and entrepreneurs who are tall, skinny, fit, fat, good-looking, ugly, old, young, happy, angry, sad, depressed, and everything in between.

And we've all been affected by the changing environment.

And none of us found compassion, belonging, or empathy in the very system that gave us this shared experience.

Maybe we are bigots, maybe we hate women. Maybe we aren't, and maybe we don't. It's entirely superfluous to the point of why we're here. Attacking these points does not dismiss our existence, nor does it address it.

It's up to you how you're going to deal with this information.
College student Nikki Yovino, 19, sentenced to 3 years for falsely claiming sexual encounter was rape

1705 upvotes | August 24, 2018 | by MentORPHEUS | Link | Reddit Link

In 2016, Nikki Yovino had consensual sex with two football players in a bathroom at a party. The next day, she claimed she was raped, allegedly to impress a prospective boyfriend. The two students were suspended, lost their scholarships, and faced ostracism. It later came to light that she fabricated the claims, and has now been tried and convicted of making a false report. She was sentenced to 3 years, and will probably serve 6 months-1 year in jail then probation.

From the news story:
Nikki Yovino just doesn’t seem to get it.
The 19-year-old Long Island woman — who claimed she was raped by two Sacred Heart University football players, then admitted months later to police that she lied to impress a prospective boyfriend, then claimed on the witness stand she was forced to have sex without her consent. Until finally she pleaded guilty to criminal charges, admitting her deceit to a judge — stood handcuffed Thursday morning, rolling her eyes as one of the now former players poured out his heart in court. “I just hope you spend the time reflecting on what you did,” Superior Court Judge William Holden told Yovino, sentencing her to three years, suspended after she serves one year in prison and followed by probation.

Yovino agreed to plead guilty to two counts of second-degree falsely reporting an incident and one count of interfering with police, all misdemeanors, as the case was about to go to trial. She has already served three months in prison and likely faces another three months before she is eligible for release.

“This was not an easy charging decision for the state,” Senior Assistant State’s Attorney Tatiana Messina told the judge. “But with the evidence we had against Miss Yovino, we do believe this disposition is both fair and appropriate. Many true victims of sexual assault are often disbelieved, but that is because of cases like this and the impact they have on public perceptions. Miss Yovino’s actions are a disservice to those true victims, in addition to the two young men whose lives were greatly affected, and that was not something that could have been ignored.”

Yovino’s mother, the only member of her family there to support her, was kicked out of the courtroom after her cellphone went off.

Excerpted from Conneticut Post article

Takeaway lessons

- Hookups at a party are risky behavior, for questionable reward
- An accusation of rape is easy to make and difficult to defend
- The tide is turning; women are being held accountable for false claims more and more
- The wheels of justice turn slowly. The young mens' lives have been turned upside down for the last two years
The justice system can work, but it takes proaction and determination by the accused. If you don't do your due diligence, fail to follow up with prosecutors and lawyers, drop your efforts because of all the hassle, or accept a bullshit plea deal just to try to end it, then it's not going to go as well for you or for other men in similar circumstances.
How often do you hear women tell you the following?
"I haven’t felt butterflies like that in years."
"We shouldn’t be left in a room alone together."
"Wow, how do you do that to me?"
Master the triggers for sexual attraction outlined in this article, and beautiful women you’ve just met will make the above statements regularly.

There are five elements to creating an irresistible sexual attraction: 1. Intent 2. Tension 3. Eye Contact 4. Mystery 5. Sexual conversation. Fortunately, there are simple, practical tricks you can learn that will allow you to master each of these elements with ease.

Intent

Intent can be such a murky concept. Although it might seem like you’ll have to fine-tune your chakras or meditate in a cave to master intent, it’s actually a concept grounded in human psychology. Put simply, intent is your expectation of what is going to happen in an interaction with a woman.

Intent is mostly expressed in feelings. Humans evolved mirror neurons that allow us to feel what people we interact with are feeling. This allowed people to avoid dangerous situations, if someone had a bad intent, they could feel that something was off, and so they would exercise caution in that interaction. Similarly, if you are nervous, a woman will be able to feel that, and she will assume that you must be nervous for a reason, your intent will make her lose interest in you. Conversely, if you feel confidently attracted to her, she’s much more likely to feel the same for you.

So, if you expect a girl to like you, she’s more likely to become attracted to you. How do you learn to project a strong intent? No, you don’t need to align your chakras or meditate in a cave. You can build your intent through a technique that psychologists use to treat anxiety, conscious reinterpretation.

Harvard scientists ran a study in which they caused participants to feel socially anxious by making them give a speech in front of an audience. The first group wasn’t given any special instructions, and unsurprisingly their levels of social anxiety were high and their performances suffered as a result. The second group was given a very simple exercise to practice. Whenever they felt nervous, they were to tell themselves, “I feel excited.” They were instructed to reinterpret anxiety as excitement. The audience scored the second group as performing significantly better, and participants in the second group also self-reported feeling more calm and confident.

How do you use this to change your intent? If you are nervous talking to a girl, you can do exactly what participants in the study were instructed to do, tell yourself, “I am excited.” Over time, as you practice this, your anxiety will turn into excitement, and she will feel this excitement off of you, and therefore feel more positively towards you.

But you can take this even further, when a girl makes you feel anxious, you could interpret that as nerves, but you could also interpret that as sexual attraction. In fact, the feelings people feel when they are nervous and when they are attracted to someone are almost identical: butterflies in the stomach, fast heartbeat, and even sweaty palms. If you feel that these symptoms are a bad thing, they
will make you feel uncomfortable, if you feel that they are your body’s way of telling you that you should talk to someone, they will be positive. When you see a girl you like, and you feel the symptoms of attraction, tell yourself, “Damn, she’s attractive, I need to talk to her.”

One of the largest psychology studies of all time found that the most powerful trigger for attraction is the feeling of being genuinely liked by someone else. When you learn to accurately reinterpret anxiety towards a girl as attraction for her, you will allow yourself to feel more attracted to her, and as a result, she will feel more attracted to you. This is the power of a strong intent.

**Sexual Tension**

Negs, pushes, emotional spikes, are all techniques used to build sexual tension. Unfortunately, they are also the most misused techniques in the pickup community. I’ve floundered with these techniques many times myself, I would walk up to a girl I thought was particularly attractive, and I would start berating her with negs. I was overtly teasing her to raise my ‘perceived value’, and to make her feel a lack of validation. Suffice it to say, this didn’t build attraction, it just led to uncomfortable, and short, interactions.

Why? For any teasing technique to work, there’s an important nuance that must be understood. Before you tease, you and a woman must be in rapport for it to have a positive effect. If you and her aren’t on the same wavelength, aren’t vibing, than these techniques are meaningless.

However, if a girl is connecting with you, and then you strip her of validation, it will build a powerful sexual tension. To get her validation back, she will start to chase you. There are many lines you can use to make a girl chase you, for example, if she says she’s from California, you can say, “I hate California.” If you were already in rapport with her, this will feel invalidating, it will make her wonder if you really like her. This creates a psychological vacuum effect, to ease her discomfort, she will start to chase you and earn your validation back.

There are numerous effective techniques, the key is to only use these techniques after you’ve already built rapport with a girl. The power of this simple strategy will shock you.

**Eye Contact**

Eye contact can trigger attraction on its own. Famed evolutionary psychologist David Buss writes in his book, *Why Women Have Sex*, “In one study, forty-eight women and men came to a lab and were asked to stare into each other’s eyes while talking. The effect of mutual gaze proved powerful. Many reported that deep eye contact with an opposite-sex stranger created feelings of intense love. Another study had strangers first reveal intimate details of their lives to each other for half an hour, and then asked them to stare into each other’s eyes for four minutes— without breaking eye contact or making any conversation. Participants again reported deep attraction to their study partners. Two of these total strangers even ended up getting married!”

Eye contact is powerful, but how do you improve it? Whenever you are in a location with women, improve your eye contact with this simple game. Whenever you see a woman, look at her eyes, if she doesn’t look at you, avert your gaze after 3 seconds, if she does look at you, hold eye contact until she looks away from you.

Over time, this simple technique will lead you to make powerful eye contact effortlessly in all of your interactions with women. Your ability to create attraction will be significantly magnified.
Mystery

Like intent, mystery can be a vague, hard-to-understand concept. In high school I learned that it was attractive to be mysterious, and I heard that to be mysterious meant not to talk much. So, to become mysterious, I just didn’t talk to girls. Maybe this did cause me to create an aura of mystery, but I was missing the point.

To be mysterious, you simply have to make a woman curious about you, you have to leave her with unanswered questions. Mystery is attractive because it shows that you have depth, and women get bored of the constant barrage of uninteresting, simple, guys that try to get in their pants. Show that you are different, offer her some mystery, and you will trigger attraction.

How can you do this without learning complicated routines? Say one line that she won’t be able to get out of her head. Tell her something she doesn’t usually hear, something provocative, something that will make her wonder about you.

My personal favorite line to accomplish this?

“I bet you don’t meet a guy like me every day.”

This line has an insidious effect. It proves itself true, very few men would say something so cocky, and simply saying this line proves that you are different from other guys, because other guys don’t talk like that.

This line creates mystery, because she will wonder exactly what it is that makes you different? She will want to know why you would say something like that, she will want to know why you have so much self-confidence. She’s going to want to solve this mystery, and the only way to do so, is to spend more time with you.

Sexual Conversation

What happens when you think about sex? Assuming you don’t have some kind of dysfunction, you get aroused. If you talk about sex, you will make a woman more attracted to you because of a strange phenomenon called the misattribution of arousal. In the famous bridge study, participants crossed a nerve-wracking swaying bridge with a 230 foot drop to the river below. On the other side, they were approached by an attractive female lab assistant and given a short survey. Afterwards, she gave them her phone number so they could call if they had any further questions. Half of the participants called the lab assistant after crossing the rickety bridge, and several even asked her on a date.

This is in contrast to the participants who crossed a safer, more stable bridge, none of whom asked the assistant on a date.

This is because, like I mentioned earlier, the symptoms of anxiety and attraction are very similar. Participants who crossed a dangerous, rickety bridge were brought into a state of heightened emotional arousal. They were still in this state when talking to the attractive lab assistant, and afterwards they decided to ask her on a date because they thought their anxiety from crossing the bridge was attraction to the lab assistant.

Similarly, if you bring sexuality into a conversation, it won’t make a woman attracted to you directly, but thinking about sex will turn her on, and she will naturally associate her feelings of sexual arousal with the person she is interacting with, you.

How can you bring sex into a conversation without it being uncomfortable or awkward? Play the
question game. The rules are simple, you each ask questions of each other, the more personal the better. Questions can’t be repeated, and if either of you are uncomfortable with a question, you can ask to have it replaced with another question.

Tell her you want to play the game, explain the rules, and to start you can ask moderately sexual questions like, “What was your first kiss?” As the game progresses, ask progressively more sexual questions. Because it’s a game, nothing is off limits, and if you go too far, she can just pass to the next question.

The question game will allow you to comfortably bring sex into your conversation, and as she thinks about sex, she will naturally associate those thoughts with the person she is talking to, namely, you.

Conclusion

Integrate these five triggers for sexual attraction into your interactions with women and most women you meet will desire you. Women want to meet men who turn them on, but so few guys get it, so few men understand what really make a girl feel sexual attraction. These guys try to prove themselves with impressive jobs, nice cars, and big muscles. But women don’t want any of these things as much as they want a man who makes them feel good, use the techniques outlined in this article, and you can be confident in the fact that you will give women what they really want.

Master the Game Book (Dating advice that doesn't suck):
https://www.amazon.com/Master-Game-Practical-Abundant-Dating-ebook/dp/B06XV14VDN

The Blog: https://redpilltheory.com/

YouTube: (https://youtu.be/sC_FgKUqN2w)
You're not her top option

1692 upvotes | June 29, 2018 | by mallardcove | Link | Reddit Link

Are you sitting there right now, with your phone in your hand, your palms sweating, heart pumping, mind racing, about to make a post on AskTRP asking what you should text/say to a girl over social media or how to respond to something she sent you or said to you?

If you are ever having to ask yourself, or needing to ask others, "What the hell should I text this girl/respond with", or "How long should I wait to respond to this text" or anything that requires any thinking and planning in regards to texting her, chances are, you're not her top option.

When you are her top option, you'll know. There will be no doubt or guessing. The level of investment and attention she will be giving you will be off the charts to the point where its almost creepy or clingy. She will respond immediately to your texts, initiate conversation all the time, and always be available. You won't worry if she will respond or not. Escalation attempts/logistic arrangements are cooperative and accepted. Since you are at the top of her mind, its almost impossible to lose. You are all she is thinking about. When her phone vibrates or makes noise, she picks it up hoping its you.

You don't have time to sit there and wonder what to text her, what to say, how long to respond, how to escalate, or any of that shit. Because either she will do all the work for you and take all the guesswork out of it, or she will positively respond to pretty much anything you send her way within reason. It's almost impossible to do wrong in her eyes. It's like some kind of super cheat code has been activated.

When you aren't her top option, you'll know. You will feel like you are doing all the legwork. She will seem cold, standoffish or rationing her attention. She will take forever to respond to texts, if she responds at all. Her texts will be brief and to the point. You'll get wishy washy communication and answers. You send texts and such worrying she won't respond. Getting her to communicate with you will feel like you are trying to give her root canal. She won't respond to escalation attempts/logistics and ghost you or give you vague wishy washy answers, or worse, try to change the subject and act like she didn't even see it. It's because you aren't at the top of her mind, and therefore, not a priority for her. When her phone vibrates or makes a noise, she picks it up hoping its her top option, and its not, instead, its you, and she is disappointed. This leads to negative reinforcement in her mind(since she was disappointed it was you), and actually depreciates you in her eyes and makes it difficult for you to climb up the ladder and become her top option.
It's a night and day difference when you are and aren't a girl's top option.

You are sitting there thinking what to say, how to respond, how long to wait, and all of that because the frame is already set. You're not her top option. You're trying to figure out how to be her top option, failing to realize you are only digging your hole deeper the harder you try. It's not something you can negotiate, its not something you can do simply by texting her more and more.

When you aren't her top option, the best thing you can do is withdraw. I know it sucks, and it might feel like you are ending any momentum you may have had, but trust me. The more you communicate with her when you aren't her top option, the more pissed off she will get at you in her subconscious. She has a man in mind, and you aren't him.

When you are her top option, its blatantly obvious, you won't have to ask. It's easy mode of easy mode. There are really only 3 things you can do to hurt yourself when you are her top option:

- Self depreciation. I.E. typical beta behavior.
- Going full, 100% player. It's fine to go 90% player with her. But too much and she will not trust you.
- Loss of Frame.

Every single one of those 3 would be self inflicted if you are her top option. Beta behavior? Self inflicted. Going too much player? Self inflicted. Loss of frame? Since you're her top option, things are in your frame, so any loss of frame would be self inflicted.

That's it. You can do no wrong in her eyes otherwise, so it doesn't really fucking matter what you say, when you reach out, how long you wait between texts, what you do. Chances are she will do the initiating and the talking and the communicating and even the logistics arranging so all you have to do is not be a beta autist try hard and its you're golden ticket. Don't fuck it up. Easy easy easy mode when you are her top option is to say nothing at all and let your actions do the talking. You literally can't screw up at that point.

**BUT MALLARDCOVE! I'm not her top option right now, how do I become her top option!!!????**

Like I said earlier. **WITHDRAW**. I repeat - when her phone vibrates, when it makes a ringtone, she picks it up, gets excited and gets a dopamine rush, hoping its her top option. Then she sees that its you(not her top option) and disappointment washes over her brain. She then begins to associate you with disappointment each time this happens(negative reinforcement), killing your value in her eyes.

Withdraw, and game other women, try to find one who will actually appreciate you because you're her top option. Trust me. When you are her top option there is no stress or worry, its easy and care free. That sounds much more pleasant than stressing over some bitch who doesn't give a fuck about you.
BUT MALLARDCOVE, I don't want to withdraw. I want her.

Drop the scarcity mentality, kill your oneitis. find options, learn abundance. But I know most of you fucks won't listen to me, so I'll say this. Withdraw for 10-20 days, forget about her but keep her on the backburner, game other women, and try to send out ONE feeler text to see how she reacts. Chances are she's not into you, and you still aren't her top option, so you'll either get no response or a wishy washy one. If you do, put her back on the backburner, wait 10-20 days, forget about her, game other women, and do it again, but keep in mind there is no point in continuing this cycle. Because if you all of a sudden do become her top option, she will reach out to you. You won't have to go find her.

The only reason I put this here is because I have had limited success(keyword: limited) with the backburner approach before, but that's because I literally forget about these women, don't care, and game other women. So when I reach out to the backburner women, I give no fucks either way and eventually give up and 100% forget about her after 1 or 2 attempts. The backburner method doesn't have a high success rate, but the success rate isn't 0, which can add up to several extra dates/lays over the long run. The problem is that you fucks have scarcity mentality/oneitis, so you will not understand the core principles behind the backburner method and how to actually do it the right way, and you're destined to fuck it up. The backburner method doesn't fucking work if she's your only option and the only girl you are pursuing. Because if you are a chef only preparing one dish, putting that dish on the backburner is fucking stupid and makes no sense.

BUT MALLARDCOVE, just because I am not her top option, doesn't mean she isn't into me, right?

When you aren't her top option, she absolutely isn't into you. Women get oneitis just like men. Yes, they have men on the backburner themselves and backups, but they are not into those guys until they are needed(invisible).

The thing is, women are programmed to focus on one guy, because that's how women evolved. That's why oneitis in men is inherently a beta/feminine behavior, because men evolved to spread their seed across several females.

Women don't give a fuck about you when you aren't her top option, and it will be perfectly clear. Even if she tries to string you along and make you an orbiter/LJBF/friendzone, she doesn't give a fuck about you outside of what's in it for her and what she can extract out of you. She might be attracted to you, but she isn't INTO you unless you are her top option.

BUT MALLARDCOVE! I just got her number, you see. You don't expect me to be her top option right away, right?

Obviously it may be a bit of a stretch to be a girl's top option right off the bat(if a girl is anywhere remotely attractive, she'll have at least a dozen of viable male options in her stable at any given moment). But there is only one way to find out. Hit her up. See how she responds. Like I said, you'll know. I've had girls be into me and be their top option right off the bat. It does happen. You might
need to build a tad of rapport over 3-5 message exchanges, but it can happen if you are attractive enough with a strong enough frame. If she's not into you, everything I have written applies. Withdraw, game other women, put her on the backburner, and if you become a top option for her, she'll reach out.

IF THERE IS ANY DOUBT ABOUT WHETHER OR NOT YOU ARE HER TOP OPTION, YOU AREN'T.
The female dating strategy sub inadvertently proving redpill theory correct. Oh the irony.

1665 upvotes | February 25, 2020 | by RP_Throwaway_4U | Link | Reddit Link

So I’ll be the first to admit that I get curious. Sometimes like to see the perspective of the other half, and since FDS is basically the redpill “equivalent” (I use this term lightly, that sub is a shithole) of TRP, I check it out from time to time. Lo and behold, they prove our point for us.

Currently there’s a pinned thread telling women how to detect “Big dick energy”, meaning how to detect if a dude will be good in bed, which basically translates to “high smv dude”, there’s a list of signs to look for and things to avoid, and i’ll go through it point by point and translate it, showing how it proves RP theorem true.

> The men that I found were skilled in bed ALL had these key traits in common:

>They were always pretty athletic indicating good energy and a desire to improve / maintain themselves (I know this might be negotiable for others- but this was my experience across the board). I could make out their physique before the top was off

TRANSLATION- Hit the gym and get in shape motherfuckers, a fundamental principle of TRP. Literally the first point listed is also the first thing instructed to noobs on asktrp.

>They had a quiet confidence- inspired curiosity/sexual prowess- not bending over backwards being corny and desperate or trying to neg me (they knew better than that, indicating they don't struggle with women, insecurity or suffer from a lack of options/rejection). Neither did they have something to ProVe.

TRANSLATION- Abundance mentality and outcome independence, classic sidebar material.

>They had lively energetic characters- knew how to shmooze the room with little effort - a natural charisma. Tell it how it is kinda people- without being a condescending asshole overstepping the mark. Playful, light-hearted men....again indicating they're not some resentful bitter insecure depraved gormless incel that hasn't been laid in 6months. Even if they're more on the stoic side- they still have a good sense of humour/charisma shining through. There's a level-headed temperament to them.

TRANSLATION- Cocky funny, natural banter kind of guy, stuff that men on here are constantly taught to be when interacting with a women whom you're sexually interested in. Social adeptness too, another high smv trait.

>They were witty and fast on the ball- they could ping my sarcasm back at me at the speed of light without any whiff of fear (This is a VERY big giveaway indicating intellect/sharpness and ability to learn fast). Basically they didn't resent my (often blunt) sharp sense of humour and borderline insults poking at them- instead they humoured it and bounced it back in good nature- again showing they don't have a fragile sense of masculinity, aren't insecure and are used to dealing with confident women. This of course made me wonder why they're NOT thrown off so easily or having some butt-hurt response- hmmmm curious! With disappointing men- there's always a hint of resentment behind that- like they think you're too cocky or they're just a little thrown off (THEY SMELL FEAR they may disappoint).

TRANSLATION- KNOW HOW TO IDENTIFY AND PASS A SHIT TEST. This one should really
go without saying, its funny, you really couldn’t make this shit up.

>They were good at reading me fast and what I like. They'd sometimes finish my sentences or guess my reply, like 'I knew you were going to say that'. Or they'd suggest something I would be into and guess it correctly. Observant and intuitive, indicating they read body language well.

TRANSLATION- Social awareness, what more do I have to say?

>They weren't thirsty, or awkward- they took it at my pace and knew how to read signals and when to strike. They definitely will NOT escalate crude sex talk fast if you met them on an app- these men know you're gonna want to sniff them out first and can hold interesting conversation but they may drop a few compliments here & there: they're not rookies going to scare you off or become borderline insulting. They know better than to do that. Plus they also want to sniff you out for chemistry. They were still respectful and waiting for me to give them the sign, that way they knew I wanted it. Respect is key here- competent men know not to force themselves where they're unwanted or harass you- they have enough confidence not to act desperate. Again- big sign he's experienced with women, respects boundaries and knows what they expect from him. respected in order to feel comfortable and trust him in the bedroom.

TRANSLATION- Again, outcome independence is crucial pillar of solid game, as well as being able to read and respond to IOI’s.

>They were assertive but not in an overly brash belittling kind of way. They had a natural instinct to take charge. They did NOT need instructions to be told to do something. These men have a certain level of intelligence to pick up on that without you needing to indicate. They leap to action which has some kind of hot protective guardian vibe, like they can keep watch for you. INSTINCT is the key here. They sensed when I wanted something doing. Again this translates to the bedroom as they'll know what they're doing and be enthusiastic to do it. They aren't shy or hesitant and will communicate directly. There's no hassle or tension indicating things will run equally as smooth in the bedroom.

TRANSLATION- “We want a dominant masculine man to take charge and lead/escalate.” Here at the red pill we are instructed that as the MEN it is our duty to be the one in control of the interaction when dealing with women.

>They were not lazy 'chilled' 'laidback' 'I like taking the easy, familiar route' kind of characters. They had a zest for life which gave off the vibe they led a satisfying life which is attractive and not lacking in some dept. It indicated they like keeping up pace and variety- not letting their life get dull, monotonous or boring. They are passionate motivated people, usually have a decent career/ interests, like travelling and are pretty upbeat. They have interesting things to talk about, and some depth to them (someone with depth /eager to improve will do their homework on how to please women)

TRANSLATION- “We like men who have a strong sense of purpose and a desire to live a high value life to the fullest.” TRP encourages us to find our mission in life and cultivate an interesting lifestyle and hobbies, live such a lifestyle and women will be a byproduct.

I honestly wouldn’t be surprised if one of you motherfuckers was just pretending to be a woman and typing this up. Regardless, this goes to show that TRP is truth, straight from the horses mouth. Do with this what you will.
Saw TRP in Action at my Job; I Buy it Now

1663 upvotes | September 2, 2017 | by halfback910 | Link | Reddit Link

Started browsing this sub a while back. I thought a lot of the theory was interesting, made mental notes, and was on the lookout for confirmation in daily life. I found it some three months ago.

I am not an "alpha". I'll be the first to admit that. I'm active, fit, successful, but when it comes to straight out pissing contests, I generally lose. "Winning through sheer confidence and aggression" has never been my MO and likely never will be. Indirect confrontation is where I tend to thrive.

I got promoted about a year ago to more or less running the inventory and data analysis for my employer's global operations. Essentially a stand-in for our VP of operations specifically when it comes to inventory management and analytics anywhere outside of our home office. That means Hong Kong, Germany, Oceania, and other smaller outfits' inventory programs answer to me. The other 40% of my job is doing what I've always done: Inventory analytics for my product category in our domestic market.

Everything was going really well. I brought Germany, Hong Kong, and the rest of our global inventory into order (it was a shit show, everything is fine now). But it was tough to make people see the value I created in the home office because they didn't "see" me doing it. Numbers can only say so much to people who don't work with numbers for a living. Then about four months ago I find out that our VP hired a new analyst to focus "on e-tail". Totally blindsided, didn't even know they were interviewing. What makes it more problematic is that a lot of the forecasting I do is for e-tail. So whoever comes in is at least partially going to be absorbing some responsibilities from me. Still, not the end of the world because I have a ton of shit to do and am working on transitioning to a more global role.

But then I actually meet the guy. Total fucking Chad. Tall, incredibly sexy, built, cool, collected. You name it. I am immediately threatened, but force myself to reserve judgment because I have a tendency to snap judge people. My coworker, another analyst, tells me she despised him the second she met him. I even cautioned her to wait to judge him because I've been the new guy before and I know it can suck.

He has not been there three weeks, doesn't even know how to navigate our ERP and forecasting system properly before he starts talking about how he's going to "elevate" the forecasting. Big fan of that word, "elevate". He starts going through my forecasts and changing them. For those of you who are not familiar with being an analyst, changing an analyst's forecasts is akin to "fixing" a table that another carpenter made. It's essentially you telling them you don't think they're good at their job. And if you do it, you had better be fucking right.

My coworker and I are perhaps the only two people at our company that understand statistics on a fundamental level. She and I looked at the forecast adjustments he had made on my items and, just by glancing at them, immediately knew this kid was a fucking idiot.

The problem was, he presented himself so well and was such an alpha etc. that everyone else loved him. The men were buddy buddy with him almost immediately (he was so good at talking about sportsball) and every woman in our department save my friend were throwing themselves at him. I thought these were rational people. NOPE. The second a hot guy shows up, they go weak in the knees and forget me immediately. My friend told me that he had tried to talk shit about me to her, not
knowing that we were super tight (We get drinks like every weekend and recently became business partners in our side venture. I was at her grandson's christening.). So it was obvious that this son of a bitch was gunning for me. Which was unfortunate because he was pretty hot and fun to look at.

He talked about his kids and wife to anyone who would listen, but I didn't care. I knew I had to get rid of him even if it meant putting his kids in the bread lines. So I started using logic and my knowledge of statistics to explain in our meetings why his ideas were wrong. Big fucking mistake. He just interrupted me and made stupid jokes at my expense and everyone laughed at me (particularly the women) because they don't understand the statistics or the numbers. They're morons. They don't get when the numbers are explained to them. They need to see it. It didn't matter that I was 100% correct, right? He would just try to make me look like an ass and a nerd.

The only way to get rid of him was to let him fail spectacularly and publicly in a way that he couldn't blame on anybody else. So I stopped reviewing his forecasts, knowing that it would cause us to be out of stock for some of our largest customers. I put in vacation time for three weeks about three months in advance, knowing almost exactly to the day when we would be out of stock, because unlike him I'm actually good at what I do.

I went to France and had two and a half glorious weeks with a guy there whom I am very attracted to. We saw the sights around Marseilles. All the while knowing that the clock was ticking. And then, on a Thursday, it exploded.

We were out of stock on thirteen of our largest moving items. Customers were calling to complain. Shit was hitting the fan. Who changed the forecasts to be so low? Oh, it was Chad. No matter, we'll have the other analyst fix them. Oh, she's out sick with a sudden and inexplicable illness? (She was actually at Six Flags, I believe; I had given her a heads up the day before) I guess we'll have to call that nerd we laughed at back early on his vacation to fix Chad's mess. His ticket isn't scheduled for another four days? Fuck, I guess the company has to fly him back here at our own expense because he needs to be here today! There are only first class seats available on such short notice? That's pricey. And we need to pay him for his vacation time.

I came in like a bat out of Hell, made a huge show of having to stay late to "fix this mess". I didn't point any fingers. His name was all over the forecast adjustments, so I didn't have to. He meekly offered to help me at one point. I asked him "Don't you think you've helped enough already?"

Before I went home at about 9PM that night, I sent the owner of the company an email detailing, in dollars and cents, how much this fuck-up had cost him. At the end of the next week, he was gone, all the while talking about his wife and kids. Wife and kids, wife and kids. You know who cared now? Fucking nobody, that's who. They smiled and wished him luck and got away from his desk as quickly as they could, the women included. Typical. Fits right in with women avoiding injured males. He was damaged goods now.

Not only was I still here, but I had been given a bonus for my efforts plus being compensated for my vacation time. Turns out you totally can put a price on another person, and in this case the price was a hair under two grand. So in a sense, I owe Chad a thank you because getting him fired helped me fund my retirement slightly sooner while keeping me in vodka and blow.

Chad taught me valuable lessons: Don't tolerate for a second someone moving in your turf. Don't trust people to be rational. And I taught Chad a very valuable lesson too: At the end of the day, money talks, you stupid cunt. Welcome to the jungle, I hope your wife and kids have to go on SNAP, fuck you and the used Camaro you rode in on.
I now absolutely buy TRP, hook, line, and sinker. I never thought all the people in this department were my friends, per se, but I thought they at least trusted my judgment. But no. The only person who saw value in what I did was the only other person who also did it for a living and was basically my best friend, so she shouldn't count. The second an "alpha" showed up, all bets were off and I was chopped liver. Great lessons all around.
Australian trial finds POSITIVE bias towards women in employment, government stops trial...

1658 upvotes | July 30, 2017 | by 4nt43us | Link | Reddit Link


The Australian Government recently released a study done by world leading Professor Michael J. Hiscox (Professor of International Affairs in the Department of Government, Harvard University) about gender biases in Australian Government Employment.

The purpose of the trial was to increase the amount of women in senior positions of the government by de-identifying applications for senior positions in the Australian Public Service. We all knew what was going to happen. Turns out, when the CV or Resume is de-indentified, more men are employed than women, and women are FAVOURED in employment over men when their gender appears on the CV. The Australian Government (which is full of cucks) has decided to stop the trial because it was not helping women have more representation in the senior positions of the Government workforce.

Excerpt from study:
"We found that the public servants engaged in positive (not negative) discrimination towards female and minority candidates:

- Participants were 2.9% more likely to shortlist female candidates and 3.2% less likely to shortlist male applicants when they were identifiable, compared with when they were de-identified.
- Minority males were 5.8% more likely to be shortlisted and minority females were 8.6% more likely to be shortlisted when identifiable compared to when applications were de-identified.
- The positive discrimination was strongest for Indigenous female candidates who were 22.2% more likely to be shortlisted when identifiable compared to when the applications were de-identified."

Good luck trying to find this reported or discussed in the news anywhere. The SJW mass media and government has suppressed this study massively.
A few weeks ago I was standing on an underground escalator and did that thing where I turn around to watch all the bored people behind me as I slowly rise backwards into the air and feel like I’m in some kind of dystopian movie cutscene.

As I turn I’m greeted by the face an older woman. She’s standing right behind me on the step below, and notices me turn around; looks a bit puzzled about it. Of course it’s kind of a weird thing to do to turn around on an escalator, I don’t blame her, and I can’t just ignore her presence as if she’s not there, we’re standing uncomfortably face to face. Hey don’t blame me she broke the escalator etiquette of leaving one step in-between each person. We have those rules for a reason man.

Okay so she’s not that old, like middle age, but I’m young so she’s out my range for women I can comfortably hit on. I can tell that back in her time she must have been a real looker, wall hasn’t smashed her too hard yet, nice hair and makeup, but I can see the tiredness of a long office day in her eyes. It’s kind of awkward though and I’ll look like more of a sperg if I don’t say something.

So I say “Hi”.

She’s very suspicious of me. Of course, I got that whole fuckboy thing going on.

“Hello” she says.

“You’re very pretty” I say.

Her eyes light up, then her mouth follows, into a big, toothy smile.

“Um, thank you” she stammers out, blushing. She seems very surprised yet pleased by this. Her face looks younger and softer.

“That’s all I wanted to say-bye”.

I walk up the remainder of the escalator.

She laughs hard and then says “bye” too.

As I hop off I sneak a glance behind me and she’s still beaming like a happy child, smiling to herself.

When I got home I had this tremendous sense of satisfaction with myself, a wellbeing that followed me into a pleasant dream and a happy morning. It felt great.

So I did it again.

It was an underground train, and a girl hopped on in what seemed to be a cosplay. Had a blue wig on and the pleated schoolgirl skirt and the zettai ryouki; had she been older I would have been all over that shit but actually probably not because I still have mad anxiety with hitting on girls on public transport… everyone’s watching and can hear everything!

But I remembered what happened the day before… what if I just… complimented her… and didn’t
hit on her explicitly?
The idea that I’m not actually after anything and there’s no possibility of rejection at the end because I’m not gonna request anything off her was absolutely freeing… so I spoke to her as the train stopped into the next station.

“Hey, I like your cosplay”

She blushes. “Um, thanks”

“Who’s it supposed to be?”

She told me an anime that I didn’t know, and that she was going to a photoshoot, stuttering the whole time.

It’s cute when you can make girls malfunction like that.

I was going to say something else but then the train started moving again and the Jubilee line wails like the grinding gears and billowing winds of hell itself. So we waited, awkwardly, in silence, while people around snuck glances at us. We reach the next stop.

“Well, have fun at your photoshoot” I say, as I hop off. This stop was actually mine.

“Thanks” she says back, looking kind of upset I was leaving.

Once again, easy peasy. I was kinda bummed I didn’t get her number but she was also a bit too young and that wasn’t the intention anyway. I just wanted to make her happy. I bet her photoshoot went much nicer and her smiles were much brighter in the pictures.

And it didn’t cost me anything. In fact, I probably got just as much out of it as she did.

Looking back, if I set out with the intention of actually closing on her, I know for a fact I would have hamstered myself into pussying out. “Not in front of all these people” I would have said. “She’ll think I’m creepy”, I would have said.

But this… this was practice…this was benign, no ulterior motives. And in fact I just proved to myself that it actually would have gone well and she wouldn’t have gone super bitch-mode and girls aren’t that mean and strangers aren’t that scary.

I remember whenever my ex-LTR would get hit on by Incels and pickup artists she would come home beaming and tell me about it immediately. We’d laugh about their cringey lines together but I could tell she loved it because it was the best compliment she received all day.

Women love compliments. They feeeeeeed off of them. They live for them. They want them all the time.

But compliments from friends and family come in thick, and they can be disingenuous, or repetitive. Does she really look pretty in that dress or is her boyfriend just trying to get head later?

But a compliment from a stranger? That’s a real compliment. There can be no other reason for it except that it’s genuine. Getting hit on or stared at by random dudes is a huge life-giver to a lot of women… because it tells them that they are objectively attractive, attractive enough to meet the criteria of strangers on the outside world, attractive enough that a dude literally broke social
convention just to tell her “that dress really suits you”.
It makes her day. Quite literally. It will bring a skip to her step and she’ll go to bed thinking about it, a small highlight of an otherwise monotonous life.
So why not do it? Why not bring some happiness into the life of a stranger, and yourself in the process? It feels good to make others feel good.
And it’s good practice, especially for those of you who are still having trouble with cold approaching.
Go cold approach a girl and tell her you like her shoes, or she’s just so pretty you had to say something, or “hey, sorry I can’t stop staring at you, you’re beautiful”… and then just leave.
Over time, after the first few nervous failures, you’ll get used to just approaching random girls, and you’ll find out that a lot of them, more than you would expect, are very kind and take it very well.
Eventually you can learn to extend these into actual conversations, and then a number, and then a date, and then a marathon fuck session.
But it all starts with having the balls to compliment a stranger.

So let’s go over the benefits:

1) **Kills Approach Anxiety**
Immunises you to talking to strangers. You get used it and realise it’s not that bad.

2) **You realise most women are kind**
Teaches you the majority of women respond positively to strangers speaking to them and aren’t rude about it.

3) **You realise rejection isn’t that bad**
Some will be bitchy, but who cares, you weren’t trying to pick her up… and then you’ll be fine and you didn’t die after… hmm, maybe this rejection thing is kind of okay. Maybe some people are just rude or having a bad day and it reflects nothing on me…
Plus then you get to reverse her once you leave and think like “ha, you were bitchy but I was actually just being nice how does that feel huh?” Good shit.

4) **Abundance mentality**
Do it once a day, or whenever you feel like it, and you’ll quickly realise there’s a huge amount of very pretty girls everywhere and maybe your one-itis isn’t the only beautiful woman to ever exist.

5) **You did a good thing**
And most importantly, it spreads happiness and good intentions without asking for anything in return; yet you will reap the rewards in Karma, almost instantly.

So try it, for me, and yourself. Make her day.
Bouncer tales

1615 upvotes | August 9, 2018 | by alphasquatch50 | Link | Reddit Link

I am a high school History teacher by trade, but this summer a guy who owns a large bar/pool hall/dance club asked me if I would be interested in bouncing. I am a pretty swole old guy who is good at diffusing conflict, so I said I would give it a try. I worked every Friday and Saturday night this summer and have seen some redpill truths confirmed. Examples include:

Chicks have different “rules” for guys based on their appearance. I have had females insist that I forcibly remove unattractive guys who barely touched them only to let “hawt” guys finger-fuck them on the dance floor two songs later.

Chicks use alcohol as an excuse to act slutty. Yes, drinking lessens inhibition, but I have seen girls start acting inebriated, and slutty, before they finish their first fireball.

Thirsty dudes are just sad. To watch the poor guys who are there every weekend buying drinks and going from rejection to rejection and even being laughed at, is depressing. Meanwhile, muscular well-dressed dudes often only have to nod to broker a deal that’s easily closed.

Girl’s night out is a myth. Last Saturday night a group of girl, most of them wearing rings, celebrating the forthcoming nuptials of a friend, showed up and soon began giving lap-dances to the regular Chads. As God is my witness, I saw the bride-to-be sneak out to the parking lot with a well-known MMA fighter only to return in about 30 minutes looking flushed. I’m not sure what they did, but wouldn’t be surprised if semen was involved.

Girls can get away with sexual assault. Even though I am half-a-century old and gruff, I get propositioned in the most vulgar ways every night, am constantly being “twerked” and have even have my penis grabbed a few times.

Drunk dudes think they are Mike Tyson but are more like Steve Urkle. Examples of this truism are too numerous to mention. Don’t fight, but if you do, it probably shouldn’t be after a bottle of Grey Goose.

Have fun guys.
Calling your wife/girlfriend fat, now officially domestic abuse in the UK. Punishable by 5 years in prison.

1615 upvotes | February 18, 2016 | by [deleted] | Link | Reddit Link

**tl;dr:** "Psychological abuse", another broadly defined term that you can go to prison over.

I'm not making too long a post about this, it's just a rant to get the word out asap. There's also a good post from a couple years back when the law was only being proposed.


Naturally the law is bullshit, that'll never be used against women, despite manipulation being their everything. "Honey you don't make enough money." this kind of comment won't be considered and yet "Honey, you're getting too fat." Will be considered abuse, even though both comments could be said by either sex. You might thinking I'm crazy, but really, I was just watching women's TV, because I slept in late because of a cold, went and had my breakfast and lo and behold a DV "victim", complained about her husband of 8 years, literally it was him insulting her appearance and his general disapproval of her "Getting dressed up and going out with the girls", regardless of what he said, because honestly it sounds like something the feminist narrative write. Even then she just left, but now in hindsight it was DV.

Ultimately all this is down to feminism, money, globalism et cetera

I'm just gonna quit while I'm ahead and am not too angry.

On a positive note, here is Erin Pizzey, she created the first domestic violence shelter in the modern world, because she was concerned with DV itself, as opposed to man-hating feminism, it's a good video to watch and she's a genuinely lovely person.

**Lessons learned:** Brits need to think about expat, need to leave the west behind, if you're white go to a country that white worships, which is pretty much most of Asia.

**EDIT:** Here is the link to the video I watched this morning, 1:40 they ask her what was the psychological abuse she suffered, that in her words was worse than the physical violence, the answer is he insulted her appearance, how she managed the children and the house, and going out with friends.

Here is a link to the official government document.


The cross-Government definition of domestic violence and abuse outlines controlling or coercive behaviour as follows:

Controlling behaviour is:a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence,
resistance and escape and regulating their everyday behaviour.

Coercive behaviour is: a continuing act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.”

The perpetrator and victim have to be personally connected when the incidents took place—meaning that at the time the incidents took place they were in an intimate personal relationship (whether they lived together or not) or they lived together and were family members, or they lived together and had previously been in an intimate personal relationship. It is not necessary for the perpetrator and victim to still be cohabiting or in a relationship when the offence is reported as long as the incidents took place when they were “personally connected”, and after the offence came into force. If they were not personally connected, or the incidents took place after a relationship/cohabitation, the stalking and harassment legislation may apply.
Hey guys...here to help

I have been in the game or "red-pilled" for 8 years now.

I was a virgin going into college and read "the game" and an ebook about college game on the internet. Forget the name.

Anyways I got laid here and there but struggled with women throughout college and was generally awkward and socially unaware.

I think the turning point for me was about a year after college, since then I've slept with over 100 women some were gorgeous and some were complete dogs and I don't say that lightly. Had a few relationships along the way as well.

Anyways, enough about me - here are some simple tips I think would help out a lot of you in there.

1. Women are not inherently evil. It's not their fault.

They are fundamentally different than us. Their brain has a different chemistry, and it's not their fault. They are the more vulnerable sex, and their brains have evolved to maximize their ability to survive and reproduce.

They will always look for a man who provides them with status, safety, and security, while secretly or overtly desiring the alpha male - I don't think I need to explain what an alpha male is on here.

There will always be someone better looking, braver, manlier, more successful, wealthier, or better looking than you. Accept that if your wife or girlfriend encounters this man she will be extremely attracted and her instincts will scream at her to sleep with him.

Once you accept this fact, and come to peace with it - you will have a much healthier appreciation for women and most importantly an inner peace.

1. Every woman is different, Every woman is the same.

Don't treat a girl like a robot. They are human beings. They are extremely different in their interests, goals, passions, desires, idiosyncrasies, etc.

However, much like we are all attracted to a beautiful face with perky tits, a tight ass, and a nice body (for the most part), just about every girl craves an alpha male, whether they admit it or not.

From the moment you first lock eyes she is testing you.

If you think you have her in the bag and let your guard down, she will notice, and will treat you accordingly.

"The game" is never over, it's always on. Women constantly test us to figure out who we really are, in order to differentiate the real you from the person you outwardly present yourself to be.

Even after you have proven yourself to her, she will constantly "test" you to make sure you are still that guy, and haven't lost your edge. (This applies more to long-term relationships than one night stands)
1. Judge her by her actions, not her words

Do not hold a woman to the same level of honor as a man and do not expect her to keep her word. A woman lives and dies by her emotions. She may say "I love you" on Tuesday, and feel completely different on Saturday night, depending on your behavior and her emotional state.

Take what she says with caution, many times she is simply trying to illicit a response or manipulating you into doing something that is favorable to her and detrimental to you.

Women are masters of emotion. If you succumb or react to her getting angry, upset, or vindictive, she will subconsciously sense weakness and question your ability to provide for and protect her.

Remember, this is not her fault, she is usually not consciously aware or trying to do this to you, it's merely instinct.

1. Do not swim against the tide.

Make things as easy as possible for yourself. It is true that there are exceptions to the rule, however why make success with women an uphill battle, sport, or egotistical endeavor?

If you are 5'4 you will be most successful with shorter women.

If you are just starting out and don't have much experience, go for the cute girl taking shots with her friends at the edge of the bar instead of the supermodel sitting with her posse in bottle service.

6's and 7's can often be a lot more fun to hang out with and sleep with than perfect 10's. In fact, they usually are. The hottest girls are often not worth the headache.

Have good grooming, work out, dress nice, and take pride in your appearance. There is such a thing as trying too hard, and I think we all know what that looks like, don't be that guy. On the flipside, there are plenty of out of shape assholes who smell like whiskey and dress like shit - and still get laid, but the chances are if you are reading this you are probably not that guy.

Try to drive a nice car, have a nice place and have a decent job - that doesn't mean you should flaunt it or use it as a bargaining chip. Honestly you should do that for yourself, but of course it improves your attractiveness.

1. Play the numbers game

The more girls you talk to and date the less you will be concerned about each individual reaction and the girl will absolutely pick up on it.

Remember, our natural instinct is to sleep with as many girls as possible in order to create as many offspring as possible. If you are attempting to hide, apologize for, or suppress your natural feelings as a man she will sense that you are not a sexually fit man and that you will sacrifice your dignity and resources in order to date and have a chance to reproduce with her. Again subconscious and not her fault.

When you are single, always keep a dialog with multiple women, and when in a relationship make sure to constantly talk to and surround yourself with attractive women. Never let a girl feel that she is your only option and that you are desperate to keep her...once she feels that she controls the relationship she will start treating you differently, attraction will fade, and she will leave you at the first opportunity.
1. Girls just want to have fun

Of course there are exceptions, but the average girl just wants to feel safe, be taken care of, and have fun.

If you take dating too seriously or give the impression of actively focusing on your dating life, it will signal a lack of options and a sense of desperation. Take what comes to you, you don't need to sleep with every girl on the first date, you are allowed to be yourself, and not every girl is going to like you, whether you like it or not and no matter how good your game is.

Just some practical advice I've gained over the years through successes, painful experiences, and plenty of trial and error.

One last thing, no one's perfect. If you slip up don't freak out - girls realize that we all make mistakes and no one is perfect. They care more about who you are inside over the long run. They will look over a occasional breakdown or episode here or there if you are a quality guy.

P.S. One more thing. You don't have to have a pornstar dick to please a woman. But learn how to do it right and drive her crazy. She will keep coming back for more. Unfortunately there is no substitution for practice. A steady girlfriend is not the worst thing ever.
Übermensch Mode

1602 upvotes | April 12, 2018 | by Heathcliff-- | Link | Reddit Link

This post will be long, it's a fucking novel. In fact I almost hit the 40,000 reddit character limit. There is no TL:DR, this information is all relevant and connected, it will not make sense to split it into multiple posts. If you need to, take breaks and read it in parts

PART 1: PHILOSOPHY

TRP is not just about women and sexual strategy.
Sure, it may have started out that way in the manosphere, and may have been the initial purpose of the subreddit when it was created: a place for men to vent about their women troubles, share notes, and collectively construct a system to help each other navigate the sexual marketplace.

Very quickly though, we realised that the AFC struggles with a lot more than just women. In fact, his problems with women are just a symptom of a much larger disease.

We discovered that teaching weak, depressed beta males to become real, productive men was the real trick to getting women. We're not pickup artists, we don't put on an act and learn lines and fake being attractive in order to get the ladies, instead, we encourage men to actually become attractive, physically and mentally. After that, the women fall into our laps effortlessly. It's not that complicated is it?

So a better system was created. We encourage you to exercise and build a great body, we encourage meditation, mindfulness and philosophy. We tell you to find a mission and dedicate yourself to, discover your purpose in life.

TRP has become the reddit space for men who are committed to self actualizing.

Metamorphosis
We attract a lot of losers here, depressed betas, sad soyboys, fat midlife crises-ers; and for good reason. These losers are men who are deeply unhappy with their lives, and are looking for guidance and support; some way to pull them out of their hole.

And they find it on TRP. For the first time in their lives, there are some answers, there are real truths to life. They're sick of being lied to and pushed down by the bullshit peddled since childhood, they want to be MEN but they don't know how.

And here are some real MEN, showing them. There is cause for rejoice, finally a community of driven, disciplined and successful people.

So the depressed beta follows the advice and his life magically starts to improve. He finally has the body he dreamed of, and he enjoyed working hard to achieve it; people treat him better and he feels more in control of his life; everything is going great at work or school, and most importantly of all; he's finally started to get laid, with the kind of women he could only dream of while he masturbated as a kid.

He begins to climb Maslow's Pyramid. He starts by fulfilling basic needs, he eats and sleeps better,
and he builds a healthier body. Then he starts getting laid and having real, intimate relationships with women, and males to, he makes good, close friends. This is incredibly important, and is a reason why Incels are so pitiable; intimate relationships are imperative to our growth as humans. There is no such thing as a "lone wolf alpha".

And so he keeps climbing, he starts to gain some prestige and confidence and feel like a real person. But still, and surprisingly, our new "alpha" is unfulfilled.

He still feels empty on the inside, in fact, even more than before. He gets all the pussy he wants, but it's meaningless. It's not as fun or interesting as he thought it would be. He has more money and more toys, but this doesn't really interest him anymore. He might be doing very well on the career ladder, but feel totally un-invested in his profession.

This is because our new "alpha" has yet to reach the final stage of his purpose as a man: Self Actualization.

There was a post on asktrp a few days ago from a guy with exactly this problem. His life was going great and he was getting all the pussy he wanted, but he still felt like shit. Still felt like he had no purpose, no direction in life.

That's because he didn't. He was going through the motions of what makes a successfull man, but with no end goal in sight. No true mission.

We teach men here that without a purpose in life, without a goal and direction, a man has no meaning. Your purpose could be anything: maybe you want to be the best at a sport, or a famous youtuber, or filthy fucking rich. Maybe you want to be the next Alexander the Great, or Hitler... or Kanye; maybe you want to die for a cause, give your life to your religion or country. Or maybe you have more realistic and practical aspirations; you want to pull your family out of poverty and remove them from your shithole thirdworld country and settle in the first world.

But without a goal in mind, without a direction, you will wonder through life and waste it without realising. What are you going to accomplish? How will you be remembered?

Win the Game

I outlined in a recent post my idea that life itself can be split and compartmentalized into multiple minigames. You win the Game of Life overall by winning the other games. You win these games with micro and macro plays: You wash your hands so you don't get disease and lose the Game of Health a micro play; you also lift and take care of your body for the same reason, a macro play. You cultivate a great Social Media profile to win the Game of Power. You study at university so you can get a god paying job so you can win the Game of Money; but there are other ways to win that game if you want, hustle, invest, deal drugs. Whatever, we all have different strategies to try and win our games. Some work, some do not.

Your purpose as a man is to win this game. You were put on the earth for this reason. Everyone is competing and we don't have a choice; failure is death and collapse into nothingness, success is existing for a few more millennia (as a genetic entity in your progeny, or as a memetic entity in your ideas) and telling entropy to fuck off.

The depressed beta is losing the game of life. That is why he's so sad and hopeless. He may not
realize it on a conscious level, but his subconscious definitely knows. It compares his current ranking
in the game with those around him, and assesses whether he is winning or not. And when he realizes
he's losing, the beta falls into a spiral of despair and gives up. There's no point continuing anymore,
he thinks. I've missed the chance, might as well just kill myself.

This is why high school reunions can be so juicy, or painful. You are comparing your results to your
peers, people in the same socio-economic class as you, with roughly the same starting position and
opportunities. So when you see that some guys, who were basically the same as you when kids,
managed to rise far further than you did, you get sad about it, or pissed off at yourself.

It's sad, because a lot of men do not realize that they are playing this game, not until it's too late
anyway. They coast through life thinking it's all chill and there's no real pressure to succeed, and then
they crash hard halfway through when they realize this is wrong and they wasted a lot of time and a
lot of opportunities. Sometimes, it may be too late for them to do anything about it. A lot give up and
settle into a sad, mediocre existence (and infecting their kids with this attitude, hence perpetuating the
cycle). Some give up and kill themselves (male suicide rate is astonishing for this reason). The brave
ones say, fuck it, I'm not going to waste the time I have left, I'll attempt to WIN anyway (this is a
mid-life crisis).

Because winning is the only option. Winning is what you're here for.

Fuck being 'happy', that's just another myth pushed on us to make us content with mediocrity. You
are better of being a sad and angry WINNER than a happy and content LOSER. Nature does not give
a shit if you are happy or not. Do you think the men at the top of the world are 'happy'? Absolutely
not. There lives are messy and dramatic and stressful; but these men are Winning, and this gives
them purpose and reason to continue. This is the drug they snort, success.

And in fact, you are descended from a line of WINNERS. Every single one of your ancestors was a
winner, down to when you were just a damn amoeba. They all survived and spread their genes, they
all made offspring and continued the line, all the way down to you, the loser reading this on his
computer screen. The kind of shit your ancestors had to do to survive would shock and horrify you.
You are descended from soldiers who killed their enemies with brutality and glee, and then raped
their women. You are a descendant of murderers and rapists, of people who committed genocides. You
are also a descendant of those who survived genocides, a descendant of slaves. There are women in
your ancestry who were rape slaves their whole lives, and these women pushed through it all and
survived so you could be here now. We are all descended from slaves and murderers.

So, you do not have the comfort of being an average loser. You do not have the freedom to be an
incel and die in your mothers basement or to a drug overdose. To be a failure, right now, is to spit in
the face of every single person in your genetic line who struggled through hardships you could not
even imagine in order to give you this life. This isn't your life, you do not own it. You carry the
burden of every single one of your ancestors on your shoulders.

Do not fuck it up.

"But Heathcliff, I'm short and balding and ugly and -hamster hamster hamster".

Fuck, so was everyone else in your family. The shortness you got from your father, well he had it too,
and he managed to fucking get laid to produce you ungrateful bastard. The "bad" genes that you
complain about are all genes that survived up until now, your great-great-great grandparents had it
too and they managed to fucking win regardless. You do not have an excuse. You can't do anything about it. Heck, your bad genes aren't really that bad; the truly bad genes never survived up until this point, they died to entropy centuries ago. Your genes are fine, you're just a pussy making excuses for your failures.

The men who win the Game of Life all have one thing in common. They realize they're playing a game, and they tackle this game seriously and with every fibre of their being. They all have the same mindset, and in fact, in order for you to truly get your ass out of the chair and start winning too, you must adopt the mindset.

And it's not a new one, but it's one that a lot of us have lost.

The overwhelming Fear of Death.

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**Death Pressure**

When I was 11 years old my father was diagnosed with cancer. As a child, I watched my dad, the greatest and most powerful man in my life, a god in my eyes, degenerate into a yellow sack of failing organs and pain. My dad, who could lift up the sofa with one hand, kick a football all the way across the park, and play with electrical sockets like they were toys. Over the course of a year, my father crumbled into a bedridden mess, was destroyed by his own body, tortured by the chemo, and disintegrated into nothing. At 36 years old.

Only now that I'm older do I realize how fucking young 36 years old is. He did not even get the chance to live half a life.

And this took a massive toll on my childhood psyche. It wasn't conscious at first, but now I understand that I behave the way I do because of this.

I have a crippling, horrifying, but healthy fear of Death. I understand just how short life can be, how it can be stolen from you at any moment, and how we do not have the luxury of pissing it away. Life is a gift, it is not yours to waste.

Death Pressure is real, and is the primary driving force behind the actions of the men who rule the world, and the men who rise from nothingness to be great. These men all have a terrible fear of death, and mediocrity. To be an average loser for these men is akin to Death itself. We've all heard the stories of the person who has almost died but survived; be it an accident or illness, and suddenly they are a different person, tackling life in a way they couldn't even conceive of before. They have had a taste of Death, and it terrified them.

So I've always tackled life at 100%, knowing that I may be killed or succumb to illness at any moment. And I see the hurting eyes of the men in later stages of their lives, the eyes of those who realize they've lost the game, and I vow NEVER to be that man. I try to milk as much experience and meaning from my days as possible; whether it means fucking the prettiest girls, doing the hardest drugs, travelling to the most astounding places; or creating, writing for the people around me, leaving my mark on the world, and ascending humanity.

Fuck being a loser. Fuck being a prole. Fuck being a slave. I live my life as the Ubermensch.

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It is your job in life to succeed and win the game, and become the Higher Man, the best version of
yourself.
We all have the capability, but very few of us actually do it. The vast majority of us are too fucking lazy, scared and weak to ever even attempt becoming something other than a fat, mediocre bastard. Self-Actualizing is hard, if it was easy we could all do it. It's a fucking struggle, and it's your struggle; but you can and will achieve if you stop fucking around and dedicate yourself to it 100%.
I managed to do it, I'm operating at max capacity right now, I know I will turn out a great man, especially if I continue on this trajectory.
But I used to be a fucking loser. The worst fucking kind of loser. I was just as bad, if not worse than a lot of you guys who've already given up. Later on in this post, because I am never ashamed of talking about my shortcomings, I will give you a taste of what my depressed Beta day looks like, and what my Ubermensch day looks like.
But for now, I want to give you all some actual methods and techniques in achieving Ubermensch mode; because I hate when an article gives you a call to action but doesn't show you how. Here is how I managed to ascended into demi-god levels of productivity, there's obviously lots of information out there on how to do this, but this is how I personally tackle the problem, and some of these ideas I have not seen discussed before

PART 2: METHODS

Efficiency Principle
You are a cell. The cell takes material from the outside and converts it into useful material for itself. The cell aims to be as efficient as possible with it's actions; any waste, any inefficiency will be punished by nature. The cell competes with other cells, and so the inefficient, lazy, and wasteful cells will always lose to cells that operate closer to 100%.
The cell is always trying to optimize it's usage of time, energy, and resources. The closer to 100% the cell can get, the better it will do in the world. It is a mortal sin for the cell to be wasteful.
The efficiency principle is the mechanism in your head that governs the little ways you go about the world. You finish your bowl of cereal, instead of getting up and putting it in the sink immediately; you leave it on the table and tell yourself "I will take it with me next time I enter the kitchen". This saves you an extra journey, kills two birds with one stone, and conserves your energy (yet we still fucking forget to do it, every single time). This is a natural, intuitive thought and we all have it. The Efficiency Principle is what makes the dishes pile up in the sink, with the knowledge that it is better for your time, energy and budget, to wash all the dishes at once instead of individually. The Efficiency Principle is what encourages you to set-up a meeting with your buddy if you happen to be in that part of town, it's convenient, you don't have to go out of your way because you're already there.
The efficiency principle is what makes you fucking rage and despair when you lose all your work because your laptop died or accidentally closed your tab (because you're an idiot and didn't save). All that time and effort, completely wasted, nothing to show for it. This is a mortal sin for productivity, and a grave wound to your day. When you're with a girl for 10

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years and break up, the efficiency principle is what makes you feel like shit about it even if it was the right move; all that time and effort wasted on a venture that amounted to nothing. In fact because of this, some people won't break up even through problems; it seems like the smarter thing to do to push through it then to have to start again from scratch.

Beware of being hijacked by this principle and making fallacious mistakes like this; but always be aware of it in the back of your mind, you will feel happier and better about yourself should you act efficiently in all your actions. This leads into the next point

**Dead Time**

*Dead Time* is any time not spent growing or recovering.

Time, in essence, is the only real resource you have. It is finite, and wasting time is the worst thing you can do for your development as a human. You will always lose to those who are efficient with their time. The winners in the world make sure that their entire day, to the second, is filled with effective and productive time use.

*Dead Time* is any time you spend not building yourself, or recovering in order to do so. I'll give you some examples. You're on Stronglifts 5x5 and workout Mond/Wed/Fri. Tuesday and Thursday are not wasted days, they are days you spend recovering and building muscle, to train on these days is detrimental. This is not dead time.

But if you begin skipping workout day, days in which you are refreshed and capable of building; you are in *Dead Time*. It is time that could be useful literally dying in your hands.

You bust out a massively stressful day at work, but you achieved a lot. You get home and pump on the netflix and watch 4 episodes of Peep Show. This is not *Dead Time*. You are recovering from the hardships of the day, you are taking a breather and healing yourself.

On the weekend, you wake up refreshed and ready to tackle the day. Instead you continue to watch Netflix. This is *Dead Time*, you are not recovering from shit, and the task isn't useful. You are replacing a useful thing you could be doing (maybe lifting, cooking, stuyding something) with an unproductive task. You are murdering time.

This one isn't hard to get. Your task now is to assess your day and try and realize how much of your time is really spend in *Dead Time*, scrolling reddit or fucking around. I guarantee you it will be too much, and you can cut it down.

**Day of Rest**

This doesn't go to mean that you cannot do the things you enjoy, or that you don't deserve a break. You do, it's very important, but schedule your breaks. Every single religion and culture in the world has a concept of a "Day of Rest", a day where you just stop, take a breather and relax for a while. This is an important human foundation. Use this day of rest as a cheat day, on this day, allow yourself to do the shit that you know is bad for you during the rest of the week, get it out of your system and scratch the itch. If you want to fap, go for it, if you want to smoke weed or drink, do so, if you want to binge netflix or play videogames, go ahead.

As long as you keep these things compartmentalized to this one day, the day that you allow yourself to sleep in and eat takeout, the urge to indulge later on in the week will diminish.
You'll also find, as the weeks go by, your day of rest will start to become less indulgent too, and even a little bit productive without you realizing. My day of rest is on Sunday, and I used to smoke weed and play videogames to wind down; now it doesn't really interest me at all; instead I do my laundry and read the books I don't have time for during the week.

**Progressive Overload**

This is a trap that many guys fall for, myself included.

"Tomorrow I will be a different person, I will do everything I need to do. Tomorrow is the first day of the rest of my life"

It never lasts. Jumping straight into different habits all at once will have you crashing fast.

You are so desperate for immediate results you will hurt yourself and damage any progress you're making by going too fast.

Gradually adding different habits over time, solidifying initial ones before moving onto new ones, that's the only way to do it.

No one says "tomorrow I will deadlift 300 pounds, tomorrow is the first day of my powerlifting career" when they've never even set foot in gym

You will not be able to jump straight into running half marathons, studying 8 hours a day or cooking like a professional chef. You need to slowly ease into it.

I started out by just getting my diet sorted first. 3 good meals a day. Once I did that, exercising was easier, and I became disciplined with that. Once I was exercising properly, sleeping 8 hours each night was inevitable and easy. Once I could sleep, eat and train properly, meditation was an easy next step.

Take them one at a time and build on them like a pyramid. Add or improve on a new skill each day, one a day is enough. I guarantee you, progress will be faster than you think, and sometimes exponential. I was unable to even study for 30 mins the first time I sat in front of my books. The next day was an hour, then I could bust out two. I'm on four at the moment, and I'm trying to work my way up to 6. I know my limits.

**Extended Cognition**

At school, I learnt of a concept known as **Extended Cognition**. The idea is that you are not just the product of the data stored inside your head; rather, any data that is "you" stored in other places is also you; any tools that you use to navigate life are also you.

The watch on your hand is YOU, it is a part of your being. It is a tool for navigating the world just like your legs and arms are. A pad of paper with a "To Do" list is also you. It doesn't matter whether the "I need to do this today" concept is stored in your neurons or on the pad, it is still a part of your being. Your glasses, another organ, just an extra set of
corneas, makes your perception better.

The calendar that you use to track the days, that is you. Your cell phone, a massive brain upgrade, a data bank used to store all the information and memories in an organised and compartmentalized way, that is you. You store your memories in your brain, but also as images on your phone. You store your ideas in your thoughts, but also as notes jotted down in an app.

Successful men use all the tools at their disposal to extend their being into the real world, increase their data capacity and recall, and organize their life. They use diaries and calendars and apps and lists and even secretaries to become more cognitive, and warp the world around them much more powerfully.

I'll give you an example: I learnt the hard way that whenever you have an idea, you must write it down immediately, because you will NEVER remember it later. You might remember that you had a cool idea, but you won't remember what it was, and it will frustrate you massively. After losing too many genius thoughts to this, I started immediately writing them down on my note app on my phone, an extra brain I carry around with me. In fact, this post was sparked by a thought I quickly jotted down. Without this extended cognition, I wouldn't have written a lot of the posts that have done so well and changed the lives of guys on here. Right now, my evernote app has 10+ potential TRP articles I intend to write, with short brainstorms, that I come up with while I'm commuting or lifting or sitting on the toilet. You never know when genius will hit you.

**Meaningful Dopamine**

So I'm gonna get flack for this post because it's so fucking long, but I don't care. I enjoy writing this shit and I know there are plenty of guys here who will read it all, and then go back and re-read it again. It's for them that I write, not the lazy assholes who are only here for masturbation.

In fact, you may have noticed I've recently been pumping these posts out like muslim babies. I've been writing a lot, and for good reason.

I am addicted to it. I love every aspect of it, I enjoy the writing, I could do it for hours. I enjoy sharing my ideas and arguing over them, and like an addict, I enjoy more than ever that little orange envelope telling me that someone has read and acknowledged my work.

These are my dopamine hits, and the only ones I allow myself to have.

I used to get my dopamine fix from video games and masturbation and social media and weed. I eventually cut that all out. This is what is known as *cheap dopamine*. Dopamine you did not have to earn, dopamine that is limitless and overindulgent.

This cheap dopamine addiction is fucking you up, truly it is, it's the scourge of our society remove all sources of cheap dopamine from your life, it is a drug you must ween yourself
But you still need dopamine, it’s important for your growth and general well being. Where do you get it from though?

**Generate your Dopamine from Meaningful Sources**

Your dopamine should only ever come from the things in your life that give you meaning and help you grow. Once you stop overindulging in the drug, even a little hit will be enough to brighten your day. Take a walk in the sun, you instantly feel good. Finally master a song you've been practicing; ride that wave for a week. Beat that PR in at the gym and you feel on top of the fucking world.

Find what you love and use it as your dopamine source; you will become addicted to the drug, yet indulging in it will *help you grow*.

At the end of a long day, if I've studied enough, lifted, done all the things I need to do and am feeling beat, instead of sitting in front of the TV, I fire up my computer and write for theredpill for 3 hours. I lose myself in the work, enter *Flow*, proofread a few times, and then hit the submit button.

And every orange mail box telling me "hey man you just put so many pieces together for me, you're a great writer" or even "lol ur an autistic faggot" is enough for me to feel like I've earned my place in the world and I'm making a difference. And my writing improves with every post I make. I am growing, and enjoying myself while doing so.

Find your meaningful dopamine well, and tap into it

**Flow**

I can write for hours, in fact, it's been almost 5 hours since I started this very post. I literally haven't stopped typing since then, vomiting out the words as they escape my fingers, like a man possessed. I have not stopped to check social media, or my reddit messages. I have not taken any breaks. Pure, focused *Flow*.

If I could study like this I'd be a fucking genius, but sadly I cannot.

*Flow* is the magical mindframe you get when you lose yourself in something you love. We all *Flow* for different things, for me it's writing and playing my guitar. I can go for hours and not even realize it. Others flow while playing sports, or while solving problems under high pressure in their career, or public speaking, or poker.

We all have different *Flow*, yet we don't all make the most of it. This is super important, because the things you *Flow* with are the things that will be help you succeed at life.

Find what makes you *Flow*, and dedicate your life to it. You will have a much more meaningful life pursuing the things you love and are good at. If you have a career you hate,
or are even just ambivalent about, yet a hobby you Flow with very well, then maybe you should consider a swap.

PART 3: EXAMPLES

I'm going to finish off this post with a description on how I carry out my day; mainly to brag, but also to give inspiration. I'm not operating at full capacity yet, but I'm almost there. If you're still here by now, here's your reward.

Yet I used to be such a fucking loser it's shameful. I'm not embarrassed to talk about my fuckups though, and I think it's important for great men (like me) to be open about their shortcomings, it teaches those who have no faith in themselves, and those full of self-hate, that it's entirely possible to achieve and rise like we did,

This is what my life looked like when I was at the lowest of my lows.

**Depressed Losermode**

I wake up around 11/12, dehydrated and feeling like absolute shit. I am hit instantly with the overwhelming need to smoke, but the bed is warm and I don't have the energy to get up. My first fap of the day is achieved through imagining me fucking my one-itis, the little morning testosterone I have allowing me to get hard without porn.

I scroll through reddit on my phone for roughly an hour and a half, and then facebook for a while. I don't have instagram or snapchat, but if I did, it would probably add another hour or two to my morning session.

Eventually the need to smoke is too much and I pull myself out of bed. I roll a joint (with too much tobacco) and smoke it by the window. I don't get high, instead I simply revert back to a "less shit" mode from my "really shit" mode. The weed is very quickly rejected and I rush to the toilet to throw up, but my stomach is empty and I dry heave for 10 minutes. My body still thinks I threw up though, and so floods me with the "post puke" endorphins. This plus the THC is the only way I can feel high anymore.

I immediately smoke another joint, and then contort myself onto the sofa. My second fap of the day consists of me hitting up gonewild or amateur porn subreddits and wondering what it would be like to fuck some of the girls on there.

I put something on netflix but it's not stimulating enough, so while I "watch", I play games on my laptop or my phone. I do this for the next 4-6 hours, stopping only to roll more weed.

In order to achieve my third fap of the day, I have to watch teenage girls get gangbanged or do shit that makes me mad. I get angry but horny and manage a few spurts of cum. It doesn't even feel good, but I've removed the itch to fap and that's all that matters.

At some point I start feeling very very ill and realise it is around 7pm and I have yet to eat anything. I drag myself into the kitchen, which has piled up with dishes. I have no bowls, so I wash a bowl, put the kettle on and make some instant noodles. I'm so hungry it tastes like the best thing I've ever eaten. I use the same bowl for cereal afterwards, and smoke weed to make the most of the sugar rush. This is my meal of the day.
I get through 2-3 grams of weed throughout the day, smoking it like cigarettes. I play games and watch Netflix until it's around 11pm, where I migrate to my bed and continue there. The creeping urge to masturbate returns, and my fourth fap of the day consists of me beating my soft dick trying to make hard. I browse around for more fucked up porn, but the whole shit/piss thing still disgusts me, and the porn only works for about a minute before I get bored. I eventually resort to watching women fuck animals (what a fucking blackpill that is) until I'm angry enough to dry cum, this takes roughly an hour or more. I fall asleep playing a game on my phone. The next morning I wake up feeling like death. Repeat. For two fucking weeks. Sometimes I remember to shower.

What fucking hell that period of my life was. I lost pretty much all my muscle and weight, 2 years worth of progress, and could not even bench the bar when I eventually returned to the gym. Once I pulled myself out, I vowed to never, EVER, return to that point again. How fucking pathetic. Laugh at me all you want, this was me for a while. This is me now.

**Ubermensch Mode**

My alarm is set for 6:20 but I wake before it, as I have every day these past few weeks. I immediately open the curtains and let the light flood the room. I lay in bed contemplating life for about 20 mins before I get up. My phone is charging in the other room, nowhere near my bed. I make my bed immediately, fighting entropy as the first thing I do. I down a glass of water, then hit the shower immediately. I start off warm because I'm still a pussy, but gradually shift it to ice cold by the end. I stand under the ice water and count to 22. Yesterday was 21 and tomorrow will be 23.

Once dry, I have my first breakfast, tea, yoghurt and fruit. This stimulates my appetite. I then take Vitamin D and C, Zinc, Cod Liver Oil, 5-HTP and Lions Mane Mushroom. I then begin cleaning my flat; there isn't much to do because I keep on top of things mostly. Fuck off entropy. I then wash my dishes from the night before and use that time to think about the day ahead and reflect. Once I'm done, I do my Wim Hof breathing exercises for 10 minutes, then meditate for 10 mins.

I then write my to-do list for the day. I do this every morning. If I do not, I forget what I need to do. I don't use fancy apps or trackers or anything like that, a simple list is enough. At the end of the day, I count up what I managed to do vs what I intended to do, and give myself a percentage score. I aim to always be above 60% minimum, with 80% being a goal.

Once I'm done, I either blast music loud to get myself pumped or put on a podcast. I cook my second breakfast, depending on what I'm feeling. I enjoy cooking and plan my meals on the whiteboard I have in my kitchen, writing down the meals I know how to cook (otherwise I forget) and ordering what I'll cook on what days.

I have my breakfast, which is never less than 1000kcal, and a protein gainer shake with creatine, almost another 1000 calories and then pack my bag for the day. I then practice my guitar for roughly an hour. I do this in the morning so I can avoid the morning commute rush, and also out of respect for my neighbors. I return late in the evening and it is unfair to them to be playing at that time.
I leave for school, and commute the 30 mins to my university. At school I first stop by the chapel and spend 10 minutes absorbing the numinous and constructing the rest of the day in my head, more meditation. I then hit the library and go over everything I studied the day before, using questions I find online to test myself on the material. I do this for an hour.

I then hit the gym and lift for roughly an hour. I do 5/3/1 with BBB and other accessories. I shoot the shit with the management, and gym bunnies stare at me as I deadlift. It feels good. Easy, meaningful dopamine.

After the gym I have a snack, and then study new material for 2 hours. I use the pomodoro method and do 4 pomodoros. I then hit the school cafeteria and have lunch, replying to my reddit comments as I do so. After that, I study for 4 more pomodoros, and then heat up the leftovers from yesterday and answer more reddit messages.

Once I'm done I travel 30 mins to my tutees house, and I teach a 16 year old girl basic chemistry for $60 an hour. I teach her for 1.5 hours. She hangs on every word I say and keeps touching the inside of her thighs, and fiddling with her hair/neck. She started off failing miserably, now she's top of her class. How convenient...

I travel home during rush hour and hate it, but distract myself with chess against the computer on my phone. I lose a lot.

I get home at roughly 7pm, and relax for about 30 mins. I then cook a meal, whatever I had planned at the beginning of the week, and I really enjoy the act of cooking itself, the precision timing and the aesthetics and the art. I eat my meal while browsing reddit. At about 8 pm one of two things happens. I either sit in front of my laptop and write a long ass reddit post, vomiting all the ideas that I came up with throughout the day OR I get a pussy delivery and a plate shows up at my door (pre-planned). I fuck the plate or fuck the minds of TRP readers for a while.

The plate has two options, she either leaves and goes home, or she stays with the knowledge that my bedtime is strictly 10pm and I'll be getting up at 6am in the morning. Most leave, which I prefer, I need the alone time, and I only need her for sex anyway. Some decide to stay, and I wake them up with sex in the morning and make them do the dishes.

Before bed, I write in my diary and drink a glass of Casein. I note anything interesting or out of the ordinary that happened, and any insights throughout the day.

Around 10 I hit the sack, I attempt to read but am normally too sleepy; I never read as much as I'd like to. I fall asleep immediately and without realizing, I do not lie awake at all.

Repeat, for the past month.

This is how I live my life now, and I fucking love it. I feel so on top of things and massively in control. I feel like I'm living at maximum potential, a real fucking superman. I am the happiest and most fulfilled I have been in my life. I probably won't be able to keep it up, and will crash at one point; but I have been giving myself rest days and not being too hard on myself when I fail, so getting back on the horse won't be hard.

I would like to hear, from Vanguards and Endorsed Contributors, their own accounts of their Ubermensch days in the comments. I'm sure some of you operate so much better than I do, and I'm genuinely interested in what kind of people you are.
In Conclusion

Hopefully this post has given you a taste of what it is like to be a Higher Man and the philosophy and mindset needed, and hopefully, along with the methods I set out, you are inspired and able to emulate this mindset and in your own lives. We all have the capability to do so, we just need a push to become the best we can be, super fucking human.

I think back to my father, and how much he achieved in his life before dying. Did he win The Game of Life? Was he just a loser who died too early and fucked it up for his kids?

My dad grew up on a farm in a third world country, they shat in holes and had a well for water. My dad had to live through communism. He hiked to school across a mountain every day, and got himself a place at university, and then the army as an engineer. He found himself a beautiful but BDP girl, and had a kid with her, but she stillbirthed. So they tried again and had me. Eventually the communism and the war was getting too much, so he smuggled himself out of the country and into the UK. He didn't get caught. The dude, with an engineering degree, cleaned toilets and sold furniture while earning his accounting qualifications; and brought his family over. He moved them from a shithole flat in an immigrant-crime neighborhood to a rented house in a quiet town, to eventually, saving up the money for a deposit on a real house. Then he got cancer.

My father lived two lives, surviving poverty and communism and rising high in the ranks, and then starting from scratch in a foreign country and still fucking bossing it, his climbing speed was tremendous, almost exponential.

I was always so baffled by my father during the last few weeks of his life; he was so chill, so accepting, so stoic. I couldn't understand why, the dude was collapsing into death. But now I get it. He was a winner, through and through, and he knew it. He knew that he achieved tremendously in his life, and that his kids would turn out great. My dad died with a smile on his face.
After hours of research, I had found what I thought to be the perfect pickup line. I walked up to a beautiful girl and said, “Hey, I thought you were cute, and I had to say hi.” She smiled, said thank you, and we talked for a couple minutes until she paused and said, “It was nice to meet you,” and walked away. I never saw her again.

I’ve read dozens of books teaching men how to attract women with lines, tactics, and tricks. But after 10 years in the game, thousands of approaches, and yes, a good number of “lays” – I’ve found that attracting women isn’t something you can force. In fact, the harder you try to get a woman to like you, the less attractive you will be to her.

When that girl from the above example rejected me, I could have blamed it on the line I used. But truthfully, no matter what I said, the result would have been the same. This is because attraction isn’t something you do, it’s something you are.

Of all the times I attracted a woman, not once did I attract her because of some technique I used. Every single time, I attracted her because of who I was.

There’s a saying, “The self is always shining through.” Basically, no matter how hard you try to “make a girl like you” using some tactic, it won’t work because using a technique to attract a woman is in itself a form of overcompensation.

We only use techniques because on some level we don’t believe we’re good enough by default, so we try to make up for our inadequacy with a line or a trick(1).

I can’t teach you how attract a specific girl using techniques, but I CAN teach you how to be an attractive man who naturally draws women in.

There’s no quick-fix. Becoming the most attractive version of yourself requires that you invest both time and effort in yourself. But the end result is easily worth it. Over-time - by following the 4 tips in this article - you will become exponentially more appealing to the opposite sex.

How To Be An Attractive Man Key 1:

Develop your Self-Confidence

It’s no secret that self-confidence is attractive, but what is it, really?

If asked, most people would say, “Self-confidence is belief in yourself.” And that’s true, but there’s a key component missing in that definition.

Self-confidence isn’t just belief in yourself, it’s the belief that everything will turn out okay when you attempt something.

Self-confidence doesn’t mean you expect every girl to like you, it simply means that you’re okay with the consequences of taking a risk, even if the girl doesn’t like you.
When we lack self-confidence with women, we think that rejection is the worst thing that could happen to us. That fear causes us to filter ourselves in conversation, to adopt defensive body language, and even to speak with a weaker vocal tonality.

Our inner lack of confidence causes us to behave less attractively. The more confident you become, the more attractive you will be - because you’ll stop getting in your own way.

How do you actually do that? Well, how do we become confident in anything? Take driving for example. We become confident drivers by giving our brains proof that when we take the wheel, disaster will not ensue.

Every time we drive - and we live to tell the tale - we become a little more confident in ourselves as a driver. The same applies to dating. Every time you take a social risk, and come out the other side unharmed, you will become a little bit more confident.

For example, the more women you approach, the lower the stakes will feel when you walk up to a girl, because you’ll become comfortable with the possibility of getting rejected.

What this means will vary from person to person. For many guys just starting their journey, the first step to developing self-confidence will just be getting out of the house, for others it will be something bolder.

As you develop your self-confidence, you will become more attractive to women. Fortunately, if you utilize tip 4, the process of confidence building will largely take place automatically.

The most important take-aways from this are that you can’t fake confidence, and that it will take time to develop – BUT your level of confidence is completely under your control and improving it will make you more attractive.

Further resources on how to become more confident:

- https://medium.com/@aghayden/charisma-is-the-most-appealing-quality-an-individual-can-have-6997168b8571 This article titled how to be more charismatic applies just as well to self-confidence and gives you an in-depth how to guide on letting go of your social insecurities.
- https://www.youtube.com/watch?v=pj6qhHYLeMU& This video goes into detail about the mindset of confidence with women.

How To Be An Attractive Man Key 2:

Develop Standards

The more women you’re willing to reject, the more attractive to women you will become. This is counter-intuitive, but it’s true.

If there is one thing that turns women off more than anything, it’s neediness. A guy acts needy when he is so desperate to be with a girl that no matter what she does or says, he would still sleep with her. Neediness is suffocating. It shows that you take getting with a girl way too seriously and that you see yourself as incapable of getting another girl of her caliber if you wanted to.

Most of the guys I’ve met who have trouble attracting women (and there are many) have a problem with neediness. They see girls as a means to an end. They will happily sleep with any girl because
that makes them feel like they “won”.

Men with this mindset don’t meet women to connect with another human being, but to get a sense of accomplishment from sleeping with a girl.

These guys don’t have standards for themselves. They see a hot girl as a prize to be won, so they are desperate to get her. Her personality is irrelevant. Her values are irrelevant.

When you see women as mere sex-objects, it’s impossible to have a real human interaction with them. And, naturally, a man who sees a woman as a human being is much more likely to attract her than a man who sees her as the fleshy equivalent of a gold coin.

The best way to eliminate this neediness that derives from seeing attractive women as prizes is to develop standards. Instead of being the guy who will do anything to get with the hot girl, you want to be the guy who’s interested in the hot girl but hasn’t decided if he wants to sleep with her yet.

Just like confidence, this can’t be faked. Pretending that you have standards by disqualifying a girl or negging her won’t make her see you as a high-status guy. You have to develop actual standards.

A good place to start is to make a clear list of what you won’t accept in a woman you’re considering dating (in whatever capacity). For reference, here’s a few of the things I won’t accept in a woman:

- If a girl has any kind of drug addiction, I’m out.
- If she’s unhealthily narcissistic, I’m out.
- If she has a negative mindset, I’m out.
- If she is uninteresting, I’m out.

When I’m interacting with a woman, I’m screening her for the above traits. She might be a perfect ten in appearance, but if she’s narcissistic and uninteresting, I’m not going to sleep with her. To do so would be selling myself short.

The only reason I would sleep with that girl is because it would give me a sense of ego-gratification. I’d be doing it, so I could tell my friends about, not because to do so would actually be enjoyable.

In my experience, at least, sex is better when you actually like the person. Physical attraction is important, too, sure. But I’ve been with extremely beautiful women in the past who I didn’t have any chemistry with - and it was crappy.

Writing a list of the things you won’t tolerate in a potential sexual partner and rejecting women who don’t meet those standards is a powerful strategy for becoming more attractive to women. (Btw, it’s also useful to write a list of the things you do want in a partner.)

When you’re interacting with a beautiful woman and you’re willing to reject her depending on what she does and says, the entire dynamic changes. Instead of acting like a guy who would do anything to get laid, you will act like a guy who has an abundance of options.

Your non-neediness will make you infinitely more attractive than all the desperate guys pining after her. But this starts with taking a moment to write out what you want (and don’t want) in a girl you’re considering having a sexual relationship with.

How To Be An Attractive Man Key 3:
Improve your Appearance

Looks matter. The better looking you are, the higher percentage of women will make it easy for you to pick them up. At the same time, no matter how unattractive you are, some percentage of women will be attracted to you if are confident, non-needy, etc. (and that percentage is probably higher than you think).

There are two important misconceptions about looks that must be cleared up:

- Waiting to get in shape before meeting women is a silly idea.
- Your looks matter, but they don’t exist in a vacuum.

A lot of guys realize that looks matter, so they decide that once they’ve got their looks “handled” they’ll start approaching women. This is problematic because it can easily turn into a form of procrastination. Your appearance is something that you can constantly improve, but you’ll never reach a particular point where you’ve “made it”. Furthermore, improving your looks won’t make game easy. I’ve seen numerous good-looking guys fail at game. These guys expect their looks to do all the work for them, but truth is you still have to be very confident and assertive to succeed with women.

The vast majority of guys don’t have the confidence necessary to take a woman home, and that’s something you can only develop through practice. Thinking you look good helps, but it’s not magically going to make you comfortable with social risk taking – (if only it were that simple).

Improve your appearance while also improving your social skills. It’s not one or the other, it’s both. Focusing on your looks while neglecting to actually interact with women is a recipe for failure.

Social skills, confidence, and physical attractiveness are all important when it comes to dating, don’t sell yourself short by improving one and neglecting the others. To do so would be as silly as learning how to shoot in basketball, but not how to dribble or pass.

That said, you can make a staggering improvement in your appearance in the course of a single day. Get a high-end salon haircut. Buy some clothes that fit well and don’t make you look like you live in your mother’s basement. Simply dressing better and having a sense of style will make you more substantially more attractive. It’s not going to make up for a lack of confidence and experience, but it’s a good start. And really, 95% of guys in the seduction community have plenty of room to improve their style.

I’m no expert on fashion, but here are a couple resources you can look at to get started with:

http://masculine-style.com/rugged-refined-and-rakish/
https://www.youtube.com/watch?v=FiAubtXLnFs

Obviously, when it comes to improving your looks, style is only half the battle. There’s no reason not to be in good shape. If you’re not already working out regularly, the easiest way to start is to go to the gym with a friend of yours who’s already in good shape.

Having a gym buddy will help keep you accountable to working out even when you don’t feel motivated. Plus, if your friend is in good shape, they’ll be able to help provide you with guidance.

If you don’t have a friend who can help you, there’s an unlimited number of fitness guides you can download. Find someone you resonate with and trust and follow their plan. If you have trouble being consistent, get a trainer to hold you accountable and provide guidance.
How To Be An Attractive Man Key 4:

Treat Dating Like A Skill

Whatever you want to accomplish in life, there are certain elements that are outside of your control. - If you want to be a doctor, a low IQ is a disadvantage that’s outside your control. - If you want to get rich, having a poor family is disadvantage that’s outside your control. - If you want to date beautiful women, factors like your height, race, etc. can be disadvantages that are outside your control.

Dating coaches who say factors like your race and height don’t matter are lying. Sure, they matter, but they’re out of your control: worrying about them is only going to hurt you.

When you tell yourself, “Girls don’t like Asians,” you’re going to see your interactions with women through that lens. If you walk up to a girl, and she rejects you, you’re going to say, “It’s because I’m Asian. If I were white that wouldn’t have happened.”

This narrative becomes a self-fulfilling prophecy. When you’re interacting with a woman, and you expect her not to like you, you’ll act different than if you expect her to like you. Your insecurities will show up in your behavior, and when she rejects you, you’ll think, “It’s because I’m Asian.” Then you’ll become even more insecure, women will like you even less, and so on.

You can’t change your race, but you can change many of the other factors that create sexual attraction. The guy who wants to get rich but has a poor family can work twice as hard as his competition, and within a few years he can get to a point where he’s making a six-figure income.

Similarly, a short Asian guy with a below average face can succeed with women IF he works twice as hard as his competition and focuses on the factors that are under his control. His level of self-confidence is under his control, his style and fitness are under his control, and his ability to take social risks is under his control.

Look, with the above example, I said that the guy with a poor family could make six-figures, I didn’t say he can become a billionaire. Being a billionaire probably requires a certain amount of luck, the right family, being born in right time and place, the right genetics, etc.

But anyone can make six-figures with enough time and effort. The same is true in dating. If you’re naturally a four on a looks scale, I can’t promise that you’ll be able to date Victoria’s Secret models, but you can still bat way out of your league and hook up with attractive girls.

By treating dating as a skillset, you can date higher quality women than you would otherwise. If you fixate on whether you can get “perfect tens” you’re just going to cause yourself frustration.

We have these fantasies, whether it’s to be a billionaire or to sleep with “10s”. These fantasies stifle us because they’re so far outside of our reality. Worry about pulling “9s” easily. Treat dating like a skillset by taking it one step at a time. Don’t spend much time learning how to build attraction when you still have crippling approach anxiety.

-I know a guy who’s great at getting women attracted to him, but he always chokes by leaving the interaction before anything sexual can happen. He would massively improve his results if he focused on leading interactions forward by inviting the girl to the dance floor, to another area, etc.

-I know another guy who is great at opening girls, but he’s so quiet they don’t pay attention to him.
He would gain so much by working on his volume.

-I know a third guy who is great at dating girls who aren’t particularly attractive. But he won’t even approach girls who he thinks are pretty. He’s unnecessarily limiting himself to only date women that are far worse looking than he is!

I could give countless examples like the above. No, these guys can’t change their race, but they can learn to lead interactions forward, to speak louder, or to approach more attractive women.

In dating, there countless factors that are under your control. Worrying about the things outside your control is silly when there are so many things you can proactively improve on.

Don’t think about your race, think about your confidence. Don’t think about your height, think about your inability to approach attractive women.

Treat dating as a skill, and you can improve your results dramatically. Treat it like something entirely based on your genetics, and you’ll just drown yourself in self-pity.

**Skill Only Comes with Practice**

The other key to treating dating like a skill, is to practice. If you spent 5 hours a week reading about how to pass a basketball, but never went out and played the game, people would think you’re an idiot.

Yet it’s common for guys to spend dozens- if not hundreds - of hours learning about how to attract women, without going out into the world and practicing. Intellectual learning is only useful if you’re spending most of your time in the real world getting real feedback.

Imagining what a good basketball shot looks like is completely different from taking the actual shot. Similarly, imagining what a good approach looks like is completely different from doing the approach. Information is only helpful to provide some guidance, it can’t do the work for you. Only real practice can.

It’s a lot easier to read about picking up women than it is to actually do it. I know this as well as anyone. When I first learned about the seduction community, I spent over a year watching videos without doing a single approach. Was it helpful? No. If anything, my social skills got worse because I became so overanalytical. Learning how to attract women without practicing is just as absurd as trying to learn any other skill without practicing.

Treating dating like a skillset is difficult. It takes patience, time, and effort to do so. Here are some resources that can help you if you get stuck:

This books both give you a step-by-step strategy for going out, meeting women, and developing your pickup skillset:


**Conclusion: How To Be An Attractive Man**
There you have it, how to be an attractive man. Any of the four tips can change your life individually, but master all four and you won’t believe the successes you’ll have.

Reading is how to do this is the easy part, becoming more attractive to women is a long-term process. Remember, anyone who tells you it’s going to be easy - that you can use some “hack” to succeed with women – is more interested in making money than in helping you improve.

Changing your life is hard, but what’s the alternative? Approaching women can be painful, but not nearly as painful as it would be to settle for a woman you’re not happy with because “she was the best you could get” (which is what the majority of men end up doing).

Fortunately, most of the factors that make a man attractive to women are under your control. If you’re willing to treat dating like a skill, you can master it.

References:

1. This isn’t to say you should NEVER use a technique. They can be useful to get a feel for a principle of social dynamics that you don’t naturally utilize. For example, if you’re a nice guy, it could be useful to practice using some push-pull to get a feel for what being polarizing means and to get comfortable with being less agreeable. The technique isn’t going to attract women on its own, but it might help you get over your insecurities/limiting beliefs.
Instead of deliberately trying to make yourself seem busy and unavailable to women, how about you actually do stuff with your time and let that behavior come naturally?

1594 upvotes | June 2, 2017 | by letsjustfindout | Link | Reddit Link

[removed]
Tips from my tinder success. Most can be attributed to the same principles people preach here.

I see some posts about things that worked for others so let me take a couple minutes to tell you what worked for me. I'll be glad to go into more detail if there is interest. Basically I had the same routine for every tinder date and I closed close to 100% of the time and kept at least 7-8 plates at a time for a year. I was 28, 5-11, and 175.

My best openers were based off something in their profile, such as if they were wearing some weird hat. "If we hang out later can you not wear that (___)? I already have mine on and I don't want it to be weird."

I would exchange some messages and then if it was someone I wanted to meet up with I would just say, "Well this app drains my battery so if you wanna grab a beer sometime here's my cell."

I never asked for a number. I never sent follow up messages. If I didn't ask for their number it shows them that I'm not thirsty. When texting I would tell her to send a selfie to make sure I'm not getting catfished.

When it came time to meet up I always used the same bar. It's close to my house, there is no smoking, no food, and free pool. The bartenders knew what I was doing and we got along well. So I would ask what part of town they're in. No matter what they said, I would say, "Ok let's meet somewhere in the middle. How about ____?" I always said that I can't be out late since I work the following day so just a couple beers. This lets her think in advance that I'm not out to get drunk and take her home. It puts her into my frame. We are just having a couple because I have shit to do.

Another little thing I did was joke that if she's late, she buys. It's all fun and cute but when they walk in a couple minutes late I would make fun a bit and they'd buy me a round.

Anyways.. pool is a great activity while having a couple drinks. I'm decent enough that she'll think I'm good. They never are so it makes for a fun dynamic. The high tables next to the pool table are up against the wall so when she sits down her knees are facing outwards. This makes the initial touching super easy. I would get close, laugh about whatever, and rest a hand on the inner knee. When it doesn't get pushed away that's a green light. On the next round of beers I would do the same thing but now up on the inside of the thigh. The area that shows my intentions. When it doesn't get brushed away... it's time to get home.

NOW, we all hear about giving her some way to hamster herself back to your place without feeling like a slut. Let me tell you dudes the absolute best way that has NEVER let me down.
"Well I had a good time. I don't like to have any more beers when I have to drive home so I'm gonna head back. I'm close by if you wanna come over and play Mario kart"

You're going to think I'm kidding but every fucking time they would say something along the lines of ohhh I loved that game. I'd kick your ass at that game. My brothers used to play that! Blah bla bla fucking bla. They just want a reason to tell themselves THATS why they're going back to my house. When they get to my house they excuse themselves to my bathroom where there was always a very fancy girls necklace on the counter. Some rich tinder girl left it there before she left town. Every future girl would come out asking who's it was. I brushed it off and it gave me instant abundance proof. Now she knows I have others over, that it happens enough that I don't even pay attention to misplaced jewelry, and that I fuck girls with high class things. It sounds silly typing this out, but I'm just telling you what worked.

Anyways..

Show that you aren't thirsty, show that you are busy and have time for just a couple, show that you are selective, and most of all get a Nintendo 64
Seriously think about who’s writing the shit you read here. You need to learn to think/judge for yourselves.

1588 upvotes | December 14, 2017 | by broek_325 | Link | Reddit Link

There was a recent post about how to destroy females by being alpha and beta. Some of the comments were gold dust, (as ever, comments often contain the real advice, not the posts themselves), but only a few people seemed to actually consider who the fuck the OP was.

Well, judging from post history, OP is an asexual, female/male (who knows?) who frequents 2X and probably has a plethora of mental health issues. At the very least they are a troll.

Yet most of the comments are singing praise and agreeing with him/her/it. The problem is, people follow the herd. The post gains upvotes, so it must be fact. Rather than reading it and thinking for themselves, they’ll just take it as gospel, add another upvote, and be on their way.

Now, aside from GLO, I can’t think of many people here that actually have a face to the name. So of course, the majority of posts you read, you can’t really tell who’s posting or who’s genuine. Think twice before you start changing behaviours and listening to shit you read here, especially when posted by randoms. You really want to take some theory back to your plates which was in fact made up by some fat hambeast with bipolar?

Read the sidebar, read endorsed posts, read posts which have been commended/approved by endorsed members. Then read the random FR’s and theories, and judge for yourself if they seem real, but keep your head screwed on. Just because the main user base agrees and gives upvotes, doesn’t mean the post is worth shit.

There’s a huge amount of great content here posted by non endorsed members, I’m not saying to ignore it. Just use that brain. If a post seems like BS it probably is.

Some of the best posts here, with real RP advice from men who have experienced the shit, often get very few upvotes and disappear only to be found in searches. Remember that.

TL:DR - don’t be gullible. Nothing new here. Listen to the senior people, take everything else with a pinch of salt. If you can’t read a post and take away your own conclusions from it, you’re probably in trouble.
Nikola Tesla explains why he never married.

From an article in 1924

"I had always thought of woman as possessing those delicate qualities of mind and soul that made her in her respects far superior to man. I had put her on a lofty pedestal, figuratively speaking, and ranked her in certain important attributes considerably higher than man. I worshipped at the feet of the creature I had raised to this height, and, like every true worshiper, I felt myself unworthy of the object of my worship.

But all this was in the past. Now the soft voiced gentle woman of my reverent worship has all but vanished. In her place has come the woman who thinks that her chief success in life lies on making herself as much as possible like man - in dress, voice, and actions, in sports and achievements of every kind. The world has experience many tragedies, but to my mind the greatest tragedy of all is the present economic condition wherein women strive against men, and in many cases actually succeed in usurping their places in the professions and in industry. This growing tendency of women to overshadow the masculine is a sign of a deteriorating civilization.

Practically all the great achievements of man until now have been inspired by his love and devotion to woman. Man has aspired to great things because some woman believed in him, because he wished to command her admiration and respect. For these reasons he has fought for her and risked his life and his all for her time and time again.

Perhaps the male in society is useless. I am frank to admit that I don't know. If women are beginning to feel this way about it - and there is striking evidence at hand that they do - then we are entering upon the cruelest period of the world's history.

Our civilization will sink to a state like that which is found among the bees, ants, and other insects - a state wherein the male is ruthlessly killed off. In this matriarchal empire which will be established, the female rules. As the female predominates, the males are at her mercy. The male is considered important only as a factor in the general scheme of the continuity of life.

The tendency of women to push aside man, supplanting the old spirit of cooperation with him in all the affairs of life, is very disappointing to me."
I'm pregnant and you are the father.

1566 upvotes | June 10, 2016 | by random13571357 | Link | Reddit Link

Age: 36.
Height: 6'5"
Weight: 225lbs (single digit BF 200/365 days a year)
Property: 4 bedroom house, mortgaged.
Car: £22,000 - 1 year old (Credit)
Salary: £63,000 (2014-15)

I predominantly date women between the ages of 28-32 at this time in my life.
In the last 2 years I've had 3 different women claim I've impregnated them.
Oh and the twist. I got the sip at 28, 8 years ago and I've had 4 sterile checks since.
If you are at the top, they want you tied down.
1 admitted lying about being pregnant to see my reaction.
1 received my text explaining I was sterile and I’ve never been contacted again.
1 remained adamant I was the father, and 2 days ago I was cleared of parental responsibility through DNA test. (The child was not mine.)
Welcome to the real world gents.
Woman from Norway sentenced to pay $50,000 for false rape accusations, after the man recorded their whole date.

1560 upvotes | November 19, 2014 | by united_fan | Link | Reddit Link
A while back, my LTR asked me how I got to be the way I am. I told her the truth. “Hard work.”
The other day I was with her, and after fucking her she looks at me and says, “I know you work out hard, but you were BORN like this. You were always like this.” She could not fathom that I had to build myself up to what I am now.
She doesn’t know that I was a fat kid who got picked on in primary school. She doesn’t know that I was the worst basketball player on my middle school team. She doesn’t know that I was a skinny weakling in high school, and that I only started taking the gym seriously in college. And she definitely doesn’t know that I was a virgin until 21.
She wants to believe the myth of YOU. She wants to know that the genes you’re pumping into her are superior to the lesser man. While men respect others who work hard and grind for their success, women can’t empathize with it. They just want the winner.
There’s nothing to gain by telling your plate/LTR about the tribulations and troubles of your past. Keep it to yourself, it will feed the mystery and myth of you in her eyes.
47/M two-year transformation story

1550 upvotes | April 13, 2018 | by [deleted] | Link | Reddit Link

[deleted]
Reddit Banning all opposing viewpoints - Prepare to Meet at TRP.RED

1548 upvotes | September 30, 2019 | by redpillschool | Link | Reddit Link

Against our wishes, Reddit admin have altered their policies to include taking about anybody including groups of people (such as men or women). They have alerted us that male self improvement is intently evil and must be purged for the well being of the 10 year old kids running the show over at Reddit Headquarters.

Redis admin will delete us soon.

**Deletion is imminent**

We were hoping to finish our redesign of forums.red before closing here on reddit, but it looks like that isn't in the cards.

Meet on [https://TRP.RED](https://TRP.RED) for further announcements and coordination.

**Make an account on [https://trp.red](https://trp.red) because we're not going to be here for long.**

I have opened the sluggish forums for posting in the mean time at [https://forums.red/i/theredpill](https://forums.red/i/theredpill) but please note there are no edit or delete functions yet, and it's extremely slow because it does not have the same caching and database server as our finished trp.red

We plan to rectify this very soon, stay tuned.

**If your subreddit has closed or is facing closure, make a tribe today on [https://www.trp.red](https://www.trp.red) and secure a forum when the redesign launches. More info on tribes here: [https://tribes.trp.red](https://tribes.trp.red)**

See you on the other side.

If you like our efforts on trp.red, join our [patreon here](https://www.patreon.com)
I'm Milo Yiannopoulos, AMA

1533 upvotes | December 17, 2015 | by yiannopoulos_m | Link | Reddit Link

I'm a journalist and broadcaster who writes about feminism (darling), men's issues, gaming and whatever else grabs my interest. Looking forward to hearing from you. I'll answer questions here for the next hour or two, and check back regularly over the next day. Ask me anything.


Edit: Going to take a break for a bit, but I'll check in with you all later. Some brilliant contributions here--and not just from me! Hope it's been enjoyable for you all so far. As I say, I'll check in again in a bit so feel free to keep asking questions.
“All Women Are Whores”
1526 upvotes | October 24, 2017 | by TrenGod37 | Link | Reddit Link

Read a post early that got me thinking. Guy wrote an angry rant saying how all women are whores. My first thought. If all women are whores for you. That must be a good thing right? So why the anger?

...oh because they are not YOUR whores. If they were there would be no issue.

Most of you who have internalized the sidebar understand that it’s just our turn. They can never be our whores. So the only reason that can upset you is because of the ego.

But there’s more to this. The problem isn’t them being whores. Because in reality. They are not all whores (at least not as the post read.) They are just AWALT.

The problem is YOU. You’re calling her a whore because she left you to go fuck someone else. That’s not the issue though. She did it for a reason and the reasons are usually one or more of the 3.

1. Your value/status sucks.
2. Your frame sucks.

Value

If you are a top tier male most women are not going to do anything to fuck up and potentially lose you. When I date women they tip toe when making a questionable decision. They make sure before they do something it’s not going to piss me off. Why? Because most guys fucking suck. Honestly. It’s laughable how little the competition is. They’re all out of shape. They haven’t heard of the word game besides talking about halo and world of war craft. Frame doesn’t even make sense to them. They dress like shit, Orbiting is a hobby, and needy as fuck, my god these dudes are so fucking needy (I hear women constantly complain about it). So as long as you form your life around the principles in the sidebar (that you see fitting for your mission) you’re way ahead of the game.

If these women are doing things to piss you off so easily it’s a good indication your value or status is shitty and you have work to do. Because I’m telling you. If you are in decent shape. Have a purpose in life. Maximize your attraction. And know game. MOST women have never experienced a guy like you. They usually don’t want to fuck that up especially if they have been in past relationships that were shit. That doesn’t mean they never will but again if you’re a man of value you will have no issue creating a boundary or stopping that shit dead in its tracks.

They are never going to be the ones giving YOU an ultimatum. If your given an ultimatum. She’s subtly telling you. Your value is shit. Take it as a blessing and lesson learned. Say goodbye and get back to the drawing boards. (Aka working on yourself.)

Frame

Your frame sucks. You care too much. You’re overly invested. She knows. You know it. We know it. Everyone knows it. If you were to take full responsibility for everything in your life. You’d never have the nerve to call her a whore out of frustration because you realize she’s just a women being a woman and you’re the reason this behavior took place.

Now I know someone’s going to say even the best of the best get cheated on sometimes. And yes it does happen but usually they are missing something. Or did something for it to happen. In the rare
occasion she cheats on a high value man who has all his shit together. They aren’t wasting a fucking second crying, moaning, or ridiculing the women for it. They are already on to the next one.

All women are like that. They all have women instinct. They can and may cheat. We are aware of it but we don’t need to live in paranoia because of it. If you have your shit together like I said above it’s unlikely she’s going to jump on the next better dick and fuck things up with you. Especially if she knows you’ll leave Or you have created firm boundaries.

**Attitude/life**

If you’re going around calling women whores. It’s a good indication your attitude sucks. You’re like the girl who whines about her ex to the new dude she’s dating. The guy she’s cheating on you with or “whoring” herself with is usually fun as fuck. Carefree. Living life by his own rules. Showing her a time she’s never had before.

I have alpha widowed almost every girl I have been with (I know this sounds concede . But I’d like to give some personal examples). This is because I am a fun mother fucker. I always try to live that way. I don’t like rules. I used to get into a lot of trouble. I was wild. I’ve matured over the years to keep myself out of trouble but I’m still wild at heart.

I take the women I meet to shoot guns they will never get to touch again in their lives. I show up randomly at their house at 2 am to fuck their brains out. I call them tell them get ready we’re going to have some fun. I take them to abandon places to explore then fuck them in them. I fuck them in their cars. In parking lots. On roofs. In playgrounds. Hang cuff Them while fucking them. Where ever/hoverever I can that no other guy would ever think of doing.

I do shit that makes them nervous as fuck. All the while I stay calm and laugh. Sneak into places you shouldn’t be. Sneak into movies. Sneak into their rents house. Fuck her in the bathroom at the grocery store. The dressing room at the mall. You name it I’ve tried it.

Now think about that. If you’re a guy doing all this shit. HOW in the fuck is she ever going to replace your crazy ass. She can try. But like I said if she’s been with some shitty guys she’s going to be blown the fuck away. Not even chad can get her to cheat. And if she does. I mean honestly at this point you won’t care. You’ll have an abundance mentality thats untouchable.

The key is to always be having fun with a dgaf attitude towards anything that isn’t helping you get to where you want to be. Get out of your comfort zone. Experience new shit and be happy you’re able too. Make your life as interesting as possible and you won’t have time to waste worrying about people who bring negativity into your life.

Life’s too short to call women whores. Life’s too short to even care. You’re Attitude should be. Fun. Free. Fuck it!

**TL:DR** women aren’t whores. Unless you’re the high value fun guy. Otherwise Women are just women. It’s YOU that sucks. Not her. Fix yourself.
Technical conference cancelled after the blind review process selects only male speakers

GitHub is a software hosting website which many programmers use, particularly in the free/open source communities. The company seems to have branched out into producing other products that programmers use. It's all very hip and trendy, far removed from the traditional socially awkward hacker programming in some basement.

Recently they put out a call for speakers for a technical conference about some programming framework that they've set up. After the blind review process, the speakers were selected and published. So far, so good.

Then one woman notices that all of the speakers are men. She posts about this on Twitter [1]. The conference organisers respond by cancelling the conference, stating that the speaker list "does not reflect the standards to which we hold ourselves." and that they are "postponing this event until we can deliver a more diverse slate of speakers" [2]. So those speakers who were selected based purely on their merits? Not enough vagina.

I'm a professional programmer and I can tell you that it takes a "special" kind of person to be a really good programmer. Borderline autistic is a good start. One requires the ability to focus on the task at hand which such strength for hours at a time. And, of course, it requires an extremely logical brain. You can probably guess that all of the best programmers that have ever been are men.

Of course, some exceptional women will also display these talents. But they are rare. And even when they do appear, they often cause drama in the communities they take part in. Sarah Sharp was a Linux kernel maintainer. But she couldn't handle the brutal way in which other maintainers often communicate with each other. In these communities respect is something that has to be earned and if you don't deserve it, you will be told straight in no uncertain terms. Anyway, she ended up publicly quitting.

The sad thing about all this is that it is the male developers who will suffer. Employers are incredibly eager to hire female programmers. This always creates more work for the competent ones. And now it's harder for men to speak at conferences. There are literally no barriers to becoming a programmer. You just need a computer, which virtually everyone in a developed country has access to, and discipline. Given the extremely low barriers to entry, you would think that there would be plenty of competent female programmers. Or maybe they just aren't good at it, or aren't interested enough to become good. Who knows...

So you’re a boring fuck: How to become interesting in 3 Easy Steps [Part 1]
1511 upvotes | April 13, 2015 | by needless_pickup_line | Link | Reddit Link

While men and women are very different, one thing we have in common is that the majority of us are terrible. 90% of women are basic bitches whose lives revolve around Netflix, wine, shopping, and naps. But we often forget that 90% of men are fuckboys who have no vision beyond videogames, televised sports, smoking weed, and trying to keep their dicks slick. We fault women as boring and banal but too often neglect ourselves.

The kneejerk response is that we’re all unplugged individuals. We’re miles ahead of Joe Beta eating cheetos on the couch. But the unfortunate truth is that TRP consists mainly of Reformed Betas, and chances are most of us spent high school and college locked in our rooms studying or playing video games; which in terms of cultivating individual character and force of personality is pretty fucking terrible. Without real life experience, too often these guys express themselves through pop-culture references and define themselves by the media they consume. They lack an original, self-actualized identity.

Almost every day I see newly unplugged guys wondering how they can become more interesting and make conversation. Most of TRP is pretty straightforward: lift, read, approach. There’s an endless amount of information on how to lift weights, along with a wealth of resources in the sidebar on RP theory and game. But what do you do if you have the chiseled body and iron frame, but nothing inside? Many guys here already have rich and fulfilling lives. This post is not for you. This is for all the newbies who hit /r/asktrp wondering how to make friends.

**Hobbies, interests, and experiences**

These three things make up the foundation of who we are. Women might be judged solely on how they look, but men are judged on WHAT THEY DO. *What do you do? What do you like to do? What have you already done? What do you plan on doing?* Either directly or indirectly, people will ask you these questions and you must have satisfactory answers. If the answer to all these questions is Xbox and jerking off then you’re doing it wrong.

**HOBBIES**

These are activities you do regularly with TANGIBLE results. “Playing videogames” is not a hobby. Neither is watching sports, drinking beers, or hanging out with your bros. There is nothing inherently wrong with these activities, but in the end you haven’t achieved anything substantial. We fault party girls for endlessly pursuing good times without contributing or developing anything. While lounging on the porch lacks the glamour and excitement of recreational drugs and club music, it’s ultimately just as frivolous. Hobbies are more analogous to skills, rooted in pragmatism with tangible benefits. Women don't worry about this because they are all born with a vital skill: SEX

It is imperative that you cultivate several hobbies and work on them regularly. That is, at least once a week -- preferably more often -- you dedicate time towards the pursuit of each hobby. How many people do you know that “play guitar” but haven’t touched one in months if not years? If they even still own one.

To develop a well-rounded personality, you must pursue at least one hobby from each of the three
The cardinal spheres: The Physical, The Creative, and The Mental.

**THE PHYSICAL**: These are activities that strengthen your body and increase your stamina. At least three times a week you should be engaging in a physical activity. The very minimum requirement is weightlifting, the quintessential “lift more” of TRP. But often that’s not enough. Every lame half-alpha out in the wild fucks around at the gym, and for top-tier guys a weightlifting regimen is all but mandatory. A true physical hobby goes beyond mere maintenance of your physique. These are activities like snowboarding, rock climbing, boxing, and cycling. Even conventional sports like basketball -- if you take it seriously. Pushing your body to its limits and developing your natural agility, power, and grace. We might not be chasing down mammoths any more but you can still be a hunter and warrior.

If it is your sole source of exercise then three times a week is mandatory. If it supplements weightlifting or calisthenics, then once a week is acceptable. It’s not just about strengthening your body, but adding another layer to your personality. “I’m hitting the slopes over break. I just ran a marathon last weekend. Let’s ball after work.” You will have a hardness and appeal to you that most people lack.

**THE CREATIVE**: These are activities that result in tangible pieces of aesthetic work. Drawing, painting, music, sculpture, singing, and so on. Most people believe that artistic ability is innate, but really it’s a matter of practice and commitment. Just like lifting and game, there are myriad resources available for you to improve in the media of your choice. As with The Physical, creative hobbies need to be practiced at least three times a week.

That isn’t to say that multiple times a week you need to painstakingly hew Greco-Roman deities from living marble. Just as there are light and heavy workouts, there are smaller and larger sessions. For example, I’m a painter. I dedicate a single day during the week in which I go to the studio, turn my phone off, and spend a few hours painting. The rest of the week I just work in my sketchbook: drawing, sketching, and generally brainstorming. Likewise, maybe you only go to a voice coach once a week, but the rest of the time you practice your scales at home. Not every session is monumental, but you consistently make progress. If you can commit to those three weekly sessions, you’ll be surprised at how quickly you improve and how proficient you become. If you spend money on private lessons or take a class at the local college you’ll progress even faster, with the bonus of meeting young liberal females ;)

You don’t need to be a Renaissance artist to satisfy this hobby. Creative writing and poetry are equally excellent. Woodworking is rustic and timeless. Photography and graphic design are also viable options that are more modern and accessible, although significant effort is required to elevate yourself above the many amateurs.

**THE MENTAL**: Another word for this sphere would be The Technical or The Intellectual. The Physical will strengthen your body and The Creative will refine your aesthetic, but you need to challenge your mind in order to complete the trinity. There are overlaps between Mental hobbies and Interests (which I will mention shortly), but remember that the defining aspect of a hobby is that it provides tangible benefit. While reading about history and playing chess are certainly intellectual pursuits, ultimately you don’t achieve much besides knowing more about history and getting better at chess.

Mental hobbies are things such as coding, mechanics, and foreign languages. They can be financial pursuits such as real estate or managing a business. On a more Machiavellian level, it can even
include human psychology and manipulation. They all require intelligence, study, and practice, but are useful and applicable. You can build your own website or design a new app. Save hundreds of dollars maintaining your own vehicle. TRP often recommends travel; consider how much more autonomous you will be and how much richer your experience when you have multiple means of communication at your disposal. Out of the three spheres, Mental hobbies most directly translate into utility and profit.

These categories are not set in stone. There is plenty of overlap between the spheres. Dance blends the physical and the creative. Cooking and baking blend the creative and mental. Martial arts combine the mental and physical. **Even something as mundane as gardening contains elements from all three areas.** The key is to become a well-rounded individual who can contribute in multiple ways.

**INTERESTS**

Interests and hobbies are often confused. While there are similarities, the main difference is that interests are pursued on their own merit. You engage in them solely because of their appeal to you. Hobbies are constrained through their practical application, but interests are far more open ended. However, most interests have zero practicality; you need a different mindset when you pursue interests versus hobbies.

The "point" of having diverse interests is allowing you to contribute to conversations. That’s it. Yes you can pull the sitcom routine and try to memorize various trivia on a subject so you can fake expertise, but your conversations will be far more natural, organic, and fulfilling if you have real knowledge of whatever topic you are discussing. **To be an interesting person you need to discuss interesting things; to discuss interesting things you need to have knowledge on interesting things.**


Take initiative and pursue your interests actively. You can’t passively sit through life waiting for opportunities to explore. Just like anything else on TRP, read, learn, and spend time on them. If you don’t know where to begin, don’t forget that any of the hobbies mentioned in the previous section are automatic interests. They naturally lend themselves to other areas of knowledge. If you’re a cyclist, then you already know about cycling. You can discuss different bikes, routes, and maintenance, but it’s so easy to expand from cycling into environmental impact, public transit, kinesiology, health benefits, city planning, triathlons, and mechanics.

However, not all interests are created equal. Videogames get a lot of shit on TRP, but videogames are a legitimate interest. You can spend time and money on them, you can discuss them, and they bring enjoyment to your life. But when men on TRP talk shit about videogames, it comes from a place of truth. For practical purposes, **NO** women want to hear you talk about videogames. **None of them. Ever.** What you do on your own time is your business. If they help you unwind, God bless. But understand that certain things have a negative connotation that you may want to distance yourself
from. If your primary goal is sexual strategy, it is imperative you keep that in mind. Regardless of how lame or sexy your interests are, they should all contribute to your overall frame of reference. Think of “water cooler talk”. Even if videogames aren’t hot, you can still connect with people who play them.

The key here is to not separate and categorize hobbies and interests, but to pursue them in concert and combine them in interesting ways. For example, if your physical hobby is rock climbing and one of your interests is nature and the outdoors, then every month you go camping with all your gear and climb during the day while sleeping under the stars at night. Doing that is much more interesting than simply going to an indoor climbing gym and walking through the woods behind your house. You create something greater than the sum of its individual parts. These kinds of combinations lead into the third aspect of personality.

**EXPERIENCES**

It's very easy to fall into a routine of work-gym-eat-sleep-repeat. You sustain yourself – even stay healthy - but are you really living? Even if you pursue all the hobbies and interests mentioned earlier, you could still spend your entire life in a 10-mile bubble. You need to go out and experience LIFE. 9 times out of 10, if a newbie isn’t making any progress it’s because he’s spending too much time reading and not enough time doing.


Note that some of these activities are HORRENDOUSLY stupid. But that’s the great thing about experiences, they are EXPERIENCE. And even the bad ones make you a stronger, more interesting person. Internalize the good. Learn from the bad. This is part of the reason why girls love bikers, criminals, gangsters, and dealers. They’re doing stuff. They’re exciting. They’re dangerous. I can hear the girls getting wet from here. Even if in the grand scheme of things these guys are in a shitty position, **girls would rather have fun in the dirt than stay clean and bored on the couch**. Girls would rather share an Alpha than own a Beta.

Again, this is all obvious shit. But if you never venture out of your comfort zone, you will never grow and develop as a human being. However, it’s not about running around like a headless chicken trying to do as much wacky shit as possible. Yes, in the grand scheme you can travel all around the world collecting notches and accolades, but in the mundane, day-to-day aspect you also need to maintain an active social life. One of the more common questions I see from new subscribers is how to meet girls once they graduate college. These guys have trouble because they don’t make an effort. You can be The Most Interesting Man in the World, but you still need to put yourself out there.

Many men enter "accidental monk mode". I've been guilty of it myself. You read the literature, you hit the gym, get your career on track, and focus on your hobbies. But since a social life isn't spoon fed to you like it was in high school or college you never go out unless someone drags you. Sometimes it's because your social network is in shambles, sometimes it's because porn and videogames are convenient and available. Before you know it a month goes by and you're in a dry spell.

If you want a social life you have to WORK for it. Guys complain about never meeting girls, but if they were going to house parties, concerts, doing co-ed athletics, hitting the bars, perfecting their
online game, and just generally expanding their social circle, you'd hear a lot less complaining. But that's hard. It's a lot easier to make excuses. **One of the core tenets of TRP is that you as a man are not entitled to anything.** That includes having a good time.

The next post will discuss developing a sense of humor, becoming more charismatic, and being mindful of the company you keep.

**EDIT: DRUGS ARE BAD KIDS**
So Mia Khalifa has started a petition to get her pornhub videos removed and it has garnered 1.1 million signatures.

This is the same girl whose entire claim to fame was being a pornstar, the reason she has a following, a career ANYTHING is because of those videos.

Its such a parallel of how girls will go through a massive slut phase in college or in their 20s but the moment they want to settle down they want that phase ERASED. IT DOESN'T COUNT!!!

They want to enjoy having endless pleasurable sex with multiple guys and then preserve their image as an innocent pure virgin. They want to eat their cake and have it to.

[Mia Khalifa has previously cursed out interview hosts who have asked about her pornstar career.](https://www.youtube.com/watch?v=5ef7pAZtBKo) On the Lance Armstrong podcast she talks about how much she regrets doing porn and was "taken advantage of" for doing it and being paid so little. But she was paid market rate... And chose to do it... Along with additional videos after the fact... It literally the equivalent of a retroactively withdrawing consent.

Also its not like she has a new life and career. Her current brand is not that distant from her pornstar image, her patreon is softcore porn shoots and she constantly sells calendars and photoshoots in lingerie.

And best of all there are 1.1 million white knights ready to assure that version of reality and support her. There is no personal responsibility if you are a women. There are enough horny blue pill guys that think that trying to erase a girls history will give them a chance with her. We're in the simp generation.
Today a thread titled "Male identity and lifting - Don’t fall for the rat race" shot to the top of the subreddit. The central message of it was a tirade against "unrealistic beauty standards", encouragement to do "what makes you happy" and to avoid acting based on "feelings of inadequacy" or a desire to compete.

In short, with only a few changes, it would have fit perfectly well on page 12 of Cosmo, Jezebel or some other bullshit female magazine. Right next to articles about how curvy is beautiful, video games push "unrealistic beauty standards" and you should "do what makes you happy" such as riding the CC past your eggs' expiration date (just freeze them!)

That post did not shoot up to the top of TRP because it was packed with wisdom and sound advice. The only kernel of truth it contained is that people in bodybuilding photoshoots are dehydrated, probably on PDEs and certainly photoshopped - something that is so painfully obvious and common knowledge I doubt anyone needed telling.

No, it shot up to the top of TRP because it provided hundreds of people with exactly what they wanted to hear: justification for not facing uncomfortable realities and not doing painful hard work, all the while feeling smugly superior to the dumb deceived meatheads killing themselves in the gym, the poor bastards. In short, because it was a great piece of male hamstering.

Male hamstering is self-deception designed to please and protect the ego. Like all deceptions, destroying it starts with pointing out where it's pitifully false, so I'll do just that.

"Don't become obsessed with the gym!"

Do you seriously think that any significant number of men have a problem because they feel inadequate compared to him? what bullshit.

The vast majority of men have a problem because they are fatasses. Look at the data: you will scarcely find a developed country where overweight people don't make up around 3/4ths of the population. And don't think that the remaining 1/4th is made up of fit people either: the vast majority of those not overweight aren't in any kind of enviable shape.

So where does that leave us? certainly not with a population of obsessed gym bros who need to be told to calm down a little. All the opposite: it leaves us with a population of people that need to be shamed into getting off their fat lazy asses and hitting the gym. The boogeyman of thinking you aren't big enough is something that could potentially apply only to the tiny slice of the population that is any big to begin with.

By the way: I don't know what gym the author of that post frequented, but in mine none of the big guys have ever expressed any serious feeling of inadequacy because they aren't freak beasts with delts larger than their heads. When you've put in all the hard work it takes to get to a reasonable level of 'big', you realize how much more effort it would take to reach competitive levels, and most people are happy with already being in the top 5% of males by physique.
"Do what makes you happy!"

The above is the biggest piece of shit advice that has wormed its way into this subreddit, literal feel-good bullshit about which we used to have stickies. "What makes you happy" is a shit target to shoot for. Most people are "happy" being barely cognizant vegetables attached to their entertainment, getting duty sex twice a month from their nagging fat LTRs, and going through life without thinking or worrying too much about anything. It's a safe evolutionary strategy that our brains are programmed to follow when the lack of external stresses doesn't require extra work. If you're fed, rested and have managed to squirt out a kid or two, as far as your genes are concerned you've done your job.

Therefore, whenever someone advises a population of recovering betas to "just do what makes you happy", what they're actually doing is justifying and enabling their beta mentality, reframing their unsatisfying and mediocre situation as something to be "happy" about because "you wouldn't want to mindlessly follow along with the herd, would you?"

Of course here the "herd" is painted as the hypothetical hordes of men who are filling the gyms with huffs and puffs and sweat and anabolic steroids, chasing a superhuman physique they'll never achieve. In short, it's another rhetorical device with no basis in reality. People who even hit the gym are a small minority of the population, of which those doing serious bodybuilding are another small minority. The actual herd is the billions of betas living their lives in a frightened stupor, going along with whatever society tells them and eventually getting something that's "good enough", which might just be a shit deal but they're way too passive and emasculated to do anything about it.

Here we see again the male hamster at work: by creating an entirely fictional danger ("you're just following a plan for happiness dictated by someone else!"), it actually just encourages betas to not change anything about their lives which, ironically, is precisely a plan for "happiness" dictated by someone else.

"Don't be too competitive!"

The cherry on top of this shit cake are the various warnings about being too competitive, avoiding the "rat race" and so on.

Pop-TRP has become really enamored with this line of thinking, because it removes external point of reference and thus enables people to ignore their lack of progress, since they themselves are the measure of such progress. "Don't do it to be better than some other guy" quickly becomes "ignore the fact that you're in a pitiful situation, you wouldn't want to be like those fools who bust their asses just to be better than others, would you?"

Once again we see the same rhetoric as before at work: a hypothetical danger, "being too competitive", is waved in front of the faux-scared horde of betas, providing them with an immediate rationalization for why they're justified in not bettering themselves in any real way. Just as before, the rhetoric has no point of contact with reality: we do not live in a society of excessively competitive men, we live in a society of men who are by and large extremely afraid of competition, a society that from the cradle makes out competition (and its attendant sins of winning and losing) to be a fearsome, primitive and undesirable activity. There are very few people who are too competitive and need to calm down; for the vast majority of men, the problem is precisely that they're too scared of competition and, if anything, they should be encouraged to seek it out.

Competition is at the very core of masculinity. I mean that literally: nearly all of our secondary sexual characteristics exist to aid us in sexual competition against other males. Hell, our dicks are designed to scoop out the semen of our sexual rivals from the adventurous vaginas of the tribe's women.
Wanting to be superior to other men is an instinct that should be cultivated and encouraged, precisely because it's so suppressed nowadays. The issue of "overshooting" and ending up being too competitive is largely hypothetical: when you've started competing in any arena and have seen what it takes, I bet you you'll see how much work it would take to get to the next level, and that you'll be perfectly capable of rationally assessing if it's worth it to you.

A word on lip service

I know what a portion of readers will say: "but the post said that being muscular will always be attractive! you're missing the point!"

No, I'm not. Because here we're not dealing with a courtroom argument or a philosophical debate, we're dealing with persuasion: writing posts that are read by thousands of men and have an effect on how they think and behave. Persuasion cares very little for tiny contrasting details that should allegedly reframe the entire argument: the core message is what will be remembered and have an effect. Here, the core message was "work less, be happy with what you are, avoid pain".

In fact, paying lip service to the truth is a key component of deception. It serves to disarm rational opposition by seemingly satisfying it: "of course being muscular is desirable, and now that I've said it you can refer to the nine paragraphs above this one that provide you with all the reasons you need to not get muscular". It doesn't matter what the content of that sentence logically is: the "being muscular is desirable" lip service has a tiny emotional and rhetorical value compared to the mountain of male hamstering before it.

So no, the fact that the post (and others like it) paid lip service to core TRP concepts doesn't improve the situation any. People pay lip service to what they know is the truth all the time, and then come up with rationalization for why they can avoid following said truth. It's how self-deception normally works: lip service doesn't stop it, it's a part of it.

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**tl;dr**

**Lift:** go to the gym and lift. When you have a top 5% physique you may start worrying about setting realistic expectations, but by that point I bet you the iron will have taught you just how hard it is to make gains, and you'll likely not have any real problem accepting that you'll never make a bodybuilding magazine cover, nor will that bum you out. It's only people who don't even lift that "fear" for gym bros: the oldest excuse in the book for not lifting is precisely "I don't want to become an obsessed meathead".
Cheap Sunglasses

I used to only buy expensive sunglasses. Oakleys, Ray Bans, Maui Jims etc.
I would buy one pair at a time, and every. single. time. something bad would happen to them.
One pair broke. One pair was stolen. One pair got sat on. One pair got scratched up.
Every time I would get angry as I felt the financial impact of my poor decisions, fuck ups and shitty luck. Sometimes a pair had been discontinued and I would never see them again.
I loved and lost pair after pair. The brutal cycle seemed infinite.
Then one day, when I had lost my latest pair, I was at a festival and someone handed me a cheap pair of promotional sunglasses.
Suddenly I saw the world through brand new lenses.
I took the new shades home. Wore them in my car. Tossed them across the room with reckless abandon. I scratched them, and didn’t care. This was great!
I did not care. Not caring was nice. I fell in love with not caring.
Then one day I wore them out to party. I had a blast. I was relaxed with nothing to worry about.
I woke up the next morning and my glasses were gone. Oh well... wait... what is that??
That horrible feeling in the pit of my stomach came back. I had grown attached to this pair just like the old.
I thought I had found the solution to rid myself of this pain and anxiety. What could I do?
MY sunglasses I loved so much were gone. I could fix this.
So I went online and found myself another cheap pair of wayfarers and all was good in the universe - or so I thought.
Then the first time I went out drinking, I felt a concern to protect my sunglasses. Why wouldn’t this feeling go away???
Somebody would pick them up off the counter and put them on, I would get angry and protective. But these were cheap sunglasses, what gives? I thought I didn’t care.
One time someone put them on and broke them. I was irrationally mad.
Then it hit me. I should buy multiple pairs! That way if anything happens to one pair, I would always have a backup.
I bought multiple pairs of the same style and things got a little bit better.
This was years ago. Over time I have become a collector cheap sunglasses. Every time I see a pair I like, I make a small investment and pick them up. I toss them around, sit on them, throw them on the ground and break them if I feel so inclined.
One day I wear wayfarers, one day it’s aviators, one day it’s something a little more sporty. It’s always different, always interesting, and always low stress.
I have so many pairs I gladly give them out to my friends. It ain’t no fun, if the homies can’t have none.
Life is grand. Stay shady.
The 5 stages of becoming a redpill Alpha
1490 upvotes | February 22, 2018 | by Popeman79 | Link | Reddit Link

I. Newbie stage: what is this aggressive fantasy shit?
The average newcomer is probably a young man, out of shape, n-count below 5, addicted to porn and ready to jump through hoops and into a relationship for the first sweet chubby girl who will suck his dick. We’ve all been like this.

Newbie starts lurking at the sub and at first is disgusted by the women-bashing that goes against his core values. The language is for sure very direct and vulgar, and the stories about how these hot college girls were competing to suck the cock of this older guy are really hard to believe.. “What a bunch of fake-macho assholes, they’re probably all virgins and this is fantasy world”, he thinks. Yet something rings true in these stories and for whatever reason, he keeps coming back to the sub.

**Lesson learned at this stage:** what brought you to TheRedPill is obviously you natural craving for pussy, but also humility. It’s hard to admit that a lot of things you have been taught are wrong, and that you actually don’t know shit. Humility is necessary for growth, without humility you wouldn’t have found TRP. Keep this in mind for the future, when you stop being humble you stop growing.

**Risk:** the risk at this stage is to hold on for dear life to your bluepill mindset and to your ego, and reject the redpill without actually taking the time to dig in a little.

II. The truth sinks in like a dark cloud
You’ve tried to resist the Truth, because it’s ugly and cold, and it doesn’t sit well with you. But the Truth doesn’t care about your feelings, it just is. Sure, in the upcoming weeks you will apply redpill principles and will be amazed to see them work so well, but you already know it’s the Truth even before you have had the chance to test it: Briffault’s law, the Hamster, female love vs male love, it just hits you in the face and you can’t escape it.

Let’s be fair, this is all VERY depressing. You enter the anger phase. Fuck this society and these lies. Fuck women, I hate them! What’s the point of living this masquerade? You recall all the instances when you thought a woman was actually caring about you, when she was in fact using you. You cringe at the recent memories of bluepill you acting like a doormat.

**Lesson learned at this stage:** Life in itself is no fairy tale. Swallowing the pill and learning the truth doesn’t make you happier, actually it’s the opposite at first, it makes you sadder.

**Risk:** The risk is to give in to this desperate state, and say “fuck everything, I’ll just stay home and wank to porn and play video games”. You blame your thirst for pussy, and declare you don’t need women. Problem is, it’s not really about pussy in the end. Blue pill society has made you believe that it’s ok to be weak and the lowest version of yourself. But now TRP teaches you that women won’t get wet for that, rightfully so. If you don’t want to improve and be the best you can be, just admit it and don’t lie to yourself by saying it’s about not wanting pussy. No, it’s about not wanting to grow. Looking at you, the angry half of MGTOW.

III. Ooh so now women want me? I fucking hate them. And those amogging alphas too
A few weeks in, you’ve hit the gym and the first gains are showing fast. Thank god for this boost of
confidence, because the rest is much slower: it takes time to internalize everything. You try to act Alpha but you only end up looking like a dick, because it comes from a place of anger rather than confidence. You start spouting some redpill truths that no one wants to hear in a social setting.

But at least you have developed some self-respect and you’d rather lose the girl than act like a doormat. And just like that, you start having some success, albeit limited at first. More important, your eyes are now open and you’re impressed to see how women manipulate and can be manipulated, how superficial they are, how much they fake and lie, etc. The more it works, the more you get pussy, the more you start to hate women for loving the new you more than the old you.

You get average girls with no problem, but your confidence is shattered the minute a true Alpha Chad appears. Suddenly you cease to exist in women’s eyes, he’s so much cooler than you, effortlessly. You feel amogged and you respond by being aggressive against this dude who steals your thunder, and you look like a douche. But as long as Chad isn’t around, you’re doing fine.

**Lesson learned at this stage:** Be careful what you wished for. You wanted the secret code to have unlimited pussy? Well now that you have it, it doesn’t seem so fun anymore. Understanding nature deprives you of mystery and fantasy.

**Risk:** You start hating what you crave the most. The risk is to not snap out of this, and become a lying sociopath who relishes using and hurting other people. Also, your friends are really not okay with you improving and disturbing the social balance that was set in your group. They make fun of you trying to improve and, if you listen to them, you’ll be back to smoking weed and playing video games at home every night.

**IV. You get pussy, he gets pussy, everyone gets pussy!! And now you’re a social object**

A couple of years after swallowing the pill, if you’ve been dedicated to improving, everything becomes natural. You have risen to the top of your social circles. You have social power now, and you understand that this is the currency women live for. Girls, but also guys, bug you constantly and insist just to spend time with you. You must learn how to say ‘no’, to average girls coming straight at you, to beta friends who guilt you into spending another Friday with them, to family members, colleagues, etc. Your social life is boosted and your social media start to be filled with new events and faces. One good thing is that after hating women and their nature, you learn to appreciate them again, but this time for what they really are: bubbly, beautiful creatures that only live in the present and remind us to enjoy every minute of our lives.

Also, you fuck. A LOT. Constantly. Your n-count rises up by dozens in a few months. At parties, good-looking girls come at you and actually compete with one another for your attention. You have multiple plates, you don’t care about dropping some because there are always new women that you are vetting just for the privilege to become part of the rotation. More scarily, most of your beta friends’ girlfriends have made a move to fuck you. You have, ultimately, the power. And so, the moral responsibility is now your burden, as well as the task to unbetafy your friends.

**Lesson learned at this stage:** Everybody you know, in your expanding social circle, wants a piece of you. Even if they can’t fuck you, they want to be seen with you, to show you off, just to increase their social value. You start to understand how hot girls, who get a thousand times more attention, become jaded and bitchy. It’s hard to have to reject people constantly while maintaining a good-hearted spirit.

**Risk:** You are now the king of your own little kingdom, you fuck 6s and 7s constantly with no effort,
they just come knocking at your door. Your friends -and their girlfriends- revere you. The risk is to enjoy this too much, be satisfied and stop improving. Soon enough you end up marrying a good looking 6 and get fat while watching football with the same beta friends you had. Still better than your past self, but you could do so much more. This point is actually where I think a lot of redpillers get stuck. They stop improving the minute all their needs are met.

**

V. Pizza is awesome, but in the end it’s just pizza. Let’s look for more important things

It’s been a few years now, and you’ve grown into a full-blown alpha. You look much better than you ever did. Not only is your physical frame solid, but also knowing the Truth has molded your brain in a different way, and as mind and body align, you start to have a different stare, a different voice that comes from within, a confident demeanor, a calm and solid posture. People say you’ve changed, but they can’t really pinpoint why. This is why: you own 100% of your shit, you’re basically unshameable. If you get wasted at a bar you’ll still hit on the hottest girl, and will get her to come home, and if you go soft the hot girl will actually be turned on by how much you don’t care about losing her. You’ve had threesomes, sex with gorgeous girls 15 years younger, blowjobs from girls you met in an elevator. You don’t lie because you don’t need to lie anymore. You can tell a girl that you just fucked another girl two hours ago in the same sheets, it doesn’t matter, if she leaves there are so many in line. You realize the stories you read on The Red Pill when you were a newbie were all true, as the same crazy things happen to you, and more.

At this point, pussy is in free access. It’s like pizza. You love it, everybody loves pizza, even bad pizza is still pizza. A few years ago you would have eaten pizza every day if you had the chance, but now you realize it’s just a cool thing you can get whenever you want. You start to enjoy other things than women, like finding and dedicating yourself to your mission, the real friends you have, etc.

**Lesson learned at this stage:** Now when another Alpha enters the room, you’re actually genuinely happy. What you thought was amogging a few years ago, is actually him testing you to see if you’re solid. Now you stand your ground and banter back, and both guys are delighted to meet another real man in an ocean of male and female betas. Also, neither of you cares about who gets the hottest girl because you have so many chicks lined up, and that’s how you know you’re both Chads. And when you end up turning one of your beta friends into an alpha, there is no better feeling than this.

**Risk:** In all your masculine glory, you have applied your skills and efforts to something (getting pussy), and have mastered this art. See how amazing that feels, to be on top of that mountain? But there are way bigger mountains around, things more worthy of your masculine energy than pussy. Don’t get stuck on such a trivial thing, find your mission and focus on it.
ATTENTION: Visitors from CNN

1479 upvotes | November 2, 2017 | by bsutansalt | Link | Reddit Link

For those visiting this subreddit because of the CNN hit piece, ask yourselves "Why am I here?" In my opinion it's because you've been misinformed at best, and the media is using you as a useful idiot at worst. Put simply you've been lied to, and odds are you've been subjected to a Poisoning the Well logical fallacy and a poorly crafted Straw Man Fallacy.

My personal thinking is that the creators of the CNN report that lead you here are guilty of plain old fashioned Yellow Journalism. They tried to create a hit piece on us, and the manosphere in general, and have failed spectacularly. Besides, why would CNN care about little old us? What useful purpose could they have for targeting us? We're just a subreddit like the message boards of old.

The truth is that our message resonates with millions of men and women because we cut the crap and speak plainly about dating, relationships, and the forces at play in our so called "battle of the sexes". Sometimes this ruffles feathers, but our tone doesn't make our message untrue. Notice they always attack the tone and never the message itself. If they did they'd be putting a spotlight on how fraudulent the blue pill really is, and that would threaten the status quo. We can't have none of that, no sir!

This isn't the first time this has happened pointing to TRP and holding it up as something it's not. Now in all fairness we do have "anger phase" posts now and then, but they're not indicative of the sub as a whole.

Now for some ground rules for our visitors...

If you wish to post in this subreddit, first you must have an account in good standing that's been around for a while, so no non-attributable throwaway accounts, and you must first read the sidebar, which I've made a guided tour of for newbies who want to know what we're really about.

We thank you for boosting our traffic and adding to our readership, but post in good faith or you will be banned. This is your one and final warning to behave.
Stuff has Changed
I remember getting into a lot of this back in 2008 or so. In those days there was just The Mystery Method, and a handful of other books on the topic. I used the information, and yes I got laid. My success wasn't immense, but it was enough for me.

Chad wasn't even a thing (that I can remember). It was just alpha and beta. The focus was just pickup. I don't think Rollo had even written his book yet (not sure).

Now there's SJWS, The Purple Pill Debate, Incels (wtf), neo masculinity, and a lot of feminists up in arms about all this stuff. I kind of miss how it was back then. It was just guys talking about how to pick up women, and all the mandatory self improvement that come out of that.

Anyway, here's a little advice from a guy that's been around the block. Hopefully this won't sound too redundant:

1. Incels are just guys that haven't even begun to start trying. They are lost. The people talking about them have some weird agenda. Just ignore them.
2. Women will never ever admit to hypergamy. Don't waste your time. Just be rational and navigate.
3. Exercise is important.
4. Before obsessing about getting laid, ask yourself, do you care that much? Most guys are programmed to think that if they aren't getting laid they are losers or something. You're not a loser.
5. FATE is what I never see talked about much in this community. Some people are fated not to have too many relationships, and not because they are loser omegas or betas. Some people were born more for other things. Maybe they go off to war. Maybe they live in the woods. Maybe they strive before success gives them what they want. This is normal. Enjoy striving. Get a sense of your own fate. It will help.
6. There's nothing wrong with learning better social skills to pickup women. Holding a frame, learning to joke in a conversation etc are all important. The people that think this is bad are lost. Women that get offended even when a man politely flirts with them are BITCHES. They qualify themselves out when they react. Don't forget that.
7. As you get older you'll be able to tell when a women is into you within a minute of talking to them. This isn't rocket science. Pay attention to subtext. SUBTEXT.
8. Women have to carry a baby for nine months. That's why this all seems like so much work. If you don't like it, strive or get to know your bisexual side.
9. Porn will fuck you up. It's just too advanced now for our ape brains to deal with. Jerk off without it.
10. This isn't a community just for conservatives or liberals. It transcends those boundaries.

And finally one last super important observation. I used to look at all my failures and blame myself. If only I had done X. Or if only I had done Y. What I didn't do was give myself enough credit. Maybe I ran a DLV spike because deep down inside I didn't like her. Maybe my failures weren't failures because I didn't stand up for what I actually needed. QUALIFYING is very important. You can't
qualify what's right for you, if you can't stand up for yourself.

Ask yourself if you actually give that much of a shit. Ask yourself what you NEED not what you WANT, and remember getting in touch with your needs can take years!

YOU CAN'T FAIL IF YOU KNOW SHE'S NOT RIGHT FOR YOU. Talk to thirty women... how many are actually a match? Maybe one? Those other twenty nine aren't failures, and yes that applies to just getting laid too. Who the hell wants to fuck someone they aren't actually into? You see? Your needs matter a lot. Don't ignore them. Get to know them.

The End

p.s. No not everyone can master the day game method of picking up a total stranger off the sidewalk. Socially engineer what WORKS FOR YOU. The gym, a club, house parties, workplace, church, NA meetings, dating sites, etc are all valid ways to meet someone.
Woman marries millionaire husband after he insists on prenup, she cheats on him, gets divorced, gets the judge to throw out the prenup.

1474 upvotes | August 10, 2015 | by anomanderrape | Link | Reddit Link

You may have heard the case of Elizabeth Petrakis, the woman who got her prenup thrown out. Here is the full story as a reminder: http://abcnews.go.com/blogs/headlines/2013/04/n-y-prenup-battle-winner-destroyed-family-with-affair-cousin-says/

This woman meets a successful millionaire who's built his own fortune through his life's own hard work and investments in real estate.

She wants to marry, being a smart guy he naturally is wary that she could be after his money. She doesn't want to sign a prenup, but he says there is no way they are getting married with out one, so she reluctantly agrees.

Well, come several kids later, she hits the wall and wants a divorce. She claims the prenup is the reason for their marriage falling apart, even though she never was forced into it. She could have always refused the marriage and refused the prenup. But those were his conditions and she accepted it.

Well it turns out she was full of shit. She was cheating on her husband with her cousin's husband. When her cousin comes out against her with this, she has no option but to admit to it. But she still insists her affair wasn't the reason for the marriage falling apart, oh no, she still insists it was the pre-nup.

Here's the real kicker:

She tells the judge that her husband had promised her he would get rid of the prenup after they had children. That's what she says, that he made an oral agreement with her. She has no proof of this promise or this oral agreement, its just his word against hers.

Well the judge believes her, and throws out the prenup, and now she is entitled to half his money, even after she cheated on him, even after he thought he was safe by signing a prenup.

Remember guys, not even a prenuptial agreement can protect you. Marriage can and will destroy you, there is absolutely no point.

Be careful in even entering a de facto marriage before you live. In some countries, being in a LTR with someone where you move in together and live together for some time as de factos can still grant the ex-partner your assets should you break up.

AWALT.
An AWALT Classic - Girl breaks up with her bf for living too frugally only to find out he's actually loaded, a year later the story's changed to her breaking up with him for "lying by omission".

1473 upvotes | July 4, 2017 | by Ramesses | Link | Reddit Link

Oh boy, buckle up fellas. Older folks on TRP might remember the original story of the girl who dumped her boyfriend for living frugally only to later find out that he was rich af and simply chose to live that way. As soon as she breaks up with him he goes no contact and gets on with his life and she cannot figure out why. She then finds out he was secretly rich and was choosing not to spend money on her and gets even more confused. Part one takes place in 2014.

Part one - original

*TL;DR - My boyfriend kept his wealth a secret from me throughout our entire relationship. I ended the relationship on the pretext that he wasn't money/career motivated, he didn't say anything to the contrary.*

I [F26] have been dating Will [M27] for most of 2014; I met him on New Years Eve, we exchanged numbers, scheduled a coffee date and have been seeing each other ever since. He's tall and shy, with long thick hair like Eddie Vedder. He lives in an older house by himself and drives a 1997 Toyota. He dresses very casually - I don't think he even owns a collared shirt - and all his clothes are minimum 1-2 years old. For income, he told me he "ran a few websites" and picked up piece-work as a 'session guitarist'. He is also very frugal. He never took me out for fancy dinners or anything. In the beginning it was always coffee dates, walks, hikes, etc. If we go out, he insists on 'pre-drinking' and refuses to buy drinks at a bar. Most nights he was content staying in, watching Netflix and playing his guitar.

I never outright asked how much money he made, but given his lifestyle, clothes, furnishings, etc. plus the fact that he rarely worked, I assumed it wasn't much. I would lightly prod him with questions about the future, if he had any career goals - he would say that he "saw me in his future", but also he was "happy the way things were".

I have Facebook and am on it every day, usually when work is slow. Lately my newsfeed has been filled with my peers getting married, buying houses, having babies, and other various accolades. I can't help but feel jealous by this; it seems like everyone but me is making significant gains in their lives and relationships. Three weeks ago, after seeing a girl I knew from high school buy her 3rd property with her husband, it felt like my relationship with Will was juvenile and had no future.

The next time I was over at Will's (after he served me potato soup for dinner and was torrenting a documentary for us to watch later) I ended the relationship. I was perfectly honest about everything - he was a great guy, I loved him and his personality, but I felt he lacked career/life ambition and we wanted different things for the future. He sat and listened
to everything, seemingly unmoved by it. When I finished talking, he said "fine by me" and asked me to leave. I went to hug him on my way out, instead he just guided me out the door and slammed it shut behind him.

With prior boyfriends, we'd still talk or text a bit after we'd be broken up. Sometimes we'd even still hook up. I dunno, I've just never had a 'bad break-up' and always try to remain on good terms. I haven't heard a fucking word from Will, even after texting him multiple times and calling him once.

I saw two of Wills friends at the gym today. I went over and made small talk, asked how he was, etc. I tried to explain myself, saying he was a great guy but our views on money and the future didn't seem to mesh. To this, one friend chuckled to himself and walked away. I asked the other friend WTF that's about it, and he says "Yeah, we heard. The thing is, Will's loaded. He inherited his grandpas land which is leased to oil and gas companies. I've seen the quarterly checks he gets and they're more than my yearly salary. Good luck getting him to spend it, though. He has a 'if it aint broke, dont fix it' type mentality. Just look at that piece of shit he drives!"

This has completely baffled and upset me. I dated him for 10 months when I thought he was penniless, proof I'm not a fucking gold-digger. I am a 26 year old woman who needs to be pragmatic, I can't just indefinitely date someone with the future being so uncertain. He could've said something, ANYTHING during our break up when I was explaining my doubts about our relationship. Instead he said nothing, and now he refuses to talk to me. It makes absolutely no sense.

I just feel so low right now. If a man with disposable income meets a woman he likes, doesn't he want to treat her? He said he "saw me in his future", why didn't he care enough to share these things with me? He could have easily kept our relationship alive by being forthcoming. Someone please help me make sense of this situation.

Her lack of self awareness is astounding! I love how she just cannot seem to figure out why he's not talking to her after she broke up with him, why he told her to leave and didn't want to hug her goodbye after she essentially told him he wasn't good enough for her to stay in a relationship with. She just seems genuinely baffled - him accepting the break up and moving on is now a 'bad break-up'!

Part 2 - the update

And here's where it gets glorious. A year later and she no longer broke up with him because of his frugality but because "he had been dishonest about some things... [and she] couldn't come to terms with his lying by omission. It seemed he threw [their] relationship away over nothing."

In 2014 I went through a pretty bad break-up. I met Will at a NYE party hosted by a friend-of-a-friend and we dated for 10ish months. I loved him - it was probably the best relationship I'd had on a 'personal connection' level - but he had been dishonest about some things (not infidelity - 'life' things) and it led to us breaking up. I couldn't come to terms with his lying by omission - it seemed like he threw away our relationship over nothing.
I was pretty unhappy for a while, not gonna lie. Went on a few dates, had a few Tinder flings, but nothing serious. Around summer 2015 is when things started to turn around and I felt I was in a good place. Happy with my job, happy with my body, happy with my social circle - just all-around happy and patiently waiting for Mr. Right to come along.

My friends and I were invited to the same NYE party this year, hosted by the same person. I knew there was a chance my ex would be there, but I didn't care - I was over him. Seeing him and being cordial shouldn't have been a problem. He was pretty icy when the relationship ended, so even if he was there, I didn't expect him to say all that much to me.

So my girls and I are there early, having a few cocktails and everything is going great... then Will walks through the door. He saw me, smiled, walked directly over and gave me a big hug. With his arms wrapped around me, smelling his cologne... I just melted. In that moment, whatever bad feelings I had about our relationship were completely gone. I just genuinely missed him.

I got through 15 minutes of small talk with him, my heart racing the entire time. He remembered all these little details about me, my friends and my family - I couldn't believe it. When I told him about my job, my new apartment, etc. he seemed happy for me. When the conversation ended, he gave me another quick hug and then left toward the kitchen.

My friends could tell that seeing him had affected me. They took me to a more private area of the house to talk it out; they reminded me to not get ahead of myself, he's still the same guy who lied to you, etc.

When we went to rejoin the party, he was on his phone giving directions to someone. After a minute of eavesdropping it became clear that he was talking to his girlfriend. Fuck.

I should've left then and there, but I didn't want it to seem like him having a new girlfriend affected me. Like I hadn't gotten on with my fucking life after 14 months apart. And so I stayed.

She arrived about 10 minutes later and Will introduced her to everyone. She seemed nice enough, but seeing them together made me sick to my stomach. I swear she was being all touchy-feely with him just to spite me. I did my best to avoid them throughout the night. I found out through a friend that they'd been dating for 2 or 3 months. The party ended, I got into a car with my friends and just started sobbing uncontrollably. They tried to comfort me but I was too far gone. They dropped me off and I cried for while longer alone in my apartment.

This was supposed to be a fun weekend with my girls, we had all sorts of stuff planned, but I ended up staying home by myself last night. No one questioned it, they all knew. I must've wrote 100 different texts to Will last night but didn't end up sending a single one. I'm going to stay in tonight as well.
I want him back so bad, I just don't know what to do :(

I can't decide if my favourite part is her sobbing uncontrollably or how much of a boss Will is. I'm certain he's on here but if he's not he should be. Wherever you are Will TRP salutes you buddy.

*edit: formatting
If guys suddenly stopped asking women out, would women begin chasing men?

1468 upvotes | August 15, 2018 | by m4ch1ina | Link | Reddit Link

(This was a question I recently encountered on Quora. The answer below was written by Lucas Lundstrom, a Quora user, and I found it a very insightful read.)

No.

This, in fact, has been tested large scale.

Japan is in dire national crisis because of this.

The issue is a bit complex, but can be summarized as that the Japanese men gave up on women because it was simply not worth it any more. They were expected to make the first move, pay for things even when the woman earned a good living, be the active part in love making, work double jobs and hardly be home just to meet expectations, give grandiose gifts at many, many days similar to Valentines day around the year, and so on. The women had grown away from the old ways of being considerate, supportive, warm, and kind and were now instead generally much more cold, distant, career driven, demanding, and selfish - but still held up all the demands on men which men had previously filled as a balance. Not 'I scratch your back - you taunt me for not making as much as my brother'.

They found that they could just put their foot down and say no. No more. Sex could be replaced through masturbation with VR and other tools and an advanced pornographic culture, or prostitution. Deep personal conversations, blowing off steam about your manager or best friend could be had through special business who cater to specifically this with trained hostess staff who have regulars. Having your head on someone's lap while watching a movie - also available. Etc., etc. The Japanese culture turned out to be very good at figuring out what little details in a relationship is actually important to us on a deep level, like having someone hold your hand while you are doing this or listening to you explain how you feel about that, and then making a business of exactly that little niche.

So it happened. The Japanese men at a quite extreme and alarming rate started saying no to marriage. No to girlfriends. No to girls. They did not go into situational homosexuality as a cultural prison sexuality either, at least not in any major scale. Instead they found that with all that free time and available money to spend on anything that made them happy they could have the worlds most extreme entertainment culture at the tip of their fingers. Games galore! Interactive movies, perverse comics, cool neo-sports, and so on.

So. How did the women react? Did they say "Oh, shit. We done fucked up now… Let's show the men that we are worth it. That we are actually really nice and warm too even if we are more independent than before. That we are loving and kind." No. They started using the term "Sōshoku(-kei) danshi", herbivore or grass-eating men, to condescendingly refer to those who reject the pleasure of the female flesh. They started large scale mocking all these men who refuse them. Claiming that they are not real men, that they are gentle, mild, sissy, closet gay, small boys, etc. This, er, did not get the men to come back. It made other men who saw how the women in large scale culture acted join the herbivores. And now it just spins like this, with the women pushing away the men further instead of chasing after the men.
As of now more than 60% of all men in their 20s are Sōshoku danshi. Here is the wiki for the phenomenon: Herbivore men - Wikipedia
Successful people aren't Demi-Gods with insane willpower and incredible productivity skills. They are normal people who understood the importance of the small seemingly insignificant daily disciplines. They understood how these disciplines leveraged with time could make them unstoppable.

This post was inspired after I read the book 'The slight Edge'. 10/10 btw

**Wtf is time?** The human mind has a bad perception of time. Sure we understand 'clock time' and deadlines, but we really are myopic when it comes to understanding the fundamental power of time. It is hard for us to grasp how the small actions we make on a daily basis can have dramatic consequences when leveraged with the power of time. How many times have you told yourself you would “do it tomorrow”, only to realise that a couple of weeks flew by and you still hadn’t done the thing? Bad perception of time 101.

**Instant gratification Society** To make things worse we live in a society where instant gratification is the normal. We assume that we should get results quick in everything we do. We watch training montages in movies like Rocky and expect to get similar results in the real world. We go online and want ‘instant’ access, ‘instant downloads’ everything needs to be quick. We read 'Think and Grow Rich' and expect to make millions of dollars within a year.

**The truth** The truth of success is not sexy, it's nothing like those rocky montages with the good music in the background. Success stems from the mundane. Success comes from making the right choices, keeping your daily disciplines consistently and allowing time to use its leveraging power to work its magic. People have a skewed perception in which they believe that successful people are Demi-Gods of willpower and discipline. That these people are cut from a different cloth.

In reality most successful people have just understood the power of daily disciplines, they have learned about the leveraging power of time. The power of the small easy things:

- Meditating for 20 minutes a day is easy
- Reading a non-fiction book for 20 minutes a day is easy
- Exercising for 30 -40 minutes a day is easy
- Getting 0.1% better at your craft a day is easy
- Saving a little bit of money/ putting some in investments is easy

All these things are easy, but they are also easy to not do. Unfortunately for us we have a mind that has adapted to take the path of least resistance when making choices. This tendency along with the bad perception of how time leverages the small daily disciplines is why most people fail. Time and persistence is king! Remember that the Grand Canyon was formed by water. Water flows over millions of years ( time is the great leverage, you won’t need that long though). Working on success isn’t a sprint it’s a marathon, the answer is not sexy, but however is the truth. Hey guys make sure you checkout the video and support the channel!

► **WATCH THIS** Thanks
Woman drops boyfriend because he lives frugally. Later finds out that he's a heir to a fortune based on oil.

1460 upvotes | October 27, 2014 | by Schrodingersdawg | Link | Reddit Link

Warning, extreme hamstering ahead.

http://www.redditlog.com/snapshots/1207481


New link because redditlog is kill

It's amazing how, if you read her post, she completely flips the script and blames him for not telling her anything. Even though she left him because he "lacked career/life ambition", it's his fault for not revealing his wealth.

Some gems:

I have Facebook and am on it every day, usually when work is slow.

Work is slow every day? I wonder what this woman does for a living? Probably HR or some other liberal arts degree related job.

Lately my newsfeed has been filled with my peers getting married, buying houses, having babies, and other various accolades. I can't help but feel jealous by this; it seems like everyone but me is making significant gains in their lives and relationships.

Accolades. Gains. It's almost as if she's viewing this as a videogame and wants the high score.

Three weeks ago, after seeing a girl I knew from high school buy her 3rd property with her husband, it felt like my relationship with Will was juvenile and had no future.

Oh, the joys of social media. Apparently because all her friends are doing it, she decided she had to do it too! Apparently her boyfriend should be judged against her friends' boyfriends / husbands! Could you imagine how that would go over if it was the other way around. I can imagine some Jizzabel cat lady now:

"But honey, Jack's girlfriend blows him every morning." HOW DARE THIS SHITLORD COMPARE HER TO ANOTHER WOMAN? WOMAN ARE NOT JUST INTERCHANGABLE SEX OBJECTS...

after he served me potato soup for dinner and was torrenting a documentary for us to watch later

She says that to make him sound cheap, but if the dude can cook, has money, and knows how to save it instead of throwing it away and living in a perpetual cycle of credit card debt like so many Americans.

When I finished talking, he said "fine by me" and asked me to leave. I went to hug him on my way out, instead he just guided me out the door and slammed it shut behind him.

I haven't heard a fucking word from Will, even after texting him multiple times and calling
Dude realizes she's not the one for him, makes a clean break. Respect to him.

To this, one friend chuckled to himself and walked away. I asked the other friend WTF
Sounds like Will's dealt a few gold diggers in his time.

If a man with disposable income meets a woman he likes, doesn't he want to treat her?

And that is an example of how widespread BP mentality has become in our world. We are to be seen as nothing more than walking wallets.

Surprisingly, the commentators rip her to shreds.
« I don’t like muscles »
1459 upvotes | January 11, 2020 | by Coolrubblings | Link | Reddit Link

« I don’t like muscles », said Stacy, with my arm around her waist and her hand up my shirt.
« Working out seems so pointless though », said Julia, as she squeezed my pec after I hugged her.
« Who are you trying to impress? », asked Linda, her eyes darting up and down my torso at the community pool.
A long time ago I probably would’ve believed these statements, I would’ve given up on building a physique, because I didn’t « get it ».

**They don’t communicate the way we do.**

She likes your muscles, she doesn’t want to look like a slut.
She likes your muscles, she wants you to understand that without having to say it.
A huge percentage of men today are out of shape, flabby, weak. Being strong will raise your SMV significantly, especially if you’re just looking to spin plates.
« B-but I’m Indian »
« I have a jacked friend who doesn’t get laid »
« Looks don’t matter »

**Excuses.**

As a man, your body is one of the only things you can actually control.
Set a goal.
Eat right. Eat. Eat. EAT.
Lift heavy ass fucking weight. Lift 5 times a week. Sleep at least 8 hours. Be **consistent.**
Don’t tell anyone that you’re working out. Don’t post your shitty physique on social media, just shut the fuck up and lift.
Do this for a year, then come back and tell me that women don’t like it.
At the end of the day, she’ll tell Billy Beta that he’s perfect the way he is, as she denies him sex and lets him chase her.
But Chad knows better, he knows that she’s drooling, because muscles on a man are like tits and ass on a woman.
Start now.
Define: Ingenuine female acts towards a man designed to entice him with pleasure, have him chase her out of fear of losing her, compel him to console and protect her from danger and bad feelz, or have him give into her demands to test his value or garner validation or sympathy. When fallen for, their egos are inflated, and the tingles are reduced.

Below are examples of each one listed, the motivation behind them, and how to respond.

1) HER sending sexually suggestive pictures

- **Example A**: Kid on askTRP received sexy pics from some girl. OP took this as a sign of a guaranteed lay and proceeded to tell her how hot it was and what he wanted to do to her. Girl loses interest. He's left confused.

The purpose of the girl sending a naughty pic in the the askTRP kid's situation was to see if he'd drool over her. She was dangling pussy on a stick to see if he'd try to pounce on it immediately. He did, thus demonstrating low value via thirst. Women want you to escalate while showing sexual restraint. By not going for the kill, she perceives you as not desperate because you have other options and this is nothing special. Male sexuality is based almost entirely on physique while female sexuality focuses on refusal to give them short-term validation in response to their power grabbing moves and other abstract traits that indirectly insinuate signs of past sexual success, not your looks or body (especially hot girls).

Before the phones became 'smart phones', when they were flip-phones with a pull-out antennae, press buttons, a low resolution camera, and a very primitive email app, if it had apps at all, this would be a different story. When texting was invented, Myspace was in its infancy, Youtube just came out, and Napster and Limewire were cool, a naughty pic would be a sure sign of DTF. But now historical internet porn is common Instagram photos of everyday girls. They post pictures of them dressed and posed in a manner only hookers were known for in the not so far past. Suggestive pics don't mean shit anymore. That pic she sent wasn't spontaneous out of lust for you, it was one carefully crafted long ago she had saved on her phone and is probably somewhere on the internet already and was sent to several guys in the past.

Men send suggestive pics (i.e. dick pics) in hopes of invoking a woman's arousal enough to want to fuck with low effort. Women send suggestive images to acquire validation and test your value. She has little concern, if at all, for sex, although intrigued. Far from the finish line.
• **Example B**: Friend of mine matched with a girl on Tinder and began to exchange messages. Tinder girl starts playing games. Friend says bye and unmatches her. Tinder girl later follows him on Snapchat. She sends him a sexy pic. Friend sends one back. She's send another in addition with a "you gotta earn it" -like line. Friend laughs and says no thanks. Girl throws a tantrum.

In this case, the girl tried to use her pussy to get my friend to jump through hoops in hopes of sex that was likely never to come to boost her ego. When that didn't work, she went into frame recovery mode. She sent that first pic hoping she would get my friend to do what the askTRP kid in the Example A did, smother her in validation. My friend's response pic wasn't good enough, she wants an overt display to feel a sense of power. So she sends another thinking she can reel him in with the same games she played during the Tinder convo. My friend sees what's up and just ghosts her. If my friend did what the askTRP kid did, she would immediately withdraw and cease contact with him ==&gt; "teehee, I win. Bye". It's all just a game to her. Validation is sex to women. Sex is secondary, often times a 'last resort' way of acquiring the validation they failed to get in the beginning.

edit: **What to Do**: When you recieve one of these pics, give her a small compliment, but nothing more. "That's hot.", "bad girl", anything that suggests slight interest or is sexual. Even tell her you'd like to see her in a specific color or whatever, but don't drool. Keep it short and sweet and wait at least a few minutes before responding to it. The game isn't over yet.

**TL;DR** pics ain't shit. Anything not face to face doesn't matter. You say yousa freak, you gon' prove it or nah?

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2) HER talking about other guys hitting on her

• **Example A**: An ex-girlfriend and I were doing the long distance relationship thing during college. I got a text one evening stating that she had guys ask her out but refused them saying she had a boyfriend. Me: "Good." She then replied with "I just wanted to you to know that you could trust me."

Sounds so nice right? She's letting you know you can trust her! If you believe that, you're clueless. **She didn't send this text to alleviate my anxieties, but to INSTILL them in me. It's dread game disguised as noble intention** (plausible deniability), a favorite weapon among ALL women's psychological warchests. Not AWALT, *all women DO that*. She wanted to see me get jealous and worried by blowing up her phone. She wished to see the power she had over me.

The best way to respond is "okay" or "I trust you". That's it. She will likely attempt to instigate drama by bringing it up again and again, attempting to 'reassure you of her loyalty'. Don't fall for it. She may even try to peg the blame on you for not being worried enough. Don't give this a second thought.
Drama is for women. **When you wrestle with pigs you both get dirty and the pigs like it.**

I've heard this tactic take many forms like a guy tried to kiss her or touched her butt or men from her sexual past or whatever. Same shit.

- **Example B**: Same girl told me that she hung with a 'friend' the other day while driving somewhere. Me: "okay". Didn't give it any attention. I noticed her looking uncomfortable...... While sitting on her couch later that day, she wanted to confess that it was an ex-boyfriend, but assured me I had nothing to worry about. I ignored it, but the direct acknowledgement of it started to bother me. Come Christmas Eve night, I told her we should 'talk' about it. Long story short, I cried like a faggot with her on her porch bench, telling each other we'll be together forever and trust one another. Christmas Day, family and I were opening presents. My father noticed I was down. I told him what happened. He gave me some tips on how to handle it. Felt better, applied the tips, and it worked in the future.

She told me this instill dread in me. She insisted on telling me because she wanted to be punished for her bad behavior. Women had a deep seated need to observe you setting boundaries. What do you do if a woman decides to do 1-on-1 meetups with ex-boyfriend or other dudes? **Answer**: When a woman indirectly mentions other men, ignore it. When she 'confesses', punish her indirectly by withdrawing attention with no explanation or a bullshit one. Women don't communicate directly. **What to do when your girl wants to hang out with another guy 1-on-1? ==> Demote to plate or dump immediately...**

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3) A girl threatening to leave your presence

I was at a bar once. At a table near an exit was a trio. A couple and the girl's friend. The conversation between the couple slowly escalated into an argument and the girl began to creep backwards towards the door while talking to the boyfriend. She slung her last insult and announced, "I'm leaving!", then stomped out of the building. The boyfriend soon followed her and started calling out to her to resolved the issue. Don't know what happened next, but not relevant.

**Patrice O'Neal**: "*What will you do when she takes the pussy hostage and puts a gun to it's head?*"

When a girl starts walking away from you, don't chase. When she announces the infamous, "I'm leaving", she's really saying "I, the beholder of the pussy and my vaginal affections are exiting!" She's saying, "Chase me so I feel validated about the power I hold over you!" That's exactly what it this scenic act was about: ego, power, and validation.

If you try to get her not to leave, you fluff her ego and decrease the tingles. Let her stomp off like a child and blow off some steam. It's hard when she's an LTR and you have put in emotional investment, but that's when it matters the most. Understand that women need these moments of
emotional spikes to feel alive. She NEEDS them for her own good.

"Go kick rocks, bitch" should be your attitude. If she's being ridiculous, be the first to withdraw by telling her to go away if she wants to continue acting the way she is. Big chance she doesn't, because the point of her leaving was to compel you to grovel and have the situation in her frame. She can't frame her exit this way if you initiate it. That would be a defeat. Doesn't matter if you were her ride, that's her problem. She can call an Uber or a friend or parent or some beta chump sitting around. Doesn't even matter if she exits the car (bonus points if you stop on the side and kick her out, not accepting pseudo last minute apologies). Don't be like Kelso was with Jackie in this scene. And never initiate contact! Don't keep an eye on her, especially if she starts talking to another guy (she's just doing it to make you jealous and fluff her ego).

I guarantee if you don't chase her or contact her, she'll do one of these things:

- **A)** Come straight back. You called her bluff.
- **B)** Say sorry (especially if you told her to leave)

In case A, remain dismissive and show no affection. No apology (especially if didn't do anything wrong you pussy). In case B, if you have deemed this event as a reconcilable offense, make her wait before you respond. Don't discuss the matter in any detail or try to explain your side of the story in an attempt to garner sympathy (she doesn't care about you, she cares about the validation). In either case, you must make her work to return to your good graces, else she won't respect it.

- **C)** She'll taunt you some more by shifting the blame on you. She'll consider your indifference to her absence as evidence of the 'crime' of not 'caring about the relationship', and attempt to get you to accept liability.

This is psy-ops. Don't fall for it. Even if you were somewhat in the wrong, NEVER accept a woman's frame. *EVER.*

**My Story:** I remember a night with an old girlfriend where she did something to piss me off at the mall. I instantly became cold towards her and we left. Didn't speak to her in the car. She started looking to me for signs of validation in the corner of my eye with puppy dog eyes, a slight frown, and a submissive posture. Didn't speak to her in the car. I had to get something from the store, didn't speak to her in the store much. We were in separate aisles. By then I had cooled down and we ran into each other in another aisle. I just slowly walked toward her without saying anything and hugged her. Then we walked out the store without me saying anything or showing affection. When we got in the car, she apologized and had some tears. I just put my hand on her leg and said, "shhhhh". The conversation eventually turned a little humorous and we kissed. It was the most passionate kiss I ever received from her. She was more kind and affectionate than usual for the next couple days. That was our first 'conflict'. Not exactly as described earlier, but close enough.
Make-up sex is often the best sex. At the end of an emotional roller coaster, is wet pussy. The the cycle of drama brings catharsis. This is where "treat 'em mean, keep 'em keen" comes from. This is why girls 'stay with' (continue to have sex with) boyfriends that treat them badly.

4) A girl threatening or implying the end of the relationship

Read: By the time you have 'the talk', she's already packed and planned her exit

5) Overt communication

Women are not like men, they communicate their intentions covertly. When a woman blatantly discusses her intentions or sexual topics, it's a trap or a shit test.

- She puts up impenetrable LMR. You get frustrated and go cold and do something else. Then she says, "are you mad because I wouldn't have sex with you?"

There are other examples I can't quite put my finger on, but I think you get the idea. Explicitly stating the unspoken dynamic is not what women do.

edit: What to do: Ignore and pretend it never happened. "No it's fine, I'm not gonna pressure into doing anything you don't wanna do." Play it cool. Just lay down. Some convo. Then say what you need to say to exit or have her leave in a non-butthurt manner. Nothing you can do. Never mention previous ASD. Just sounds butthurt, spirals down a path of no tingles, and activates more ASD. Never remind a woman why she denied sex to you.

6) Claims she is in some kind of danger

Example: An ex-gf of mine was at the mall ~40 mins away. She sent a text "I think these guys are following me". I then instantly gave her advice on how to handle it and to call me if she needs help. Revenge fantasies flowed through my mind, what I would do to guys who'd try to hurt her. She then instantly said, "no it's okay. but thanks. It's nothing I can't handle."

This was pre-meditated. She just wanted her ego boosted by seeing me willing to come to her rescue. There could have been no men at all, she just made it up. The details of her story aren't important, just the outcome.
How to handle it: https://www.youtube.com/watch?v=0_ueWyMpLhE (00:40s is the most relevant part)

- There was a post here about this very video and a girl's reaction to it a long time ago. If you could find it, post the link in the comments section.

7) Pseudo displays of sexual receptivity (attention whoring)

- **Example:** I was at the bar section of a venue. Down by the pool tables were two girls (early 20's). They had this hot-slut look. High boots and uggs. Skinny jeans wrapped around their big posteriors and up on the hips. Mid-section exposed below shirt. Makeup. Earrings. Rings. Necklace. Can't really explain the 'slut look'. They walked towards one particular table. One girl leans back, using the table as support. The other in front of her. They begin grinding on each other aggressively with considerable space from everyone else. They tried to make it look like they were 'just having girl fun, wooooohooooo!'. At the end of this erotic display, they returned to the group they came with like nothing happened. They spoke loudly. They flirted with nobody their entire stay, not even the guys with them.

Attention whoring, that's all that was. All they wanted was for men to stare at them. That validation alone satisfied them. If you were to try to hit on them, you'd fail. They continuously pranced from one side of the bar to the other as a duo. Always quick on the move, flighty, and loud with each other as if trying to have their presence known. At one of their brief stops that just so happen to be in my vicinity, I over heard a conversation with them. One of the sluts was talking about the relief and delight she felt hearing that her baby daddy was going to be released from prison in a few months. Supposedly, he was incarcerated for shooting somebody.

I've only known one guy who can keep these types of girl's attention (the guy mention in 'No. 1, Example B'). He has mastered the art of loud clown game at bars that draws the attention whores to him. He will dress provocatively via peacocking, will ante up the girls high energy, and become the center of attention instead of the hot women, basically the guy version of what the girls were doing, but better than them. He gets off on the whole bar scene, loves it for the sake of it, women or no women. It's his element like a fish in water. It comes off natural. They can only get attention because of their pussy, he gets it because they think he's the fun guy, thus is worth more. These women can't beat an attention competitor, so they try to join him, or rather attach themselves to him.

These women's display of attention seeking acts (dance, loud talk, and walking all over the place) create an illusion of immediate receptiveness. False. This is a chump trap. The barrier to entry is quite high. If you're not Mr. Baby Daddy People Shooter or my friend Mr Clown Game Master, you're not getting any action. Promise.
Don’t be fooled, you still need game to bang sluts

8) 'Rapport Bombing'

Women are selfish. Women will take a perfectly good conversation and intentionally sabotage it for feelz. If you follow her down this path, you'll get no lady-hole. Anticipate it so you're not caught off guard. Not "whoa, wtf", but "oh boy, here we go. How can I maneuver around this back to sexy-time?"

- **Example A**: I was at a college hitting on some milf going back to school. The vibe was happy, conversation was going good until she decided to talk about how her husband passed away... and talked about it for several sentences though I tried to change the subject. It wasn't appropriate based on the topics of discussion.

- **Example B**: Claims to have been raped, abused, or molested in the past (especially when 'unprovoked').

Real rape and molesting victims usually feel great shame, often times not even sharing it with the family. If that really happened to her, do you think that would come up as a casual part of a conversation with some guy she doesn't know well? Especially in a casual manner? Never. This is some *#MeToo bullshit. All rape allegations should be assumed false until proven otherwise. Women have abused this too much. If she never filed a police report, don't take it seriously.

**What to do**: For both of these examples, always pause for a second. "Hmmm." and maybe a "that sucks", then gradually change the subject. Never let something emotionally negative from a woman phase you. Often times it's bullshit or is insignificant. But do keep in mind women like to get the feelz running for feelz-sake. It's not a bug, it's a feature. It's a woman thing. No way around that.

- Side Note: If a girl starts talking about boring shit, remember getting up and walking away without warning is a viable option. Don't let women waste your time. Don't be a time-ho.
- Side Note 2: Opie and Anthony w/ Patrice O'Neal (only ones with Patrice), CultofBlackPhillip (Patrice O'Neal), Beige Phillip Show (Dante Nero, award winning male stripper)... Just listen to them on youtube. To you newbs, these two are TRP legendary.

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**Conclusion**

Beta Bait. Don't fall for it.
The new year is almost upon us, and that means online fucking apps (I refuse to call them online dating apps) will be in full force, filled with lonely women who just realized they were alone for the holidays. Blackdragon, the expert on this stuff, notes that he gets 3x the results in January from apps as any other time of the year.

If you want to take advantage of this, here's what you should do:

### Prerequisites

Fulfill at least half of the below requirements, roughly in order of importance:

- 5+/10 face (the most important factor; if you are below a 5/10 facially you should move to another country or try daygame)
- 5+/10 body
- White
- 5’9” or over
- Decent style (e.g. new, well-fitted clothes, hair and facial grooming)
- Under age 35
- Live in a city of more than 150,000 people

If you are lacking in one or more of these factors, improve the controllables (e.g. lift, lose body fat, buy new clothes, get a haircut, move, etc.) and once you're ready, implement the below.

### Photos

Assemble four to six photos of yourself of the below archetypes. These photos must not be selfies, and ideally should be taken with a DSLR by someone that knows what they're doing.

If you don't have these photos, talk to your photographer friend, or hire a photographer from Craigslist/Instagram. If you don't want to go this route, buy a cheap DSLR and a 50mm 1.8 lens from Craigslist, buy the cheapest tripod you can find on Amazon, buy a DSLR remote, and take the photos yourself.

The first bullet is required, you can pick and choose from the rest:

- Upper-body shot of just you. Ideally taken with a DSLR with you in focus with a blurred, interesting background, wearing nicely-styled clothes (a suit if you're over 25, a button-down or something else nice if you're under 25).
- You with a dog or some other sort of animal. Only do this if you actually like animals.
- You with a group of friends. You should be as tall or taller and as attractive or more attractive than every friend in the photo. All of your friends must be decently attractive and not low-status (i.e. if this photo was taken at an anime convention, you're toast).
- You doing [insert hobby here]. Snowboarding, DJing, skydiving, climbing, playing a high-
status sport (sorry, Magic: The Gathering doesn't count).

- You in an exotic location.
- You doing something that indicates you're a leader of men. Holding a microphone, giving a speech, standing on stage, etc.
- A candid, shirtless photo (e.g. playing sports, on a beach). If you cannot bench your bodyweight and/or squat/deadlift 1.75x your bodyweight AND are less than 18% bodyfat, skip this. If you don't have a candid shirtless photo, a non-candid is OK, but you'll get worse results.

Once you have the photos, pick out 10-12 that you think are good and send them to three girls you've hooked up with in the past to get their advice on which to use. Close female friends are a decent secondary options. Photofeeler is a distant third.

**App Setup and Swiping**

**General App Setup**

1. Create a fake Gmail account.
2. Use the fake Gmail account to create a fake Facebook account with a photo of a male model and your real first and last name (you don't have to use your last name if you're not using Hinge). If you're 28-35 and want to fuck 18-22 year olds, put your age as 27. This has the added advantage of giving you a 50% discount on Tinder Plus, as we'll see later.
3. Go to a random page in the Philippines and add 500 random Filipinos until you have 100 Facebook friends. This is needed to bypass Facebook account verification for Tinder.

**Tinder**

1. Download Tinder and sign up with your fake email address.
2. Tap "Get Tinder Plus" and purchase Plus. If you're under 28, this should cost $9.95 a month. If you're 28 or over, this will set you back $19.95 a month.
3. Upload the photos you picked out in the photos section. Leave Smart Photos on.
4. Write a short, positive, non-needy bio that demonstrates higher value, e.g. "Dog whisperer. World traveler, last three trips were to Bali, Australia, and New Zealand. Avid cook, I guarantee my bacon risotto is better than yours."
5. Link your Instagram only if you have over 1000 followers and/or you have interesting photos that show a high-value lifestyle (e.g. travel, parties, friends).
6. Go to settings and set your distance range to the furthest range you think a girl would be willing to travel to meet you. Use the Gmaps Radius tool to figure out what the radius of your surrounding area is.
7. Set your age range to 18 at the low end and whatever the age of the oldest woman you'd have sex with is at the high end.
8. Go to www.tind3r.com and set up the Chrome extension so you can swipe and message from your computer.
9. Start swiping with Tind3r. Your minimum for a right swipe would be a girl you'd have sex with if they were to come directly to your house with no monetary investment from you. Do not swipe right on every girl, it brutalizes your private Tinder "Elo score".
10. Don't read bios or look at closely at photos or Instagrams. You should spend less than a second looking at each profile's photos before determining how to swipe. I can swipe about 75 girls a
minute accurately with Tind3r and double that using my phone. This means, assuming 5000 girls are in your area, you should only need to waste about ten minutes a day swiping.

11. Every day, use your 5 superlikes on girls you think are just out of your range. E.g. if you generally fuck 5s and 6s, use superlikes on 6.5s and the odd 7.

12. Swipe only during idle time, i.e. when you're on public transportation or on the toilet.

13. On Sunday between 8 and 10 AM, use your one free monthly Boost, which will put your profile at the top of every girl's stack in your area for 30 minutes. You don't have to swipe during this Boost, it doesn't have any effect on the matches you'll get.

### Bumble

1. Download Bumble and sign up with your fake email address.
2. Upload the same photos and use the same bio as you did on Tinder. If you linked your Instagram on Tinder, mention it in your bio.
3. Use the same distance and age settings that you did on Tinder.
4. For Bumble, you're going to autoswipe. First, download AutoHotKey on your computer. Edit AutoHotKey.ahk and paste the following in: https://pastebin.com/4XiZHIpNd
5. Download BlueStacks, an Android emulator. Run through the setup.
6. Download Bumble on your BlueStacks instance. Log in with your fake email address.
7. In the bottom right, click on the icon of the keyboard and map "r" to "Swipe Up" and "g" to Swipe Right.
8. While on the swipe screen, hit F7. Let the autoswiper run until you run out of profiles to swipe on (you won't be able to use your computer while you do this, so use a different computer or run it overnight).

### Hinge

1. Download Hinge and sign in with your fake email address.
2. Use the same photos you did with Tinder, but remove any shirtless photos if they're not candid.
3. If you're under 5'10", add an inch to your height.
4. If you have a medium to high-status job, list it.
5. If you went to college, list it.
6. Answer three of the questions in a witty, intellectual way. Use good grammar and proofread for spelling.
7. Start viewing profiles. Never like any of the photos of the girls, but rather their questions directly (shows interest in their "mind" rather than their appearance).
8. Don't waste your time leaving a comment with your like unless you have something interesting to say (e.g. if she says she wants to go to Ecuador on her bucket list, mention that you just got back from there).

### Coffee Meets Bagel

1. Download Coffee Meets Bagel and sign in with your fake email address.
2. Use the same photos you did with Hinge.
3. Follow the same Hinge guidelines about height, job and education.
4. Use the same questions you answered for Hinge but warp the answers to fit Coffee Meets
Bagel's scheme for "I am...", "I like..." and "I appreciate when my date..."
5. Go to suggested and like all the Bagels you'd have sex with.
6. Go to discovery and like girls until you run out of beans.
7. Repeat this process every day at noon (when your bagels have been replenished).

**Happn**

1. Download Happn and sign in with your fake email address.
2. Use the same photos and bio you did with Tinder. If you linked your Instagram to Tinder, link it here as well.
3. If you never leave your house, sign out of Happn on your phone and sign into Happn on BlueStacks. Use the BlueStacks location feature to change your location to where hot girls live/work/hang out. Change your location once a day.

**App Messaging**

If you're playing this right, matches should be rolling in on all of your apps. You're going to use the exact same openers and messaging format for every app.

1. Open a girl with a non-needy, *unique* opener (I'm not going to post examples here, because if I do they'll start getting used and not be unique anymore). The opener should ideally assume something about her and end in a question mark, but doesn't have to.
2. Gauge her response, and write back, using less text than her. If she hasn't asked you a question (what I call the *hook point*), provide some information, like a DHV about yourself, and ask her another question.
3. If she's asking you questions back, you have a green light. Respond something like "That sounds cool, we should grab a drink. I'm free [x] or [y] day, let me know what works for you." Based on her response, tell her where and when to meet you.
4. If she's not asking you questions back, you have a yellow light. Keep DHVing and teasing her for a few more lines until you get her to invest. If she's not investing but still responding, hit her with the date pitch after a maximum of five messages from each of you.
5. If she's being combative, you have a red light. Stay non-reactive and playful. Keep DHVing and teasing her until you have a yellow or a green light, at which point you should pitch the date.

Other tips:

- Ignore any rules about waiting a certain amount of time to text back. The minute you match with a girl, you are already fighting a losing battle against her attention. Reply back as soon as possible and keep her engaged.
- If a girl stops responding, wait 2-3 days (at least) and hit her back with a funny respawn text teasing her for disappearing. I'm not going to post mine, but if she's riding a horse in her profile, here's a mediocre example: ", did you fall off your horse and die? Let me know where I should send flowers." Do this twice, and wait 2-3 days between each message. If she doesn't respond, leave her and work another girl.
- Burn every lead to the ground. You should be messaging and scheduling dates with every girl you match with in order to cultivate abundance.
If you want examples, I recommend the breakdowns on Playing with Fire. He's the only guy I know that provides full screenshots of all his messages from opener to sex (keep in mind, however, that he is above average looks and runs shirtless photo + explicit bio game. If you're average, you can't expect these results, but his messaging is good).

**Weekly Routine**

The above will cover you for the first week. After that, you'll notice that your matches are going to fall off. This is because Tinder and Bumble give newbies an early boost to get their profiles shown to more people. So every Sunday night, here's what you're going to do:

1. Create a *new* fake Gmail account and Facebook event, and add 100 friends again.
2. Go into your Bumble and Tinder accounts associated with your old fake email and hide the profiles to the public. This will make it so you can still chat with your old matches, but won't have two profiles up at once.
3. Create new Bumble and Tinder accounts. Follow the exact same methods as you did last week regarding using your Tinder Boost and autoswiping on Bumble, but tweak your photos/bio using feedback from the last week.

It should take less than an hour to do this each week, but you'll get 50% more matches, not only with the newbie boost, but also because you'll be shown to different girls each week due to the random nature of Tinder.

**Results**

Number of matches per week is going to completely depend on physical attractiveness and quality of profile, as well as your sexual market value in your city compared to the male competition on the apps.

Here are my average weekly results as an average-looking guy in San Francisco, the hardest city in the United States for average guys:

- 52 matches (30 from Tinder, 7 messages from Bumble, 13 from Hinge, 1 from CoffeeMeetsBagel, 1 from Happn)
- 36 matches worth opening (rest were errant swipes or I had buyers remorse)
- 17 matches reply
- 5 matches schedule a date
- 2 matches actually show up to the date (the rest flake or logistics don't work)

Two dates a week is on the low end for cultivating abundance, so if you're getting worse results than this, something is wrong. You need to improve your sexual market value, photos, openers, or messaging.

It's impossible to provide generic troubleshooting steps because every guy will have different problems, but if you post a comment here or PM me on reddit, I'm happy to help.

Finally, you'll notice I didn't provide any information for what to actually do on a date. That's because this has been written about extensively by other guys. I recommend Blackdragon or JMULV for more on that.
Aristotle said, “We are what we repeatedly do. Excellence is not an act, but a habit.” To possess any desirable character trait, you must start acting and thinking as if you already have it. When your thoughts and actions align with your ideals, you will skyrocket your belief in yourself.

If excellence is important to you, pay incredibly close attention to this quote. Because—if you put this quote into practice—any character trait you wish to possess is within your reach.

The great psychologist, William James, said, “If you want a quality, first act as if you already had it.”

Your self beliefs have a huge effect on your thoughts and actions. However, your actions also have a huge effect on your self beliefs. Therefore—by drastically changing our actions—you can drastically change your beliefs.

"The greatest discovery of my generation is that human beings can change the outer aspects of their lives, by changing the inner attitudes of their minds.” - William James

That is to say—to be confident—you must start acting and thinking like a confident person.

To be productive, you must start acting and thinking like a go-getter.

When your actions and thoughts align with how you want to see yourself, you will begin to believe you are that person. Your subconscious mind will automatically assume that since you are behaving a certain way, you must be that type of person.

"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives." - Henry David Thoreau

With repetition, as Aristotle suggests, you can live at your highest standard and begin to produce excellent results.

To expand on this topic, [this video](#) will illustrate how aligning your beliefs, your actions, and your ideals will help you to make consistent progress and build self-esteem.

How to Build Self-Esteem and Become Your Ideal Self
I was listening to Episode #1139 of the Joe Rogan Experience with Jordan Peterson yesterday, and after a discussion on hierarchies and free speech, Jordan Peterson went full Red Pill on relationships, sex, and beta bucks/alpha fucks. The interesting details is that both Jordan Peterson and Joe Rogan used language and terminology that we use here!

I had suspected for a long time that both Joe Rogan and Jordan Peterson have deep knowledge of gender/sexual interactions from a Red Pill view. Red Pill theory convinced me a few months ago, but hearing a Harvard educated psychologist talk about it was refreshing. Kinda makes you wonder how many of these academics have deep insight that they never share due to political correctness.

Anyways - They start talking about Red Pill theory around 1:32:00. They start talking about “enforced monogamy”, rejection, incels, alpha bucks/beta bucks, sexual marketplace place on college campuses and then dwell into other Red Pill theory.

Link: https://www.youtube.com/watch?v=9Xc7DN-noAc

Consider yourself lucky, a Harvard psychologist is smacking Red Pill truths in your face.
Swedens Liberal Youth Party suggests men should be able to
denounce fatherhood for as long as women can have an abortion

1423 upvotes | March 4, 2016 | by taracus | Link | Reddit Link

Link to article: http://www.aftonbladet.se/nyheter/article22380686.ab
(I think the newspaper is protecting its article against search-inges so google refuses to translate it for me, translate it manually if you're really interested)

Summary: So youth-part of the Liberals suggests men should have the same option to opt out of a pregnancy as a woman

Body: The idea is that men should be able to reject parenthood up untill the 18th week (for as long as women can have an abortion without special circumstances).

Note that this is most likely mostly to get attention as the same party suggested that necrophilia and incest should be legalized a few weeks back. Still the motion put the "equality" principle to a test and shiines some light on the fact that men have next to no power when it comes to deciding if they want to become a parent or not (wrap it up boys and dont let anyone close to your condoms).

He also points out that this would obviously be an irreversible decision, so you wouldn't be able to change your mind once your kid is successful.

To me this is a very sound and logical idea and the fact that it plays into the "gender-equality" ideal makes it even harder for feminist to try to denounce it. Im obviously not naive enough to believe they wont try.

So what's your opinion, do you believe it could work?

Would less women go through with their unexpected pregnancies if they knew they couldn't use their babies as pay-checks?

Inb4 "cuck-old sweden", "Sweden is getting raped by muslims" etc.
Not at all. My wife took our baby when she dyed her hair blue and fell in with a crowd of regs feminists that work with her at Starbucks. She moved back in with her mom, stopped working, and hit me up for child support. They set my CS at the highest earnings I've ever made in my life - a single month during my time owning a janitorial business - , pre tax, 40%. So, that one single month (I had got a contract to clean up a demolished building that paid $4000), I made $6000. Luckily, in Texas, there's a cap at a little over $1000 a month. Problem is, I make $600 every two weeks.

I didn't cheat. I didn't flake. I was supportive, loving, and if I might say so, a good husband. She cheated on me while pregnant with our child, took off while I was at work, no notice, and filed a restraining order which I later found out all lawyers MUST advise their clients of, because it means a MUCH higher rate of achieving custody. That shows up on my background check.

I'm genuinely going to kill myself soon, because I have about two months of savings left with which I can pay my CS, and after that, for each payment missed, it's a court date, with a 180 day jail sentence. Why did all of this happen? So she could find herself. Because she's a strong independent woman who don't need no man. <--- that sentence would have never, ever come out of me before she left.

That's not the half of it, either. I won't bore you with details, but just a few highlights are:

Legal Aid place said their free help for poor people was "more for women".

The state provides free attorneys for women but not men in custody and CS cases.

95% of all custody cases are awarded to women in my state.

This one's the worst of them all, to me: After all of this, I am, in most of society's eyes, a deadbeat dad.

No, this one's the worst: They arbitrated CS from out of state for my wife, so she didn't even have to show up to the court date, but they won't do that for custody. I still haven't even seen my daughter. I learned her name (went from a classic "Julia" to "Aaliahya"..) when the policewoman served me CS papers and treated me like I was trash.
My wife, unemployed, living with mom, gets nothing but help and positivity and support. I'm a monster.

So, that's the story of how I die, apparently.

EDIT: wwell fuck I'm sitting here crying for the first time in.. I don't know.. I can't begin to tell you guys all how much this means to me. I've been living with this huge knot in my chest for close to 2 years and haven't told a soul because I was sure they'd call me weak or not a man or whatever I thought. Just thank you. Thank you thank you thank you, all of you, so much. I promise this to each and every one of you guys: I will document this all. I will make a video detailing all of this, and I'll try to get in contact with some of the people which some of you guys have told me would be interested in the story. I'll plea my case in court before I commit to anything, and like one guy said, maybe jail isn't that bad.

Still wanna get married?

Still wanna bet "your life and everything in it" on the turn of a card in order to win "she gets a ring and a princess party, and you keep the relationship you have now"?

How many more corpses do you need to see?
Frame for Dummies. What it is and ways to build (and keep) it.

1418 upvotes | February 7, 2018 | by Metalgear222 | Link | Reddit Link

"Frame is everything. Always be aware of the subconscious balance of whose frame in which you are operating. Always control the Frame, but resist giving the impression that you are." - Rollo Tomassi, Iron Rule #1

Frame can't really be faked. And if you do fake it, it won't take long before women will poke holes in it. That's what they are meant to do.

Luckily, frame is directly related to your own personal value and belief system. So it doesn't actually take that much to alter. Even a low SMV man with a strong frame can work like magic on women (think of convicts and junkie musicians)

Here are the most important points to internalize and actually change your attitude to believe. If you truly make these points real in your mind, gaming will get easy for you.

1. You're better than her. (In every way except maybe taking care of a child)
2. She's there for YOUR entertainment. (Treat her like a servant and ask her to do favors for you)
3. She stopped maturing at 18. (Treat/tease her like a child.)
4. She's a nasty dirty cumguzzling whore for the right guy. ALL girls are very sexual. (Don't fear sexual implication, you're a man, it's natural and masculine)
5. You're more willing to walk away than her. Women need to feel that you do not need them. (Outcome Independence. This one is key. DO NOT be more invested than her.)
6. There's NOTHING that she can do to make you emotional and reactive. (Women should be literally incapable of getting under your skin. Nothing phases you. You've seen it all before and it's laughable when they try their mindfuck games)
7. Its her loss if you're hard rejected. You were simply trying to share some of your awesomeness with the world instead of being a selfish asshole and hogging it all to yourself. (Never forget that when you approach, you're OFFERING value to a girl, not LEECHING it. You're doing them a favor.)
8. Recognize knowledge of improvement. (No matter what happens, you're improving your approach and results in the future. Always. There's no such thing as going backwards in skill on approaches)
9. Failure is fun and embrace it (you should approach 9's and 10's to get shut down and learn the difference of their tests to get better).
10. You take/work for what you want. (See hot girl. Want to put dick in. Take steps to see if that's an option to get the desired result you want)
11. Walk and act like you have two french 10's that lick caviar off your balls as soon as you walk through the door every fucking day. (Ignore her beauty, you're used to smokeshows already. They're just girls.)
12. Sex is on your mind and your actions reflect it. (You should be undressing her with your eyes, spanking her/grabbing her ass every chance you get, escalating often, and whispering dirty things you want to do to her in her ear, grabbing her thigh when you're driving, etc. Be the fun...
sex guy. Leave "Billy Beta" in the fucking past

13. You're the leader. (She follows you. YOU make the decisions, you call the shots, you design the plans. She's just along for the ride.)

14. Her moral recklessness and emotional rollercoaster riding is adorable to you. You've read brieffault's law and you know WHAT they are, (not necessarily WHO they are.) You enjoy their fragility and savageness in the same breath.

15. Confidence and boldness is your default. (Walk like Brad Pitt, talk like George Cloony, fuck like Tyler Durden, and lift like Dwayne Johnson)

**TLDR** Frame is everything. The basis of all attraction hinges on frame too. Without it, you're literally a nothing. Develop it and be mindful of it always.
Man wins right to sue rape-accuser for defamation after he was cleared of rape charges.

1418 upvotes | February 13, 2015 | by Kelly_Gruber | Link | Reddit Link

article here
Hope he wins a shitload of money and this leaves an impression on other women who try and pull the same shit.

*The gossip was merciless and long-lasting, he claims, escalating into vandalism of his vehicle and threats of violence against himself and his friends. It became so bad Mr. Caron fled his home in Vanderhoof, B.C., to go into “hiding” in Prince George.*

Fucking white knights
Asia Argento, vocal Metoo activist and Harvey Weinstein accuser, paid $380,000 settlement in 2013 to underage actor she had sex with

1417 upvotes | August 20, 2018 | by MentORPHEUS | Link | Reddit Link

Asia Argento has been one of the leading voices in the Metoo movement. She's also one of the first to publicly accuse Harvey Weinstein of sexual misconduct.

This weekend, The New York Times broke the story that in 2013, Argento gave alcohol to a 17 year old actor and had sex with him. The age of consent in California is 18.

The actor originally asked for $3.5 million, based on his income before the incident and its effect on his career. According to documents sent to the Times via encrypted email, Ms. Argento, who is divorced and has two children, was both a mentor and a mother figure to Mr. Bennett, and the two were intermittently in contact as he grew up. “Jimmy’s impression of this situation was that a mother-son relationship had blossomed from their experience on set together”

This development mirrors my own experience with the court system in California. While women enjoy many advantages in society, including often getting a pass for behaviors that would land a man a nearly guaranteed prison sentence; if you do your due diligence and follow procedures to the letter, the justice system works well for men against women who have wronged them, too.
Efforts to ban TRP have surfaced once again

1406 upvotes | September 12, 2018 | by GoCleanYourRoom | Link | Reddit Link

(Mods please remove if you feel this is unsuitable for here)

TRP and RedPillWomen have both made it onto the list of TheBanOut2018.

A bunch of SJW reddit mods have compiled list of subs they want banned and all the users of those subs also banned.

It serves as a good reminder of a few things;

-if you don't use a throwaway, i would consider it. These lunatics are the kind of people who will doxx you.

-don't talk about TRP outside of TRP. Regular people are not going to respond well to words such as "hypergamy" and "alphas". Nobody these days has any critical thinking skills. Everyone is emotionally incontinent and is likely to just call you a misogynist rather than listen to what you have to say.

-almost every other sub will give you flak for even mentioning TRP.

-if you want to talk about TRP concepts to a buddy then make sure he can be trusted. Don't talk about TRP to blue pilled betas.

-if you are still on the side bar material, DO NOT mention that you go on TRP to anyone, nor go spouting off about how you understand women.

-censorship becomes more and more likely each day. Speak the truth and stand up for it. In the UK this week, we had some head police officer (in a region badly affected by child rape gangs) say on radio and Twitter that police resources are being used to follow up NON CRIMINAL incidences of "offensive" speech. If you are in the USA, i envy your constitutional right to free speech. Don't lose it.
If you weren't sure there's a war on men, check it out: "Hey, white guys: New Year's Resolutions" -MTV

1403 upvotes | December 20, 2016 | by redpillschool | Link | Reddit Link

https://twitter.com/MTVNews/status/810960588973035520/video/1
The Golden Rule: How To Not Get Fucked In Business
1402 upvotes | February 9, 2016 | by Clint Redwood | Link | Reddit Link

Summary

A short story over business to business relations. If you are an entrepreneur or working towards being self employed, you need to read this post.

Body

Let's say I had two friends, Tim and Kevin that both started separate businesses. Kevin goes and finds a single customer that will generate $1,000,000 in sales for the year. Tim goes out and find 20 customers, but each customer only generates about $50,000 dollars a year in sales.

Well let’s say I was Kevin's one customer.

I call Kevin up and say, "Sup bro, I got an order for you, i’ll send in the Purchase order for $100,000." Kevin’s ecstatic, holy shit he’s never seen so much money before in his life. He just started this business and is so excited that he landed such a lucrative contract. He spent the last 4 years going through college to get his business degree, he got married to a lovely girl, they had a kid so she decides to be a stay at home mom at least till he’s old enough for school. He’s been slaving away in corporate America for the past 8 years to pay for college and save up enough to finally start his own business. He’s got this shit on lock. He’s got the work ethic to make this deal happen and he’s going to crush it.

He takes out a mortgage on his home to front the startup loan from the bank. He heads out and buys all the materials needed to complete the job. It end up costing him $60,000 grand to complete the job, 40k isn’t a bad profile margin. From the moment he buys his material from his vendors, he has 30 days to pay them back. That’s the default pay period when business to business transaction happen, usually called Net 30.

Kevin thinks he might be able to get a bit more money out of the work though. He contacts me and tells me he underestimated the quote and it’s going to be an extra 30k to complete. Kevin assumes I’ll understand as this is his first time and I’ve been mentoring him through his whole upstart. I let him know that’s fine and we renew the purchase order for $130,000.

Now he’s going to make 70k profit! He doesn’t waste any time. From day 1 of him picking up materials he is off putting in the time, labor, sweat and tears to get this done. He’s going to make a killing.

Kevin and I meet at a trade show last year through mutual interest and I saw the passion in his eyes to get shit done. I knew he had the hustle, he just need a push in the right direction and some incentive to get started. In this case, $1 million in sales a year is what I offered him.

Let's talk about me a little. I’m in my 50’s, been the president of a division of a billion dollar a year corporation for about 10 years now. Our division alone put out $230 million a year in sales. Our
parent company that owns us reaches 1.6 billion a year. Kevin’s 1 million dollar account doesn’t even merit a second glance in the accounting office.

Back to Kevin. He finishes up his work. Spent all his material and the job is done. At 25 days since his first material purchase, he still has just under a week to pay back his vendor at the Net 30. Not to worry, vendors know the game, sometimes it takes a bit to get the money before the last tier supplier get’s his check. He learned all this in business school.

He calls up the main office and gives my secretary the news. “Great Mr Redwood is on vacation in the rockies for the week! When he gets back I’ll have him check out the work and you’ll be seeing the check in the mail within a few business days.” Kevin’s ecstatic, his first big deal. He’s about to bank 70k profit in a month.

Week goes by and nothing. He calls but doesn’t reach me. The secretary tells him that I’ll be back by tomorrow to inspect the work first hand. Great, he’s had to dig into his savings a bit to pacify the vendor till the check comes in. No worries though, Kevin and I became good friends during this last year and he still has money back in the bank.

Two weeks go by and nothing. He calls but can’t reach me as i never gave him my private cell. He calls the main office, secretary tells him that I checked it out, work was awesome and the check is in the mail. Great, he had to spend some more savings on some emergency medical issue with his kid but now he’s about to bank 70k. He’s dreaming about what this job will be like at the end of the year. The vacation he’s going to be able to treat his family too. Hell, imagine what this will be like in 2 or 3 years. Kevin is literally on cloud 9. The past 8 years has brought him to this moment.

3 weeks, nothing. He’s starting to worry. He’s out almost 60 days and his vendor is starting to send notices. He calls but nothing.

4 weeks past Net 30. same run around.

5 weeks out. still no check.

6 weeks, same.

7 weeks, same.

8, same.

9 weeks. Kevin files for bankruptcy. His vendors take him to court for the money he owes. All his assets, house, everything, seized by the banks. His wife can’t stand him. How could she marry such a loser. How could this have happened? Hell, this is illegal right?

It is absolutely, one hundred percent, positively illegal to do what i just did to Kevin. But good luck trying to take my $230 million dollar a year company to court while you are in the middle of filing for bankruptcy and have no other income source, Kevin.

If you think this story is bullshit or this would never happen in modern day America, I can be assured that you’ve never ran a business longer than a few years. Or, you at least have the privilege of not working in my line of work. I’m 25, I’ve been doing what i do for 10 years, I’ve seen it happen twice. My father has seen it happen more time than he can count and so have many others that I have been mentored by.

My father sat me down one day after he got a call from a company and he said, "Clint, one day you are going to get a call from a customer or new company. They are going to offer you more money
than you’ve ever seen before in your life. It will be like holding a winning lottery ticket in your hand. All the shit you can do with that amount of money will flash before you. It might be equal to or even dwarf our entire sales for the year. Everything in you will tell you to take that deal. Don't ever take that deal.”

A large corporation with tons of power goes out and finds some chump that’s eager and driven, they offer him a deal he can’t refuse, only to burn him, not pay, and there is shit he can do about it. They hold such an immense amount of power and influence over you that you can not possibly take them to court. They will drown you in legal bullshit and it will cost you more than you can imagine.

Now, that 100k, that’s nothing. That’s like a week of sales for most small business. As in 5-50 employee sized businesses. I use 100k because to most ordinary people, that’s a lot of money. Oh, and that extra 30k Kevin thought he was getting out of me. Ha, whatever Kevin wants to hear is what Kevin will hear. I’m Kevin’s #1 sycophant, I’m the "Yes" man.

In business, the more charming and the more enthusiastic a person is, the more you should be skeptical of them. It’s sometimes hard to identify a con man vs just some guy that’s really passionate/charismatic, that takes time and experience. But a good businessman weighs his options and never makes split decisions. A con man will tell you everything you want to hear without a second thought. If you want to know if you are getting conned, present them a serious issue that needs to be discussed, in this case a 30k quoting mistake. if it’s answered in a minute or less, you’ve got problems.

Conmen talk from an emotionally drive narrative not logic. They will play off your vibes and how you react, not through logic or planned out thoughts. They will have a basic plan for the con, as in me offering a million for enticing Kevin. But their delivery is always rooted in emotional manipulation and getting you to shut down your logical thought process. If you feel emotion, happiness, sadness, anything when making a business deal. Stop, don't make a decision, calm yourself, leave if need be, hell take a week off if you have to. You must be grounded and level when you make giant decisions. Meditate if need be.

The company I saw get burned, they bought 1 million dollars in equipment and material to get a job from a very, VERY reputable corporation. You are probably imagining some slimball president of some shady corporation that could be morally and ethically relatable to Skynet if it was ran by Saul Goodman from Breaking Bad.

You’d be dead wrong.

This company that burnt them was a company every single one of you knows of. Hell, half of you probably own an appliance by them. I’ll just repeat that again though if it didn’t set in though. They spent $1,000,000 and didn’t get a dime, filed for bankruptcy a few months later. By a company that pretty much all of you know and trust to make good products.

Oh, and that company that got burnt for 1 million? Ya, that wasn’t some dude like Kevin. That was a company that was in business since the 80’s.

“So what went wrong? Fuck, this is hella illegal!” Doesn’t matter what is legal or illegal, it’s what you can get away with. You think laws stop people from doing things? Fuck no, we break laws all the time, the only thing that stops people fucking one another over is if they can get away with it or not.

Bullpill advice would be, take them to court, try to get your money out of them. It will be alright. We believe in you and we are here for you.(random people on the internet that he probably tried to
consolidate with or advice some friend gave him).

I’ll tell you right now that advice is worth less than the air and calories it took to say it. here’s the redpill advice. Kevin, you fucked up. You let your emotions and the alluring of dollar signs sway your decision making skills. You saw $1,000,000 written out and said, “Holy shit, One million dollars, sign me up.” You let emotion, lust and greed trump logic and planning. You saw a big shiny number, from a company you know and love, that everyone knows and loves, that’s been around forever and you took that as merit for them to be a trustworthy client. Instead of sitting down and looking ahead of what they could do to you if you accept their deal. You thought you were playing blackjack when they were playing chess. You made one move and thought you won the game and didn’t think anything past that. You broke the #1 golden rule of business.

Never have all your eggs in one basket

Let’s take a look back at Tim. I bet you forgot about Tim. In the amount of time Kevin went from 25k in the bank and owning a home to being homeless, Tim cleared 5 orders of 20k each, cost him 15k in materials each, resulting in 25k profit and 100K sales for the month. Good job Tim.

Why? because none of Tim’s customers have power over him. If I tried to pull the shit that I pulled on Kevin, Tim can fall back onto his other accounts to support his business and life style, and have the money to take me to court in the process.

Tim, can’t be fucked with, because Tim has abundance.

Tim is in A Position of Fuck You

Lessons learned

This is just one rule of business that I’ve learned through the years being mentored by some truly alpha men. I never correlated it with abundance mentality till TRP though. But it is the #1 rule of business and it’s one they constantly drill into my head. The shit these men have shared with me and taught me is invaluable and stuff you can’t find in textbooks. It’s only learned through experience. Textbooks will teach you what to do if everyone plays by the rules. It won’t teach you a damn thing when it comes to playing the game with people that break the rules.

There is a lot of benefits to the golden rule than foreseeing getting fucked over. For instance it’s not always some dickbag trying to fuck you. Maybe one of your customers goes out of business just due to the economy. Trust me, they won’t tell you they are going under, a lot of times you won’t even know, their purchase orders will just stop coming in or they just go radio silent. If they were 25% of your business, you’ve got problems. You may not go under but you will be laying employees off or taking a pay cut yourself.

At our company we tried to make sure none of our customers gets above 10% of our sales for the year. 5-7% is the sweet zone. If you can manage that, no customer can fuck with you. you should track these number religiously, because trust me, your customers know how much money they pay you a year. And they will use that number to throw their weight around. If you don’t know your % then you don’t know what kind of negotiating power you have. Basic Sun Tzu teachings, ”Know
"youself and know your enemy."

If rule # 1 is never have all your eggs in one basket, then #2 is never let your customer know how many baskets you have or how big their basket is(also a Sun Tzu teaching). Customers will straight up ask you sometimes, "How much of our work is your business." If they are above 10%, your answer to that question is always, "I have no idea off the top of my head, I’d have to speak with my accountant on that.". They can’t use what they don’t know against you. If it’s below 10%, you tell them exactly what their % is so they know they can’t fuck with you.

Basic misdirection and power play.

If a customer is over 25% of your business, you should be sweating bullets every day, you should be losing sleep and pulling your fucking hair out. You should not be eating till you secure another account and drop that 25% to 10%. At my company we have dynamic employees, we don’t have dedicated sales reps as sometimes sales are not what we need. When customers hit 15-20%, sales reps head out the door looking for new work or we contact current customers for more work to level the playing field. Growing horizontally is always better than vertically. This is also why consumer goods are great to get into, then you literally have thousands of customers that don’t even equate to 0.1% of your sales. No one owns you and no one can bully you.

If a customer knows they are 35%+ of your work, I don't give a shit who's name is on the sign out front. I don't care who or how many people own shares of your company. If a company is 35%+ of your total work, they now own your business. They just may or may not know it yet. This the most important thing I can ever teach you about business. You become a slave to your customer the moment you are not in a position of Fuck You.

This post is the first of two. The second is called, "The Dark Rule: How To Fuck Someone Over In Business". I strongly suggest you read it as it contrasts the opposite side of the moral spectrum. You can find it in my post history or search in the sidebar.

I've been wanting to make post on business for a while now but find it hard to separate and distance myself without revealing too much personal information. I grew up in a family business since i was a kid and I’ve read some post on askTRP that sparked me to write from my experiences. I usually write based off of a comment or question i come across so if you have any questions or topics you’d be interested in me covering, feel free to ask away. I think the next post will be on navigating the business world as a kid coming into a family business. There is a lot of do’s and don’t, how to manage co workers, conflict resolution, workplace efficiency, the shift you have from going to employee to management level, etc.

Edit:

It's came to light in the comment section that there are many other pitfalls that could have been avoided by Kevin if he took more preventative measures. While I am aware of them, I felt adding them would detract from the main point of the topic. I solely wanted to revolve the article around diversification and horizontal growth. I strong recommend you read the entirety of the comment section as there is a tremendous amount of advice in it, If not more, than the main article.
Hamster pushed for divorce, then became jealous when ex-husband got in shape and found a younger, prettier SO

1392 upvotes | April 22, 2018 | by boobylee | Link | Reddit Link

Reading relationships subreddit can bring some good TRP examples IRL.

Here's the thread.

Characters in the story: the hamster (32F), her ex-husband (33M) and his new girlfriend (26F).

Husband focused on career, while wife stayed at home caring for his son. She had no hobbies nor friends, was overweight and became less attractive as she hit the wall, and being home alone, she was feeling lonely (probably cheated on her husband occasionally) while husband was working his ass off to provide for family.

The husband stayed faithful, yet to her that wasn't perfect, she wanted him to leave his job(?) to spend more time with her, yet had the husband did so, she'd have left him after a while because he'd no longer be providing her and their kid with quality life, and would have turned into a loser just like she is.

Instead of appreciating the quality life and supporting husband in his career, she gave him drama and initiated the divorce.

Hooked the husband on child support (she wouldn't mention facts like this, because that's not good for her self-image) was banging random dudes she'd have found online (very easy for a woman to get laid and get that instant gratification from attention/sex), then after realizing she lost a man with very high SMV, and there are slim chances of getting another one now, she regretted her decision and wants him back.

But unfortunately for her, the husband moved on, found himself a pretty, fit 26 y/o girl with a positive attitude.

Had the husband became miserable and turned into a loser alcoholic, she wouldn't have wanted him back, and rationalized her decision to divorce him as "right".

Remember, women will rationalize whatever they want so long as it benefits them.

In this case, she became the victim of her own stupidity. If you're at a point in life, when your SO gives you shit/or your wife divorces you, with little care to your "feelings". Just remember, that the best revenge is to get more successful than you currently are, get higher SMV, nothing grinds hamster wheels harder than seeing the man they dumped becoming a better person in the future.
Fat girls to men is equivalent to what Beta males are to females.
1381 upvotes | March 25, 2018 | by swimminginblue | Link | Reddit Link

It’s Saturday night, we’re celebrating a friends birthday party, I’m with my boys, older brother and his friends having a great time by the bar, holding court and trading war stories.

Then:

“Fuck!! these fat bitches! The nerve! Why is she looking at me.“...

“Is she really trying to get with me? who does she think I am?”

Proclaimed one of my brothers friends, A red pill man by many standards, 28YO in shape, working in finance with a six figure salary and a small real estate portfolio on the side.

As we looked over to the source of his contempt, we observed a scene primarily reserved for the National Geographic. A herd of what couldn’t only be described as post wall or on the verge of it, very slutty dressed hippopotamuses.

After a few minutes of furious laughter at his frustration and her attempts to open my friend. it settled in on me. This expression, as comedic as it was, actually had a lot of symbolism to it - other than the fact that fat women are not attracted to fat men - ironically

If as a human being, I cannot even do the bare minimum to take care of my body, why should anyone be attracted to me? what have I done to attract that beautiful girl who works out everyday and plans her meals?

See, he was frustrated because he has worked hard to improve himself, to shape himself into the masculine man and being approached by a woman who could not even control what she put into her mouth, thinking that she was worthy of him, was taken as an insult.

As women are insulted by the advances of beta males, so are men ( * who know what they deserve ) by fat women

Society has taught us to “ accept people as they are” and to be “ just be yourself“. This as I have come to learn from this community, is self destructive at best.

Lesson: Work hard and know what you deserve, and if anyone offers you less, don’t be afraid to tell them to fuck off
TL;DR: Some people can never get enough.

I spent a wonderful three day weekend with my girlfriend of five months. We've been monogamous since March. I'm in my early 40s, divorced dad. She is a 33 year old career girl, no kids, never married. We're both attractive, physically fit, and have very high sex drives.

We spent most the weekend at my place. We had sex three times on Friday, four on Saturday, and twice more on Sunday. She orgasms quickly and repeatedly. She comes so often that one orgasm will blur into the next. Impossible to count how many times I got her off.

The weather was perfect. In between lovemaking, we ate great meals, watched some Netflix, spent our afternoons laying by the pool, and nights soaking in the hot tub. It was an amazingly relaxing weekend that we both needed. She had a great time. Sunday evening, she snuggled up close. "This weekend has been so perfect, I don't want it to end!" But we both had to work in the morning, so eventually she had to head home.

All day Monday, she sent me text after text. Sweet and sexual. Very flirtatious. "When will I see you again?" I replied that I had to get caught up on stuff, but I might be able to stop by for a short visit tomorrow after work. "Perfect! I need more of you!"

I spent Monday night doing housework and other chores. I had an empty fridge, dirty dishes and laundry from the weekend. She texted me steadily throughout the night. Same all day Tuesday. "I can't wait to see you!"

I left the office and arrived at her house right as she was pulling in the drive. She walked over and greeted me with a passionate kiss on the sidewalk. We went inside.

We talked for a few minutes and I fixed us a couple drinks. She excused herself to use the restroom. I needed to pee too. Rather than wait for her, I chose to use the toilet in the master bath upstairs. I carried the drinks to her bedroom. I had limited time, and we'd be heading there soon anyway. I walk by her bed and immediately notice a dried cum stain in the center of the sheets.

What the fuck?

I haven't been here in a week.

Holy shit.

I go take a piss. Thoughts are racing through my head. What should I do? Should I call her out? Demand an explanation? Or just quietly leave? One thing is certain: I'm done with her. She cheated. It is over.

When I come out, she's pulling the sheets off the bed. Very nonchalantly, she says, "The cat was on the bed, let me change the sheets. She's shedding like crazy."

Equally emotionless, I comment that with the warmer weather, she needs to brush the cat more often. I help her put on the new sheets, and we immediately start having sex. Afterwards she snuggles up to me.

She purrs in my ear. "You've been fucking me so much, I've been raw for days." She claims she has been unable to focus at work, thinking of me so often.
I give her a squeeze, then remind her I need to take off. We dress and she walks me out. One last kiss in the door and I drive away.

She texts me later that night. I do not reply.

The next day, she texts me: "Good morning, sexy!" A few more texts follow, roughly one per hour. I don't answer any of them. Around lunchtime she asks, "Is everything OK?" I tell her we'll talk after work.

I call her up. She asks if I'm upset. I calmly respond, "Of course. You slept with some other guy." She denies it. I tell her I saw the sheet. She goes quiet, then tries to claim it was me, from the previous week. I tell her to stop lying.

I maintained an emotionless and calm tone throughout the entire conversation. I'll spare you the drawn out trickle truth. It took 10 minutes to get the full story. There wasn't much to it:

After our long weekend of sex, while texting me all day and night Monday, she had also messaged a friend to buy $20 worth of weed. They smoked a bowl and had sex. The end.

I've met this guy. Hell, I've bought weed from him too. He's the stereotypical loser pothead. Nice enough guy, but he's pudgy, and has no ambition. An out of shape nobody with a dead-end job. But she was horny and he was there. Her pussy was raw and swollen. She wanted dick. He had dick.

"I don't even like him!" she protested. "It didn't mean anything. I wanted you, but you weren't there!"

I told her we were done. She was a free woman and could do what she liked, but I wasn't going to see her again. She cried and begged forgiveness. I calmly said good night and hung up.

She called me back, I didn't answer. She texted me, begging to talk. I blocked her number. Removed her from Facebook. Deleted her from my phone. Two days later, a mutual friend (more hers than mine) asked what happened. I simply told her we parted amicably. We had moved on.

It's been two weeks now with no further contact. There's very little overlap in our social circles. We're both career-minded professionals. I don't expect any stupidity.

Some of you may be wondering why I chose to fuck her that final time. Mere minutes after removing the cum stained sheet from a bed where she had fucked some other guy maybe 20 hours prior. Why didn't I lose my shit and call her a whore? Don't I have any masculine pride? Sure. But I just didn't care. In the time it took me to take a piss, I had already written her off. This was one final bang with an ex. She just didn't know she was my "ex" yet.

Lessons learned: Nothing I didn't already know. Pure TRP fundamentals.

Good sex is not enough to make a woman faithful. They have free and unlimited access to dick. If she wants it, she can get it. She was horny for me, but I wasn't there.

I gave her commitment and emotional validation as well. It still wasn't enough. She's an older woman (33) with many past sexual partners. While she may have loved the way I made her feel, sexually and emotionally, both have far less value with experienced woman. The more partners a woman has had, the weaker the pair bonding. Even my best was not enough to maintain her loyalty.

Did you notice the unspoken implication? It was my fault she cheated. She wanted me, but I wasn't there. Clearly, I screwed up by not being available to bang her a fourth day in a row... ;) It is never their fault.

When you break up with a girl, do it calmly and without emotion. Don't make a scene. Don't give her drama as a parting gift. They crave that emotional climax. A big finale. Don't sacrifice your
frame/dignity just so she can have her closure.

Know what you want. I was not in love. I was never looking for a LTR. I don't have time to spin plates, so I prefer short-term relationships. All I ever wanted was 6 months of companionship and good sex. I'm not going to cry because I only got 5. She was my spring fling, nothing more. Spring is over and she is gone. Time to find her replacement.

Some women hit the Wall softly. Even at 33, she's still fit and attractive. She'll find another guy. Probably quicker than I'll find the next girl. Doesn't matter, it isn't a competition. Maybe she'll land a BB husband. Or maybe she'll end up alone with her cat. I don't care either way. This is the way of the world. No point getting upset. It is what it is.
No, Plastics Are Not Lowering Your Testosterone Levels - Real Science Explained Inside

1371 upvotes | September 8, 2017 | by InvoluntarySickCunt | Link | Reddit Link

This post is in response to another community member's post that essentially amounts to fearmongering over the use of plastics. The fact that almost no one in the comments, including multiple ECs, questioned the validity of the linked literature is worrying, and illustrates the need for a quick run-down of scientific skepticism.

First off, let me say that bringing up topics like estrogen-mimicking plasticizers is completely valid and important. However, stating that "plastics are the tobacco of the 21st century" without a wealth of credible primary literature is absurd and akin to stating that "water is a chemical in weed-killer so it must be bad for you".

**Why you should trust my judgement:** I am a molecular biologist and immunologist who is active in the academic sphere and have expertise in *in vitro* cellular assays. This is a fancy way of saying that I grow lots of cells in plastic dishes and then look at them in different ways, and it's how most of these studies are conducted. Also, it's my job to evaluate academic literature.

**Ok let's do this I'll try to make it as entertaining as possible.**

**Polymer Chemistry - also known as REEEEEEEEEEEEE**

As mentioned in the original article, some specific types of plastic polymer are embedded with plasticizers - essentially molecules added to the polymer matrix to change the physical properties of the material. Now most plastics are really just long carbon chains arranged horizontally with some interlinking vertical bonds, kind of like a the lines on a sheet of paper. Plasticizers insert themselves in the spaces between the lines and push them apart, making the material more flexible.

Knowing that there are many types of plastic and many ways of making each type you might ask - "well what kind of plastics should I watch out for? Am I really being dosed by 'big tampon' with endocrine disruptors until I get a period so they can make even more money?" Well big tampon may be trying, but substances recognized as harmful by the primary literature are really only commonly found in the following materials:

1. Polyvinyl chloride (PVC)
2. Nitrile (like the rubber gloves your doctor wears for your weekly prostate exam)
3. Polyesters (this is more of a class of plastics)

Now keep in mind that polymer chemistry is really a black magic in itself and nothing is as simple as, "yes this water bottle will give you bitch tits" or "no this prostate stimulator will not - unless you stick it in your mouth". So instead of going through a list of plastics, of which there are many, and their production methods let's just get to refuting the literature linked in the OP. If you're dying to talk physical chem you can contact me and we can both pretend like we know what's going on after reading wikipedia.
Das Swedish Study

The first claim the article makes is that a Swedish study (n=200) found a correlation between maternal phthalate levels and "anogenital distance" - that's the distance from the anus to the genitals (commonly referred to as the scrotum or undercarriage) after 20 months of life.

First of all, you have to go on a wild goose chase to even understand why anogenital distance was used. It's actually a method of measuring reproductive toxicity as the trait is under androgen-receptor control. However, this method is really only used in animal studies and is not commonly applied to humans. Secondly, looking at Table 5 as presented in the study, the researchers present a model of confidence intervals that are not even close to significant. Not only that, but the article provides no evidence that (1) the phthalates in the maternal urine samples measured were from incidental ingestion of plasticizers or that (2) the correlation between maternal phthalate levels and scrotal length has anything to do with the correlation between you drinking water out of a microwaved bottle and your dick shrinking up into an infinitesimally dense and small point, birthing a black hole.

This study is completely irrelevant to the original poster's point.

Study #2: The Mysterious Case of Shitty Workers' Rights in China

Luckily I didn't even have to waste my time reading deciphering jargon and ugly figures this time around because this isn't even a research paper. It's a huffington post article that literally says halfway down the page, "This data should not raise alarm bells for men who don't work in chemical factories".

The study the article cites was looking at levels of free testosterone in men who worked in a plastic factory in China - now this may be news to some of you guys but working in a Chinese plastic factory with no OSHA to save you is quite a bit different than drinking from a water bottle. And don't worry, we will get to the water bottle data soon enough.

Study #3: Estrogen-dependent proliferation of MCF7 Cells, or, 18 bottles of bitch tits on the wall

This study is the closest thing linked to actually being somewhat valid. In this study an assay is carried out where MCF7 cells are essentially treated with tap water where the solids in it have been concentrated way down from 1.5L to a few mL. For those who don't like commie units that means whatever is in that water is 1500x more concentrated than in your tap water.

Anyway, so to 1500 MCF7 cells is added all the different water "extracts" (this is a highly simplified explanation) and a week or so later they look at the proliferation of the cells. What the hell, you may be asking? Why would you even measure the proliferation of these cells in response to water? Well, as it turns out, MCF7 is an immortal breast cancer cell line that expresses high levels of estrogen receptors and proliferates in response to activation of those receptors. Now if you scroll down to the results you can see that WOAH, the relative proliferation increased almost 80% when the evil dire-aids bottled water was used (but only sometimes when DMSO or dimethylsulfoxide is used as a solvent, which could very well be significant because DMSO makes anything dissolved in it pass through cellular membranes)! Big tampon strikes again boys. But wait... Let's think about this for a second.

This is an assay carried out in a cell culture dish on a cancerous immortal cell line. Now I have a lot
of experience with cancerous cell lines, I work with them every day, and I can tell you that these aren't normal cells. Cancerous cell lines are the kind of thing that you can look at the wrong way and they start dividing- it's literally cancer my dudes. Not only that, but the estrogenic activity is only even significant when DMSO is included (although highly diluted), and the water is "concentrated" (look up solid phase extraction if you want in-detail info on this process it's actually fascinating) in a specific way!

Even if we put all of these potential flaws of methodology aside we can see in the results section that the relative estrogenic activity is equal to that of 1-12 picrograms (pg) per liter. For reference, a picogram is 1x10^{-12} grams. Putting this in perspective, a liter of water from Tampon-Corp has a truly devastating mass of 0.0000000018% the mass of a single grain of fucking sand. Guys. Oh, and that relative increase in proliferation was all that with just 1500 cells (avg. human has upwards of 15 trillion, or 15x10^{12} cells or 10 factors of 10 more).

Conclusions

Now, my dudes. I understand that not everybody can be or wants to be a scientist. If you don't have first-hand experience working with cells and these kinds of methodologies, there would be no possible way to even read through some of these articles (the first one in particular is grueling as hell). However, we all have a responsibility to think critically about what we're reading instead of jumping to the conclusion that the government wants to cuck you. Think about it, if plastics were a government conspiracy like some of you apparently think, why would they use them on their own fucking armed forces?!

Next time you read something that tells you you're going to get dire-vagina-period-out-your-dickhole, use the following process to assess the evidence:

1. Look at the model organism in the study. How close is it to human? In scale? Genetically? Is it cancerous? In these cases, rodent models would have been far superior to established cancer cell lines in my opinion.
2. Read the results section first, the introduction second, and the methods last. Look at the figures, do they look right? Are they clear?
3. Where is this info coming from? HuffPo? Or is it a legitimate scientific journal. Is it in all Chinese?
4. Make sure that anyone who disagrees with your uninformed opinions is called a shill, as this argument has been passed down through the ages.

Anyways, my dudes, you're not going to grow bitch tits because you drink out of a water bottle. Is it possible there could be picogram levels of estrogen-mimicking molecules in your water? Yup. But guess what, there's probably about 100x more cockroach jizz in everything you eat, because a picogram is literally such a small amount that I can't even describe it without scientific notation. So sack up and read the primary literature so you don't look like a dumb ass.

Thanks for reading. Mistakes in this article are a result of late-night writing. -ISC

UPDATE: Many community members have been asking me to provide scientific context to related issues such as steroid use and aluminum in deodorant.
I'm happy to see this kind of curiosity but can't address all of the questions. I've decided to make a series of posts where I will review the literature on a specific topic from both sides in plain speak, as well as demonstrate how to assess the literature without having to have 3 degrees. A huge problem with academia is the jargon that locks the public out of the discussion, and the shoddy quality science "reporting" that makes it to the public. Let's do something about that.

You can vote for the first topic we will address together, or select other and send me a private message with your suggestion.

www.strawpoll.me/13888594

Thank you all and I look forward to continued learning within this unique community.
Domineering, Manipulative Female Coworker was Trying to Edge me Out by Flirting and Ingratiating with Boss. I Capitalized on Boss's Horniness to Get Rid of Her

1366 upvotes | February 4, 2018 | by halfback910 | Link | Reddit Link

The sub-department I now oversee and my department as a whole are sausage fests. One of my direct reports has been taking advantage of this (even before I came into this role) to basically create a Smurfette effect. She was the second draft pick for the position I got moved into and only lost by a hair. Keep in mind that this is after I saved the company from a coworker's substantial fuckup and demonstrated competence. Meanwhile she's mediocre at her job at best. Crazy to see how far titties can get you. We'll call this woman Susan.

Needless to say she resents the fuck out of me. Thinks my job should be hers and even mentioned such to a former coworker and close friend of mine. Loose lips sink ships, right? She turned up her flirtatiousness ever since, specifically targeting my superior (who is on the executive management team). He's been falling for it hook, line, and sinker. He regards flirting with attractive females as a privilege of rank from what I can tell and, at one point, even had a "talking to" with me (doubtless prompted by this bitch) about her feelings and to be nice and blah blah blah.

Naturally, I decided about ten seconds into this conversation that her name should be taken off my phone directory and put onto an unemployment check.

I fabricated a line of analytical reasoning as to why a problem that had existed in the inventory systems of a foreign office (we'll say the German office) had to be addressed now. Someone would have to go to "Germany" for about three months (give or take) to fix it. My presence was required here to finish rolling out something that was mid-implementation. So Susan was the only option. Boss man was visibly upset. This was his spank tank material after all. Susan was thrilled. She "Always loves to travel!"

Unfortunately for Susan, the work waiting for her in "Germany" was some of the shittiest, most grueling work in existence. And there was no way to avoid it without it being obvious that she had shirked. So she had to do it. That's irrelevant, but it helped me get through those months knowing that she was miserable.

As soon as she left, I set about finding "temporary" help as a replacement. This had been discussed as part of the plan. I quickly found a more than suitable candidate. She was perfect. She was younger than Susan. She was meek and compliant whereas Susan had been boisterous and dominant. She was humble. Most importantly, she was Asian. We will call her Hijun. I told her that the job was temp-to-perm. In a way this was dishonest. But, ultimately, it was truthful!

My boss, I knew for a fact, had a thing for Asians. He took to Hijun immediately. Like cancer takes to a prostate. And it just so happened that she was a very, very diligent employee as well. Her metrics were far better than Susan's ever were. I took note to mention her success publicly and praise her multiple times.

Fast forward three months and I call Hijun over after making sure Bossman is in his office (which is well within earshot). I tell her, quietly, that the three month period of her employment is ending because the person she replaced is due to come back from "Germany" in a week or two (Susan's
project ran late because obviously it did). She doesn't understand. I said temp-to-perm, didn't I? Fortunately, I've nailed the "earnest and surprised" look. She begins to cry and I offer her a tissue. On cue, bossman comes over and asks what's going on.

"Well, as you know, Susan is coming back and will be able to resume her duties... So..."

"Oh, right." I can tell now that Susan had honestly slipped his mind after three months. He seems genuinely torn.

"Unfortunately, it seems there may have been some sort of... language barrier or miscommunication? Hijun was under the impression this would be permanent."

"Oh, Jeese. That stinks." Hamster spinning. "But didn't you say that her numbers have been really good?"

I nod. Hijun is not crying but is still clearly distraught and sniffing. "That's true. All of her metrics have been stellar. But unfortunately there's not enough work here for two positions."

"Yeah... there must be something we can do, though."

He wants an excuse at this point. I have one.

"Well, aren't they still looking to fill that position in accounts payable? Susan had a minor in accounting."

This position has been filled and vacant on and off for years. Because the manager is an idiot who doesn't know what she wants. This position is a metaphorical toilet with the flushing power of Niagara falls that can dispose of even the largest pieces of human refuse. Namely, Susan. What's more, it is in an entirely different department. But big dick bossman can get her placed there if he wants.

"Hey! That's right!" Ignores me, immediately turns to Hijun and begins to comfort her. "Don't worry, Hijun. We've got it. You'll stay on and become permanent in this role and Susan will take a different role in the company. Okay?"

She's obviously still broken up a bit, but hopeful. She nods. His white knighting over, he turns back to me to deal with the reality of the decision he's just made. "Is she still up, you think?"

"Well, it should be 3:40 in 'Germany' now. Do you want me to ask her if this is okay?"

"I'll tell her." Bossman exits stage left. I let Hijun regain her composure, apologized for the confusion, and made sure to have her made permanent before Susan was back on the same continent. Susan is currently battling the atomic water pressure of the Accounts Payable toilet, Hijun is performing better than ever (she still thanks me sometimes), and bossman can jack off to this nice girl who is not qualified for and has no interest in my position.
Stoicism is an ancient Greek school of philosophy founded at Athens by Zeno of Citium. The school taught that virtue, the highest good, is based on knowledge, and that the wise live in harmony with the divine Reason (also identified with Fate and Providence) that governs nature, and are indifferent to the vicissitudes of fortune and to pleasure and pain.

That's the textbook definition. But it's more functional to get to the how.

Doing is the best way to learn.

**Stoicism keeps the following beliefs:**

- If you are unhappy, it is your fault.
- Everything is temporary
- We are social beings with a social duty
- Hedonism is not the path to happiness
- Fame & Fortune are overrated
- A philosophy of life must be lived
- Do not long for an ideal situation
- Maximize positive emotions and minimize negative emotions

**Strategies**

- Rephrase goals so that they are entirely within your control
- Have nothing you are not prepared to lose
- Live simply
- Negative visualization
- Exercise self-denial
- Resist materialism
- Accept what cannot be changed
- Refuse to consider yourself the victim
- Practice misfortune
- Live in accordance with human nature
If you are unhappy, it is your fault

You and only you can make you happy. Other people and other things cannot make you happy, but you can find happiness through their medium. Wood does not make one happy, but cutting, sanding, and assembling wood into a piece of art or furniture can bring happiness through the actions you take with it. Your girl may not make you happy, but being a leading force in your life, and by virtue hers, you can find happiness through the actions you take with her.

Inversely, you cannot, and should not expect to, make others happy. It is their responsibility to find happiness through the actions they take with you.

Everything is temporary

Life, relationships, your car, your relationships with women, are all temporary. Entering into the idea that I have a girlfriend is an easy way of saying, I don't have to try to do better because I locked down my girl. This is laziness and sloth. Nothing is forever, but the longevity of things and relationships, and people can be extended through positive actions and regular maintenance and improvement.

We are social beings with a social duty

You are a social creature, and as such, you crave the interactions with other social creatures. You have friends, a girl or two, maybe children. These people comprise the network of which you have a social duty. You also have a social duty to those you work with, and your town, and your state, nation, and the world. Everything you do should be for the betterment of your circles of social duty. Social duty can lead to gaining AMOG status in a group.

Hedonism is not the path to happiness

Hedonism, a defining trait of the me generation, is the constant search for self-indulgence. Hedonism thrives on instant gratification and makes one dependent on the false idea that other things and other people can and should make them happy. Hedonism is being a spoiled child; hedonism is looking to lose weight without the effort; hedonism is wanting girls to fuck you without trying to be someone she actually wants to fuck. Hedonism is probably the main counter-point to Stoicism.

Fame & Fortune are Overrated

Fame and Fortune tie into hedonism; with these things, the ability, and temptation to have more and get more becomes overwhelming. Fame brings a false happiness because it depends on other people. Since only you can make yourself happy, the requirement of other people fame has nulls this ideal. Fortune is the more useful of the two, by itself. If the fortune you've accumulated is the result of fame (considering that everything is temporary, and the poor effects of hedonism) then consider that you haven't a fortune, but instead an amount of wealth that should be used to consider the future, your social duty to your family and community, and as a buffer to the temporary nature of everything.

A Philosophy of Life Must be Lived

Red Pill is not a philosophy; it is a praxeology; a science of human actions. Red Pill incorporates many concepts known through evolutionary biology, sociological and psychological studies of macor
and micro groups, and some philosophies, mainly Stoicism. Stoicism is not something you are able to wade into, as with all philosophies, it must be lived to be understood. You can't know it unless you experience it, you can't learn unless you do it.

**Do Not Long For an Ideal Situation**

This plays into the old axiom of, "The grass is greener on the other side." To be clear, it's the idea of thinking, "my life sucks, girls won't fuck me." Wishing and talking about it does not make it so. Doing, makes it so If your grass is dead and dying, standing outside and talking about how it needs to be watered doesn't actually make the ground wet. Instead, remember that "The grass is greener where you water it," and then go out and water the grass. Don't imagine a better life... make yourself to better to provide a better environment for your relationships to improve.

**Maximize Positive Emotions and Minimize Negative Emotions**

Negative emotions (anger, hate, resentment, etc.) are contraindicated when trying to make something better. Resenting your girl for whatever reason won't make her change her behavior, and it will kill your mood, and by extension, hers. Instead, know that: *If you are unhappy, it is your fault* and that you *Should not long for an ideal situation*. Be happy with what you have, happy that you know how to improve it, and happy that you know you can improve it. Maintaining a positive, optimistic outlook on what is happening allows you to see the possibilities that are hidden by negative thinking. If one is resolved to not getting rescued, he will not find much use in starting a fire.

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Now let's examine how we can bring these beliefs to fruition through practice.

**Rephrase Goals So That They are Entirely Within Your Control**

Let's pretend you want to run a 5K race. You don't know how to run well, and by extension, you don't know how to train. You get out and run, haphazardly, whenever, and however. Race day comes and you turn in a paltry time of 26 minutes. You resolve to be faster so you say, "I will be faster next time."

This is garbage thinking. There is only an immeasurable "faster" and an immeasurable "next time." That's anything over your previous time from 1 second or more for a length of time from no until whenever. Use SMART goals:

- Specific
- Measurable
- Achievable
- Realistic
- Time-limited

A SMART goal version of this example: "I will run a sub-25-minute 5K time in 12 weeks at the next scheduled race."

Apply these types of goals to everything, for Red Pillers, the best is to start with the gym: I will lose weight... I will lift x amount of lbs, and turn them into SMART goals. Once you have SMART goals, you have a time frame within you can apply a schedule and plan.
Have Nothing You Are Not Prepared to Lose & Resist Materialism

As Tyler Durden said, "You are not your fuckin' khakis."

Your car, your house, you clothes. These are things, material and simple. They are the product of your time, effort, and ability - the things you cannot live without.

If your car, house, and all your belongings burned to the ground tomorrow, you would still have the tools to bring those things back in some form. Your work allowed you the ability to pay for insurance to get new things when everything burns. Your work is the combination of your time, effort, and ability. These three things are the basis for all other material things you own. These are innate to you. Your house is not.

Live Simply

Living simply, or with austerity, allows you to appreciate the things you have. This does not mean live cheaply... or even frugally. One can own quality while living simply. Simple living leads to an uncluttered environment which extends to an uncluttered life. Your living space is a manifestation of your mind and your mind can be influenced by that living space. A simple living space has limited distractions.

Negative Visualization

Imagine a scenario where your house has burned down. Your family has no place to live, sleep, eat, etc. What do you do? Negative Visualization allows you to plan for the unexpected, or at least plan for the knowable problems that may arise. Your house is gone. Can you get a new one? If so, how? This is a good chance to exercise SMART goals. Figure out a problem that hasn't happened, and then plan for that contingency. This will give you a level of control over your life you didn't previously have. For Red Pillers, we do this as part of the process of swallowing what would happen if I never had sex again? How would I live? What would I do? How would I apply myself in a productive manner?* Negative visualization leads to an abundance mentality.

Exercise Self-Denial; Practice Misfortune

Exercising self-denial is the physical manifestation of negative visualization. Live, temporarily, in a way that deprives you of something you think you depend on. Some Red Pillers, while unplugging do this with sex; we call it "monk mode." We distance ourselves from the thing we thought we needed and from the people we thought we needed it from. In this, we find that we survive just fine and that we now have the energy to devote to maximizing positive emotions and working to make ourselves happy. One of the classic ways men practice self-denial is through camping; we commune with nature, with very little (the bare basics in most cases,) and if you do it backpack-style, you limit yourself even further by way of what you carry and that you make yourself distant from society's technological boon, the car.

Accept What Cannot be Changed

You cannot change the way others are any more than you can change the rotation of the Earth or the expansion of the universe. In remembering that your happiness is made only by you you recognize quickly that attempting to change others is an exercise in futility. Instead, change yourself, as that is
Refuse to Consider Yourself the Victim

You are not the victim. Inasmuch as you cannot change others to your whim, you need to accept that they cannot change you. If you feel the part of the victim, it is because you allowed that person, or situation, to keep you in a state of negativity. People do not victimize you, you allow yourself to be a target. Instead, stand up, defy the status quo as you have allowed it to form, and shake the foundations of what was formerly expected of you. Claiming victim-hood is founded in laziness and a lack of personal accountability.

Live in Accordance With Human Nature

As you should accept what cannot be changed directly, you should recognize that which can be changed indirectly. Humans are not special and different. While there are sociopathic and psychopathic exceptions, people tend to behave in very predictable ways. By working ourselves into that system, we can effect the changes we want to see in others simply by changing ourselves. With women, by simply being a better man, we find that our sexual outlook improves because the women around us adjust, and re-set themselves in a very predictable manner, to the new dynamic we have created. Trying to live as we were, pre-Red Pill leads to similar predictable behavior, just manifested in a different way.

Lessons Learned

As you unplug, lift, read, and better yourself, examine which of these basic tents you have been following and continue to apply them, and in bettering yourself, figure out which Stoic fundamentals you are missing and add them. We are working to better ourselves for the sake of ourselves and ultimately our marriages:

- Are you unhappy? Whose fault is that? Stop considering yourself the victim.
- Is your unhappiness permanent? It is not; Set SMART goals, Accept that you can't change others, and improve yourself.
- You have a social duty to your family and friends. Have you been living up to that job? Start applying yourself to be better so that others can follow you.
- Are you avoiding your problems in order to find happiness through self-indulgence? Seek happiness through self-improvement, not self-indulgence.
- Do you wish things were better? That will not work; make things better. Improve yourself, be better at what you do, set the goals to bring the improvements to fruition.
- Are you focusing on the negative aspects of your life? A negative thinker sees only the nots, a positive thinker sees the what ifs.
- Are you depending on other people and things to make your life better? Step back, imagine a life without, practice that life without, and make a plan for when it happens.

Get a hobby, build something, and lift!

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*I have altered the language from the original post to fit this sub's strategic language. I have made punctuation, grammar, and spelling fixes.*
I left out fatalism from the list as I don’t believe that the idea of predetermination is healthy for our purposes. I think fatalism is an ideal from a time when men literally thought gods planned out our existence on a thread. Red Pill requires existentialism in order to be effective, otherwise we are looking to others to make our lives complete, gods notwithstanding.
Sunday TRP humor - girl requests open relationship while on vacation, boyfriend starts immediately fucking another girl, girlfriend melts down.

1360 upvotes | February 23, 2014 | by [deleted] | Link | Reddit Link

Saw this in r/relationships. Was able to copy the text before it got deleted. I guess she couldn't handle the heat people were giving her hahaha

TLDR - Before my vacation i [F24] asked my boyfriend [M25] to open our relationship temporarily. Now hes regularly having sex with some girl in our apartment and im heartbroken

Im pretty fucking upset rigth now , Im going to do my best to explain everything thats happened.

Ive had an extended holiday (3 months) planned with my best friend (Tory) for years. We have always talked about it and my boyfriend (Daniel) knew we were going to do it. She finally finished college this December and we put our plan into action.

Another friend (Michelle) went on a similar trip years ago. She and her friend both had longterm boyfriends at the time, and they both ended up cheating on the trip. A while later their friendship fell apart, and they both revealed each others infidelity. It got ugly. Michelle and her boyfriend broke up, her (ex)friend stayed with her boyfriend but from the sounds of it their relationship was severely damaged.

At first i thought they were absolutely horrible for doing it, but after talking to her i could see their side of things - months of no sexual contact/release, being in a party atmosphere, of course there would be temptation. She's young, attractive and gets lots of male attention. The encounter was purely sexual, she was drunk, and they used protection. The next day the boy was out of her life completely and that was it. I vehemently disagreed with doing all this behind her boyfriends back though.

Talking with Michelle about a month ago, she asked what im going to do about Daniel. I honestly hadnt thought about it like that, i felt like i could easily go 3 months without having sex. And id never want to betray Daniel's trust. But Michelle made a good case for 'opening' our relationship while i was away - she said (paraphrasing): "Of course you love Daniel. But traveling is about experiencing new things, and that includes sex. Youll say it wont happen now, but you just have to trust me that once youre their youll feel different. Daniel is going to wonder either way if youre fucking other guys on your trip. Just be upfront with him and see what he says."

And so that night i talked to him about it. I explained that i wasnt going to be looking to fuck every guy i see that im attracted to, and that my love for him was as strong as ever, but i also wanted to be able act freely and party like other girls my age. It was more contingency if anything - i dont plan on fucking other guys, but if it happens it happens. A nigth of partying half the world away with people ill never see again shouldnt ruin what we had here. Id insist on using protection. And of course he would have the same opportunity as
me, he would be able to freely see girls if he chose to. He wasnt happy, but said he understood. He said "Youve tied my hands. If i tell you i forbid it, ill still be worried if youre being true to your word. By expressing that this is what you want, theres nothing i can do to stop you".

Daniels a bit of a homebody - he goes out with his friends on occassion, but most nights he spends in our apartment playing video games or watching netflix. Given his lifestyle i wasnt overly worried hed be hooking up with all these random girls.

Me and Tory left on February 17. Its been eye-opening and a ton of fun. But its also been stressful. We havent done any partying, we talked to some guys one night but nothing came of it. Tonight i checked my email at an internet cafe and there was a message from Kay, a sweet old lady who lives above us in our apartment complex.

"I have debated for days whether to send this to you and potentially ruin your vacation. But you deserve to know the truth. Daniel has been seeing another woman since you left. There is no doubt that he is seeing her, she has come over most nights and I have heard them being intimate. You deserve so much better. I'm so sorry."

I thought i could handle this open relationship arrangement. I cant. This message shattered my heart into a million pieces. This isnt what i intended at all, i wanted the freedom to act in the moment. He is taking this as a free pass to regularly fuck some girl. And i have a feeling i know exactly who it is, a girl from his work who was always overly flirty with him.

I regret ever taking Michelles advice and opening my stupid mouth. I dont want him to fuck other girls, i dont want to fuck other guys. I want this slut out of my apartment NOW!!! I am a fucking wreck and need other womens opinions. Tory has been so unhelpful, basically telling me to grow up and that i got what i asked for. No shit?! People arent allowed to change their minds or regret their decisions?!

How do I go about contacting him and expressing that this needs to stop NOW without coming across like a crazy hypocritical bitch? And let him know that i will be 100% faithful on my trip? I dont even know how i am going to look at him when i get home. I am beyond hurt, this feels so wrong and so sick.

I am going to bed now to try and get some sleep, i will check and respond to all comments tomorrow morning. Thank you :(

EDIT: guys, seriously stop it. I know i fucked up, i brought it all on myself. Kicking me while im down isnt helping. Im not asking for your opinion on my stupid selfish decision, im asking the best way to approach this and fix it.

Tory says i should email him saying "what i said before about opening our relationship was a mistake. I havent slept with anyone here and i dont want to. Youre my parter and i dont want to compromise what we have. Please be faithful as I will be to you. I love you." Simply dont tell him about Kay's email or that i know there's another woman. Thoughts?
The 13 Dont's of Gaming

1358 upvotes | April 7, 2018 | by 420KUSHBUSH | Link | Reddit Link

Edit: Added a few more details under each relevant point so it's as beginner friendly and coherent as possible. Essentially in any interaction concerning sexual intimacy, you should aim for a "it just happened" sort of thing, this works best by far

This is my first ever post as a way of giving back to the community and reporting what I've learned and found what works best. You can check your strengths and weaknesses and know what to improve/how to cater your game, an example is I need to be less of a douchebag and not fail every comfort test that goes my way. This is my first and potentially only post on the sub so hopefully it provides valuable insight despite it being obvious and whatnot

- Never Shit Where You Eat

Definition: Never sleep with a coworker/someone closely associated with your work. I believe girls in the same apartment are fine so long as you watch your back and stay safe, someone in one of your university classes too so long as you approach cautiously. Fellow gym members is a risk, only ever approach the ones that give you strong and plenty IOIs, don't approach the girls that don't. Ever. Basically don't sleep with someone you work often with/around or gym girls that focus on their own thing and don't want to be bothered

This one should be engraved into your mind. It's never worth it, don't fucking do it. It's strongly advised against for good reason. Mixing pleasure and business is not a good idea since she may cause drama or try and fuck you over on your job. Too many risks for the payoff to ever be worth it

- Never Try Hard

Definition of trying hard: Sexually escalating and trying it by moving too fast, attempting in short intervals and giving attention regularly. It's cool and all to be direct although if you just make it sex-based she won't cave. Trying hard at first is well paired up with getting yourself into a true "don't give a fuck" mood later on, they find that so so sexy, though it's very hard to get put into that mood. Only ever happened to me three times and no clue what caused it

From a post I read before and from what I've seen, girls love it when you look like you live your life with or without them and you can live with them not putting out for you. I've been on both ends with the same girl, where she told me she started losing interest since I was "trying too hard" to me then just genuinely not giving a fuck and it worked out perfectly for me. "Flow like water", don't let a woman be a dam you go out of your way to find and push over

- Never Ever Be Needy

Anyone who's spent a minute on this sub knows this is one of the cornerstones of the sexual strategy aspect of RP. It's not fun for anyone and a complete turn off. Women desire a man who does his own thing and who countless other women desire and talk about. If you do get needy occupy yourself, you're a grown ass man you got shit to do instead of gazing at the stars wondering "What could have been" or picking flowers while muttering "She loves me, she loves me not". If any of you kill yourselves over a girl I will personally travel to the afterlife, pull your ass back into the realm of the
living and knock some fucking sense into you. Oneitis is a debilitating condition that throws anyone off their game. You need to shut that shit down, even if it's a slight "she's not like other girls". This also has to do with my point on never settling. More on that later

- **Never Get Jealous**

Girls always try and rattle up suspicion or jealousy/envy in a man to keep them on their dog leash. It's one of their stupid covert games, don't fall for it. You shouldn't ever care. In a high school class my (BP) friend told me "Man I just heard the girls talking about how they send pics of guys in our class to guys in their contacts list to make them jealous". I just laughed at him while they were around us and said "You have so much to learn". Ended up getting spammed by texts from a girl trying to get my attention which they noticed and started eyefucking me ever since. Poetic

- **Never Lose Your Cool**

Frame. Frame frame frame. Breathe frame, be frame, live frame. This is perhaps the most potent and powerful tool in your arsenal. If a guy wants to get into a fight, as Sun Tzu said, "The supreme art of war is to subdue the enemy without fighting.". Don't ever get mad at a girl or anyone, you look like a childish idiot and she dries up like the Sahara desert. Fun fact, every girl I know who's boyfriend did something along the lines of "She has a man now" broke up after a week max. It shows insecurity and women can gauge insecurity like sharks can smell blood in the water

- **Never Be Too Much of A Dick**

I really wish I listened and reflected more when I read about comfort tests on here. You need to be able to identify and relate a girl's emotions to game her at your maximum potential. Sure some are going to go for you since you're a complete douchebag though those girls are the less sought after. Charm is the right amount of comedy, mystery, interest and teasing. Do too much of a god thing and it creates an imbalance, in this case teasing. You need to give her an emotional roller coaster of ups and downs, but do too many downs and the ride shuts down

- **Never Be An Emotional Tampon**

Girls always have options no matter what for "nice" listeners. You can hear her out from time to time although set boundaries to know what you're about. If any of you have a hard time remaining distant think of it this way: if you won't be her emotional tampon someone else will. And she sure as fuck won't be banging the emotional tampon

- **Never Take Things Personally**

Girls are more scared of rejection than guys, it's why they rarely approach and none can game. It's one small meaningless interaction that could result in you knocking boots or a confidence boost exercise. If she bails, just understand what her nature is and it's not you, it's her. This is including and not limited to; flaking, playing games, shit testing. Not taking things personally also helps with the abundance mentality and DGAF attitude

- **Never Be Afraid of Taking Risks**
Also great life advice for success. Similar to previous point however I know damn well I don't want to live with any regrets in life so I'll take the harmless risk of approaching and seeing how it goes. Best case scenario: Plate or whatever you're looking for Worse case scenario: Rejection. Despite this you still get out of your comfort zone, ergo improving nonetheless

• **Never Be Interrogative**

What I mean by this is you don't want to ask questions such as "Want to meet up at this park at a time?" or "What's your favourite 11th century artpiece". Questions are fine and such but don't overdo it. However, **you should never ever ask, you must always command (this does not include sex).**

**Setting logistics especially.** Standard of her "where are we eating" or "I'm free Friday" is you replying with "I know this great Chinese place. I'll pick you up at 8" or "Let's do a park walk at 6PM Friday" respectively. I found that using my ending cold approach line to "Let's exchange numbers, I'll take yours" works perfectly as it's friendly, a suggestion into a leading command and makes you look like you know what you're doing. I highly suggest implementing it if you have not already

• **Never Betray Your Senses**

If you're seeing red flags galore or feel like you're in the house from Poltergeist, abandon ship. If you sense somethings off or you shouldn't push then don't. Trust your gut. You'll know the difference between butterflies in your stomach to "some kind of fuckery is going on here". This point also includes the voice inside your head like "Don't text her again man, it's only been a day". Last point is a good example of betraying your senses

• **Never Settle**

"When you settle you get what you settled for" -A guy who's name I forgot. You need to keep up your standards since mentality makes all the difference and once you start caving in to the occasional Miss McDonalds or Mrs. Human Potato Head since you've been having a "dry spell" then numerous problems will arise. Don't do it, only fuck who you believe you should be fucking (while also having major self confidence to uphold high standards). It's principles, it's self discipline and self control. It's right

• **Never Game, Let Alone Fuck a Bipolar Girl**

If you want to open Pandora's box on your dick, be my guest. Just remember the phrase "Abandon all hope, ye who enter" when she's starting to flip shit and is a hair strand away from accusing you of abusing her

Symptoms to spot one are listed and not limited to; mood swings, threatening to chop your dick off, screaming and shouting, having the crazy eyes, maniacal laughter

*With all that being said, the world is your oyster. Go get 'em Tiger. Good luck and enjoy*
When you're a homless man no one gives a FUCK about you

1356 upvotes | January 9, 2020 | by studentsensei | Link | Reddit Link

Military vet that went through some shit. For the past 6 months I was on the street and going from shelter to shelter.

You know how many shelters there were for battered women? Or women in general? Dozens upon dozens. I couldn't believe it. I've been denied entry, turned away, and kicked out for stupid shit.

I was at a men's shelter and went to the other side of town for a couple of job interviews. The buses ran late but I told the shelter manager that I wouldn't be able to make curfew.

He acted as if he understood but as soon as I came back this fucker gave me a "warning". After three warnings you're kicked out for 90 days.

I was like fuck this shit. They also had a policy of making those with income (I get VA disability compensation) to set 50% aside for savings. Sounds reasonable until you realize that you need their permission to access your own money and fuck waiting 2 years in a shelter to give you section 8 housing. Like who can live like that?

I was kicked out after I withdrew all of my savings without their permission twice.

Call me a narcissist or a slave to my ego, but I felt relieved to be from under their thump. As if I had to be grateful to them for letting me sleep in a bunk bed with other Vietnam war vets who are coughing up a lung and spreading the flu around.

At the end of the day, the only person I need to depend on is myself and MY own resources.

So I was back on the streets. I had a plate that lived 7 miles away. At the time her car was fucked and I needed a place to lay low so I said "fuck it" and walked. I've done 20 mile hikes with the Marines in full gear and a medpack, so I remind myself that 7 miles in the cold with a backpack and street clothes was nothing.

Once I made it there and slept for the night I managed to get ahold of a case worker that helped me look for a spot. Living off of hotel rooms were killing me and I couldn't stay at my plate's place long term because a man needs his own castle and you can't let someone else have the power to kick you out and control your destiny. Been there, done that.

My job interviews fell through so I went from place to place in search of work. One time I stupidly was stuck in the cold with a dead phone and needed a place to charge it.

Damn near EVERY establishment denied me entry.

It was like I was the scum of the Earth. Security guards confronting me as if I was a wanted criminal just because I asked to borrow an outlet to charge my phone.

Finally after what seemed like hours of walking, I stumbled upon a boogie Marriot hotel. I thought that there was no way they'd let me sit down and charge my phone.

Lo' and behold they were more than happy enough to let me sit down and charge my phone. In fact the receptionist said "Take all the time that you need." Almost brought a tear to my eyes.

After a week of wandering and sleeping on park benches, I managed to stumble on a motel that was hiring. I negotiated my pay along with a permanent room in the motel for work.

As I sit here in my room and reflect on my journey I realize that I lost everything I had built from a...
couple years ago. I had to crawl through the mud, sleep in the rain, and ask for favors that NO ONE was willing to help me with.

There is a point where you become so angry that you become laser focused. It's like tunnel vision. I was so OVER everything. I was over with being broke, over with everyone shitting on me, over with being kicked out of local establishments, and over having less than a THIRD of the resources that women get, that I obsessively searched for a solution.

Suddenly, what I lost didn't matter. Reaching new heights did.

And it starts now.

If you've ever been in my shoes then you know exactly what I'm talking about. No one cares about your struggles, and no one cares about YOU. If you can't provide anything then you might as well die.

I looked back at the lessons from those who lost everything and the mindset they had to bounce back. Steve Jobs being removed from Apple, Napoleon escaping exile and returning to France, Abraham Lincoln failing practically every business venture he's ever had, etc.

They used their failures as a foundation to build their power because the harsh truth is that only YOU can see it through and bend the world to YOUR will. Don't bend your will to appease world.

There is comfort in knowing that no one truly gives a flying FUCK about you because it sets you free. I demanded that the motel manager let me stay and work because why not? What did I have to lose by trying?

Even my social worker was surprised, but my ambitions have not been sated. I need to save as much as I can and get my own condo or apartment. Hell I had a dream about a penthouse overlooking the city. It's time to get to work.

Happy Fucking New Year.
3 Words That Will Change Your Life

The words that I'm about to write are a core foundation of masculinity, they are a part of the line that separates men from women. This is an art that must be practiced, and in due time you will reap its benefits.

Let me tell you, a lot of men these days are straight up gay, really. They suck this world's dick & swallow, when it should be the other way around. You're a slave to the situation and have the emotional strength/stability of a bitch on her cycle. Here's a key ability that a lot of us are missing today.

- Suffer In Silence

I know I always got pissed off when my father told me this. I'd fall out of a tree and get the wind knocked out of me, "suffer in silence" is what I got. My girlfriend cheats on me and goes with another man "suffer in silence". I have to a lot of chores to do that will take all fucking day, "suffer in silence". I'm about to get my ass whipped for setting stuff on fire when I was told not to, "Turn around and suffer in silence". I didn't know until now that I was being groomed into an emotional stronghouse.

The very act of complaining or telling someone your problems is weakness, for the mere fact that you're trying to let someone else hold the emotional burden you have. That's all complaining is, a cry for help or relief from an outside source other than yourself.

Suffering in Silence goes hand in hand with being tough. It's being strong for others in the midst of soul crippling pain. It's carrying your own weight and getting the job done.

Men are productive & logical (At least a few of you still are) and we shouldn't have time for things that are counterproductive like complaining/crying. It gets nothing done, it solves no problem. Complaining is what women do, because most the time they don't have the physical capability to get shit done themselves.

To sum this up, here's one of the greatest quotes from TWD for y'all to keep in mind.
"If you have to eat shit, best not to nibble. 'Bite, chew, swallow, repeat. goes quicker."
I'm in fucking tears right now. A woman used the justice system to ruin my life.

1348 upvotes | November 4, 2015 | by Oftowerbroleaning | Link | Reddit Link

Forgive me if this incoherent, I am weeping as I write this. I am a 24 year old man. I fell into dating an older single mother earlier this year. She cheated on me and when I tried to break up with her she called the cops and said I abused her. The cops arrested me without even asking me if it was true. I was bailed out and given a 60 day protective order to stay away from her. I ignored her countless text, emails, voicemails, handwritten letters left on my trucks windshield for 2 weeks. She told me if I met her she would tell the cops the truth that she made it up. I came over and she gave me to falsely dated letters of confession. We were driving down the road later that night almost to her house in a suburban neighborhood when she, out of nowhere, threw my dog out of my vehicle, jumped out and ran to a random house screaming as if I was trying to rape her. This was right in the middle of a civil discussion, completely by surprise. The cops arrested me again for violating the protective order. Jail again. My state appointed attorney told me to accept the plea deal. 8 years probation, 250 hours of community service etc, and that I'd have 30 days to change my mind and think about it. He lied. I had 30 days to appeal and the judge has to decide if I can get my day in court. Hired good attorney for 7500 dollars to appeal. Judge takes it under consideration for 2 weeks and I get a call not 2 hours ago saying the motion is denied. I have a mountain of evidence showing I'm innocent. I am an army veteran with no prior criminal record from a good relatively wealthy family. I had a good future in front of me. I don't know where I am going with this. I just had to get this off of my heart. I have a felony on my record now and my future is ruined without ever even having a day in court. I don't know what to do.
I play basketball a few times a week at a local indoor court near my apartment. Often I see this guy there, we'll call him Brad. Brad's about 5'9, 28 years old, he's handsome— but only because he takes care of himself. He lifts, get's haircuts, he's in decent shape, lean. He has male friends, he does things, can hold a conversation and takes care of himself. Not a Chad by any stretch... but he's working on himself continuously.

Whenever we're playing basketball in the gym, I often witness Brad approach women charismatically and effortlessly. I've seen him cold approach 8's and 9's, convince them to watch him play basketball for 30 mins, then walk out of the gym with them after the game.

Today was different. I see Brad doing his thing as usual, shooting hoops and approaching women when the game dies down.

Brad see's this blonde HB9 and immediately B-lines to the locker (10 feet away from the court). Walks up to her and starts chatting with her. 2 mins pass, She's not feeling it, resting bitch face and giving him some dirty looks. He keeps at it... invites her to play basketball. She's still not feeling it.

Then about 15 seconds later, she turns her back to him without saying anything at all and gives him the most cold and unexpected "slam the locker in your face" rejections I've ever seen. It could have been out of high school musical.

I'll never forget what he said to her.

Just so she could hear him, he calmly — without chagrin, says "your loss", as she walks away.

He picks up his ball, turns around, takes 2 steps and sinks a 3 from way downtown. Continues to play ball for the rest of the night, unfazed.

I commend Brad to get up after rejection like this. There was at least 15 men and women around him that saw exactly what happened. Most men would have social shame or at the very least some humiliation or discomfort. He didn't even flinch. Just turned around, says the truth, then shoots a 3.

We often talk back and forth about abundance mentality on TRP, but only in theory. Maybe some of us are like brad, but surely not all of us are. How many of us are practicing in real life situations like Brad? Who here would have even have approached an HB9 after her workout? I've never seen abundance mentality first hand like this in my life. This man didn't attach any of his value or worth to talking to this woman. He was simply a man who saw a woman he found attractive and approached her to see if she was also interested.

I know Brad personally, he's a great guy, and the words "your loss" is exactly the way to describe the how this woman should feel tonight.

Post some FR's in the comments that you experienced rejection and how you could have handled it differently.
"My step-daughter wants her "Real Dad" to give her away"

My step-daughter will be getting married on August 3rd. The wedding planning has consumed most of her and her mother's life (I say her mother because we aren't married, though we've lived together for 10 years) for the past six months.

My step-daughter graduated last December from University. I paid for her to go to college, though it was a state school, it still ran $40K. She does not have a job and has been living with us for the duration of her college career and since her graduation. I also bought her a car to get back and forth from school when she finished high school.

From time to time her deadbeat father would pop into her life and she would fawn all over him. Although he has not contributed a cent to her education or paid any child support, though that is my girlfriend's fault as c.s. was not part of the settlement, she still loves him and wants him in her life. He stays long enough to break her heart by skipping town and breaking some promise that he made her.

The wedding venue holds 250 people max. I gave them a list of 20 people that I wanted invited, you know, since I was paying for everything. They told me that was no problem and they'd take care of it. So I let these people know they'd be getting an invite and they should save the date. Saturday, I saw one of my friends on this list at the golf course and asked if he was coming. He told me that he wasn't invited. He told me that he got an announcement, but not an invitation. He had it in his back seat (along with probably six months of mail) and showed it to me. Sure enough, it was just an announcement, and my name was nowhere on it. It had her dad's name and her mom's name and not mine.

This led to a pretty big fight with my GF, as I found out that NONE of my list of twenty "made the cut" for the final guest list because "250 people is very tight." I was pissed, but not a hell of a lot I could do because the important people in my life had already been offended. My GF said "if some people didn't rsvp yes, I might be able to get a couple people in." But that is an ultimate slap in the face in my opinion. So, I was boiling on Saturday.

Yesterday, we had a Sunday dinner with the future in-law's family and us and a surprise guest, the "Real Dad." At this little dinner my step-daughter announced that her "Real Dad" was going to be able to make it to her wedding and that now he'd be able to give her away. This was greeted with a chorus of "Oh how great" and "How wonderful"s.

I don't think I have ever felt so angry and so disrespected. I was shaking. I took a few seconds to gather my composure, because I honestly wasn't sure if I would cry or start throwing punches or both. Once I was sure I'd be able to speak I got up from my chair and said I'd like to make a toast. I can't remember exactly what I said but the gist of it was this:

"I'd like to make a toast." The sound of spoons against glasses ring in my years. "It has been my great pleasure to be a part of this family for the past ten years." Awe, how sweet. "At this point in my life I
feel I owe a debt of gratitude to bride and groom, because they have opened my eyes to something very important." Confident smiles exchanged. "They have showed me that my position in this family is not what I once thought it was." And now a glimmer of confusion and shock begins to spread on the faces in the room. "Though I once thought of myself as the patriarch or godfather of the family, commanding great respect and sought out for help in times of need, it seems instead that I hold the position of an ATM, good for a stream of money, but not much else. As I have been replaced as host, both on the invitations and in the ceremony, I am resigning my financial duties as host to my successor, Real Dad. So cheers to the happy couple and the path they have chosen." I finished my drink. "You all can let yourselves out."

Is this selfish? I'm supposed to shell out 40 - 50 grand for a wedding that I can't invite anyone to? That I am not a part of? I'm so done with this crap. I'm done with my step-daughter, I'm done with my GF. I transferred the money out of our joint account last night. (she has not had a job since she moved in with me) This morning I called all the vendors I had written checks to for deposits to refund my money. At present it looks like I'll lose around 1500, for the venue, but the other vendors have been great about refunding.

TLDR: You want your "REAL DAD" to be on the invitation, to give you away and to sit at the head table, fine, your "REAL DAD" can pay for everything too.

EDIT: The immediate aftermath was tantrum and people sitting there mumbling while not actually saying anything to me, but to each other. After much yelling with the GF about me being selfish, I spent the night in my home office and no one knocked on my door, not once. Today's aftermath is kind of depressing for me. GF brought me Bride's wedding planner to show me how much work I was ruining. I thumbed through it, found a page in the music section for Father / Daughter dances. All of the songs were catered to Real Dad's taste. So I thought they were just being disrespectful, but now I'm feeling like they never really gave a crap at all, especially since the menu included two ingredients I'm allergic to, that actually made me laugh. Either way, I'm glad to be done, returned the planner and asked her when she and bride could move out. Also, I never promised to pay for the wedding. I offered them the use of my home when they were sure it was going to be small, but other than that, all I've heard is how it's the Bride's family that should pay, so, let it be the bride's family then, aka, not me.

EDIT: June 9th 1:15 am. Girlfriend and Bride are now moved out. They are moving in with the groom. It was very hard not to be petty with some of the "belongings" they took with them, but it's done and I switched out the locks and now it's time for a brew. I can't believe how popular this story got, but I feel good to be given support by so many. If I find out what happens with the wedding, I will let you know, but I can't guarantee that I will put in the effort to find out. From what I've heard they are trying to "scale things back" and get his parents to help out. GF burned bridges when I found out she tried to write herself a check on our joint account the day after the unpleasantness. By then I had already moved money, so I guess I'm a bigger ass than her, but I could feel it coming. That's all. Thanks.
Letter at 50 to a younger self

1342 upvotes | June 20, 2017 | by pbgswd | Link | Reddit Link

Letter to a younger self.

Here are some things that are going to happen to you. Take heed and avoid the bad things, make the good things happen, and while there will still be a struggle, it may be a better journey than where your life has led you to be at 50.

So many people act as something that they are not. Most people don’t have the integrity they claim they do. Most people won’t say what it is they really want, and may conceal their real intentions. Even the best among us. Beware of the hidden lies and cons after going in a given direction.

Resist what does not seem right. Move on, continue your search, keep open to new people and opportunities and shut down all those that will suck you soul out of you with drama, diversions, and decadence.

What you see to lure you in will never be what you get. Power is in manipulating others with what they want. Power is the lie that says you are worth nothing when in truth you have every right. Power is the lie that isolates you when the truth is you belong in the world.

Technology, especially in reference to the Internet, actively isolates everyone more than it brings people together. Piece by piece technology interferes with every human interaction and replaces it with a simulation. The wealthiest people in the world, whatever your measure of wealth is, are those who are the most social. Consider how many people a spiritual or political leader has met in his life, and consider how much of a rich life that can represent. Isolation, by whatever cause, is poverty.

Most of your aspirations will never come to pass. Often, your aspirations will be used against you and for profit. Still if you want something, you must do much more research and learning about what is really needed to require it, you should do much more work to learn what that is than you expect you must do. As for your deepest desires that align with who you are, find a way to live them. Regret can drive you mad.

In this modern age, there are endless lures to distract you from even beginning to think about what you truly need to do to improve your plight. A massive amount of things pushed in front of you is a lie. Consider the massive industry of unhealthy carbohydrates, pornography, political propaganda, overpriced products of every description, so much of it a contrived need.

Other people don’t have your interest in mind. Not even the people closest to you. However, if you can find or creating a small group of like minded people who share knowledge and resources among each other, it can be the most valuable method to improving your own life.

Don’t remain working at home forever. Turn it into something else eventually or move on. It is always in somebody else's interest to keep you isolated. Do this if you must, but it is isolating, and you belong in the world. It is in somebody else's interest to keep you at home. There are no assurances that you will be sufficiently supported to cover all your costs, with the depreciation of your equipment, inflation, and the imperative to continue to invest in your life savings.

Get work in the greater community, where the real opportunities are. The commute may be costly and frustrating, people toxic, but obviously the ones who flourish and prosper are those exposed to each other in a work place, out in the world, not shut up at home consulting.
The world is being destroyed with lies, especially when profit is possible. Every possible angle is tried in the desperate struggle for anything, and in the belief that this way is the only way that matters, because everyone else practices it. Still it is not too much to strive for a little peaceful square of it for yourself. It is also possible to end up with nothing despite the best of intentions.

Nobody wants you to know any of the above. It is in the interest of someone else that keeps you isolated, divided, and unaware of it. You must come up with the solutions to these problems yourself.

Edit: Thank you for the comments and great feedback. I wrote this late last night and could refine it I am sure, but there you go. Perfection shouldn't be the enemy of progress now, should it? Perhaps you all should take a turn at writing a letter to your former self every so often, as an exercise in understanding the route your life is taking.

WTF Reddit Gold? Aww thank you!!!
Woman thinks her guy friend is being an 'asshole' because he's no longer doing nice things for her after she rejected him.

1339 upvotes | August 11, 2015 | by cassandrita | Link | Reddit Link

Link: https://archive.is/DIpeh

I think it's partly this guy's fault for being a doormat. A list of all the things he did for her:

He would always offer a helping hand, or would listen. We'd have conversations on skype, and he'd always be supportive and offer friendly advice. At work, he was really flexible with his shifts and would always rearrange to cover mine. For example, if I couldn't make a shift on a certain day, and would prefer another day, he would always gladly swap with me. He was always friendly about it. When I was moving apartments a couple months ago, he helped me move my stuff. When I didn't have my car for about two weeks, he drove me to work and home every day. He was an incredibly good friend and I was really thankful to have someone like him around.

And he was also incredibly emotionally supportive, whenever I'd talk about my issues with friends or family, he'd listen. I've had depression and anxiety in the past, I take meds for it, and it comes back every now and again. I have a lot of personal worries, fears and issues, and he's always ready to listen and be supportive.

He asks her out and of course she says no. Surprisingly he doesn't just become an orbiter and keep doing nice things for her, instead he moves on which annoys her:

Then over the next few days I noticed things were a bit different. He would still talk to me, chit chat occasionally, smile, say Hi. But he wasn't as receptive to conversations with me any more. On skype when we'd talk, he'd take longer to respond, and seems always uninterested and giving one word responses. With work, he's no longer swapping any shifts with me. He says he can't manage the time, and he's also on a busy work and life schedule that he can't always move things around.

I'm moving apartments again in a months time, and I asked if he'd be ready to help me move again like last time, he said probably not and that he's too busy.

He's not giving her undivided attention and doing her favors all the time so what's her reaction?

Now suddenly, its almost like he's an asshole.

Did I make friends with a "nice guy"? Was he really just an asshole all along only pretending to be nice to get in my pants?

Lesson: So if a guy doesn't give you undivided attention and time, he's an asshole.

Best comment:

Yeah, you knew him for 8 months OP. He was never really your "friend" as he viewed you as a potential love interest. You shut him now, now he's protecting himself by creating distance and finding other girls to prioritize for dating.
You are not entitled to preferential treatment. You are not dating him. You are not sleeping with him. He's just a dude and now he has other priorities. You don't get the benefit of boyfriend-like behavior from someone you will only accept platonic friendship with.

So, no he isn't an asshole. He's just a dude with healthy boundaries.
I. Never say ‘I Love You’ first

Women want to feel like they have to overcome obstacles to win a man’s heart. They crave the challenge of capturing the interest of a man who has other women competing for his attention, and eventually prevailing over his grudging reluctance to award his committed exclusivity. The man who gives his emotional world away too easily robs women of the satisfaction of earning his love. Though you may be in love with her, don’t say it before she has said it. Show compassionate restraint for her need to struggle toward yin fulfillment. Inspire her to take the leap for you, and she’ll return the favor a thousandfold.

II. Make her jealous

Flirt with other women in front of her. Do not dissuade other women from flirting with you. Women will never admit this but jealousy excites them. The thought of you turning on another woman will arouse her sexually. No girl wants a man that no other woman wants. The partner who harnesses the gale storm of jealousy controls the direction of the relationship.

III. You shall make your mission, not your woman, your priority

Forget all those romantic cliches of the leading man proclaiming his undying love for the woman who completes him. Despite whatever protestations to the contrary, women do not want to be “The One” or the center of a man’s existence. They in fact want to subordinate themselves to a worthy man’s life purpose, to help him achieve that purpose with their feminine support, and to follow the path he lays out. You must respect a woman’s integrity and not lie to her that she is “your everything”. She is not your everything, and if she is, she will soon not be anymore.

IV. Don’t play by her rules

If you allow a woman to make the rules she will resent you with a seething contempt even a rapist cannot inspire. The strongest woman and the most strident feminist wants to be led by, and to submit to, a more powerful man. Polarity is the core of a healthy loving relationship. She does not want the prerogative to walk all over you with her capricious demands and mercurial moods. Her emotions are a hurricane, her soul a saboteur. Think of yourself as a bulwark against her tempest. When she grasps for a pillar to steady herself against the whipping winds or yearns for an authority figure to foil her worst instincts, it is you who has to be there… strong, solid, unshakeable and immovable.

V. Adhere to the golden ratio

Give your woman 2/3 of everything she gives you. For every three calls or texts, give her two back. Three declarations of love earn two in return. Three gifts; two nights out. Give her two displays of affection and stop until she has answered with three more. When she speaks, you reply with fewer words. When she emotes, you emote less. The idea behind the golden ratio is twofold — it establishes your greater value by making her chase you, and it demonstrates that you have the self-restraint to avoid getting swept up in her personal dramas. Refraining from reciprocating everything she does for you in equal measure instills in her the proper attitude of belief in your higher status. In her deepest loins it is what she truly wants.

VI. Keep her guessing
True to their inscrutable natures, women ask questions they don’t really want direct answers to. Woe be the man who plays it straight — his fate is the suffering of the beta. Evade, tease, obfuscate. She thrives when she has to imagine what you’re thinking about her, and withers when she knows exactly how you feel. A woman may want financial and family security, but she does not want passion security. In the same manner, when she has displeased you, punish swiftly, but when she has done you right, reward slowly. Reward her good behavior intermittently and unpredictably and she will never tire of working hard to please you.

VII. Always keep two in the kitty

Never allow yourself to be a “kept man”. A man with options is a man without need. It builds confidence and encourages boldness with women if there is another woman, a safety net, to catch you in case you slip and risk a breakup, divorce, or a lost prospect, leading to loneliness and a grinding dry spell. A woman knows once she has slept with a man she has abdicated a measure of her power; when she has fallen in love with him she has surrendered nearly all of it. But love is ephemeral and with time she may rediscover her power and threaten to leave you. It is her final trump card. Withdrawing all her love and all her body in an instant will rend your soul if you are faced with contemplating the empty abyss alone. Knowing there is another you can turn to for affection will fortify your will and satisfy your manhood.

VIII. Say you’re sorry only when absolutely necessary

Do not say you’re sorry for every wrong thing you do. It is a posture of submission that no man should reflexively adopt, no matter how alpha he is. Apologizing increases the demand for more apologies. She will come to expect your contrition, like a cat expects its meal at a set time each day. And then your value will lower in her eyes. Instead, if you have done something wrong, you should acknowledge your guilt in a glancing way without resorting to the actual words “I’m sorry.” Pull the Bill Clinton maneuver and say “Mistakes were made” or tell her you “feel bad” about what you did. You are granted two freebie “I’m sorry”s for the life of your relationship; use them wisely.

IX. Connect with her emotions

Set yourself apart from other men and connect with a woman’s emotional landscape. Her mind is an alien world that requires deft navigation to reach your rendezvous. Frolic in the surf of emotions rather than the arid desert of logic. Be playful. Employ all your senses. Describe in lush detail scenarios to set her heart afire. Give your feelings freedom to roam. ROAM. Yes, that is a good word. You’re not on a linear path with her. You are ROAMING all over, taking her on an adventure. In this world, there is no need to finish thoughts or draw conclusions. There is only need to EXPERIENCE. You’re grabbing her hand and running with her down an infinite, labyrinthine alleyway with no end, laughing and letting your fingers glide on the cobblestone walls along the way.

X. Ignore her beauty

The man who trains his mind to subdue the reward centers of his brain when reflecting upon a beautiful female face will magically transform his interactions with women. His apprehension and self-consciousness will melt away, paving the path for more honest and self-possessed interactions with the objects of his desire. This is one reason why the greatest lotharios drown in more love than they can handle — through positive experiences with so many beautiful women they lose their awe of beauty and, in turn, their powerlessness under its spell. It will help you acquire the right frame of mind to stop using the words hot, cute, gorgeous, or beautiful to describe girls who turn you on. Instead, say to yourself “she’s interesting” or “she might be worth getting to know”. Never
compliment a girl on her looks, especially not a girl you aren’t fucking. Turn off that part of your brain that wants to put them on pedestals. Further advanced training to reach this state of unawed Zen transcendence is to sleep with many MANY attractive women (try to avoid sleeping with a lot of ugly women if you don’t want to regress). Soon, a Jedi lover you will be.

XI. Be irrationally self-confident
No matter what your station in life, stride through the world without apology or excuse. It does not matter if objectively you are not the best man a woman can get; what matters is that you think and act like you are. Women have a dog’s instinct for uncovering weakness in men; don’t make it easy for them. Self-confidence, warranted or not, triggers submissive emotional responses in women. Irrational self-confidence will get you more pussy than rational defeatism.

XII. Maximize your strengths, minimize your weaknesses
In the betterment of ourselves as men we attract women into our orbit. To accomplish this gravitational pull as painlessly and efficiently as possible, you must identify your natural talents and shortcomings and parcel your efforts accordingly. If you are a gifted jokester, don’t waste time and energy trying to raise your status in philosophical debate. If you write well but dance poorly, don’t kill yourself trying to expand your manly influence on the dancefloor. Your goal should be to attract women effortlessly, so play to your strengths no matter what they are; there is a groupie for every male endeavor. Except World of Warcraft.

XIII. Err on the side of too much boldness, rather than too little
Touching a woman inappropriately on the first date will get you further with her than not touching her at all. Don’t let a woman’s faux indignation at your boldness sway you; they secretly love it when a man aggressively pursues what he wants and makes his sexual intentions known. You don’t have to be an asshole, but if you have no choice, being an inconsiderate asshole beats being a polite beta, every time.

XIV. Fuck her good
Fuck her like it’s your last fuck. And hers. Fuck her so good, so hard, so wantonly, so profligately that she is left a quivering, sparking mass of shaking flesh and sex fluids. Drain her of everything, then drain her some more. Kiss her all over, make love to her all night, and hold her close in the morning. Own her body, own her gratitude, own her love. If you don’t know how, learn to give her squirting orgasms.

XV. Maintain your state control
You are an oak tree. You will not be manipulated by crying, yelling, lying, head games, sexual withdrawal, jealousy ploys, pity plays, shit tests, hot/cold/hot/cold, disappearing acts, or guilt trips. She will rain and thunder all around you and you will shelter her until her storm passes. She will not drag you into her chaos or uproot you. When you have mastery over yourself, you will have mastery over her.

XVI. Never be afraid to lose her
You must not fear. Fear is the love-killer. Fear is the ego-triumph that brings abject loneliness. You will face your fear. You will permit it to pass over and through you. And when your ego-fear is gone you will turn and face your lover, and only your heart will remain. You will walk away from her when she has violated your integrity, and you will let her walk when her heart is closed to you. She who can destroy you, controls you. Don’t give her that power over yourself. Love yourself before you
love her.

The closer you follow the letter of these commandments, the easier you will find and keep real, true unconditional love and happiness in your life.

https://heartiste.wordpress.com/the-sixteen-commandments-of-poon/
Once you realize what interested women will do for you with little effort on your part, you'll realize what a waste of energy it is to even talk to women who don't show immediate and enthusiastic interest.

1333 upvotes | July 1, 2016 | by [deleted] | Link | Reddit Link

Ever go up to a woman on an approach and say, "Hey, I saw you and I just want to talk"?

Here's some truth to brand into your flesh:

**Women don't want to just talk to men.**

They want to fuck, go on an adventure, be told what to do, get into a dangerous situation, start some shit, fuck up someone's day, save the world, ride on a motorcycle, see a movie, dance, sell shit on Etsy, cheat, stab you, eat mayonnaise, and run from a dinosaur.

But never be fooled into ever think a woman ever wants to *just talk*, ever.

She has an agenda. You have an agenda.

Either you're working toward hers or you're working toward your own. There is no middle ground.

So when a woman shows middling or low interest, you've picked a mountain to climb. You'll climb it her way in her time with small reward and with no respect from her. You'll sacrifice time, energy, and focus, as well as inflating the value of what little payment you'll receive for the trouble - so that at the end, you must also deal with the effects of having catered to self-delusion. This means emotional fallout, time for getting your shit back together, retooling, and rebuilding. You've fucked yourself.

When a woman shows intense and vested interest, you've already won. You can have whatever you want. You can have it now. She will eagerly give you as much as you can handle and more. You've claimed a gift that was yours since birth. By acknowledging and fulfilling her desire to fulfill your desires - without hesitation, without pussyfooting around, with confidence and a smile on your face - you've not done anything amazing. You've simply had a normal sexual interaction between a masculine male and a feminine female. It is an interaction that not many people understand anymore but that everyone craves.

To achieve this end, value quantity of women over quality. This is old hat to many of you, but newbies take note. There's an epiphany waiting for you, that moment when you realize a woman you've known for 30 seconds is willing to do more for you than that girl you chased for 6 years.

**Corollary:** Any woman you interact with for a long amount of time in a non-sexual manner (who isn't already head over heels for you), is not a woman you will ever sleep with.

Here's the math:

You're more likely to get open eager honest sexuality from a woman within minutes of meeting you than you are in 3 years of dancing around the subject. Be up front, be honest, and in a quick few seconds she'll tell you with words or body language all that you need to know about who is likely to get what, when, and how (the politics of getting your dick wet). That's minutes invested rather than years wasted.
To do that, stop masturbating and do something extremely intense daily. I know we say "lifting." It's a wonderful go-to and will open all new dimensions in your life but to be honest, anything shamelessly and no-fucks intense will work. A sport. A competition. A gig. Anything that becomes something more than the sum of its parts and that requires focused balls-on-fire intensity - do that thing every day.

When you're raging and intense and focused, you become a black hole of Fuck that women fall into naturally. You want them. You can't stop yourself, and women are walking sex toys to a man who can't stop himself.

If you've been jacking off a lot and dispersed your energy and middled your life by avoiding intensity, extreme action, and excitement, you will be static and background noise to anyone you meet.

So if you've been going out after 3 wanks to try to psych yourself up to talk to that girl who maybe kind of likes you, you've fucked yourself. She'll smell your "kind of" interest, return a "kind of" interest with just enough hope to keep you on the leash. You will use the leash later to hang yourself.

If you go out after a week of not cumming, women will look at you from across the room with hopeful and begging eyes. They will say things to you and not know why. They will agree to do the kinkiest most fucked up shit because they can see in your eyes that you want it so goddamn badly. They will feel your leadership and use all your commands as refreshing and simplifying direction in their too-many-choices what-am-I-doing pointless lives.

And they absolutely, certainly, posi-fucking-tively won't just want to talk.
Wake Up and Take Massive Action!

Original post was taken down due to harsh title. Significantly edited and updated.

Preface

Many of you need a wake-up-call. A slap in the face. A bucket of cold water. To snap out of this fucking phase of laziness and procrastination. To light a fucking fire under your asses.

TRP and the Internet offers all the advice you could ever need on how to get your life together. You have the sidebar, you have books, you have the advice of other people, and you even know yourself what the fuck you have to do. But you don't know how the fuck to take action. You know how to swim, but you're too fucking scared to dive in the deep end.

So here I am to explain to you clearly why the fuck you aren’t taking action towards your goals. And how to fix it.

Introduction

You always know what you need to do. If you could only follow it, you’d start seeing results. There’s no debate there. If you take action and systematically work towards your goals, you’re going to see progress. That’s just how life works.

Succeeding in most areas of life isn’t actually that difficult. 90% of success is showing up. If you can maintain a clear head and do what you need to do, work consistently towards your goals, and make steady progress, success isn't that hard to come by.

But people just aren’t willing to put in the work. Why? We’re too ugly. We’re too tired. We’re too lazy. We fear failure. We’d rather sit back and click through Netflix to watch a show we don’t even enjoy. We’d rather play another game of Fortnite and waste away our precious time here on a meaningless game. We’d rather sleep another two hours. We’d rather watch that hot pornstar get fucked by a BBC and then jack off.

Don’t lie. It’s what you do. But in reality, it’s what all of society does.

But just because everyone else does it doesn’t mean that you should. Stop living like the rest of the sheep out there and reclaim your independence. Start respecting yourself. Take responsibility for your own life. And don’t live your life like one of the many mindless drones out there indoctrinated into society, pawns to corporations and business, wasting your finite existence on a hodgepodge of meaningless and unfulfilling technological stimulation.
The Vice of Self-Improvement

Most guys here live in a perpetual state of over-analysis. You read a hundred posts on Reddit, you read a couple more articles with click-bait titles, you read a couple self-help books, you watch Youtube videos, and you keep pretending like you’re taking massive action. Every once in a while, you feel like you have a fucking epiphany, and this makes you feel as if you’re learning and moving forward. When in reality, you’re stagnating and making zero progress.

“Self-improvement is masturbation.” You can thank our lord and savior Tyler Durden for this underrated piece of gold. You’re pretending to yourself that you're making progress without actually changing anything. Instead of being a pathetic, miserable fuck who does nothing, you're just a pathetic, miserable fuck who reads feel-good self-help bullshit, goes to the gym, and repeats affirmations to himself in the mirror.

In other words, stop covering yourself in layer after layer of fake pretenses, motives, and qualities. Stop searching endlessly for that next epiphany, and for that next piece of meaningless, external motivation.

Look within. Ask yourself what you truly want, what you truly desire out of life, and how the fuck you are truly going to change.

Don’t “improve” your current self. Change who you are.

The Plague of Inaction

I’ll take a wild guess and throw this out there—if you could list 10 things you could do right now to move towards your goals, you could easily rattle them off.

You all know what the fuck you should be doing. You all know you should ask that girl out, study fucking harder, hit the gym, open that business… you know you need to fucking do it. You know you it’d be good for you and you know it’s the right thing—but you don’t fucking do it!

You just sit around in a haze of useless procrastination and perpetual laziness, telling yourself you’re going to do that fucking thing tomorrow. And then tomorrow comes. You’ve woke up late, you’re feeling like shit, and something else came up. And so you put it off until tomorrow. And so on.

A few weeks or months later you look back and you realize that all that valuable fucking time has passed and is never coming back. And you’re no closer to your goals.

And the more this happens, the more you rationalize to yourself that nothing good will ever come of actually taking action, the more you decide to devolve into escapism, the more you condition yourself to accept defeat, and the more you fall deeper and deeper into a bottomless pit of defeatism.

You tell yourself that there’s no point in trying anyway. You never feel like doing anything. All you want to do is saturate your empty mind with a bunch of stimulating, pixelated nonsense and try to
distract yourself away from your valueless existence through video games, porn, TV, and the endless stream of distractions at your fingertips.

We have a psychological term for that—“learned helplessness.” In a famous experiment, scientists gave electrical shocks to two groups of dogs—one that could stop the shocks by pressing a lever and one that couldn’t. Later, when given the chance to escape by jumping over a small barrier, the ones who had been able to press the lever immediately escaped. The group of dogs who had no lever just lay down on the floor and whined as they were being shocked.

The same effect is one of the major causes of depression. You repeatedly fail, learn that you’ll always be a failure, and struggle without escape. And when you’re actually presented with the chance to take action and change your life, you’d rather just stay defeated and mire in your own misery. You’re probably realizing right now that everything I’m saying applies to you. And I’m going to tell you how to break free from this self-imposed prison.

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**Fear of Failure**

If you were 100% guaranteed to succeed if you asked that girl out, started your business, and started lifting regularly, would you hesitate to go ahead with your goals? Absolutely not. You’d immediately do it.

*You’re afraid to commit.* You don’t want to tell yourself you’re going to quit porn and video games. You don’t want to commit to starting a new life. You don’t want to commit to breaking free from your endless cycle of procrastination. You don’t want to commit to anything.

Why? Because you’re afraid of failure. You don’t want to try and fail. What’s the point of trying anyway if you’re probably going to fail? Right?

Let me tell you something. You’re going to fucking die. You’ve only got one life. Every second you waste living below your potential is never coming back. Ever. You’re the youngest you ever will be right now. Think about that for a second.

If you keep allowing this pathetic fear of failure to control you, you’re going to live out a sad, depressing, miserable existence for the rest of your days. And you’ll be buried six feet under and everybody will be glad you’re finally fucking gone.

So, what do you do?

**Make a goddamn fucking decision.** Silence the voices of self-doubt and avoidance rationalization, and just do it. Commit to the decision. Write it in a journal. Tell a friend for accountability. Change your fucking environment.

Stop rationalizing, stop watching motivational Youtube videos, stop reading Reddit posts, and stop passively wasting your time waiting for *that time* to come when everything suddenly changes and you realize it’s time to start taking action. That time will never come. Ever.

Tell all those inner voices to *shut the fuck up* and just make the FUCKING DECISION!

**Start small and spiral upwards.** Turn the shower cold for 30 seconds. And then a minute. And then go full fucking Bond and don’t turn it warm. Talk to one stranger a day. And then two. And so on.
in small incremental steps that will exponentially push you further forwards. The more you push yourself and actually see yourself making progress, the more you will want to continue. It’s a positive feedback loop, but this time it’s in the right direction!

**If you don’t take action, you’re already a failure.** Let your fear of failure propel you forward. Recognize it and accept it. And proceed the fuck on regardless.

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**Comfort Zone/Fearing Discomfort**

Yeah, it’s fucking easy to wake up at noon each day, throw a pack of instant noodles on the stove, and sit back and binge ten episodes of Breaking Bad every day. Yeah, it’s fucking easy to just sit home, play Call of Duty, and avoid the gym.

It’s all you’ve ever done. And will do, if you keep living this way.

**Your brain literally re-wires itself to continue your habits, ways of life, and normal routines if you repeat them over long periods of time.**

What you do, you become. And what you are, you do. It’s a **positive feedback loop** that spirals in whichever direction you choose. If you continue to act like a fucking buffoon, you will become one. Just like we say here that you shouldn’t look at what girls say, but at what they do—**you are what you do, not what you say.**

You tell yourself you’re going to start a Fortune 500 company, but you can’t even get out of the bed in the morning. You tell yourself you’re going to be fucking Casanova but you can’t approach that pretty girl at Starbucks drinking her fucking vanilla Frappucino. Stop deluding yourself and face reality.

So, what do you do?

**Train yourself to appreciate discomfort.** “Get comfortable being uncomfortable.”

You’ll never get anywhere in life if you do whatever you feel like doing. Love the discomfort and embrace the thrill. The pain of regret is worse than the pain of discipline. And ironically, putting yourself through discomfort will make your life miles better than you could ever imagined it to be.

How can you train yourself? Take cold showers every morning. Sleep on the floor with nothing but a blanket and a pillow. Dance in public. Intentionally force yourself to take risks.

Facing your fears head-on and pushing through discomfort is the fastest and most effective way to self-mastery.

**Rewire your brain to be excited for new challenges.** “The beast that bears you fastest to perfection is suffering.” - Meister Eckhart

Successful people love discomfort. They embrace the challenges. Without it, they would have nothing to live for. It’s what keeps them going.

**Your “comfort” zone isn’t really “comfortable.”** It’s just a place of stagnant procrastination and lack of progress where you just sit around, rotting internally and corrupting your potential. You only choose to stay in it because your fear of the unknown overwhelms your current discomfort.
No progress in life ever comes without pain and suffering. None.

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**Procrastination**

The average person wastes 8-10 hours a day. Video games, Netflix, mindless browsing, cheap dopamine hits, etc. It doesn’t really matter. All procrastination comes from the same root cause—thinking that you have more time.

When you have a paper due in an hour, you’ll fucking finish it. If the bar is closing in ten minutes, you’re going to have ask the girl back to your place. If you have a terminal illness and have just days to live, you’re not going to be fucking watching TV or doing any of the other bullshit that we fill our lives up with.

When there is a deadline, you’ll get it done. Apply Parkinson’s law to dramatically increase productivity in your life:

*“Work expands so as to fill the time available for its completion.”*  
In other words, however much time you get to complete a task will be how much time you take to actually finish it. If you are given three weeks to finish a process paper, you’ll likely procrastinate the first two and half weeks and finish it on the last few days. If you are given two hours, you’ll fucking crank it out. It’s just how we work.

You think you have tomorrow. You always do. And how often do you actually do what you told yourself you were going to do when the day comes?

“The greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today. You are arranging what is in Fortune's control and abandoning what lies in yours.” - Seneca, the great Stoic philosopher

You don’t have the future. So stop expecting to do things in the future and stop looking forward. You only have today. Don’t fall into the trap of telling yourself that you’ll have time later. When that time actually comes, you’ve likely forgotten all about that goal and you’re even busier.

So what do you do?

**Write down your fucking goals.** I can’t overemphasize this. Writing your goals down has been scientifically proven to dramatically increase the chances that you meet them. Articulate them, describe them in fine detail, and journal about them frequently. Every morning.

**Create positive feedback and accountability.** Write out a checklist. Nothing will feel better than taking your pen and drawing a line crossing out the goal you’ve just accomplished. Nothing will feel better than having a checklist completely crossed off at the end of the day. And then taking the paper, crumpling it into a ball, and tossing it in the trashcan like Kobe in his prime.

**Set a time limit.** You don’t have infinite time available to you. How you allocate the finite expanse allocated to you is significant beyond measure. Force yourself to meet the goal by a deadline. Set a date. Whether it’s a few days, weeks, or months from now, set a date. A specific date. Don’t make it unrealistic. But don’t be lenient on yourself either. If you’re not serious about meeting your goals, you never will.
Wake Up to Reality

Consider this scenario for a second: “Imagine for a second that you have a senior thesis paper due at midnight tonight. It’s five o’clock in the afternoon, and you have thirty more pages to write. You’re sitting at your desk, exhausted, tired, and absolutely spent. You’re coming off an all-nighter and all you want to do is hop in bed. Bags of Doritos and chips are strewn across the floor around you. Seven more hours, you think! How the hell am I going to fucking get through this?

But you do. Even though you’re feeling like absolute shit, you push forward. You only get one chance to finish this thesis paper, and if you don’t, you’re fucked, you’re going to fail, and your life will turn to shit. You won’t graduate college and everything will head downhill. So you finish it.

For the next six months after you graduate, you have your own personal goals to wake up at five every morning, lift four times a week, start your own business, and lose thirty pounds.

But of course, what the fuck happens? You fear failure. You fall back into your routines. You fall back into your comfort zone. Your behavioral addictions begin to control you. Six months pass, and instead of being closer to goals, you’re even farther away from achieving them then you were before.

As a result of your failures, you’re set forth on a downward spiral in which you get a shitty career, marry someone you hate, stay overweight, have a financial crisis, become mired in existential anxiety, and fall into depression. Your life has turned upside down, and you consider suicide. Everything falls down around you, all your friends and family leave you, and you try to drug yourself senseless to numb yourself to the pain. Eventually, you die of an overdose.”

Failure was not an option with the fucking thesis paper, was it? Failure is never an option when you have a job, is it? If your boss tells you to whip up a two-page report on the company’s financial status by tomorrow, you’re going to do it. If you have an opportunity to get a promotion, are you going to waste it?

So why the hell is failure an option with regards to your own goals? Why are the goals society imposes upon you more important than your own?!

Why does getting to class on time matter more to you than heading to the gym? Why does sitting in your little office cubicle in your 9-to-5 job matter more than getting your fucking life together? Why is an essay due date more important to you than living up to your own life potential?

So get off your ass and start moving!

The Final Frontier

>This is how many weeks you get in your life. And that’s if you’re lucky enough to live to the ripe old age of one hundred.

Not many dots, is it? You might be an eight, a fourth, a third, or maybe even half of the way through
that. But it doesn’t matter. This is all you get.

You don’t get to live another life. All you will ever see and think in this world is happening right before your eyes. And you’re just wasting it away.

Billions of years of random atomic collisions and lucky mutations have led to your very fucking existence, and you’re wasting it on critically-acclaimed TV shows and video games. It doesn’t matter if you believe in an afterlife or not—you know that this is all you will ever get, here.

“A man who dares to waste one hour of time has not discovered the value of life.” - Charles Darwin

You’ll never be twenty years, five months, and three days, six hours, and two minutes old ever again. Every moment in our lifetimes is a once-in-a-lifetime moment. We’re the only organisms capable of understanding our own mortality and the value of our existence, and we do nothing about it.

None of you truly understand how fucking short your life is. How this is the only chance you’ll ever get to exist here. You only have one childhood. You only have one youth. You only have one chance to live your twenties. And your thirties. And so on. You only get to choose a career once. There are no second chances, no rewinds, and no redos.

You’re on a train hurtling in only one direction—towards the end of your life.

You think you “understand” that we’re all going to die, that you only get one life, and blah blah so on. Right? Fuck no. You don’t understand it one bit.

If you truly understood the fucking value of your own existence, the shortness of life, and have internalized and accepted your own mortality, you’d be living a completely different life than you are now.

Let your fear of death and your understanding of your ephemeral, finite existence here push you to greater heights than you could have ever fathomed. After all, it is the only chance you will get.

What do you have to lose?

Closing Thoughts

Hopefully I sparked a fucking fire within your minds. That's what you need. You need to absolutely obsessed with success. Or you will get nowhere.

If you think motivation doesn't last, is bullshit, and doesn't work, you're not motivating yourself properly. Stop buying into other people's opinions and think for yourself. Of course you’re not going to feel like working all the time. But that’s what motivation is for.

People understand motivation wrong.

Motivation isn’t always something that makes energy and vitality course through your veins. Motivation doesn't mean waking up in the morning, feeling on top of the world, and ready to crush anything in your path. Motivation doesn’t always make you want to fucking fight gorillas. It doesn’t make you want to climb fucking skyscrapers. In fact, it doesn’t even mean that you feel great.

Motivation is knowing that you have to do something no matter what the fucking cost, and then going ahead and doing it. Even if you're tired, cold, and depressed, you’ll do it. Nothing ever happens
without motivation.

"Discipline" is just motivation when you’re feeling like shit. Motivation isn’t just a fickle emotion. It’s the knowledge, and drive, with the full force and strength of your being, that regardless of consequences, you must achieve something.

And life's fucking hard. Nobody is disagreeing with you. But it's time for you to stop letting life passively control you, and for you to become the master of yourself and fucking destroy life once-and-for-all.

You can complain all you want, play victim, and cry about how unlucky you are. About how shit the cards you were given in life are. Go ahead. But nothing will change, and you’ll go on living a pathetic life you are.

Man the fuck up, I say.

It’s all on you. Nobody will change your life except you. No book, no Internet article, no quote, no video, and no philosophy will help you change your life, unless you choose to.

You’re dying right now. Stop sleepwalking through life and wake the fuck up.

How long are you going to wait before you start living the life you’ve dreamt of?
The Psychology of Approaching Groups Of Very Hot Women In Bars.

1331 upvotes | September 29, 2016 | by virusofthemind | Link | Reddit Link

In club/bar environments it's often thought the most difficult approach of all is directly approaching a group of uber hot women and successful endgame of taking one home. This post demonstrates a number of methods to give these girls the good seeing too they all crave and make everyone happy in the process. The methods outlined can be deconstructed and used in isolation in various other situations, but in this case they're usually all needed due to our quarry being in a group and all hot. Social engineering methods will run alongside psychological ones for maximum impact. The group should be of a minimum of four women and a maximum of ten, and preferably receiving a lot of passive attention from other males.

Please note: This is a meta strategy to achieve an end goal. If at any point your target shows genuine interest you can skip steps, as you're already where you want to be (but watch for compliance tests).

Step 1: Identifying Your Targets

The first step is deciding which girls you're going to use as your gateway strategy. I say, "girls" because as well as selecting a target (your end game girl) you will also need to identify one of the other girls as a leverage point for the social dynamic aspect of the method.

[In this case it doesn't have to be mother hen as the status of the girls in the group is pretty similar so there's little difference in "ranking" due to them all being 9's or 10's.]

The girl to use as leverage will be the girl most interested in being approached and thus most likely ascribed by the other girls unconsciously as their biggest sexual rival. To identify her, study the group carefully. Your selection will seem less interested in the inane female chit chat taking place and will tend to scan the environment, looking around to check who is in the venue (which Chads) more so than the other girls.

She's looking to see which guys are there as it's her intention to get laid that night. She will most likely be wearing the most revealing outfit in the group and peaking in her ovulation cycle. Possibly wearing something red or maybe just red lipstick or nails as women seem to have a predilection for the colour -combined with skimpy outfits- when they're at their most fertile, and thus at their horniest.

[Not wearing red isn't a deal breaker, but if you're 50/50 over two girls in the group, then use the red wearing one as your default selection. A number of scientific studies have correlated the colour to women at their most fertile/horny. As the saying goes "Red shoes, no knickers".]

Women are always checking out other girls in public venues to monitor their status in the ongoing attraction hierarchy - but if you watch - you will see that girls with red clothing or nails/lipstick receive particular attention when they're first spotted. The other girls know full well the significance of what's going on, even if it's just on an unconscious level.

The other girls in the group will know this too unconsciously and attempt to engineer spoiling strategies to counter their rival. You may notice they will look at her more to check what's she's up to and rubberneck during conversations they're having with the others to keep tabs on her: Watch for this.

The final sign is a body language indicator much beloved by used car salesmen and one (now that you've read this) you're going to see, all the time and even notice yourself doing it to the point you
say "WTF!" when you see the hidden matrix of attraction cues going on around you.

Have you ever seen two people who know each other, meet and stop in the street for a chit chat, but one needs to get away because they're busy? Have you noticed what happens to the angle of one of their feet? It POINTS towards the direction they want to go: the direction they were originally heading, it's unconscious body language leakage indicating an ongoing desire that's found even in higher primates.

Good car salesmen know this too, when they're chatting to a prospect on the lot they're keeping a close eye on where your foot is pointing as THAT'S the car you like. Your foot points towards things you like, and away from things you don't. We all do it, I do it, you do it and hot bitches in bars do it. Of all the body language clues the most accurate (and only ones which can be used in isolation) are eye contact and foot pointing. When you're stood in a bar or chatting to your buddies, the default position for you feet are the 5 minutes to 1 position. Look for girls who have a foot deviating from this stance unless there's a good reason, then look to see where it's pointing.

[In fact; next time you're in a bar or club with your buddies, look towards where one of your own feet are pointing. If one of them is pointed away from its default position then it's very likely pointing towards some hottie you have your eye on]

In Summary: The girl you are going to use as leverage to assist your entry will be exhibiting what's known as an "R cluster".

- Reconnaissance: She's scanning the bar looking for which guys (Chads) are in the venue as potential partners.
- Revealing: She will most likely be the most sexily dressed of the group.
- Red: She will most likely be wearing the colour red.
- Real Interest: One of her feet will be pointing away from the group and towards where her real interest lays, usually a man or group of men.

[Disclaimer: allow for pointing which may be towards the bar (she wants a drink), the toilets (she needs to pee), the dancefloor (she wants to dance) or the exit (she wants to leave) although you will only see these indicators when she's in conversation with someone else. If she's not engaged in something she'll just act on what she wants without pointing ]

Under any other circumstances this is the girl whom you should target in an approach strategy; whether it be a mother hen gateway -then move to your interest- or a direct approach to your interest from off the bat. Either way this is the girl most DTF that night.

In this case however, with the group all being uber hotties this is the girl you will use as your leverage point for entry - without activating any alarm bells or bitch shields [sure you can game this girl after, once you're established yourself] but the purpose of this strategy is gaining access first, disqualifying yourself from your approach girl (albeit temporarily) and then use your game skills to move things on.

Your actual target girl is the next one down on the "R cluster" scale. She will be exhibiting some or all of the "R cluster" traits (though not to the extent of your leverage girl) but also target girl will be rubber necking your leverage girl as her prime sexual rival that night. Women pick up on other girls who are ovulating on an unconscious level and adjust their behaviours sub consciously by mate guarding their partner more if they have one, and cockblocking their female friends if they're both
single. You're going to use this unconscious behavioural drive for your own ends.

**Step 2: The approach.** In this situation you have two types of frame. 1/ The extant frame: Group of super hotties too good for anyone in the bar and "girl power" blowing off men and acting like a pack of bitches.

2/ The intrinsic frame: The real frame, a group of sexual rivals jockeying for status, utilising devious feminine psychological methods on each other, but pretending to be best girly friends while they do it.

The problem is: An extant frame can be pretty solid due to what's known as embodied cognition and the girls actually start acting as if this is the reality they're in, they start feeding their emotional states off each other in a feedback loop known as "Limbic resonance" and post hoc rationalising their own behaviour (known as "Hamstering"....) to avoid cognitive dissonance.

In broscience this is called "Believing your own shit". A radical deframe is required. Gentlemen, such a deframing exists.

"The Queens Of Sheba Opener."

Internalise your RP mindset as the selector and approach your target girl direct (ensure she has a full drink as you don't want any distractions or default "drink tooling" programs firing up). Make sure she sees you are approaching so you don't trigger an auto pilot response by surprising her, then stop in front of her as if weighing her up for a few seconds, then ask the question.

"Who's your friend?"

She'll be expecting a chat up line or random beta validation, but gets surprise instead (the type we DO need) which derails normal shit testing programming (we're also generating an emotional response here, which is good) but curiosity will make her ask...

"Which one?" [ that's why we need a minimum of 4 girls in the group ].

With a nod of your head towards your leverage girl reply...

"The one all the guys are interested in"

This is a huge deframe. There she is enjoying all this attention and validation, then all of a sudden the rug is pulled from under her: The attention and validation may not actually be for her!

Hamster central rapidly boots up to protect her self-image.

"The guys are looking at all of us....?"

"Is nobody actually interested in me and it's actually my friend that's creating all this interest from guys...?"

"I'm beautiful, but is she so much more attractive than me that all these guys don't care?"

"Am I the least attractive of my friends...?"

"What the fuck is my status in the group...?"

All these thoughts go through her head in a split second as you've just triggered an "imposter syndrome" program to run in her mind. Not only that, but the source of it is her prime sexual rival who she unconsciously ascribes as a threat.

Oh fucking dear...

Her status is now in limbo and needs a reference point to stabilise itself so her limbic brain creates a sense of dread causing her to reframe from the bottom up to achieve some stability to build from. The
dread is hard-wired into her brain: In the ancestral environment a rapid change in circumstances could mean imminent danger or a big survival opportunity. The limbic brain doesn't trust your pre-frontal cortex (the conscious) to deal with it so pulls rank and drops into heuristic mode.

Heuristics are nothing more than pre-wired emotional responses on how to deal with something quickly. They come from the emotional brain and are combinations of responses based on previous similar experiences (the social emotions like, shame, guilt, jealousy etc) with some actually hard-wired into the brain's source code (like fear, anger, lust etc ). When these heuristics are running then you're also susceptible to influence, as you're locking onto someone else's frame as a scaffolding to bring you back to normality/stasis and the "emotional traffic highway" is now open for emotions coming in the opposite direction (from the other person).

Your frame as selector and alpha is incorporated into her own.

[ To the vast majority of girls "status" within their peer group (which used to be the tribe) is of considerable importance as it had to be kept a close eye on in the ancestral environment to maximise the potential of mating with the highest alpha male they could get. It had to be monitored at all times and like I said action taken to avoid any potential loss and seize on the opportunity for any potential improvement.]

With very hot girls status is even more important as being "top girl" was the genetic jackpot for their genes. These girls now pretty much have everything, the looks, the orbiters, the protectors, and all the other benefits which come from being an uber hottie. The one thing they have to work for is their status/value with other uber hotties in their group/tribe.

Lost at sea she now starts to do something she very rarely does: She starts qualifying herself to you and sabotaging her rival.

Step 3: The Lock In

Important If you start validating her now, then any potential attraction will disappear very quickly. Remember this as you will have an urge to do so.

The behaviour you drop into now is that of "amused mastery" with a heavy emphasis of skepticism. Cross your arms when she's validating herself, but listen to the criteria she's basing herself judged worth upon. See if you can find an adjective she seems keen on which you can use to preface the word "Confident". When you've identified the word then make sure to slightly nod when you hear it (more about this later, but it's to do with what are called "trancewords"). The nod is a way of analogically marking it through body language so that its significance is processed unconsciously, as body language is decoded by the unconscious brain first and the conscious secondly, but only if it appears to be incongruous will the conscious boot up to give it "due process".

Keep a wry amused smile on your face, she will sense that you're not taking the bait and most likely go some light kino on you to punctuate her emotional state and expect you to invest with some validation. Kino her back, but always in a pushing fashion and don't look where you touch (it's creepy). Because of her emotional state your kino won't be processed at a conscious level as the cognitive buffer is filled with other concerns, but unconsciously it's getting through to her attraction centres.

Step 4 The Lock Down The key now is to drop her out of her emotional state temporarily and then spike it back up again using a process known as "refractionation". Basically when someone comes out and then back into the same emotional state, the second time they go into it, it's more powerful.
It's a method used by the "speed seduction" community to generate high levels of arousal in a woman, but in this case we're just using it for a different emotional model to suit our strategy.

Uncross your arms with a sigh, relax and then change the subject to something mundane going on in the venue as if you're just chatting to one of your buddies. Men do not do this to uber hotties as their usual remit is to try to impress them. She will think you've disqualified her (causing slight confusion) as a potential partner and up your ascribed value in her mind. Carry on the conversation for about a minute and then drop the line. "Actually you have three big advantages over your friend" (leverage girl).

[Credit for this goes once again to Mystery and was originally known as the "Three Things About You Technique". Its methodology was to tell a girl two things about herself attraction wise that she didn't know, but not the third. The PUA could then either go sarge other girls or go to the washroom or bar knowing he had inoculated the girl from further approaches by other guys hanging around as she always wanted to find out the third.]

It uses a cognitive bias we all have known as the "Zeigernic effect" and is very effective [I can vouch for its impact as I've had girls come to a bar they knew I was going next, wait outside a wash room for me, and even been pulled out of a taxi to find out the elusive third thing.]

**The Three Things**: This time, however we're going to use the "things" as vehicles for some pretty devious and cunning psychological deep mind influence.

When she asks what they are, use the ones below and make sure to preface the first with the words "The first one is". This is to create a language pattern known as an *"Ordinal"*. An *"Ordinal"* is a presupposition that there will be a number of things. By using the word "first" you're implying that there will be a second, third, etc. The second, third may not even exist, but the listener presupposes that they do as you used the word "first".

[ The woman already knows there will be three things, but in this case you're using it a reinforcer to prevent cognitive drift ]

Then use the word "Because". "Because" is a statement as opposed to a question and various studies have discovered the word as a preface generates more influence from the speaker. This is because the laws of cause and effect are programmed into all higher animal brains, but by using the word at the beginning of our list (use it only for the first thing) and going through the list in this order, we are starting a process called "State Titration" so each separate "thing" titrates into the next one, making the process seamless and generating "cognitive fluency" to prevent her critical factor booting up.

[Count them off on your fingers as you do so. In this way you're again using a body language cue to anchor them.]

1/ " The first thing is because...." Then a comment on her appearance, but not anything physical. It's important that it's something which you genuinely like as the very fact that you have spotted it means it will be something which she wore for that purpose. Something like her dress or shoes making her look "classy" or "sophisticated" as if these are essential criteria for you in a partner (if you DO have essential criteria then use those instead as it will help your congruence). She will see this as an advantage she has over her fellow beauty leverage girl and mentally agree. You have just started what's known as a "Yes Set" (getting her mind into the house of yes) to ease the next two things through.

2/ A comment on how she's a friendly girl and not standoffish. The reason for this is you're "priming"

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the "friendly" behaviour mindset (by "half cocking" the relevant network of neurons" ) into her brain, so she will more likely to act friendly and less keen to start shit testing you. Because you've already got her brain into yes mode (the essence of the "yes set") from your first statement and you're titrating emotional state, her critical factor (the pre-frontal cortex) usually lets the idea into her mind without much introspection. ( No need to use "because" or "The ......thing is", from now on as their work is done ).

3/ Now we use the most Machiavellian attraction trigger in existence...

The Amygdala Feedback Loop.

But first some background. You may have noticed I'm a big proponent of "embodied cognition". This is for good reason. It's commonly reasoned that when the mind wants the body to do something, it sends a signal to cause the result it requires. This is true, but only half the story. When the body commits the action the mind requests, it sends a signal back to the brain to announce its new state. The brain analyses the return signal and tweaks its instructions in a feedback loop to fine-tune everything and achieve maximum efficiency.

However...if you consciously induce that state in yourself or someone else then the unconscious picks up the return signal and assumes that the signal is the current "state of play" of how things are, and synchronises itself to it, feeding back the new mental model to the body in an ever strengthening loop until the new state becomes the new reality.

There's been a lot of research into this and the original model was proven by researchers who asked test volunteers to read jokes with and without a pencil held in their mouth. They discovered that the volunteers found the jokes funnier with the pencils then without them.

Why?

Holding the pencil in the mouth requires the face to use the "Zygomatic major muscle" to do so. This muscle is also the one which unconsciously triggers when we smile. The brain senses that the muscle is triggering and infers that activity is happening in the body which correlates to a happy/funny state. Instead of the feedback loop going "brain to body to brain to body...." it begins at the state of the "body" instead. The mind adopts the state of the body (happy) to avoid dissonance and the new state becomes the norm, but in this case... You find the jokes funnier.

So...we trigger a behaviour in the girl which correlates to her being attracted to someone.

**WARNING**

Sometimes however, this feedback loop runs out of control and can actually cause a panic attack. Calibrate her state closely at this time as any other emotions ongoing in her psyche can hitch a ride on the loop, and some girls can go really crazy when this happens. We're running a pure attraction loop and nothing else here so be careful what you're doing.

We count off our third finger, look her in the eye, pause, and then say......

"The third thing is you make lots of very confident eye contact".

Why? Because very attractive girls are very adept at avoiding eye contact with random guys who constantly try to make it with them. If they didn't, then they would have no end of loser types she has no interest in approaching her and wasting her time.

The only guys she *does* make eye contact with, are guys she is interested in or attracted to. You've induced a state of attraction in her as she will now adopt that behaviour with you. The body is saying to the brain "I'm making a great deal of eye contact with this guy" so her mind says "Ok that must
mean I am attracted to him, so make more of the same" and the feedback loop continues.

The reasons she adopts the behaviour are.

1/ She's in validation mode with you as her sexual rival is stealing her thunder; she wants it back and if eye contact is an ace up her sleeve, then so be it.

2/ She's in the final stage of a "yes set".

3/ Do you remember the bit about "trancewords" earlier? Trancewords are words (usually adjectives) based on a person's sense of values. These values are an actual part of someone's identity at their most powerful. When she's stating her case for being more attractive/desirable than her rival she's using what she considers her main advantages over her.

They could be: "I'm more passionate", "classy", "sophisticated", "deep", "seductive" etc.

So the final push to get this behaviour through to her limbic brain is to utilise a value which has already been "preapproved" by her unconscious as being important to her. This is a technique known as "tailgating". You take a value very close to another person's belief model, link it to the value/behaviour you wish to induce and the very association of the latter to the former stamps the signal approved for access to limbic brain to the package as a whole. Into her mind it goes to be unwrapped back into its two separate values once it's arrives.


So....For the final push... with a slight nod (our earlier state anchor) we say...

"You make very confident (insert trance word here) eye contact".

**Step 5: Welcome To My Frame**

This stage is the stage to drop her totally out of her frame and into yours. You invite her into your territory. One of the remits of an alpha male in the entire animal kingdom is that they have their own territory. In this case, it would either be where you were originally stood if you're on your own, or back to your wingmen/wingman if you're in a group. By doing so you're demonstrating territorial, attraction generating cues at the very deepest parts of her limbic mind. That's the place (amygdala) where the values "Fight, Feed, Fuck" reside.

This is deep core and the place you want to be.

**Step 6: How The World Is**

If you're on your own, then project the emotional behaviour and frame that's she's a plate that you're very fond of (mentally not verbally) and run with that, with the odd unpredictable intercession (this refractionates but also loads up her cognitive buffer to keep the unconscious highways clear).

If you're with your buddies then brief them before the approach on what to do when you bring the girl over. A good first thing for one of them to say is.

"Are we staying or are we going?"

By doing this you indicate to her that you're the leader of your group (the alpha) but also imply a "scarcity" mindset in her so she will infer that you may actually be leaving (after all this chemistry!) and make her invest more.

You of course reply...

"I haven't decided yet"

The mindset your group should now operate on, is as if she's a girlfriend you've been dating a while,
but they've just met her. The group frame that this is the reality in question will permeate unconsciously and eliminate any residual frame she has (people drop into the strongest frame they're interacting with 95% of the time).

No doubt the buddies will be looking for a piece of the action too, in which case ask her a female opinion on something then get her to invite one of her friends over to back her up. Now her group is splitting, some of your guys can go over and chat to the remaining ones. Top R cluster girl is your best bet here for ease of entry.

After that is up to you, but the goal you want is to separate and isolate all the girls into groups of two (two girls-two wingmen) then run with it, with the end goal of bouncing in pairs to the next venue, but keep your frame tight at all times.

**End Note**

The most important thing about this method is YOU. In all human interactions, people send out what could be called "reality pings" like a submarine's sonar. These "pings" detect the frame of an ongoing interaction and who's going to drop into whose frame. The pings happen on an unconscious level and give an emotional valence to the frame at hand. Most people know about body language communication at a meta level, but below that there are tiny nuances in behaviour and physiology called "BMIRs". *This stands for* *Behavioural Manifestations Of Internal Representations*.

BMIR's are impossible to consciously fake and also very difficult consciously to detect. They just give us a gut feeling about someone (although the American secret service does train its agents using some BMIRs called "Facial Action Cues" [Micro gestures of the face which last only 300 milliseconds] developed by a guy called Paul Ekman so it can be done.

Alas we don't have access to this level of training but there is a fast track method.

Genuinely believing your TRP frame and knowing 100% that the method will work. When you do that your BMIRs are a 100% reflections of your intentions and mental frame. The woman gets the "feelz" about you on an unconscious level. Her "reality pings" are mapping your psyche and getting the thumbs up (it's based on the "limbic resonance" I covered earlier). Hypnotists utilise the concept by what's called "going first". They adopt the emotion they wish their subject to have, the subject picks up the BMIRs of the emotion, their mirror neurons inject it into their own "global-workspace" and they feel the emotion themselves.

Remember though: In field is chaos at the best of times with people coming in and out of set and a great deal of distractions (Mobile phones!) but the greater the integrity of your frame (your force field) the less effect these things will have.

**TL;DR** Look up the bit about foot pointing. It's the matrix unveiled of attraction intentions.
James Damore sues Google, alleging intolerance of white male conservatives

1328 upvotes | January 9, 2018 | by redpillschool | Link | Reddit Link
Social media is cancer to your life: A simple philosophy to become a tribe builder instead of a lone wolf.

1327 upvotes | December 21, 2020 | by paul_ernst | Link | Reddit Link

Summary

Literarily everyone in our western culture has in some shape or form a sense of being alien to our society. We want to connect to people around us but we don’t. It is often said that the way to the top is a lonely road. But that’s only said by lonely people and it conveniently fits their lone wolf mentality. Become a tribe builder everywhere you go, and you will live a good life, an experienced life, a powerful life. These are your first steps to unplug yourself, to open your eyes.

Body

1. Our reptilian brains are not adapted to our metropolitan world. We’re out of date models and we’re hungry to hunt, hungry to build shelters, hungry to trek, hungry for a band of brothers. But tribal life is never coming back and city life has its benefits, among which, a high volume of women to spin. The one true test on your heroes’ journey, in becoming who you are, to shed your boyhood and become a man, above all you must learn how to build and lead tribes.

2. Call your mom, your brother, your sister. Stop hiding behind your rectangles. Shed your passive frail consuming mentality and start engaging with the world around you. The number one key to become a tribe builder is to become assertive, to take initiative, to act instead of react, to tune in with the creator within you. The path to become superhuman is laid stone by stone. If a simple phone call makes you feel uneasy, here’s your first stone. Make a habit of calling family and close friends instead of texting them. Make a habit of greeting people and dogs on the street, greet the hobo, greet the cashier, greet the bartender smoking outside, greet the hiker, greet the old lady feeding pigeons, greet the guy next to you on the bus, greet everyone next to you in the gym. Call your mom again.

3. There are four key activities that mold men into brothers: chasing girls, globetrotting, friendly competition and dining. They all generate wealth in its purest form: power. For millennia, the status a man has in his society is build and reflected by the women he fucks, the places he travelled to, his athletic strength, and the men who dine at his table. Western culture has almost entirely lost touch with the last one. But it’s a powerful thing, to feed someone. Dining has been the backbone of many societies and it’s easy to see that men in societies who still maintain that tradition have stronger relationships with family, with neighbors, with fellow men in town. If you’re looking for some motivation to learn how to cook (looking at you who only eats microwaved junk): lifting will help you master your body, cooking will help you master your network. Make a habit of inviting a friend over for dinner on any given boring worknight. Everyone is bored. Everyone is tired. Everyone has to eat. Girls in our society have mastered the art of brunching for an hour from the age of 16, it’s not that fucking hard. Dining is the easiest way to bring people together. Bring people together. People will admire you.
4. You’ll spend your 24 hours and you’ll spend it on what you planned to do. If you don’t plan shit, you’re planning social media, or cheap shitty entertainment. Get busy. Cram your days to the point snoozing simply isn’t an option. The bare minimum on any given day should be: 7 hours of sleep, 8 hours of work, read 10 pages, sport 30 min, meditate, work 1 hour on your next passive income stream.

5. Lift, yes, but find a team sport too. Don’t know where to start? Call your brother or sister. Ask a friend to go for a run tonight. It doesn’t even have to be a close friend. You’ll be amazed how many guys go running alone and would love to find a running pal. Every university offers a wild range of sports where you can tag along and get to know many great people. In Europe, you don’t even have to be in university to join the sessions.

6. You become an adult when you realize there’s no such thing as adults in this world. You become a social guy when you realize everyone is awkward and most people remain awkward until they die. Most lonely guys I know always tell me the same crap: ‘No one ever asks me to go anywhere.’ Make a habit of inviting people to dine, sport, go for a walk, go shopping. It doesn’t have to be planned. Just call when you’re on the way.

7. Your life only begins when you figure out everything you do together, you can do alone.

8. Your life is outside. Or did you really think that one day staring at this rectangle in front of you would become life-fulfilling?

9. If you take away the rectangles, how many rooms did you visit in the last week? How many people did you actually have a conversation with? Social media is cancer, the illusions they give us of being in the world are paralyzing, utterly soul-destructive.

10. When you have your own life outdoors, meeting people comes naturally, inviting people to come along comes naturally.

11. If there are no people in your life, it’s because you don’t have a life. Go outside. Create a life. It is the only way.

12. If you don’t know what to do: be bored. Sit on a chair and do absolutely nothing. Sometimes it can take ten minutes, sometimes half an hour. But when you move you will understand that anything is better than getting a quick shot of life through the eyes of a movie character or social media. Creating a life is hard. It’s difficult. But the smallest creation - like getting out of your fucking door, fixing your bike or cleaning your shoes – can be bliss if you see it for the greatness it is.
Taking care of your body is easy, you keep away from shitty foods and smash some deadlifts. How about your mind though? Here is a list of 8 things that you can start doing if you want to get smarter. It's about time you started taking care of your brain.

1319 upvotes | February 7, 2018 | by Joeycrackem | Link | Reddit Link

Becoming a mental juggernaut

TL;DR: Animated Video Post

It’s easy to understand why people exercise their bodies. Your physical appearance is observed every day when you look in the mirror. Failure to take care of the body has obvious repercussions. The mind is different. Unlike the body, maintenance failure is not as obvious. So why would one wish to expand their mind in the first place?

Expanding your mind allows you to have a more comprehensive understanding of reality, which in turn better equips you with the resources you will need to achieve your goals and live a happier life. Knowledge is potential power, and potential power is better than having no power at all. Simply put, you will have more tools and be more informed which will allow you to make better decisions.

1. Hang out with insightful people

The easiest way to become more insightful is to hang around insightful people. You become like the people with whom you surround yourself. You might have noticed that overweight parents tend to have overweight kids, or that athletic parents tend to have athletic kids. In many cases, the people with whom we often associate with are responsible for many of the beliefs and values that we uphold.

If the most insightful things your friends have to say have to do with ‘Game of Thrones’ fan theories, perhaps it’s time you start associating yourself with new people. You need to hang out with people that will give you new perspectives and make you contemplate higher quality thoughts. You don’t have to get rid of your old friends, just find some new ones.

There has never been an easier time to find insightful people. Through the powers of the internet, you can find your clan with a simple Google search. These people tend to hang out in niche forums or in dedicated Facebook groups. If you really want to find them, you will!

2. Meditate

Meditation has been practiced in the East for thousands of years. The exercise is starting to gain more popularity in the West due to scientific backing and general open-mindedness.

There are many benefits that stem from meditation; some are more obvious than others. However, these benefits only become evident after you have made meditation a daily practice in your life. Just like in the gym you cannot expect to see a huge transformation in one week.

Some benefits include:
- Increased ability to focus
- Increased emotional stability
- Reduced stress
- Increased Gray Matter in the Brain [1]

Meditation allows you to observe your thoughts and choose which ones to follow. You will no longer be run by impulse. Consequently, you will become better at decision making. Meditation leads to the development of ‘meta-awareness’, which means being aware of your own awareness. Enhanced meta-awareness allows you to step outside yourself and to judge your actions as if you were an observer. This ability is critical for those who wish to expand their minds. In the pursuit of knowledge, one will be forced with the task of challenging their presumed beliefs and thought patterns. That is why meditation is essential.

**Tools for meditation:**

- Headspace app
- Guided Meditation videos on YouTube

### 3. Listen to Audiobooks and Podcasts

If you are serious about expanding your mind, you will be an adherent of the ‘Kaizen’ philosophy. It’s Japanese for ‘continuous improvement’. We all have the same twenty-four hours in a day, but what separates us is how we spend that time.

You can learn almost anything with audiobooks and podcasts. You can download new information to your brain whilst doing everyday activities. I, personally, can get through and audiobook easily within 2-3 days. If I am consistent, that’s 2 books a week and over 100 books a year. Can you imagine how different your mind will be if you went through 100 books a year? You don’t even need to read that many books for your mind and perspectives to shift. Even 30 books is more than 90% of people would complete. Here are some activities you can do whilst listening to audiobooks:

- Commuting to work
- Vacuuming the house
- Cleaning your car
- Cleaning your dishes
- Walking the dog

There are plenty of opportunities throughout the day that will arise in which you can slip in an audiobook.

Podcasts are also good and have gained huge popularity over the past few years. The advantage of listening to a podcast is that they can cover specific topics that are normally difficult to research. Podcasts are a goldmine, and just like audiobooks can have the same influence on your mind.

**Tools for Audio:**

- Audible
- Itunes Podcasts (contains over 250,000 different stations)
- Soundcloud (contains amateur podcasts)
- YouTube
4. Read Biographies

Imagine if you could sit down with some of the most influential people in history, and hear them tell you their life stories. Imagine if you could learn the lessons they have learned, or discover certain insights that they had. Well, this is possible with the aid of biographies, and more specifically autobiographies. You might never get a chance to talk to these people, but you can absorb their words. Biographies are incredibly useful in regards to expanding your mind because they allow you to consider different contexts.

The best thing about biographies is that they distill many of the lessons that would have been learned over a lifetime. You will not receive the same amount of insight as the person who experienced the events, but you will gain knowledge.

You might never become a boxing legend, or blow hundreds of millions of dollars, but you can learn the lessons from Mike Tyson’s biography. You might not be a president who spent twenty-seven years in prison, but Nelson Mandela’s biography might have something to say about it. You didn’t win the Mr. Olympia, and you weren’t the terminator or governor. But Arnold Schwarzenegger was, and he wrote all about it.

You get the picture; there are many life lessons to be learned through reading biographies! So what are you waiting for?

Tools for Biographies

- Goodreads (Find ratings and top lists)
- Total Recall (Arnold Schwarzenegger’s biography, a personal favourite)
- Long Walk To Freedom (Nelson Mandela’s biography, another favourite)

5. Watch Documentaries

I remember when I was a young man. I used to spend many hours a day watching documentaries. My favourite documentaries were ones that dealt with: Astronomy, Quantum Physics, classical physics, war history, wildlife, and crime investigation. I stopped the habit after the age of sixteen. Last year during my Mechanical Engineering course I was tasked with choosing an elective subject. I decided to choose Astronomy because of my prior interest in the subject. To my surprise, much of the content discussed in the lectures, I had already learned as a teenager through documentaries! Topics such as: gravitational waves, black hole event horizons, the moons of Jupiter, supernova, and nebula formation, as well as the expanding universe seemed like common knowledge to me. Long story short, I ended up getting a high distinction for the class. I didn’t get the mark because of natural intelligence; instead I got it through the documentaries that I had enjoyed as a teenager.

Documentaries are a fun means to expand your mind, especially during your downtime! The good thing about them is that they don’t seem like work. Many people can’t stand reading because to them it seems like work, it reminds them of school. Documentaries offer an alternative to the usual means of education, and you can find some good quality information in them as well. You can watch a range of documentaries on YouTube as well as a number of online websites for free. Do not ignore this medium; I try to watch one every couple of days.

Tools for documentaries

- toptdocumentaryfilms.com (watch documentaries for free)
• YouTube Playlists (many free documentaries)
• IMBb Highest rated documentaries (a useful list)

6. Read Philosophy

Reading philosophy is easily one of the best ways to expand your mind. Philosophy is derived from Greek and means ‘love of wisdom’. If you love wisdom you will not ignore philosophy. Philosophy challenges you to question many things in your life through the use of reason. The capacity to reason is one of the special human endowments that distinguishes us from animals. If you wish to expand your mind, you must learn to reason and use critical thinking to gain clarity. Philosophical inquiry can lead you to entertain deeper thoughts than you have ever imagined. You might find yourself asking questions such as:

1. Is it worse to fail at something or never attempt it in the first place?
2. If I could change one thing about the world, what would it be?
3. To what extent do we shape our own destinies, and how much is down to fate?
4. Does nature shape our personalities more than nurture?
5. Should people care more about doing the right thing, or doing things right?
6. What single piece of advice should we offer to a newborn infant?
7. Where is the line between insanity and creativity?
8. What is true happiness?

Luckily for us, we can also read the ideas and conclusions made by some of the greatest thinkers who have ever lived. We can read philosophy from both the East and the West in order to form our own personal world view. I highly recommend you read philosophy if you are serious about expanding your mind.

Tools for philosophy:

• Philosophy in minutes (introductory book that summarises key concepts)
• The pig that wants to be eaten (fun philosophical conundrums)
• The Republic (classic text by Plato)
• Meditations (classic text by Marcus Aurelius)
• School of life Philosophy (a YouTube crash course in philosophy)

7. Learn a new language

Learning a new language is an extreme workout for the brain, it’s like running a couple of marathons and competing in a strongman competition straight after. Language is complex, and in often shapes how we see the world. Learning a new language forces you to learn new syntax structures, and a completely new vocabulary and way of describing the world. Research has shown people who are multilingual often:

• have higher general intelligence
• are better at planning, prioritizing, and decision-making
• have better focus, concentration and attention
• have better memory and memorization skills, including better working memory
• exhibit mental flexibility
There are just so many benefits to learning a new language, and as society becomes more globalised you might be forced to learn a new one.

**Tools for language learning:**

openculture.com (free language lessons) busuu.com (language lessons)

8. Learn programming

Programming, much like learning a new language, can be incredibly taxing on the brain. Steve Jobs famously said,

“Everybody in this country should learn how to program a computer… because it teaches you how to think.”

Programming requires a structured and logical way to thinking, much like mathematics. Programming is advanced program solving that requires you to break down complicated problems into smaller manageable pieces that can be tackled. This structured way of thinking can then be applied to real-world scenarios. Good programmers are good problem solvers, and as the world becomes more technologically advanced, individuals with these skills will be rewarded greatly. Programming also requires incredible persistence as well as creativity. This is because small errors in a line of code can ruin the functionality of the end product. Programming develops grit due to the persistence needed for it. It has been said that a young Bill Gates (Before his billionaire days) would often code for twelve hours straight. Gates would often fall asleep on the keyboard, wake up and continue his coding.

Programming has never been easier to learn as there are many of online resources and communities that can help you. I personally like to use codeacademy.com as you can learn a range of languages from HTML to C++. Go and give coding a try!

**Tools for programming:**

- Codeacademy.com (learn to code online for free)
- MIT ‘Introduction to Computer Science and Programming’ (free online course)
- Codeschool.com (paid courses)
- Khan Academy ‘Computer Programming’ (free online course)

The Bottom Line

Expanding your mind is not rocket science. There is one common denominator between everything that I have listed. Everything challenges your mind in some way. Anything can be used as a tool to expand your mind, as long as it involves you learning something new. This list is by no means exhaustive; there are many things that I have omitted for example:

playing chess or any other strategy game learning a new musical instrument learning cognitive biases and heuristics building up your memory It’s up to you to figure out which tools you will use. I hope this article has been of value to you. Go out there and expand your mind!
No, you don't have to be an asshole+You need to Get over the past
1318 upvotes | February 19, 2017 | by [deleted] | Link | Reddit Link

Hey, all.
You found out how women, men, and the world at large really works and it sucks at first. You might be angry or you've finally pieced together some events that occurred between you and girls you dealt with in the past and realized the harsh reality of what really happened.
It's tempting to let bitterness set in. Reality doesn't seem fair and indeed it's not. However, you have to flip your perception of what's fair and what isn't.
You might be hurt because you were indoctrinated with the belief that if you love women with all your heart and you're a pure, good guy that an equally honest woman would eventually see your character and fall madly in love with you without question.
When you found out this was false, your instant reaction may have been "I gotta be an asshole now!"
I think this is the main mistake many guys make once they find out the truth.

What YOU define as an asshole and what women define as an asshole are two totally different things.

That's where the problem really lies. In a nutshell, the "asshole" does get girls. Just not the kind of asshole you envisioned.
Women love the "inadvertent" asshole. He's the guy who's just an asshole by default. He isn't really trying to be one and he isn't necessarily mean, but he certainly doesn't bend over backwards for people.
See, in a world where women are used to guys doing virtually everyfuckingthing imaginable for them short of wiping their own asses, any guy who actually doesn't do these things is an "asshole".
Asking her to buy you a drink might make you an "asshole" to her. Not holding the door might make you an "asshole". Saying you actually don't like that dress on her when she asks might make you an "asshole".
An asshole in a woman's world is defined as that guy who doesn't kiss ass for pussy, validation, or acceptance. These guys win.
YOUR version of the asshole is the guy who's just mean spirited. This actually turns women off because you trigger their "He might be a fucking psychopath" alarm detectors. That's NOT good.
Sometimes you become this guy due to pure hurt. Understandable. You found out how shallow & fickle women really are, the girl you love is bouncing on someone else's dick while you miserably cry about it, or the girl you envisioned spending your life with just hit the door. You're mad. You've pledged to never treat these whores with respect again and you'll play them all until you die of old age.
Good game plan, but let the hurt and anger go first. Women can see through it and it makes you look
way too weak, emotional, and invested.

**Bitterness is a FEMALE trait.**

Sorry, being real. Imagine your favorite "alpha" make who fucks mad women, lives like a boss abs loves life. You think he's sulking around in monk mode 24/7, eternally pissed off about the cute girl in his dorm that rejected him freshman year of college then fucked his beat friend?

So why are you? LET IT GO.

If you're envisioning turning into "the man" to prove those women wrong in your past who passed up on you, then you're doing it wrong. Let it go. Not for them. For you. Those bitches played you, cheated on you, shitted on you, and denied you already. It's over. You lost that round. Praying that they'll see you on Facebook one day and say "Oh my God I should've married Johnny when I had the chance!" is just remnant blue pill mentality that's stunting your BRIGHT future!

There might be a beautiful dime you've never met before who's just waiting for you to run into her and fuck her brains out except she'll never meet you because you're too busy caught up over Jessica who was really a 7/10 on a good day that left you 3 years ago.

Here's the crazy thing about life .... When you finally win, nobody gives a fuck about the losses anymore.

Ever notice how we never talk about Michael Jordan's seasons where he didn't win? That's not a coincidence. You think Mike ever sits in his big ass multi-million dollar mansion, staying up all night thinking "Damn, if only I would have beaten the Pistons in '90..."

I'll answer this for you. Hell to the fuck no.

Focus on winning. Fuck your past losses. They're etched in stone already, embrace it. Because when you do fuck that dime that's waiting for you, Jessica will be a long long long distant memory.

Trust me.
One of those days.

I met this girl in the library. English, brunette, small and very cute. Pretty face. It's exam time and everyone's been pulling all nighters or staying up late. We were in a computer room that was pretty empty, and she kept glancing over. I saw that we were studying the same thing.

We 'studied' like that for a while but actually I was just on reddit and she was playing some kind of RPG on her mobile. It was hot.

So I walked over because she was cute as hell and approach anxiety doesn't even register anymore and as soon as she saw me her eyes lit up and then she knocked her coffee over her computer keyboard. Lol.

We studied together for a while, (we had taken the same module,) answered some exam questions, flirted quite heavily and then decided to head off because it was late. She was very cute and smiley and seemed to be enjoying herself a lot.

It was like 2am or something, she lived in the halls close by, I lived far away. I decided to walk her back to her halls, because, you know, it was 2am. She was happy about it.

We walk in the night and she brags to me about how her IQ is 170 and she's in mensa and I'm like "whowh this girl is into me huh."

I see her off at the front gates and then go to head home, but not wanting to pass up a sure thing, I say to her "we should study together again, that was fun".

She gives me her number eagerly.

Skip to a few days later.

I wake around 1pm to a headache, ass taste and a dry throat. Pulled an all nighter for an exam the day before and my recovery sleep seemed to have run over deep into the next day. Oops. Gotta make up for that sleep debt I guess.

The first thing I do is drink some water, take a piss, brush my damn teeth and then check my phone and see the message;

"Omw"

Oh it's the girl.

She's on her way.

On her way where?

Shit, yeah. We were 'hanging out' today. Supposed to meet at 1.30.

I check the time. Shit.

I am not ready. And I will be late.

How long can I make her wait?... Well this is directly correlated to the attractiveness of the girl.

In this case, not very long.

I get a move on.

The house is a tip, and I anticipate maybe possibly potentially hopefully fucking this girl after, so I
can't bring her back to a shithole can I?
I begin cleaning the house: airing out the smoke, beer cans, food wrappers, trading cards. Soon I have a substantial rubbish bag and am not gonna let it stink up the flat. I put on my trusty slippers, put the door on latch and head downstairs.
I head out the main downstairs door and deposit the rubbish bag in the bin and attempt to re-enter through the front door.
But I've only gone and done it haven't I.
I've locked myself out.

The first thing I did was buzz the neighbours. No need to panic yet. It's the downstairs front door that's locked, the door to my flat is on latch. They only need to buzz me in and I have access.
But no one was answering. I only have 2 neighbours, the cute Asian girl that lives across from me, and a European couple above. Whenever I bring over screamers they try to match us. It's pretty fun actually.
Poor asian girl though...
Anyway she wasn't answering. And neither was the couple. Well fuck they were probably at work. Of course. Real adults have real jobs and don't sleep in until 1pm to 'study'.
I weigh up my options and variables.
I should be at the library with this girl in 20 mins.
I am, quite literally, in the clothes I slept in. Luckily for me, that entails a thick hoodie and sweats, because I save money on heating and pyjamas are for fags.
Oh and my slippers of course. However, no phone, no keys, no wallet. No current way to enter the house.
I consider scaling the building, I'm a climber... but no parkour maniac. And I don't think I was stupid enough to leave any windows open.
Fuck. I realise that this date isn't gonna happen. I'm stuck outside, completely technologically naked, with no way to contact anyone.
Missing phone anxiety begins to creep in.
Gonna have to flake on the girl, cos I'm a damn idiot and locked myself out of the flat. A silent flake too... harsh.
Oh well. She'll probably like me more after anyway.

So I decide the smartest thing to do is wait for my neighbours to get back.
Which will probably be like 6 or 7 right? That's when normal people finish their normal jobs right?
Well until then I guess I just gotta kill time.
A few years ago, I woulda stressed about a situation like this, really just got stupidly anxious. But I've read Solzhenitsyn... this... this is no big deal at all. Pretty funny actually.
Lets make the most of it.
So I wonder down the high street in my slippers, and get looks from the people on the street. I
probably look like a mess, unshowered and unshaven and in my sweats; but then I see my reflection in a shop window and I've got that whole just woke up bed-head grizzled college boy stoner look going on and I marvel for the 1000th time at how attractive I am. Thank god for lifting.

The slippers flop on the pavement, they probably will not last the day if I'm gonna be walking around. But oh well. I remember buying these slippers. Only a few weeks ago. I was in a store and I spotted them and immediately felt this ethereal feeling like they were important somehow and I needed them. The slippers damn called to me. So I bought em.

Interesting. Now I know why. Morphic Resonance after all. Or maybe just very good slipper marketing.

I sit on a bench by the river and watch the water. It's a cold day. I feel naked and unplugged, and for the first time, actually feel good about it. I had no phone or money, no internet connection, no dopamine inducing distractions, and I was alone with my thoughts and the cold air. A sudden weight lifted from the top of my head. It felt like I'd just taken a small dose of... something....

It was freeing. I realised it was going to be one of those days. I haven't had one of these in a while, and I cherish them.

It now has to be past the time when I was supposed to meet the girl but I have no real way to tell. I meditate for a while cos the air feels good on my face and then people-watch in the park and pet a dog. I begin listing off places to visit and planning out how I'll spend the next 5 or so hours until my neighbours get back.

It's as I am walking up the highstreet that I find what I thought was an extinct species of store. An internet cafe. An oasis.

Shit. Pass the tourniquet I have access again.

The Pakistani guy at the desks sees me in my slippers.

"I've locked myself out. I have no money. Can I use your computer please?"

He looks at me. "Ok. Number 5".

Thanks bro.

I get on facebook and its 2:05 and i notice she hasnt messaged me yet. Playing it cool. Nice.

I scroll reddit and memes for a while.

Then I have an idea.

I google the number of my estate agent. They should have a spare set of keys right? Paki bro let me use his phone to call them.

The lady on the other side didn't seem happy with my shit. They couldn't help me.

Plan foiled. Waiting for the neighbours it is then.

I scroll through trp for a while. The old hambeast next to me is watching some african music video and breathing very loudly through her mouth, and she's scrolling back and watching the same 10 seconds over and over. Has been doing it the whole time.
I finally get a "?" From the girl.
Nice. Still playing it cool.
I make her wait for 5 mins then hit her with the:
"cant come sorry"
She says "why"
I start to think about what I should do. But I know immediately what I'm going to do. It's one of those
days after all, and I want her along for the ride.
"you could come here though"
She waits a long time before saying "where"
I message her the name of the nearest train station. She says "why though?" I tell her "lol its a
surprise ".
This was obviously too much for her to bear and she texted "ok lol coming"
Wow that worked. Maybe I have her hooked already, or maybe she's just an adventurous one. Both
options are great.
I didn't really have a plan for what happens next though. But who cares, I'll make it up as I go along.
Without my phone, or my wallet, I was entirely free to just drift with no responsibilities. It felt
amazing.
Frankly, it felt like I was a kid again. Playing outside during summer.
I was suddenly very excited to see her.

When she arrived at the station and saw me in my slippers she gave me the goofiest smile. I could see
in her eyes that she knew immediately that it will be one of those days.
"I locked myself out" I said.
"How?!?" She's laughing.
So I tell her the story, as we walk around town. I'm very self conscious that my breath might be bad
due to the fact I actually haven't eaten anything yet, but am also thankful I am OCD about brushing
my teeth as soon as I wake up.
I didn't really think about gaming her at all, I didn't analyse anything or hyperfocus on my actions. I
just kinda went with it. It was fun, I was completely in the moment and just ran around the town and
played with her, like a boy dog with a girl dog following him around. It helps that she wasn't shit
testing me or anything bitchy like that, made it so easy and she happily bounced along like a lil'
sidekick.
Well we try my flat again but my neighbours still aren't in, obviously, so we sit on the doorstep. I ask
her if she wants to study. So we study on the doorstep for a while.
"Wait when do you have to be home?" I ask her.
"Uh, anytime." She smiles back.
"Cos I have no idea how long it will be till my neighbours get back. You don't have to wait with me
the whole time you know"
"No I like it this is fun"
Wow. What a great feeling. When a pretty girl genuinely wants your company.

We chat for a while and quiz each other on metabolic pathways and then decide to wander again. I climb a tree and then we talk about our families. I feel like a kid hanging out with his middle school girlfriend after school. Eventually we spot a McDonalds. So we go in. I haven't had breakfast, or eaten in hours. Fuck if I'm losing gains.

"So you know I don't have my wallet right?"

So she gets us a chicken nugget sharebox and sprites and we blow the straw packets at each other. Then we have ice cream.

We wonder by the park for a bit and it's getting colder so we head to a sports department store and check out all the cool bikes and skiing and climbing gear and I tell her I'll take her bouldering some time and she's down.

We leave and I reveal I've stolen a tennis ball and she gets mad at me because stealing is bad and scolds me so I keep bouncing the ball at her until she backs off and laughs and we play catch and she can't throw for shit and it's cute.

The whole time, everything felt right. Like we'd been friends for ages, and we were on an adventure together.

We hit up a supermarket because I'm getting hungry again and we buy ham and dark chocolate and tangerines, and a jar of pickles. I wanted to get salted pistachios and mentioned it but the pistachios were very expensive and she was paying so... This time though we had a security guard following us around. For good reason too, I was still traipsing around in my slippers, which were muddy and beginning to fall apart. Probably looked like we were on drugs.

She pays again and I mentally add the tab up in my head with the nuggets. As we leave the guard says to us "scuse me did ya pay for those" and I say "why would we steal pickles mate" and she waves the receipt at him and gives him that Stacey disgust sneer that we've all sadly been on the receiving end of. It was astounding watching the pretty girl face morph into ultimate bitch putdown mode. There are probably betas in her life who only ever know her as this.

But hey I get to experience the cute, dorky side of her, and I'm loving it.

We leave the supermarket and she reveals that she actually stole the pistachios and hid them in her purse and I hug her cos I'm proud and squeeze her ass and then we eat our meal in the park.

After the meal we lay together on the grass for a while and I give the tennis ball to a dog that tried to steal our food and then we attempt the neighbours again but still nothing and its like 6pm and I'm starting to get a bit irked.

It's beginning to get cold now and I'm afraid the girl is getting bored of me and also that my neighbours might just have gone away for ever and I don't wanna have to call a locksmith but soon it will be late. I decide to take her to the one place in town I haven't taken her to yet.

Paki bro is cool again with us using the computers, and so we browse memes together for a while, and the hambeast is still there literally doing the same thing as before. She tells me about rick and morty but I don't really like rick and morty but I pretend its cool anyway cos why not and then I show
her reddit and she doesn't really get it and then I tell her 9/11 was an inside job and we spend then
next 2 hours arguing over conspiracy theories.

I make 4 journeys to check on the neighbours in the meantime and my slippers are broken and
flapping at this point and its fucking almost 9pm and no one is home yet. I really don't want to have
to do the lame and expensive option of getting a locksmith but its getting increasingly likely. What if
my neighbours were just away? I hadn't heard them banging in a while tbh...

Everytime I get back to the cafe she is slouched there scrolling instagram and she hasn't left yet and
its dark now and the cafe has got that dingy yellow light grimeyness to it and with the pretty bored
girl sitting there and the ambience it looked like a damn Hopper painting and that snapshot remains
imprinted in my mind. Really nice.

I tell her no one is stopping her from going home as it's getting late.

She says she feels bad for me and wants to see me get tucked in bed nice and warm.

Sweet

At 9 pm I break and realise my neighbours probably aren't coming back tonight and it was just my
luck (or providence) that I got locked out today. I decide to go for the last resort and call up a
locksmith using the girls phone. I'm bit grumpy about it but also got shit to do tomorrow.

"I only have 1 door I'm locked out of how much and how long?" 

The lady on the other side said £70. Reasonable. 40mins.... Sure.

But first I have to run it by the girl.

"You're not broke are you?"
"Why"
"I need 70 for the locksmith"
"Sure" she says
"Okay please come immediately" I tell the lady.

We leave and I attempt to give the internet cafe guy £10 of her money as a gesture of thanks but he's
not having it and seems more invested in the asian tv show he's watching anyway.

So we go to the ATM so she can withdraw the cash and then return to the doorstep to wait for the
locksmith.

It seems locksmiths and drug dealers have a lot in common. They always seem to be '20 more
minutes".

After 80 mins the girl starts yawning and I begin to shiver cos it's cold and she cuddles up to me. I
call again and basically shout at the lady on the phone to hurry up and also to give me a discount. She
says 10%. I say that's not enough and I wanted 20. She said 'ok ok'.

I can feel myself getting hot angry at the whole situation now but I catch myself cos I know its stupid
and I don't wanna break frame in front of the girl.

So finally, after 90 mins the guy arrives and I think its gonna be a simple affair but nope, life ain't that
Final Boss

So this guy shows up and he's eyeing me up oddly and eyefucking the pretty girl. He asks what needs opening.

I show him the front door and the top latch lock that just needs to be picked or whatever, I actually have no idea how locksmiths operate but I'm sure he's had this a million times before.

He gives me a 'hmmm' and a 'haaa' and says "well it looks like I'm gonna have to drill it"

That sounds expensive.

"Drill it? Is there nothing else you can do?"

"No I'm gonna have to remove the lock and install a new one"

"Does that mean new keys and shit?"

"Yeah I'm afraid so"

"Hey man I don't wanna bother my neighbours just cos I'm an idiot, you sure there's no other way you can try?"

"No this happens all the time only way is to drill it out" he seems pretty sure of himself.

"Nah dude I'm not gonna pay for that".

It's got a bit tense because we both realise neither of us is willing to back down yet. The girl can feel the animosity between us but she seems to know her place and doesn't say anything.

The frame battle continues.

I weigh up my options. I need to get in. This guy wants to rob me. I could get a new locksmith, that means another 90 mins probably, and maybe another scumbag. Fuck that I want to get inside now.

Then I think back to one of the first lessons I learned when i stumbled across this subreddit.

"Your greatest power as a man is your ability to walk away".

I smile.

"Okay dude cool I'm not gonna inconvenience my neighbours, will figure out how to get in tomorrow"

I ask the girl "hey, can we go back to your place tonight?"

She's surprised but says "sure of course".

"Cool that's sorted then, sorry dude I'm just a broke student you know haha"

I see the panic of a lost sale in his eyes, he realises that I'm not bluffing.

But I give him an opening. In truth, I actually want this damn door open. You must always give them an opening to backtrack, it helps them save face.
"Could you just give it one last look though just to make sure?"

"You know what mate, let me try something" he says, as he rummages in his van.

Of fucking course. You go for it mate. You try something mate.

Bastard.

So he grabs this long hook claw thingy and feeds it through the letter box and opens the door in 4 seconds flat and I wanna bash his fucking head in but mostly I'm just glad that we're finally inside and it's warm and also victory tastes sweet cos absolutely fuck this guy. Don't blame him that much tbh, most people are weak and agreeable and probably fall for this one all the fucking time, but that's still such an asshole way to do business.

So she hands me the cash but I give her 20 back and she has a £5 note and so I give him the £55 (for 5 mins worth of work not bad bro) and he says

"Its 70 mate"

I get a hot flash of anger. Wow. Round 2 it is.

"Your boss gave me 20% off for being late"

"I wasn't told anything about that" he says.

"Well she did"

He pauses for a moment. Still holding the money. I can feel the girl get more anxious. We're inside now and the silence makes the tension worse.

I'm pissed. "Whether she told you or not you still owe me a discount you were very late"

He smiles. It's a good shit eating smirk, ladies must like it.

"Okay but its 56."

Thus guy must be joking.

The hot anger cools into a shrewd sharp chill as I realise.

Fuck this guy. I know exactly what he's doing. If he's not gonna get his cash, he'll at least try and make me sperg out and break frame in front of the girl. Petty but effective, cant allow me to win too hard can he?

I give them both a smile. "Do you have a pound babe?" I ask her. She doesn't. So I go upstairs and grab a pound from my loose change. It feels great to be back in my home again. I also clean up a bit more and fabreeze. Lol.

Probably should not have left her downstairs alone with the asshole, but I get back down and he hasn't cucked me so I put the coin straight into his palm.

"Okay we're done you can go now"

He seems pleased with himself and leaves.

We get upstairs and I put the radiators on, down a glass of water and stare at myself in the bathroom mirror for a while to try to dissipate the anger. Such a great day and one guy's gotta be an asshole and
ruin it.

Then I realise that I don't have to think about it that way and actually I just smashed through a significant confrontation that I would have failed miserably years ago. This is the kind of shit Dads train you for and I never had a Dad but shit, I managed to do it. They say TRP is just for picking up women but honestly it's so much more; this place taught me how to hold frame and power-talk and navigate confrontations like this. Beforehand I would have been an agreeable pussy and bent over for the guy.

And the day had been fucking great too. A day disconnected from responsibilities and exams and social media. A day free of anxiety, where I could just flow in the moment and mess around with a cute girl like I did when I was a kid... And had I never even spoke to the girl, had I pussied out in that one pivotal moment in the library, this day would never have happened.

Always approach guys, you never know where the story with that girl will go, and pussying out kills the story before it even gets to start. Regret is always worse than rejection.

As I think about this I give myself shivers and am proud, and then smile in the mirror like a fucking psycho and scare myself.... but then realise its not that bad and I can smile when I'm proud if I want it's no big deal.

I enter the living room and she's taken off her coat and shoes and looks at me warmly and says "you have a nice place" and I say 'thanks' and then she immediately and very eagerly begins removing my clothes.

---

**Epilogue**

The next morning we cook breakfast and I'm head chef and she's like my nurse handing me scalpels and shit and its fun to boss her around and she follows my instructions. Afterwards I walk her to the high street to see her off. At the ATM I withdraw all the money from the tab I racked up yesterday and pay it all back immediately. Then I kiss her off at the station.

I feel pretty darn great about myself and basically skip home and jump into bed and just take some time to process things now that I'm finally alone.

The whole of yesterday was amazing, and I learnt so much about myself. All it took was some damn disconnection from life for a while.

I consider trashing my phone and getting a brick. Could I make the leap? Probably a good fucking idea. We know now that Zuck is listening to everything we say, and I'm trying to avoid getting on more lists than the many I'm already on.

Then I think about the girl, and just how lovely and sweet she was to be around. It was like she energised and supported me, gave me the life and exuberance I was missing. I suddenly really wanted to see her again, and felt the first few hints of one-itis settle in... She was so nice and feminine and smart and loyal and had the whole girl next door "would never cheat on u" vibe going. Hey, if we were a couple this would be a great origin story to tell people... I wonder what our kids would look like...

I settle for going on facebook to look at her pictures and miss how pretty she is.

I click on her profile pic which is very demure and innocent and makes her look smart and then I see
it instantly.

"In a relationship with"

Lol. Why did I get my hopes up. What was I expecting.
AWALT after all.
"Why Do Girls Dump Their Boyfriends?" An introduction to Generation-Z and what's to come

I recently went to a family gathering where my 17 year old cousin gave me a crash course in Gen Z. (the jury is still out on the name). This is the post millennial generation. I don't generally like to package things into neat little boxes but for the sake of the post let's go with it.

She was showing me some "huge" boxing match between two YouTube "celebrities". Apparently YouTube and Instagram personalities are replacing film and music stars as the the big draw cards, welcome to the virtual takeover.

While she was showing me this whole boxing match saga we stumbled on to this video: https://www.youtube.com/watch?v=2mmIEZKWi3A "Why Do Girls Dump Their Boyfriends?"

The video shows some young fella interviewing Gen Z girls on a popular nightlife street in the US. Being a millennial myself and having endured a large part of my generation driving feminism to the heights we see today, I was still somewhat surprised by the state of affairs. It's a jungle out there to say the least and I pity the horde of programmed Soyboys coming off societies production line, that have to co-exist with these Vag-Lords. I can only hope that one day they may stumble upon a Sub such as this to (reluctantly) liberate themselves from the tyranny of a gynocentric haven.

The video starts out with the Interviewer asking young "Living my best life" thots why girls dump their boyfriends. I think their inebriated state assists in the truth they spit when answering the question, but their answers point to a much larger, gloomier problem for young men growing up today.

The glaringly obvious thread that ran through most of the answers was how men have become needy bitches, and woman just can't stand it. Ultimately the feminization of men as a whole.

In the intro one of the girls proudly boasts:

| Her: Every guy I've broken up with has threatened to kill himself |
As if it's just another feather in her cap. This is a far cry from the prehistoric days where a woman losing a man was a tragedy, like she had just lost her meal ticket(because she had). Or the stereotype of a woman sobbing at the loss of her beau, but here we have poor Billyboy's employing the dramatic(typically feminine traits) in an obscene display of oneities. Threatening to trade his own life for a c-grade clam in an attempt to negotiate attraction. She looks truly moved.

The same girl later on goes on to complain that:

| Her: I make em comfortable and they cheat on me \and then shakes her ass at the camera** |
It's truly a riddle as to why they struggle to settle with such a wholesome princess.

The next girl tells a tale of how she's dumped every boyfriend she's ever had with a snide look of accomplishment. She goes on to say the reason she dumped them:

| Her: They were all way more obsessed with me than I was with them, It was gross. |

| Interviewer: They probably wanna share their feelings with you? |
Her: Yeah, it's like stop, I don't wanna hear that

It seems our dames are more in tune with their sexual nature than ever, and why wouldn't they be, feminism has given them the platform to express it as freely as possible. Note the disgust a woman has for a low value man who hands himself over to a woman, she simply cannot harbor feelings for such a needy scrap of filth.

The BP notion of share your feelings and showing how much you care quite literally repels women. She goes on to say...

Her: I don't wanna see you all the time, maybe twice a week, don't be obsessed with me, thats disgusting. Let me go out, let me wear whatever the fuck I want.

Interviewer: And If I happen to make out with someone..

Her: Who cares, it was a slip up, shit happens.

Translation, be my little bitch, get comfy in my frame, I'm gonna go shop at the meat market as much as I want and If a sausage happens to land in my mouth, well then oh well shit happens.

More concerning is the mentality of these women. Our gynocentric oasis of a civilization has literally drilled into these princesses the entitlement that men exist to serve women. Funny, I've heard that one somewhere?....oh yeah, feminism used to say that about men. The script has well and truly flipped.

Lastly she goes on to say:

Interviewer: Men should focus on building themselves?

Her: Yeah, you gotta be 100% good with yourself, you confident with yourself before you get a girl.

It's gotten to the point that women are literally starting to tell men how to be men. Just be yourself, women will love you for who you are is the most cancerous statement for a young man to hear.

The next girl drops ancient wisdom:

Interviewer: Do you have a friend you keep in the friend zone to buy you dinner, but then you hit up another dude when you wanna get real?

Her: Yeah, thats exactly how it goes

The joke is, you don't even need the Red Pill to tell you this anymore, men have become such worthless rags that woman will boast about using them an interview. This is normal Gen Z behavior, it serves women, so why would we expect anything else? Woman are so aware of blue pill nature, and will milk it for everything it's worth. Don't be the butt of this joke.

Then an HB6 goddess adds:

Her: He was telling me he loves me, and I didn't like him, so I had to cut it off

The same guy who comes on here: "But you guys over at the Red Pill are such mean woman haters, you don't know what love is all about", while he drowns his sorrows in a masturbation binge.

The hypergamy bunny chimes in:
Interviewer: Do you think the grass is always greener?

Her: Yeah, always

While society shouts from the sidelines: "You go girl, you can do better, that man don't deserve a princess like you"

Then our self aware hood rat brings some sense to all this:

Her: It stresses me out because WTF, this guy is giving me attention, why can't I love him?

Interviewer: But then theres that guy who like spit on you at the bar...

Her: Yeah and then it's like hit me up

It's called AF/BB sweetheart. You get the tingles for the alpha, and the beta's dry your cooch faster than a Sub-Saharan summer. They're quite aware aware of this dynamic, do they care? No. Last one is my favorite, this little meatball barks into the camera with a cigarette dangling out her hand that men need to:

Her: Workout, go swimming, take her for a walk, take her for dinner, have sex, I don't know just stop playing video games

Telling of her desires for an alpha man, every word dripping with entitlement as her stomach hangs out, and lungs fill up with tar. She does however do a great job of telling men how to be men again I'll give her that.

Now these woman will almost certainly ride the carousel with vigor for the next decade or so and then splat against the wall with ravaged lady bits. I pity the poor blue pill save a ho that offers them a ladder to climb it, but I have no doubt that this generation of white knights will be lining up for the opportunity.

They'll do that because these women are not the exceptions, they are a representation of the attitude of the median woman coming off the Gen Z production line, and the median man coming off it is the most feminized schmuck in history. Every one of these responses drip with feminine superiority, repulsed by the needy, clingy devoid of Alpha trait males. With masculine traits labelled as "toxic" it's no wonder these men they speak of are so lost. A portion of the millennial's held this notion but the vast majority of Gen Z is more widely infected with it than ever before.

The Nett result: A generation of men behaving more feminine than ever, society filtering the presence of (toxic)masculinity. With men adopting a feminine approach we get females behaving more masculine than ever to fill the man void.

Why is operating society on feminine empowerment values a problem?

Well as packaged so nicely in a CH post. Men compete, then cooperate. Women compete, then cast out.

Vertical male hierarchy ensures a place for everyone. Order is kept via rules-based discipline and the threat of demotion. Allows for graceful losing and peaceful surrender. Stable.

Horizontal female hierarchy causes massive churn, clique formation, uncertain and shifting status and frequent change of allegiance. Zero sum. Highly unstable.
Try and Imagine an interview like the one above being conducted 80 years ago, under a male dominated society, women would quiver to address men in such a manner on a public platform.

**So lets just go back?**

Well for starters those banking on a return of the TradCon Values should jump ship now or alternatively learn how to navigate the current climate. No amount of Jordan Peterson videos is going to change the course of modern culture back to their TradCon paradise. Society is galloping away from TradCon values and not looking back(well besides the hopeful BP idealists doing the ostrich).

**Why wont a reversal work?**

This is a really complex multifaceted issue that would take a lot longer than this post is intended to be to really get stuck into, but as a brief introduction, conservative values wont work today because of the same reason they did work. Faith. The breakdown of a faith driven community(or even nationalism) tribalism approach to a more secular diverse globalism approach.

Faith was the glue that held conservative values together. There was a man in the sky watching over every woman's behavior. If she wanted to be in prime alpha selecting position she had to be a good, faith holding woman. Behavior swaying too far from the doctrine was condemned and shamed by society, no man would tolerate it.

Advancements in Science coupled with liberal dogma has left the institutions of marriage and religion more worthless than ever before. Many still hold onto faith for comfort but very few are internalizing that there is truly a deity watching over us and judging our behavior. I can count a total of zero people I know who live by the prescribed doctrine, it's simply not compatible with modern society. The closest I've met is a married pair of Jehovah's Witnesses, they live a very TradCon life but only interact with Jehovah's Witnesses so as to not interfere with their faith.

This is why the most religious(or strong cultural influence) countries, still hold the most TradCon values. E.G Saudi Arabia, North Korea etc

**So where does that leave us now?**

Without gods to judge us and direct our lives, humans become the gods of their own lives. What do gods do? Well, whatever they want. Add in a few wars, women entering the workplace, contraceptive pills, feminine law protection, globalization, the internet, cellphones, welfare and we have a society where woman are as free as they've ever been. And what does a free woman do? Well sample every Alpha penis that lands in her snatch of course.

Gen Z cheers and pats them on the back: "YOLO, strong independent woman!" while the saddest and unhappiest generation of men and women unfold in our recorded history. Woman not satisfied with their newfound empowerment because It just so happens that woman don't really like behaving like men. Like every cohesive, natural selection driven species they still need and want men, and not men behaving like woman type of men, biologically alpha men, so that natural selection/biology can take place effectively.

Societal pressures have pushed both men and women to stray further and further from their biological nature. Men adopting more feminine traits, with woman becoming more career driven, providing for themselves, providing their own(or potential to) food and shelter, not settling down, not having kids. Compound this with women not having the consequence of having a baby after spreading her legs and it's opened up sexual promiscuity instead of strict selectiveness. The Alpha traits they would have selected for are labelled as toxic so they become more dormant in society than ever before. The less
we are aligned socially with our biological nature the less happy we become.

I learnt from my cousin that she can't help but attract fuckboys. It appears that they are some of the last bastions of masculinity, now given a derogatory label in an attempt to shame Alpha behaviors. Her description of a fuckboy: Gym guys who fuck, but don't ever commit. It's truly one of life's greatest riddles why they won't commit and settle with one vag in the greatest vag buffet in history. They're called fuckboys because well, they fuck. And then all the "nice guys" of Gen Z offering commitment are the guys you heard about in our lovely short film.

**So what to do?**

No matter what direction we go in it will simply be another society, one we will need to learn to navigate all the same, so I'll open that discussion to the floor.

My last thought, TRP is going to be more relevant than ever with Gen Z. With a free and unregulated sexual market, it's the Alpha that is once again king. No more supposed one for one marriage, in a free market AF/BB is the order of the day. The Top 20% will be drowning in it while the remaining 80% go hungry, at least until they're established and even then they'll be picking from the post wall pool. It's like we've gone back to the principles that governed early man.

In the absence of stable women, plating is more relevant than ever. With the pussy buffet pumping, vetting is of paramount importance. With unregulated hypergamy a man needs to be outcome independent and willing to drop his treasured unicorn more than ever.

The market can still work for the individual, as long as he doesn't expect what's not being delivered and knows how to navigate the murky waters of the SMP that lies ahead.
"Women will forgive you for being an asshole, but they won't ever forgive you for being a pussy"

1314 upvotes | February 7, 2021 | by IsUrWifeSingle | Link | Reddit Link

**TL;DR** You've gotta risk it for the biscuit.

Someone on TRP said this not too long ago and it really made me think. It made me think back on my own life as a shy teenager/20-something who fucked up nearly every opportunity with women he had. I say 'nearly' because the few times where I did sack up and take the initiative, I got results (for the most part).

But every other time - the other 95% - when I didn't ask the girl out, or I didn't kiss her, or I pretty much displayed straight out that I had 0 self confidence, she'd never talk to me again. Even if she were so obviously attracted to me; just by that display of non-initiative, she'd never again see me that way. Maybe we'd be friends, but they'd pity me or look down on me as someone who could never be seen as a sexual prospect (even if I had been looked at that way by her before).

So that's what 'forgiveness' means in this context. She'll never again see you as a sexual prospect if you don't have the balls to make a move within the window of time that's available - because that window runs out. After enough time she'll lose all interest. How can she be interested if she doesn't see you as a man?

It's up to you to not be a pussy and make things happen. It's not up to her. She won't do the work for you. She won't make a move - because it's a test. We know on here that women are constantly testing you to see if you're a man. Part of that includes not being a pussy in literally every way imaginable but it's most important in the early stages when it comes to diving into the uncertainty of putting yourself out there to get that yes or no. You gotta risk it for the biscuit.

I'm in my 30s now and I've gotten immensely better at this. Sometimes it's good, sometimes it's shit. But either way I know for sure. I don't hang around her under false pretenses because I'm both too scared to lose her and too scared to make a move. I come with honest intentions and I get straight to the point.

The biggest lesson I've learned is that it's better to get a 'no' within 5 minutes than waiting 5 months and also getting the same 'no' from her. This goes hand in hand with rejection sensitivity and is a lot of the reason why men have trouble 'manning up' and finding out if that girl likes him back.

And to the other part of the quote - I've been an asshole. I am an asshole when I speak my mind because I have no patience and see through the bullshit. And when I say what's on my mind, sure women may think I'm an asshole, but that's not the deterrent it should be in theory. I mean at least you're giving her something right? At least you're giving her something to work with, to respond to, and to think about. Women respond to emotions. So give her emotions.

Have you ever heard a woman say 'he's an asshole!' but whom she also talks about a ton? She wants to fuck that guy 100%. He's on her mind. By the way, I'm not saying be an asshole. I'm saying be your authentic self and if that comes off as being an asshole, so be it. **She'll forgive you if she's attracted to you.**

But she will never, and I mean fucking **NEVER** forgive you for being a pussy.
How I accepted that I was using weed everyday as an escape from my own inner problems for 2 years now. And how I tackled my anxiety with meditation, exercise, and mindfulness.

1313 upvotes | April 2, 2017 | by yunhaila | Link | Reddit Link

I pretty much a daily smoker for the past 2 years. For most of this duration, I told myself I smoke to feel good. I also believed I smoked to get creative, be musical, and sometimes even social. No matter how bad it got, I saw that weed was a good influence on my life.

But the fantasy came crashing down 2 weeks ago. I had begun to notice for the first time how my thoughts haunted me. It began when I noticed my thoughts actually snowball as my day goes on, growing more and more powerful, thinking of this and that, constantly fretting about the past or future. I didn't think much of it at first, having lived with this sort of mind for a long time now. But that day, I read a quote on Reddit that triggered a different response.

"Living in the past causes depression. Living in the future causes anxiety." At that moment, I understood the reason behind my addiction to weed. I was using weed to stop thinking about the past and future and live in the moment. For when I smoke weed, I relax because nothing else matters but the now.

From there, I knew what I had to do. I had to tackle my issue from the root cause. My thoughts were out of control, pushing me to anxiety and depression. So I searched for information and found the concept of immersion. Immersion is when you are completely into an experience that you think of nothing else as you experience it. For instance, video games with high immersion levels captivate you for hours on end. I found relaxation in video games because of my immersion.

So I thought if I were to be immersed in what I am doing, regardless of what activity it is, I can be relaxed at all times! I can be the most comfortable person at any place in the world if I was truly immersed in the environment and people I interact with!

I found that millions of people were already practicing immersion in everyday life by meditating. So I sat down in my candlelit room and I said out loud, "there is no past, no history, no future, only now. I am. I am." as i began my session. I didn't time my session. I would stop meditating when my mind is clear from thoughts about the past and future. At first, I would catch myself throughout the day as my thoughts would spin out of control and just meditate. It didn't matter if I was outside or hanging with friends, I would close my eyes and repeat that line. Calmness would pass through my body, relaxing my face and body. Then I would carry on with whatever I was doing.

On top of that, I found that exercise helped tremendously with calming my mind. Exercise in itself is an immersive experience. You're there, with your body, pushing it and pushing it like nothing in the world matters. And when you come out, your brain chemistry is pushing you towards positivity. I see the gym as another meditation room.

After all this, I've completely stopped relying on weed for relaxation. If I wasn't relaxed, I'd go to the gym or meditate. I became the most relaxed person at every venue I went to. It was to the point where I could sense who was anxious and who was calm.

Smoking itself feels different for me. I no longer think I am happier or more relaxed with weed. After all, I was already as relaxed as I can be. Merely, I would describe it as a different state of mind.
I leave you with another quote:

"A man cannot control others if he cannot control himself"

**TL;DR: OP stopped denying that he had an anxiety problem. OP accepted that his thoughts were controlling him. So OP practiced meditation and exercised daily to tackle the problem instead of smoking to delay it. Now OP does not smoke alone to escape anymore."
Today was the day that Reddit almost swallowed the pill. On the front page today: Guy finds out soon-to-be fiancee is cheating and sets up an elaborate proposal to dump her.

1311 upvotes | November 27, 2015 | by NiceTryDisaster | Link | Reddit Link

TL;DR from the top comment itself: Guy discovers his soon-to-be financee is cheating. Discovers texts and photos. Sets up elaborate proposal including candles, glitter, and rose petals. Has her read a rhyming poem that ends with him asking who the other guy is. She looks up shocked, he bails without a word, and gets into his car and drives off holding a pink dildo.

Second top comment with 2209 upvotes:

Gotta love living in a culture where a man would deem it necessary to document that he didn't trash her house or beat her before he confronts her for being a cheating whore. Why do you suppose he felt the need to do that?

With a reply of 1154 upvotes.

Because a crying woman is better than actual evidence in western society. Go ahead, just google what happens when a woman gets violent and the cops show up. Edit: I wonder how much downvotes I can lose by mentioning theredpill(Linked here) is about acknowledging this sort of shit for self-preservation.

1k+ upvotes despite the mention of the red pill sub-reddit?! What has the world even come to now! :(

Backstory: Decent guy. Goodlooking, fit, well groomed, smart, not a total beta finds out that his soon to be wife is actually a whore through her facebook account and stuff. She's been pretending to be in love and all the jazz but she's been fucking a guy called Thomas Roo behind his back.

She sends Thomas the same nude pics that she sends to her fiance. Fucks him. But hides it from the guy in the video. This guy even had requested her to just tell him to walk away if she wants to be with someone else. But no, she wants to keep the beta husband as well as the boy toy on the side. Guy feels devastated cuz of the sham she tried to pull off and plans to dump her shamefully and record that he has not done any physical harm to her or her house to protect himself from the police.

A sixteen minute video but well worth the watch and something everyone will be able to relate to on here. This setup is a few weeks after he realizes she's a whore. You will she the feeling of pure freedom and liberty when you see him escape out in the end and play the music in his car as he drives away.

Video in question: https://www.youtube.com/watch?v=--KGfp2aTnHs (Needs login)

Summary: Don't get married. Enjoy the watch! Cheers
It's a long story, but worth a read, lots of wtf moments.

Went to the gym tonight. As I was passing a new couple the woman was staring at me hardcore. After I passed by, I heard her tell her boyfriend "He looks ridiculous.". I ignored it and grabbed a rack.

A little about her: She's overweight with absolutely no curves, egg mode. Probably hasn't washed or brushed her hair in weeks. Legging read "PINK" all over them.

Was warming up on squats, I glance over... she's obviously talking about me to her boyfriend. I finish my set and turn down the volume on my headphones. Listening... I can overhear saying to her boyfriend "you should say something. You need to say something". A little argument ensues between them saying he doesn't want to bother me.

I'm still warming up, approaching about 65% of my 1rm where I'll increase 5% for singles from 60-80%. I focus on tightness and pause them. I'm running 8 sets of 3. Still have my headphones on, can hear her bitching on and on about my hideous form and how I'm going to hurt myself just doing a single squat.

I've been powerlifting for 9 years with no major injuries. I'm running weights that I can absolutely rep for 8-20 reps if I wanted to.

I do my first working set and she comes over, flailing her arms about and rude as shit tells me "you need to take some weight off it's way too much for you". I roll my eyes and tell her "Thank you for your concern, have a good day." And slip my headphones back on. She hesitates, staring at me before storming off mad.

She goes back to her boyfriend yelling "its unbelievable how he just ignored me like that don--- what are you doing? I told you I didn't want to do that exercise Anon." Her boyfriend mutters something I can't make out tail between his legs style. She yells again "Fine, whatever. Lighten the weight you can't lift more than me, I already told you." He complies (what the fuck).

She's over there talking shit the whole time to him, emasculating him word by word, second by second. She says some shit to him like "You should thank me for coming, I would have just been at home eating pizza or something". Jesus christ.

She's been watching me the whole time, I'm resting before set 5. I watch her walk away. I'm racking set 5, when there's her and the front desk guy right walking into the weight room. Front desk guy waves me over, I walk over and say "hello".

Immediately he tells me "You need to control your weights." She's standing there with a shit eating grin. I tell him "I am controlling the weight" he tells me "well I was told you almost lost your balance with it" I start to say something back he cuts me off "take the weight off and collect your things and come talk to me upfront"

I comply and head upfront, he tells me he needs me to sign a form saying why he kicked me from the gym and it's only for tonight, I refuse. I tell him "I've been lifting here for 5 years dude. I explained to him the weight was actually light and I was controlling it. Watch the cameras." He tells me "That wasn't the only issue, you attacked a gym member when she tried to correct you for the safety of yourself and everyone else" (what the fuck?)
I explained to him what happened and how rude and vulgar she has been all night and I said like 5 words to her. He told me she felt threatened and now I'm making up lies about her and I need to leave before he calls the police. I leave without any words.

Going tomorrow morning to talk to the gym owner, I am demanding that the front desk guy be fired for punishing me without investigation and threatening to call the police on polite and calm me. I am demanding that she be kicked from the gym for lying and disturbing other gym members. Plus her vulgar and rude behaviour.

TL;DR Some girl ruins my leg day at the gym for no good reason. Gets me kicked from the gym ultimately. While simultaneously emasculating her boyfriend. There's a price to pay for all of this.
So I'm at work shooting the shit with a few female coworkers. They know I'm single so one of them suggests that I need to get on Tinder, "I met my husband on Tinder!" The conversation moves to online dating now.

One of them starts to regale us with a story of her male friend who matched with a woman on Tinder and they set up a first date. On the way to the date, the woman texts the guy and says something to the effect of.. "I lied about my pictures/identity, they're older photos and I've gained some weight or I used someone else's photos, if you don't want to meet me now I understand." (I can't recall the exact scenario but you get the drift.)

The guy is already at the bar and I guess he says to her OK and decides to meet with the woman anyway. When she shows up, she actually is the attractive woman in the Tinder profile and was shit testing him for his reaction.

My female coworkers start awww'ing that Prince Charming was still willing to meet up with her and passed the test with flying colors in shades of blue.

They then turn to me and ask, OP what would YOU have done?? I tell them I'd wait to see what walked through the door just out of morbid curiosity and immediately reject them no matter who it was, and especially if it was the attractive woman in the Tinder photos. Why would any self respecting man want to start dating a woman under such deceptive conditions before even physically meeting? I stop myself there as I know I'm about to go full red pill.

They just look at me dumbfounded as if I had a dick growing out of my forehead.

Bbb..but OP, you passed the test! You've proven yourself worthy and now you get the opportunity to court this wonderfully beautiful woman!!

Fucking AWALT man.
Remember, you're good enough, smart enough, and doggone it, people like you!

1308 upvotes | September 25, 2017 | by redpillschool | Link | Reddit Link

Just remember, you don't have to prove anything to anybody. Failure is only as bad as you decide it will be. Nobody can tell you how to live life. Only you can decide what is good. You do you. Just because you don't exercise or you're not looking your best, doesn't mean you have to feel bad about yourself. There's somebody out there for everybody! You just gotta wait for the right time, and the right person will come along.

Trust me, those girls giving you a pass today, they'll realize they've made a mistake 10 years down the road. Then who's laughing? You are, you big silly manlet! You showed them!

There's simply no objective truth to be found. Everybody's different. Everybody has something that works for them, don't change just because some assholes on the internet tell you that's the only way to get respect and women. Stay exactly who you are. You're good enough just the way you are. Accepting the status quo isn't shameful.

Women can't be generalized either, remember that. Every woman is completely unique and they all have different tastes and preferences. There's a woman out there looking for someone just like you. Never change who you are for somebody else.

You're good enough, smart enough, and doggone it, people like you!

No, not really. Useless feel-good platitudes are against the rules.

Learn them.
Have a read at NYT's latest #MeToo article, and realize it isn't about consent anymore. In virtually all accounts cited in the article, the woman fully admits she gave explicit verbal consent prior and during the sex, which was never withdrawn.

Yet these women label their experience as a traumatizing sexual assault, and their partner as a sexual offender.

A summary of these 45 stories would be: woman and man meet, have consensual sex, woman catches negative feelings after the sex, retroactively considers herself raped, can't press charges since our regressive rape-culture laws fail to recognize her as the victim she is.

The goal of this movement is clearly to amend the situation, and allow women to pursue criminal charges despite having consented. The article is explicit that these women are all traumatized victims, and their partners are criminal assailants who got away.

There's no more pretense that men can do much about this. They're simply responsible for their female partner's emotions, period. For example, they should notice that the woman isn't into the sex. In fact, in one case it seems the man's only fault was that the sex was bad, so performing poor sex is also a criminal offense. If you're a man, of course.

Remember the old radical feminist propaganda that all sex is rape of the woman by the man? Well, I have news for you: it's no longer extremist or radical - it's become mainstream. It's at the very core of the #MeToo movement. Arguably the most influential paper in the country posts a front page story that includes a woman's report that "most, if not all" of her sexual encounters were non-consensual.

I wanted to separate out this part of the post, since it's important to recognize that us men are not in any way responsible for women's post-sex feelings. We are responsible for our own actions, which in the case of sex include backing off at our partner's request (contrary to the custom in most other countries outside of the rape-culture-west, where she'd just be literally raped and then stoned or burned to death if she tries to press charges.)

So on principle, the woman's post-sex feelings are her own business and responsibility. Nobody asks us how we feel. If a man tried to retroactively annul a consented marriage because he felt bad about it afterwards, he'd get laughed out of any court.

How or why women get these post-sex negative emotions is no concern of ours.

However, I do think it's curious that this article, that dives headlong into the subtlest minutia of women's feelings and thoughts, doesn't consider how in most cases the woman seems to catch these regrets soon after the sex is over. She suddenly "finds her voice", tells the man he assaulted her, kicks him out of her bedroom.

Note how the situation hasn't changed. The couple is still isolated, she is still naked and "vulnerable", etc. The only thing that changed was that the sex has been had.

How can the article, and all these female "reporters", ignore the obvious conclusion that this is just
buyer's remorse?

The woman was horny, so she had the sex she wanted, gratified her lust, now she's stuck with the cost: being labeled a slut for quickly yielding to her desires with a man who isn't her socially acceptable partner, boyfriend or husband.

This happened in virtually all cases, yet the woman wonders why she only found "her voice" or "power to resist" after the sex is over, "too late". Bitch, you were horny, you wanted to fuck, so you had your sex, then retroactively disavowed consent because it's convenient.

In other cases, it's obvious the woman regrets the sex because the man treated it as was it was - a quick first-meet hookup - rather than provided her with the "happily-ever-after" package she clearly deserves.

Betas and other unattractive men, take special note: you are a high risk group for this happening. In most accounts, the man was displaying beta qualities during or after the sexual encounter. Which makes sense: women who had sex with a beta should feel bad, biologically speaking, especially when no commitment was granted in exchange. They got possibly impregnated with bad genes, without the compensation of material support or commitment - the worst possible deal for her, evolutionary speaking.

It's no wonder their emotional system spins into a negative cycle strong enough to be remembered as a trauma: they must learn, they must remember, never to do this again. Their genes' survival depends on learning this lesson.

It's no coincidence that many of these accounts involve a woman's first sexual encounter. She did not know, did not expect, this harsh lesson. But she must learn.

So let this be a warning to you: if you want to participate in the hookup culture - the only mating culture we presently have, really - you must not be beta.

However, while betas are at the highest risk from women's post-sex regret, they're not the only ones by any means.

At this point, #MeToo's overarching objective is to grant women absolute power over men, by instituting the legal authority for women to completely destroy the social and material status of any adult man they choose. If you are a man, and you had a sexual encounter with a woman, you must keep her happy - by her own definition - in perpetuity. Or else.
As I mentioned, we are making the appeal process completely open because we believe there wouldn't be fair play if it was behind closed doors. Below is our appeal to the admin:

First, I would like to tell you that we’ve posted this entire appeal publicly and plan to post your replies as well. We strongly believe this system you have set up to be a kangaroo court and have evidence to support this notion. If you want to prove to us that you are going to treat this appeals process fairly then we welcome your responses to the contrary.

In your message to us regarding our quarantine, you offer an appeals process:

In this case the quarantine was applied for the high degree of misogyny present in this subreddit. To be removed from quarantine, you may present an appeal here. The appeal should include a detailed accounting of changes to community moderation practices. (Appropriate changes may vary from community to community and could include techniques such as adding more moderators, replacing certain moderators, creating new rules, employing more aggressive auto-moderation tools, adjusting community styling, etc.) The appeal should also offer evidence of sustained, consistent enforcement of these changes over a period of at least one month, demonstrating meaningful community transformation.

You’ve presented us with no evidence for your accusation, simply an assertion of misogyny. And yet your prescription is to change and modify this undocumented problem, a very thinly veiled setup for failure. You know full well we cannot address concerns that have not been raised - Which makes this a kangaroo court by definition.

Your appeals process does not offer an opportunity to claim innocence, instead placing guilt into the default terms of appeal.

But we reject your charges.

Our moderation team has gone to great length to ensure our members follow reddit’s terms of service. We see no terms in the content policy that we have violated. And yet you allege we have broken this unwritten policy. How is it that you expect moderators and community to follow such rules is beyond me. Perhaps it is because you prefer to keep all communities in the dark about the unwritten rules. Keep everybody guilty of some crime, and selectively enforce it upon those you disagree with.

“Show me the man, I’ll show you the crime.” — Lavrenti Beria, secret police chief under Stalin

To me, this seems like an immeasurably bad way to run a social media site which depends on its users for long-term survival. Perhaps it’s not in your interest to ensure Reddit stays around. Maybe you’re using censorship and quarantines as a means to redirect discussion into the direction you prefer. Maybe you’re trying to sway an election? I don’t know, that’s above my pay grade.

Misogyny is a very nebulous term, one that I disagree with heartily. Many use it in places where somebody has been critical of women, but does that meet the criteria of hate? I think that’s a very high bar to meet. One way we can test your definition of misogyny is simply to see how you’ve
applied these standards site-wide.

Let’s say I started a subreddit with a mission statement:

R/UpsetFemales is a subreddit for mocking reddit's large, vocal, and hypocritical female population.

Women have a right to dignity and to exist, but they don't have a right to be upset and uncomfortable whenever they're confronted with sexism issues.

Would this meet your definition of misogyny?

Well, substitute the words “female” and “women” with white people and you’ve got yourself the sub /r/fragilewhiteredditor. And for some reason they’re not quarantined.

Now I’m sure you guys understand the implications of picking and choosing what completely legal ideas and topics are okay to discuss on reddit. When you choose to block off /r/theredpill and post an endorsement to your point of view (Michel Kimmel), you’re tacitly endorsing the points of view you’ve chosen not to censor – especially the ones that align with Michael Kimmel.

Hatred (by your definition) is okay as long as the target is against white people.

What about towards men? Here are some lovely sentiments floating around reddit that the reddit admin tacitly endorses by not censoring or quarantining:

“Sorry you're going through this. It's the patriarchy: men think they own women. That is a flat out fact.”

“sorry boys but its true and yall need to be taught not to rape. You are a cancer on society.”

“I still see so many people say that "All men are rapists" This is a factually accurate statement expressing that men are socialized as both heterosexual and weapons against women and so typically have sex relationships that are not consensual in a fully self-actualized sense.”

“I’m a misandrist, but I don’t want to be”

So it is clear, you tacitly endorse these positions if they are not quarantined as well.

To make matters worse, when you quarantined us, you put up a message directing our users to Stony Brook University Center for the Study of Men and Masculinities whose executive director is Michael Kimmel. The same Michael Kimmel who denies male abuse victims. I see since then you’ve had the presence of mind to remove it- but without so much as an apology to our community of men who had to witness this. I would absolutely hate to know that the well being of abuse victims on /r/theredpill have been affected, or worse- hurt, by this event.

What would happen if the admin posted a message at the top of TWOX claiming that women’s abuse isn’t nearly as high as reported and that men’s abuse was much worse? Well, I’m pretty sure you’d call that misogyny.

So what’s it called when you do it to men? (It’s called misandry.)

We know the quarantine process isn’t simply about keeping the front page clear of controversial topics. There’s literal shit porn, women getting pissed on, and detailed rape fantasies which have gotten the pass from your administration. Looks like you guys just love shit, piss, and rape.

Meanwhile the content on TRP has helped thousands (if not more) of men find an identity and the strength needed to get back on the horse after terrible events like breakups, divorces, or false rape
accusations. For some, they believe TRP literally saved their lives. Some of whom could easily have ended up dead.

Look, you could have asked us to remove ourselves from /r/all, and we would have complied. But the quarantine makes things much worse. Mobile users see a message that we’ve gone private, causing our modmail to get literally hundreds of messages asking for access, completely halting actual mod functions. Members who have already subscribed are having a hard time finding us. It is clear that your goal with quarantine was to put as much into place as possible to make us fail, all while not actually pulling the trigger on an outright ban, because you know full well we keep the user base in check and do not allow rule breaking.

But I’m willing to give you guys the benefit of the doubt. Let’s say all of my well documented and evidenced accusations are simply wrong. Let’s say you really are just trying to make reddit a nice beige happy-land for new users and advertisers, and your goal was not to tacitly endorse all the hatred on the internet that you have chosen not to censor. I am willing to propose a compromise.

Remove the quarantine, and we will select the option to prevent being seen from /r/all. This has a lot of benefits. First of all, you won’t be tacitly endorsing every bit of hate on reddit because you’re no longer picking sides. But most importantly, your users will see the admin team actually applies rules in a balanced and fair manner, gaining you a level of respect that, let’s face it, Ellen Pao did a good job eroding.

We would be happy to comply with reasonable requests that help you with your advertisers and future IPO. We aren’t your enemy. The way you’ve gone about this was a big mistake and I think we can both agree on that. Let’s work together to move past this event and get the admin and users back on the same side for the benefit of reddit.
Unless you're a hot girl or a guy from a well off family, your younger years (<25) are supposed to suck.

My inbox has been flooded, royally flooded by messages from depressed and worried guys in their teens and early 20s. Instead of going one by one to reply to that many messages, I decided to make this post.

I hope that endorsed contributors on here make some posts geared towards younger men as well.

A happy youth: The biggest blue pill lie no one talks about.

Consume any form of media or read most modern works, they'll have you thinking that life from the ages of 16-22 involves a lot of partying, socializing, making a lot of friends, having a lot of sex, and just overall having that carefree fun lifestyle. So many times they tell you these are the years to enjoy life before it becomes filled with work, responsibilities, and "gets serious".

The blue pill lie of a happy youth, one that is aggressively pushed by media as well as society. A phrase they love to say "best 4 years of your life" to describe both high school and college, either one of those, whatever they're both better than what comes after according to society.

The happy youth, for the most part, is reserved for hot girls and for guys from wealthier families.

Wealthier meaning the guys whose parents can afford to send them to college, pay for everything (including the all important Greek Life dues and spring breaks), and the ones who spent their childhood and adolescence in the middle class (at the very least) suburbs or wealthier areas of a place thanks to their family's fortune.

Ever notice how a lot of the movies depicting the stereotypical high school experience with the cliques and popularity contests seem to take place in the same types of high schools? Mostly suburban and white, never really the working class or poor high schools.

All of the "high school experience" and "college experience" narratives apply to guys and girls from that kind of a background. I even noticed it back in my college days as the suburban kids with rich parents partied hard and lived "the college experience" while the kids from working class backgrounds worked through college to pay for it and were never really involved in that scene, for them college was grades and getting a job.

They don't ever mention this, all of the "fun experiences" that they promote in your youth cost a lot of money, in this case your parents' money.
Fancy vacation with your friends? Costs money!
Greek Life? Dues are very expensive!
Spring break? Not cheap!

All of this "high school experience" and "college experience" they pedestalize, it is mostly a rich kid's privilege. Now obviously I'll get the story from guys here of people who grew up poor but managed to have such a great college experience anyways but that is the exception to the norm and generally rare, at least in the USA.

If you are a poor kid or someone not rich and trying to improve your life, you're not going to try and stay in touch with a lot of your friends from the past as most will try to drag you down or envy your success.

That's the worst part of it, feeling left out, knowing that a certain group of kids are having the life you want to have but they won't let you have it.

You're at the mercy of your parents, for the most part.

People will claim that it is not true after high school but for most, it does carry over on to college and can help you. A lot of the brothers in my house had their parents paying for their dues and their spring breaks, this is common in Greek Life, other kids were not so lucky.

If you had cool parents that did their job right, were wealthy, and put you in the best circumstances growing up (good high school, good neighborhood, paid for your college, let you decide your own path when you got there, and let you grow), then your youth should be amazing. If you weren't so fortunate, then you're mostly SOL.

I have known guys who had to deal with overbearing helicopter parents, abusive parents, and parents that purposefully set them up to fail. Some of these guys ended up moving back home after college where they were going through hell before finally breaking free and experiencing life. All of these guys had unhappy youths and spent their teens as well as a good part of their 20s breaking free to where they could become independent.

I know life is unfair but it's okay, there is a blessing in this.

That anger and hunger from missing out, you're one of the many guys feeling it. You will work hard, I am sure you will. Many of you are blessed to have this sub and you will no doubt be aware of the dangers society presents.

Best of all, you will keep on improving and pushing to be great while a good number of the privileged kids get jaded. While a lot of them marry by the age of 25, your life will really begin and you might be with a different woman every weekend. You will remember this pain, this hell, and you will keep on pushing to be great.

I won't promise that you'll rival some guy in a top tier frat at a top 10 party school but it will
definitely get better for you as you keep developing yourself and truck through these circumstances.

Many of the spoiled kids will run away from the age of 25, knowing it's all hell from that point on, you will welcome the age of 25 with open arms.

The struggles you faced due to the deck life has handed you, if you truly grow from them, will make you better equip to deal with what comes when you hit the real world.

The spoiled kids who had it all handed to them, they will cry about how terrible life is after college, you will find a way to enjoy it because you're good at dealing with difficult situations since you were born in them (in b4 bane reference).

So keep your head up.

Truck through it, keep working, keep pushing, and know that it is normal for life to suck in your teens and early 20s unless you're a hot girl or from a well off family.
Hey guys. I just want to give back to this community a bit. Pretty much everything is already said, read the sidebar, lift, do what you want in life and don't be a little bitch and when things don't go your way, work harder or change approach. And hey this sub has gone to utter shit because the "alpha" guys realised it's not all about the girls and how to do cold approach. You guys are too sex depraved to realise there are more important things in life than getting a smelly pussy.

Anyways quick post. Stop trying to entertain every girl you meet. Stop trying to find the next line in your chat, stop trying to pick up the conversation after a dead silence or pause. Why do YOU have to be the entertainer and the one to keep the pace up. Let the girl do the work for once. These b are getting too adhd by the constant likes and approval of instagram and they can't even form half a sentence nowadays.

It's not your job to do that. An interesting girl will keep the convo up. An interesting girl will ask you questions too because she genuinely cares or is just a decent human being. If you go out with a b and you feel like you are doing an interview, that's because that's what's happening. It's not supposed to be like this. I get it you may not have many common points but there are so many things to talk about if you know how to converse.

I'm not going out lately a lot, I used to do that when I was younger. Now my lifestyle has almost taken care of that lol. Girls see me doing interesting shit and they hit me up and say it'd be nice to meet you. Why? Because most people are doing nothing with their lives. I see my family all glued up to a phone. Retards. Don't be like this. And if your friends are like this, change them. Go fucking monk mode until you meet new people.

This also applies to chatting. I know many of you like this way of communication and I get it. It's instant, it's fast. But it only hurts you and your perception. Be busy. Keep texting only for logistics. Don't waste all your subjects in chatting. Tell that to her in person. And you are not supposed to be a fucking shoe carpet for m'ladies. If they are boring, if they respond with an emoji or a thumbs up, don't even bother don't even tell them to fuck off. Don't even try to think of the next interesting line. Just skip this b and live your life. Let them do the work once. Don't answer. or answer with just a thumbs up or emoji. Freak her out a bit. Don't be the average fedora tipper. Have some fucking pride and respect for yourself.

And hey, I hope it's not too late when you realise that pussy doesn't even matter. Like at all. I know, you are insecure now, and some may not have sex at all but ..whatever, experience can't be transferred. I'll try to answer to any questions tomorrow. But be your best self guys. Things are very simple and we are too retarded to understand this. Do some sports, have an interesting passion and chase it, be creative and productive and you will be happy. Having a nice company and a chick that gets you is also nice. Anyways. Gl with the covid shit
In this installment of the series, I will go through:

- The 5 most toxic neurothrills we indulge in on a daily basis and what makes them particularly harmful.

- Actionable advice to help you get started.

I will try to keep this post as succinct as possible, while giving you the information you need, in order to critically analyze your daily habits, and see which activities have been promoting disordered functioning of your dopamine receptors.

If you missed Part 1 of the series, be sure to read it--http://themillennialmonk.com/dopamine-decoded-the-key-to-discipline-part-1/, to get a good basis of the theory of dopamine abuse in the modern world and its repercussions.

Without further adieu, let’s begin.

1) Porn

When it comes to the most commonly abused source of instant gratification, hardcore pornography takes the cake. Unlike certain foods or drugs, there simply isn’t a limit to how much one can consume per day. This, in conjunction with the fact that there are endless possibilities for new, novel stimuli in the form of extreme genres and fetishes, makes internet porn a slippery slope for most people. It’s not uncommon for many to progressively degenerate into more extreme forms of porn to elicit a higher dopamine response, just to get the feeling of pleasure that they felt the first time they ever watched it.

Porn also has certain physical repercussions, namely, its contribution to porn induced erectile dysfunction (PIED). Dopamine plays the role of signalling your hypothalamus to send a nerve impulse down the spinal cord towards the genitalia in order to achieve physical arousal. When one’s dopamine receptors fail to become sufficiently stimulated in response to normal sexual stimuli, he will have trouble maintaining an erection outside of the extreme forms of porn that he has progressively conditioned his brain to require.

To add to these physiological consequences of porn use, porn, or the act of spending time trying to find the perfect video eats up large portions of time that could be better spent on more beneficial activities.

Recommendation: Eliminate all forms of pornography from your everyday life.

There is no benefit to viewing pornography, even in moderation; your biology is wired to crave more extreme forms as time progresses.
2) Social Media

Social media is the king of distractions. Americans aged 18-64 who use social media say they spend about 3.2 hours per day doing so. This is an enormous chunk of the day that could, and should be used more productively. The problem with social media is that it trains you to need a small, intermittent dopamine hit multiple times an hour. Today, we are constantly checking our phones, waiting for someone to like our Instagram picture or retweet something we posted on Twitter, just to get that little surge of dopamine of someone validating our post. This obviously leads to some issues. Your ability to focus on tasks, uninterrupted, greatly diminishes due to this constant validation seeking behavior.

Not only is social media a harmful neurothrill that abuses our reward system, it also has a tendency to make you feel inferior. If you decide to keep using social media, it is imperative that you understand what its true purpose is: personal marketing. The people you follow will only post the most exciting moments that they experience, making their lives appear more thrilling than they really are. Many of us forget this and get caught up in comparing our own lives to the ones we see on social media. Realize that you are comparing yourself to a story that someone wants you to believe about them. Don’t compare your homemade sandwich to a Big Mac in a McDonald’s commercial—it may look more delicious, but in reality, it’s just a greasy sandwich.

**Recommendation: Drastically cut down your use of social media.**

Social media will waste your time, cause you to seek validation from others, worsen your ability to delay gratification, and will make you feel inferior if you don’t view it as a tool for personal marketing. Eliminate it and watch your confidence and discipline skyrocket.

The only exception for keeping a social media account is to play the game of personal marketing. Build yourself an attractive profile, then leave it up as a tool of demonstrating value. (This will be a topic for a future post.)

**Alternative: Always be social with strangers in public.**

See someone wearing a t-shirt of a band that you like? Make some small talk with them. Focus on meeting people every day and building your real life social network.

3) TV/Video Games

This dynamic duo was the bane of my teenage years—they are extremely effective at wasting your time. Netflix was always a problem for me; once I had started watching a TV show, it was extremely hard for me to stop. Plot twists, explosions, deus ex machina—all novel tactics to keep you entertained and glued to your seat for hours.

Most video games keep you occupied in the same way. What makes video games more insidious than television is the leveling system that many games have. By giving your brain the illusion of working hard towards improving your character to a certain level, it has the tendency of making you come back every day to plug in several hours to further advance your character.

**Recommendation: Always be staying busy (ABSB)**

If you are willing to give away your TV—more power to you. For most of us, however, that’s a pretty drastic measure. The best way to avoid falling into the trap of loafing on your coach all day is to
always be keeping busy with other tasks. Cultivate productive everyday habits that leave you too preoccupied to consciously turn on your TV to unwind.

**Alternative: Read a book**

In the fitness world, they have what’s called “the apple test.” If you are hungry enough to eat an apple, you are indeed hungry and have passed the test. If you are not hungry enough to eat an apple, you have failed the test—meaning you are not physically hungry, you just have a craving for the taste and comfort of food.

Similarly, I came up with something called, “the book test.” If you are looking to unwind, and the idea of reading a few pages of an interesting book doesn’t appeal to you, then you know that your mind is seeking a dopamine hit.

**4) Sugar**

Something that not many people realize is that eating sugar causes very large amounts of dopamine to be released. The fructose found in sugar bypasses our normal satiety mechanisms by promoting resistance to a hormone released by our fat cells called leptin. Leptin works to achieve homeostasis in the amount of fat that our bodies carry. The bigger our fat cells are, the more leptin they secrete, signalling the brain to eat less food. By making the brain temporarily resistant to leptin, fructose encourages fat storage.

Since there weren’t many sources of sugar in the pre-agricultural era, it makes sense that our brains evolved to reward us in the case of finding one, as it would increase our chances of survival by increasing our energy stores.

With the advent of refined sugar into our everyday lives, we have seen a growing incidence of obesity and type 2 diabetes. This all stems down to the fact that sugar acts like an addictive substance 2 by releasing large amounts of dopamine when ingested, ultimately leading to desensitization through over-consumption.

**Recommendation: Eliminate refined sugar from your diet, eat fruit in moderation.**

**5) Excessive Theorizing (Mental Masturbation)**

Many of us who have a passion for self improvement struggle with this habit. What we don’t realize is that reading post after post, book after book, is dopamine seeking behavior. Filling your head with theory—new tricks and insights—without taking the proper action to implement them is mental masturbation in its purest form. It is definitely a hard pill to swallow, but for most people, constantly reading self help material is just a sneaky way for your brain to get a dopamine hit, while the host is left with a false feeling of success and accomplishment.

Doing this wastes time and gets you nowhere fast.

Rather than going out and taking the proper actions to realize his dreams, the mental masturbator sits in isolation, reading about the experiences of others taking action, searching for the one tidbit that will bring him a quantum leap to success. It never comes.

**Recommendation: Keep a theory to action ratio of 1:5.**

Keep track of all the tangible actions you make on a daily basis that bring you closer to achieving
your personal goals from now on. Award yourself one theory reading for every five actions you take. This will keep you from falling into the trap of masking your fear of taking action with over-saturation of theory reading.

A Quick Word on Meditation

In order to ‘grease the groove’ and make the process of avoiding instant gratification activities easier, I recommend a short 10-20 minute meditation session each day.

How to:

- Sit in a comfortable position.
- Observe the breath. Is it cold as you inhale? Warm as you exhale?
- Observe the uncontrollable act that breathing is. Observe the unconscious force which compels you to breath.
- Thoughts will arise, simply realize that you are thinking and return to observing the breath.
- Do not feel anger or frustration if thoughts continue to arise incessantly. Each time you recognize that you are thinking, the frequency of thoughts decreases.

What this does is train you to be aware of when your mind tries to rationalize its desire to indulge in dopamine spiking activities.

It also makes you more aware of when your brain finds other media through which to satiate its craving for dopamine that you might not have been aware of initially.

Start with 10 minutes daily, progressively adding 30 seconds to each session each day until you reach 20 minutes.

Additional Neurothrills (For the Hardcore)

These are by no means necessary, if you refrain from the toxic five, you will be psychologically and emotionally healthier than the majority of people living in the westernized world.

Music: As a musician, I dread the idea of listening to less music, but I can’t deny the fact that the longer I abstain from listening to the music on my phone, the more amazing it sounds when I do listen to it. No need to eliminate it, but consider listening to a podcast on your way to work once in a while instead.

Warm showers: While it seems that warm showers mostly release oxytocin, myself and many others have had tremendous success with implementing cold showers.

Day dreaming/fantasizing: Meditation is a great help if you have problems with this.

Alcohol/cigarettes/marijuana: These are simply unnecessary dopaminergic vices.

Conclusion

It takes a strong mind and a boatload of self awareness to realize the vicious cycle of dopamine abuse that exists in our modern world.

The average man seeks to live in comfort, blindingly pumping his brain with dopamine daily, from
the time he wakes up to the time he goes back to bed.

He is lonely because he is too sexually depraved from pornography abuse to pursue a healthy relationship with a woman.

He places his confidence in the hands of others by relying on their validation through social media. The average man eats sugary snacks and sits happily at >20% body fat, slowly bringing his cells to exhaustion from the constant bombardment of insulin that they receive.

He will sit in front of the TV for hours, binge watching Netflix or playing video games to ‘unwind’ from his ‘hard’ day at work.

He is always looking for shortcuts, unable to muster up a shred of discipline to put in the work to escape the hell that he calls life.

He’ll never change. He’s comfortable.

**But you can.**

http://themillennialmonk.com/
As a conservative/Libertarian type, one thing that makes my fucking day is to see leftists suffer the unintended consequences of their bullshit policies. Exhibit A for today: Women have been claiming for so long that they're equal to men in every way that people are starting to believe them. They celebrated winning the right to go into combat without really thinking through what that means. Par for the course for leftists. Now they're freaking out because the military has said, "Great, so now that you're the equal of a man, you get to be eligible for the draft!"

What's especially great about this is that feminists are exposing themselves with their reactions. Many are blowing the whistle on themselves, saying "Wait, feminism isn't about equality." This is news to most everybody but us.

Also, it shoves their face into an uncomfortable fact - rights and privileges come with obligations attached. They've never understood this, but honestly, I think that this is our way out. They have to be made to realize this. Once they do, 99% of them will want to be housewives.

Elon Musk is Fucked

1298 upvotes | March 29, 2016 | by james-watson | Link | Reddit Link

https://ca.news.yahoo.com/elon-musks-divorce-could-cost-154020180.html

Summary:
He's fucked.

Body:
Elon is the ultimate beta bucks. No matter how much money he made, he just couldn't control his heavily K selected emotions. The man is a Vulcan, he just wants a chick to do her wifely duty while he makes billions. Too bad for him, that is not possible due to the laws of our universe.

Lesson Learned:
Founding a billion dollar internet Startup? No problem.
Monopolizing the Rocket industry? Fuckin joke.
Building the first luxury electric car, and revolutionizing the auto industry? Goddamn T-ball.
Finding a hoe that's loyal? IMPOSSIBLE IN THE CURRENT ITERATION OF THE PHYSICAL UNIVERSE
Join the Anti-Ban Petition and Show the Admin who Should Really Be Banned! /r/BanBanouts

1290 upvotes | September 12, 2018 | by redpillschool | Link | Reddit Link

https://www.reddit.com/r/BanBanouts/
I came here to learn how to handle women, but accidentally learned how to handle men.

1280 upvotes | August 7, 2018 | by Hencley | Link | Reddit Link

As gay as this title sounds hear me out, I came across the subreddit 3 years ago after I ended a horrible relationship of 5 years and one of you fucks DMed me telling me to check it out. Spent 3 years reading, maybe about 2 actually acting out theories I've learned. My life used to consist of constantly chasing girls to get laid after finding it much easier than before, until I realized that this was just me "acting alpha." The true satisfaction came from getting respect from men.

In my day to day life, I come across more encounters with men than women, and I started realizing that I got just as many shit tests from my guy friends/acquaintances as I did with females. I used to feel like I was "low on the food chain" in high school and college when around other guys. When I talked, they didn't care about my opinion as much as some other guys but I never really understood why. After learning red pill theory and reading a few books on this, it became much clearer.

Girls shit test you to see if you're worth their time. Guys shit test you to see if you're worth their respect.

Some examples in my life:

- I work out 6 days a week now. I have guys approach me and say something along the lines of "I thought you were supposed to be big and strong now??" My old response would have been "I'm stronger than you are!" I remember always defending myself in situations like this, and as a result the guys would smile knowing they just got under my skin in a couple seconds and have brushed me off as a guy not worth their respect. My new response: "Ha yeah it's a slow and steady process." Despite seeming like I am agreeing with them about not being big and strong, I am shutting down their accusations. I've shown them I don't care what they're opinions of me are, I'm confident in my work and progress. This earns their respect.

- I started my own business a couple years ago and quit my old job as a pharmacy technician. I made nothing the first year, but ended up making quite a lot in the second year and my small ass local city made a few stories about it in the newspaper. My old friends from high school talk about it (it's a weird business) and will say things to me such as "Uh oh aren't you too famous to be around us?" Keep in mind if my close friends give me shit I just consider it funny, sometimes you gotta give each other shit like this. However, these are male acquaintances and will often say things like this in front of women as an attempt to discredit my frame. My old response would've been along the lines of "Sorry some of us were successful in life!" I would've shown these guys and the girls with them that I clearly don't have faith in my success when a simple roast was able to upset me. My new response- "Ha yeah the news likes to make things bigger than they are."

- I bought a Corvette after saving for awhile. I've always wanted one, and found a good deal on somewhat newer one in good shape. It's kinda cool (it's a Corvette, not a Ferrari.) I've never had so many people try and "discredit" my car before. At a 4th of July party a few high school friends came up to me when I was talking to a decent looking girl. They immediately say "Tyler's (fake name, friend with pretty cool supra) car is way cooler than yours." It's funny how
in these situations girls **carefully** watch to see how you handle yourself. They view it as an old school 1v1 duel, the winner taking their frame. My old response (I never had a cool car, but if old me was in this position rather) would have been "Do you know anything about my car? Dude it's way faster than you think, you don't know cars at all." Again, this is **bad**. The girl I was talking to would've seen right through my insecurities and this guy's shit test would've essentially worked. Subconsciously, most guys want to do this to you in front of girls, it's our new age way of fighting off other mates. Now I'll just reply "Oh shit isn't that thing awesome? Jealous of him." (It really is an incredible car anyways.)

These are a few examples, but now that I am able to recognize these "shit tests" from guys I catch them almost every day in every situation **especially** in front of other girls. The funny thing is, after you hold frame in front of guys, I find that they completely switch their perspective. Instead of roasting you for working out in front of the girl you're talking to, they will immediately start asking for tips and what kind of protein you take, etc. They now seek your validation. They go from "Dude nice joggers, they sell those for men?" To "Haha just kidding man, they look super comfortable how much were they?"

I once third wheeled my friend on a Tinder date and spent a half an hour hearing him rip on me to the girl I had **literally** just met. "He barely works." "He had a one night stand with this ugly girl once." I simply brushed everything off, chuckled and acted like it didn't matter. The fucking weirdest thing is the girl started defending me to him. She would say "well is he not allowed to vacation??" As soon as this happened I knew this guy fucked up. I left with no interest in being a tool for his ego, and he texted me 2 days later saying "yeah she told me she didn't fuck on the first date so I dropped her off." His attempt to climb above my status failed, and turned her off.

It is essentially a social ladder and guys want to see where they place. After holding frame, they now seek to be close to you seeing as they now view you as higher than them on this ladder. Think of the coolest, most confident guys you know. Chances are, you could say any kind of insult to them and they wouldn't even think about it for more than a second. If I told Leonardo Dicaprio I thought his acting sucked, do you **really** think he'd defend himself to me? Of course not. Being able to hold frame in front of women can get you laid, being able to hold frame in front of men can get you respected. One is much more satisfying to me to be honest.

**Tl;Dr -** Hold frame in front of men as much as you do women. Men shit test too, and passing a guys shit test in front of a woman can get you laid as easily. 2 birds, 1 stone.
The third anniversary of me saying "fuck it, let's try TRP" has recently passed and I'm going to take the chance to condense all that's happened and I've learned and give it back to the community.

Enter me

I wasn't an outcast, permavirgin, or other incel-type. I grew up in a middle class family with a stable marriage, went to decent but not amazing public schools, had some but not overwhelmingly many friends growing up, played sports but wasn't a star, and had a string of long-term girlfriends but no wild sex life.

In short, I spent most of my life as your Standard Template Average Dude.

My peculiarity was that I always, for as long as I can remember, wanted to figure out how things worked. Even more than figuring out how to make them work for me. I was the kind of kid that gets a toy car and disassembles it to look at the bits inside, then puts it together and finally actually plays with it.

With women, I've always been the same, which would have worked great if I wasn't also hampered by hammered in notions about how a "proper" boyfriend ought to be: faithful, supportive, non-judgemental, yadda yadda yadda. Basically, women were just about the one thing about which I didn't allow myself to be inquisitive and figure out what the mechanics were.

Enter TRP

Still, in secret, I frequented vile internet forums where men were exchanging tips on how to get pussy. To give you an idea how long I've been reading this stuff, the first discussions I remember were about the soon-to-be-published The Game.

While I was reading that vile, sexist, absolutely forbidden stuff, I kept being in relationships that followed a predictable parable. Let me know if you've heard this one: boy is pretty chaddish, attracts girl, they get together, boy betafies, relationship fizzles out. Rinse and repeat. That was me.

Eventually, 3 years ago I had enough. I was no longer willing to just go through the cycle, no longer interested in another repetition, and had finally been worn down by reality enough to accept that my moral quandries were perhaps bullshit. So, on a whim, I said "fuck it, let's try TRP", which I had been reading for a while by then.

First forays into pussyland

At that point, I was a fresh college grad with a reasonable income, some adult independence, and no fucks left to give. So I tried shit.

I did not just adopt TRP as a faith-given mantra. That wasn't what I was looking for. I allowed myself to experiment with all ideas that striked me as interesting; I kept what worked, and discarded or changed what didn't. Rinse, repeat.

I made mistakes a-plenty. I got into some embarrassing situations, some stupid ones, and some crazy ones. I made a fool of myself, pissed people off, shocked friends, made others in places I never would have thought to go.

Eventually I came out the other way, and awaiting me was the wonderful nation of Pussyland.
What it's like in Pussyland

You know in Fight Club, when the narrator says that after fighting, the world gets the volume turned down? in Pussyland it's like that, except it's the search for pussy that gets the volume turned down.

To put it another way, Chad is not the guy who's worrying about pussy. Pussy comes easily, as part of your lifestyle, and it's honestly just not a big deal. Fuck one, lose one, you realize it literally doesn't matter any more than other fleeting pleasures, ie very little.

The constant, driving horniness and frustration of the Average Frustrated Chump (an old-school PUA term that I think is still very valid) just gets toned down, and you realize how many other things matter far more. In the past, I would have and did hamper other aspects of life to chase pussy; nowadays, I'd drop any given woman without a second's thought if I needed to focus on something else.

Enough with the bullshit: what I learned

Lesson 0: your journey is your journey, and will never be exactly the same as anyone else's. You must take inspiration from the stories you read, but you'll always have to find your way to apply those lessons to your life, circumstances and objectives.

This was a big one for me, because for way too long I stumbled through trying to just imitate the latest approach that caught my fancy. Eventually I learned to take an experimentalist artisan's take on it: use what worked for me the way it worked for me, even if it's different from what I had read other guys doing.

Lesson 1: flirting and sex are natural, and 90% of your job is deprogramming yourself from the bullshit ineffectual behaviors society has imprinted on you.

I was initially under the mistaken impression, reinforced by approaches that focus too much on techniques and tricks, that attracting and bedding women was a chess game in which you had to keep in mind myriad strategies and apply the right ones in sequence. It's exactly the opposite: relaxing, leaning back into the chair and letting your natural instincts take over is by far the most important skill to learn. I'd venture that at most 10%, and probably as little as 5% of game is about learning any kind of consciously applied technique.

The best way I can explain this is the following: think of eating some tasty food. Your mouth, tongue and brain know exactly what to do. You don't have to consciously think about chewing or how your tongue moves. If you did that, eating would be a terribly stressful and unsatisfying experience. It's the exact same thing with flirting and sex.

Lesson 2: it really doesn't take much effort at all to attract far more women than you can manage.

I read this helpful explainer a while ago: you have 7 nights and two days a week, assuming you work a typical day job. That's not much free time at all. If you have friends, hobbies, interests etc, your agenda will fill up fast. How much time do you want to give to women? for me it's not more than two nights a week, unless I can have easy home-delivered sex for after I've done something interesting in one of the other nights, and even then I might very likely prefer getting more rest and sleep to be more productive the next day.

How many women can you keep in that kind of rotation? 3 or 4 is plenty. So let's say you have an abysmal success rate on Tinder and get a viable match every 3 months. That means you'll fill up your roster within a year. That's with an abysmal success rate, mind you. At that point you'll have to stop getting more women because managing the turn rotation of your bitches will become more trouble
than is worth (at least in my experience, if you're happy doing that shit then more power to you).

**Lesson 3**: frame is, by far, the most attractive male characteristic.

There are really only two moments to getting a woman: the first spark of attraction that means she'll talk to you, and everything that follows, which is 100% about you holding frame. Stripped to the bare bones, there really is nothing else.

To get that first spark sure, you need to have something: looking hot helps, as does being the "type" she's currently convinced she likes, or having a witty opener, or whatever. But once you're in, once you're down talking, in one way or another it's all about frame: the quality of your jokes, your ability to vibe, your capacity to pass shit tests are all down to how solid your frame in, ie whether you are secure enough in yourself and your view of reality that you can just sit back, relax and let your natural male energy pour out and invest her.

Beyond all the abstractions and details of analysis, across all my interactions and regardless of with whom and in what circumstances they were, that is the constant I found to be completely determinant: frame and whether I was holding onto it. Nothing more. It effectively doesn't matter how similar or different you are, how your sense of humor is or if you have anything in common: no matter the status of any of these questions, if she sees you holding frame she'll hamster that she's attracted to those characteristics.

To be blunt: I've fucked an endless number of vocally feminist chicks, when I'm anything but. Of those that discovered it, not a single one was any less attracted, and all hamstered a reason for why my sexism was not the problem they would have sworn it'd be with anyone else.

**Lesson 4**: women are all horny sluts who can't control themselves

This was perhaps the hardest one to accept, because like most men I had always assumed that we are the horny gender who does stupid stuff for sex. Nope, nope, nope.

Women are *desperately* horny. They are just as horny as teenage boys, with the key difference that they're only horny for alpha dick, the most scarce commodity in the world. When they smell alpha dick, their horniness turns into a terrible unstoppable behemoth and they will make sure to get that alpha dick for themselves.

I can not overstate how desperate the average girl is for a man that is a **man**, that doesn't behave around her as if she's a capricious porcelain doll, that calls her out on her bullshit and that fully understands that she's just as interested in sex as he is, if not more. Women are used to dealing with betas all the time, and it's exhausting for them; the sheer relief at interacting with an alpha is like a glow you can see on them.

If you give a woman that experience, by the time you're into bed 95% of the job is done. For women (and I'd argue it's actually the case for men too, but that's a discussion for another time), arousal is almost only an emotional process, very little of it stems from the physical realm. If your woman is extremely into you before reaching the bed, she'll enjoy herself almost in spite of what you do. 5% at most of this process is about knowing and employing technical notions about sex; your natural behavior will be much more than enough.

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**tl;dr (though read it, I've made the effort so you can too):**

- take an experimentalist artisan's view: don't bother with following any doctrine, test shit out
and keep what works, modified from the form you found it in if necessary

- 90% of the job is not about learning techniques, it's about learning to sit back and relax and letting your natural behaviors emerge

- you're 100% vastly overestimating the amount of effort it takes to live an extremely abundant sex life

- frame is by far the most important engine of attraction and will override almost anything once a woman experiences it

- women are desperately horny for alpha dick, even more than most men are horny for pussy in general
Man tries to win his wife's love by giving her Teslas and expensive vacations. She returns the favor by - you guessed it - having an orgy with randos when he's gone.

1277 upvotes | May 15, 2018 | by needsomehelp3211 | Link | Reddit Link

Summary: You CANNOT win over a woman by giving her expensive shit, even (especially) your SO or wife. Not only is it ineffective, it will decrease her respect for you.

There's been a lot of discussion in the manosphere about value and how to demonstrate it. Many men, unfortunately, mistake what this means and what it entails. "Demonstrate value?" they ask. "Well, I'm an engineer working at Amazon making $120,000, I have super duper value right?? Now how to demonstrate it... I know, I'll buy my woman lots of things so she knows I have value and I love her."

Stop.
Wrong.

Do not pass go, do not collect $200 (in fact you'll be losing a lot more than that in child support payments soon). It is true that money does make a woman more likely to sleep with a man, but if you want any respect or actual attraction from her, you have to demonstrate it in ways that shows your value is for YOU. Not her. You.

Think I'm joking around? Read what happens to the guy who didn't learn this lesson. Full thread here.

Fair warning, the original post is pretty long:

Ten years ago I thought I had the perfect life. Upper six-figure job, beautiful wife, clean house, two new cars, and a child on the way. My job made me happy and I was good at it, and the stability was great. My wife loved me for me and ignored my flaws as I tried to perfect them. In return, I adored her and we seemed to be the perfect couple. People would always compliment us, and talk about how envious they were of our relationship and everything.

It kept getting better. I kept getting promotions, the kids (now 3) were born, and we eventually moved from an ordinary house to an incredibly nice one. My wife was doing very well in her career (optometrist), and we took fun vacations every year. Again, I thought I had it made.

I don't know how this would have prompted it, but in early 2015, I bought her a Tesla, for her birthday. She hadn't gotten a new car since 2008, and I kept getting new cars, therefore I surprised her. She loved it, loved me, and I remember spending that entire day just taking rides in it and figuring out how all of the gadgets and icons worked.

It was complete downhill from there. I don't know how that would have triggered anything, but in the months following, she became increasingly distant from not only me, but our children. My oldest (10, F) in particular, felt hurt by this and would often try to ensue conversations with her mother, in order to get her talking. Some days this would work and she would be pleasant, others it would have the opposite effect.
The first time I suspected that I was no longer her man of choice was in July 2016 when I noticed she was no longer going to yoga classes, but telling me she was. We were on the same phone plan, and part of that plan was we could see our locations of our phones. I was routinely browsing the app one day, and noticed she appeared to be at someone's house. Since she had been irrationally angry that day prior to leaving, I didn't question her about it when she got home from "yoga." Instead, I chose to closely observe where she went during her "yoga" times. It would always seem to end up at the same house - a well-off neighborhood (probably a step above ours) a little north of town.

I was getting ready to confront her when I noticed that she had been returning to yoga again. During this period, she became incredibly distant, and hormonal. My entire family had noticed this behavior going on for over a year now, but I had had enough. I sat her down, and asked her what was going on. She gave me the cold shoulder, and when I questioned her about the yoga locations, she accused me of stalking, invading privacy, and being a "grade-A dick."

That's when I asked her: "are you cheating on me?" Of course, the answer was no. What followed in the weeks to come was distrust, hatred, and plain anger towards me. It was clear she knew I had caught on, and was now trying to play the "I-can't-believe-you'd-think-this" victim card. But I knew. I saw through it all.

When she finally admitted she had seen and slept with another man, that's when I made my mistake. I forgave her. She told me she loved me, she loved our family, and in that moment, I believed her. I thought she could change. I was wrong.

We tried marriage therapy. We tried taking adult days. It seemed to work. We were happy, and she was genuinely having fun and it seemed like I had the old her back. I was relieved, this allowed me to pour more time into my kids and my work, and have less stress overall.

My business trip to San Diego (I live on the East Coast, USA) was cut short when my colleague fell ill, and our clients insisted that we reschedule. It was a hassle, but I we caught the next flight out, and returned home.

I'm not sure why I didn't tell her I was coming home, but I just didn't. Maybe I wanted it to be a surprise? The only surprise I received when I pulled into the driveway was seeing a Ford SUV in my garage, and finding not one, but TWO men in my bed. With my wife.

This all happened yesterday. I'm finally putting it into words. My wife started babbling when it happened, desperately trying to explain. I heard none of it. I walked out of my room, went to the basement, and poured myself a drink. I could hear the men upstairs leaving, and when I returned upstairs, it was my wife sitting there, clothed, with a sad smile on her face.

She started talking, but I wouldn't have it. I told her to get out. I told her to get out of my house. I informed her that I'd get her stuff to her by the end of the week. She tried to pull the
"what-about-the-kids" bullshit, but I was just done. I'm sad, but not for her. I'm sad for my kids, and I'm sad for whatever poor soul she meets next.

I will fight hard for my kids, but my biggest fear is losing them. I know the court will rule incredibly in favor of mothers. I hope they realize that I've spent the last three years doing my best to mend a broken marriage for my family, and nothing has worked.

Let's dissect this from a RedPill perspective.

1) Upper six figure job, which means basically millionaire. Someone may look at this and think that alone means this guy's the ultimate alpha male. Well... turns out that isn't the case. Money means nothing if you're an orbiter and provider at heart. It just makes you a fatter golden goose in the eyes of your woman.

2) Bought her a Tesla as a surprise (ie spent >$100,000 grand). Gentlemen, this kind of gift giving does not have the effect you think it will have. It doesn't bring her closer to you or cement your love, it actually diminishes her attraction. Women are binary. There are men who make their panties tingle, and men who make their purses tingle. You CANNOT be both, even though it's a nice pie-in-the-sky dream to be that perfect man. OP found out the hard way. The Tesla just hammered in his status as a subservient provider.

3) "Couples' therapy". Honestly, by the time you even get to the point where someone utters these words, the war is lost. First of all most therapists are women and will be actively sabotaging the therapy sessions. Secondly therapy is just talking. And if there's one thing that dries up a woman's vagina faster than a gob of spit in the Sahara, it's a man trying to beg and "discuss" his way into her heart. You cannot negotiate attraction.

The way to show value through money is to spend it on yourself. Buy yourself some dope shit show it off. By a Tesla for you. Wear the most expensive brands if you feel like it. But above all else, make sure she gets the point that you're doing it selfishly and that she has to earn every penny you bestow upon her.

**TL;DR: Demonstrating value does not mean showering somebody with gifts and attention. It means showering YOURSELF with gifts and attention and showing that you're #1.**
Amy Schumer admits to raping a guy, feminists support her, /r/askfeminists decide the guy raped her...

1275 upvotes | May 29, 2015 | by redpillschool | Link | Reddit Link

Generally I try to avoid the outrage porn, but this one is too good to pass up.

Amy Schumer apparently gives a speech where she admits to raping a drunk guy, continuing sexual acts despite the fact that he's intoxicated and occasionally falls asleep.

A detailed article is found here.

Well, in case you were asleep over the past few years (and subsequently raped by Amy Schumer), the latest feminist push has obviously been expanding the borders of the term "rape." One such frontier has been deciding that drunk sex is rape- or to clarify, somebody who is intoxicated cannot give consent, therefore having sex with somebody intoxicated is rape.

Now, putting aside the fact that this opens the door for two drunk people to simultaneously rape each other consensually, it's obvious in this case as one party is intoxicated and the other is sober that only one of them can consent. Hint: it's the sober person. She has 100% control of whether she enters the room.

Nevertheless, /r/askfeminists decides that maybe it's not rape- and some even go so far to argue that she didn't enjoy it so he probably raped her since "he was the aggressor."

Now let's just look at the details: if a 12 year old girl came on to a 18 year old guy, he has a responsibility to say no because she's too young to consent. It doesn't matter if she puts herself onto him, he needs to leave the scenario. It doesn't matter that she was the aggressor, she was somebody who lacked the ability to consent to sex.

If a drunk guy comes onto a girl, she has the responsibility to say no. It doesn't matter that he was the aggressor, he was somebody who lacked the ability to consent to sex.

Well... if you accept the nonsense definitions that feminists bring forward.

Is anybody surprised another feminist ideal is inconsistent with itself?

The answer, of course, is never be alone with a woman. They represent a legal liability in any and every scenario.

That's not really realistic advice, and I personally enjoy being around women. But at least you've been warned.
Johnny Depp's now ex-wife Amber Heard was arrested for domestic violence in 2009

1273 upvotes | June 7, 2016 | by Casanova-Quinn | Link | Reddit Link

Surprise, surprise.

It's now come out that Amber Heard was arrested for domestic violence against her ex girlfriend Tasya Van Ree.

Article:

I'm sure the feminists will defend her with the typical "she's a different person now, the past is the past".

A few new interesting facts:

1. Heard and Van Ree considered themselves married. They had a private ceremony in 2011 in New York, when same-sex marriage was legalized there but did not make it legally official.
2. Heard was still in a "continued friendship" with her ex while married to Depp.

My analysis so far: Heard was cheating on Depp with her ex lover, and is using her domestic violence claim against Depp to make herself look better.
After the death of my child and girlfriend, improvement is all I've got left.

I've written and erased this submission more times than I can count. These words aren't easy to get out, but maybe I can help someone here who feels hopeless.

Four years ago, before I found the Manosphere and TRP, I starting dating a girl I had pedestalized into someone far beyond what a drug abusing, alcoholic, cheating girl could ever be. For two years she slowly got better, she started to become the perfect person I thought she was. Then she got pregnant. We fought so much about what to do about it, but I pushed her into an abortion as we were both young and the time wasn't right. She wasn't ready for that decision.

Turns out, like anyone with a serious chemical dependency will do after trauma, she relapsed. She killed herself and I found her cold body on the floor. Prescription pills can destroy your mind and body when you take everything you can find at once. As much as I'd like to remember her smiling and laughing, I dream of her cold hands and twisted face.

I took two lives that year, and I planned on a third: my own. I got so far as to get drunk and stick a gun against the roof of my mouth. I cried like a little girl, it was the lowest I've ever felt. And yet.. I didn't because I couldn't hurt anyone else. I didn't want them to go through what I did when she died. She wasn't perfect, and she hit almost every red flag in the archive. But she was mine, and I loved her as much as any blue pill guy would.

I found TRP and without gaming women (I'm still not ready for that, BP or not I don't care) I started improving my life. If I was going to be an empty shell of a man, I'd at least have fun doing it. I picked up hobbies like woodworking and automotive maintenance. I doubled down on past hobbies I'd neglected, like snowboarding and going out with my buddies. The nightmares don't end, but the days started to become bearable.

I wrote this because I'm seeing a trend of depressed guys asking what to do next, or if life is really worth it. I can't answer that, but I do know that if I can hold the guilt inside and still be a pretty okay dude, so can you. Don't end your life over whatever petty reasons you see. Find help. See a counselor, try medication, (at least until you've worked out your problems) and start seeing some buddies. Make friends, find hobbies, and start to really enjoy your life. Lift hard and see what you look like with abs. Go back to school for something you've always wanted to try. Volunteer at a homeless shelter. Do anything. Just start to do, something.

We talk about gaming women a lot, but by being on this sub, you have an advantage that most don't. You have an opportunity to find a mission in life and really live your fucking life.

Don't waste that chance on suicide. When you've hit rock bottom, you can't sink any lower.

Edit: I had originally written this to help others and show that we all have different struggles: don't fucking kill yourself over something dumb.

But the community outreach has been great and things like this make me grateful to have found TRP. Thanks guys.
The game disappears once you realize the truth. YOU, the real man, the man's man (even if you are still a boy on your way to manhood), are a fucking SCARCE commodity on the sexual market. Today's women are utterly deprived because there's absolutely no good husband material out there. All the women in my age group that I know--or women my LTR knows and tells me about--are either single and frustrated, or unsatisfied in their relationship. There are virtually no authentic alpha males out there. Women today are forced to choose between pussy boys and retards.

In today's world it takes next to nothing to "be alpha," because everyone out there is so fucking beta. The only "men," who appear alpha (outside of communities like this) are idiots who don't know any better.

The so-called natural alpha is just an inconsiderate prick who lacks any empathy or ability to conceptualize beyond the edge of his dick. The only thoughts that come to his head are "Me horny! Me go fuck girls now," and then he does it. And then he appears alpha... he appears to be a decisive man. But his problem is that he acts without thinking.

In the end, he frustrates women because they can't form an emotional connection with him. So they have their BB orbiters for that. But these guys, on the other hand, are totally incapable of making decisions, setting boundaries, and so on because they're over analyzing. They overly empathize with others, especially women. Their problem is that they think too much and don't act enough--or decisively enough.

So then comes along a red pill dude in his mid to late twenties who was a nerd in high school and has since been working on himself. This dude is obviously rationally intelligent. He's also developed emotional intelligence, dominance, self-respect, decisiveness, personal integrity and so on. He has a tight body because he works out. He's developed a sense of style. He's very aware about the world and the social game. And if he's not making a shit ton of money already, odds are very good that he will within a decade or less.

This man is you. Whether he's you now or you in a couple of years doesn't really matter. What matters is that he's the holy grail in terms of SMV. When he walks by female heads turn. When he looks and smiles in her direction her panties get wet. When he talks to her she's in awe because... He's not even gaming her. He's not using any tricks. He just has natural confidence he gained from thinking about the world AND acting in it.

If he gets into a LTR it's because HE wanted to. And if the LTR ends it's because HE wanted that too. Dread game for him isn't even a game. He doesn't even have to do anything because his GF/Wife knows that he can get chics at the drop of a hat. And so she works her ass off to keep him happy.

On the sexual market place HBs are a dime a dozen. They comprise at least 15-20% of women. There's probably about the same amount of dumb alphas, the so-called naturals. But there's probably less than one half of one percent of guys like you. And there's absolutely zero female counter parts to you. There's no such thing as a self-made woman.

So, once you start putting in the bare minimum amount of effort working on yourself you'll see how
quickly attractive women just naturally come into your life. Women start opening you. They start openly asking you for direction. They get shy around you. They don't know what to say. They want to be yours and have absolutely no way of making it so.... unless you choose them.

Fuck game. Just talk to women and choose among them. Let it be known, in your own natural way, that you have options. And you always have options, because you love being by yourself. You love yourself and your alone time more than you love women because that's the time that you're getting shit done. When you're building your kingdom.

Women are just a place for you to rest when you get tired (which you can do by yourself just as well). And if they want, they can support you in your conquest and creation. But they better be fucking damn good at both things if they want to stick around.

So more than fuck game, FUCK this idea that you're not a natural alpha. You, the intelligent alpha, ARE THE REAL FUCKING THING. The idiot who seems alpha because every intelligent dude got pussy whipped by the system ISN'T. I hear this idea propagated over and over in the comments... that women hate RP because they don't want to accidentally stumble into a false alpha...

WTF kind of mentality is that? Is that really what you're aiming for? You just want to learn a bunch of tricks? You want to be a second rate imitation?

YOU are the real thing. At the very worst, you are the real thing in a larval stage. Just give yourself some time to mature.

Oh yeah, and WORK YOUR ASS OFF. Not for pussy. Not on your "game". Not because you want to "be alpha". Work because you fucken love yourself, you love life, and you're worth something more than what you have now.

Much love brothers. Have fun crushing it.
Guide for weight loss

1267 upvotes | May 1, 2018 | by Zahlix | Link | Reddit Link

Background:
This first section can be skipped but is included so you know that I actually know what I am talking about. This is not some guy who lost a couple of pounds or read some fitness blogs about weight loss. Everyone knows the BMI scale:

- <18.5 = Underweight
- 18.5 - 25 = Normal weight
- >25 = Overweight

What most people don't know is that there are further categories for being overweight:

- 25 - 30 = Overweight
- 30 - 35 = Obese Class I (Moderately obese)
- 35 - 40 = Obese Class II (Severely obese)
- >40 = Obese Class III (Very severely obese)

I was at a BMI of 47. Following the logic of the system above, they would have to invent an additional 45-50 category to file me under. I was fucked far worse than 99 % of you people reading this. Ironically, I have a degree in food technology and should have put my knowledge to better use at the time. Hindsight is always 20:20.

It took me almost 2 years to lose approx. 200 lbs. I lost all that weight through discipline and self control. No gastric bypass, pills or "other remedies". Since then I've had 3 surgeries to remove excess skin. As a side gig I started coaching other "hopeless cases" how to lose weight.

If you feel like you need a coach after reading this post, hit me up via PM.

Intro:
Invest the next 15 minutes into reading and understanding what I am writing here and you will be in control of your body weight for the rest of your entire life.

Weight loss is very much like TRP. The underlying mechanics are dead simple but often covered under layers of bullshit that society has taught you. Weight loss is all about understanding the rules of the system and then creating an approach suitable for your life that guarantees success without getting distracted by minor details.

In this post I will cover the following areas:

- Calories
- Macro nutrients
- Micro nutrients
- The mechanics of weight loss
- How to create a deficit
- On exercising
- On plateaus
Dietary restrictions
- Recommended macro splits
- Myths, broscience and snakeoil
- Final words of wisdom

**Calories:**
A calorie is a measurement of energy. It is the amount of energy that is needed to heat up 1 g of water by 1 °C (from 19.5 to 20.5 °C). Almost all food will be labeled with kcal. 1 kcal = 1000 calories. It is basically an outdated unit for Joule. Just like degrees Fahrenheit or inches and feet, the unit is stubborn to replace.

For the sake of an easy approach we will do what society does and stick to calories in this post. We will also call 1 kcal a calorie.

Like a car, your body needs fuel. That fuel comes in the form of calories. Food = Fuel.

**Macro nutrients:**
Calories can be consumed via the 3 sources:

- Protein = 4 kcal/g
- Carbohydrates = 4 kcal/g
- Fat = 9 kcal/g

There is also 1 additional source I like to label "moron calorie" as it is the most pointless of all:

- Alcohol = 7 kcal/g

This will be covered under the dietary restrictions section as well but I want to make sure that people understand that the 3 main sources (protein, carbohydrates, fat) are all relevant and trying to cut out any single one of those three is not a good long term strategy. If possible you should always aim for a balanced mix of the three. Alcohol is pretty much useless and should be avoided if possible.

**Micro nutrients:**
This section will simply be ignored for the sake of complexity and usefulness. There are a million supplement companies out there trying to sell you snakeoil pills. They will claim to

- “raise your metabolism”
- “make your fat burn faster”
- “keep you healthy” (whatever that is supposed to mean)

Our goal here is weight loss. Eat plenty of veggies and some fruits and you are good to go. Trying optimize micro nutrients during weight loss is like trying to paint the sails of a boat that is currently drowning. You are wasting time and energy on something that will not help you achieve your goal.

**The mechanics of weight loss:**
Society convinced you that you are some special snowflake but that is a lie. Your body is a stupid meat machine and it runs on fuel. People are not born with all sorts of different metabolisms (the shitty genetics died thousands of years ago, the human body is quite efficient).

Your body burns a certain amount of calories every day. And you are feeding it a certain amount of
calories every day.

Picture it like a water reservoir with water coming in at the top and water flowing out at the bottom. The water flowing out at the bottom is the energy it takes you to be alive, walk around and breathe. The water coming in at the top represents what you are eating.

If there is more water coming in that flowing out – the reservoir get heavier (you gain weight)
If there is less water coming in that flowing out – the reservoir gets lighter (you lose weight)
If there is an equivalent amount of water coming in and flowing out – the reservoir stays the same (maintenance of weight)

This is basically it. That is the entire secret of weight loss: **THE GOLDEN RULE**

This is the one and only rule that has to be obeyed at all cost. You can do pretty much anything you want during weight loss except break the system described above.

If you keep track of everything (literally everything!) you eat it is pretty straight forward to know how much went in. Now comes the tricky part. How much went out and how much has to go out in order to lose how much weight?

In order to lose 1 kg of weight (water, fat and muscle) you will have to create a deficit of 7000 kcal. It does not matter how long it takes you to create this 7000 kcal deficit. If it takes you 2 weeks you will have lost 1 kg during those 2 weeks. If it takes you a year, you will have lost 1 kg during that year. The speed if up to you.

To find out how much energy your body is burning you will use this calculator, enter your data, press the calculate button and note down your sedentary TDEE.

What does TDEE stand for? It means total daily energy expenditure and means the amount of energy it takes for you to be alive on a normal day (just walking around, standing, sitting, breathing and masturbating to transsexual midget porn).

**How to create a deficit:**

Summary of what we have learned so far in the previous section:

- 7000 kcal deficit = 1 kg of weight lost
- Counting your calories to know how much goes in
- Calculating your TDEE to know how much goes out

Putting it all together:

Let's say your TDEE is 2500 kcal/day and you are willing to eat 500 kcal less than that; you would lose 2 kg/month (28 days * 500 kcal = 14000 kcal deficit = 2 kg lost). This may not sound like a whole lot but do this for a year and you will lose 24 kg (thats 52.8 freedom units!).

Over time you will have to recalculate your TDEE (I recommend maybe one a month). Because you keep losing weight, you are carrying around less weight with you and in turn you need less energy to go through the day.

The best rule is to start cooking your own food so you have complete control over your caloric intake. Only put food in your mouth once you have logged it. If you haven't logged it, don't eat it. If you are not sure how many calories it has – don't eat it.

Weigh yourself naked daily in the morning after hitting the toilet. Not your weight down in a excel sheet. Because your weight will always fluctuate it is better to see a long term trend than simply
comparing your weight today, to the weight of yesterday. If you are losing 2 kg in a month, that means drinking 1 Liter of water before weighing yourself can make it look like there wasn't any progress for 2 weeks.

Rule of thumb:
Guys: do not eat less than 1600 kcal/day for extended periods of times
Girls: do not eat less than 1200 kcal/day for extended periods of times

**On exercising:**

Do not add the calories you’ve burnt while exercising to your TDEE. People heavily overestimate how much they exercise and underestimate how much they ate. Treat working out as a bonus and leave it at that.

Weight loss is about 90 % diet (if not more). You could literally sit around the house all day and lose weight. You will always lose weight in the form of water, fat and muscle. If you want to reduce the loss of muscle mass you should will have to start doing resistance training. Don’t expect to build amazing muscles during your weight loss. You might make some noob gains but that is about it. Your body is already in a deficit (crisis mode) so it won’t spend precious resources on building additional muscles, it is going to be busy as hell maintaining what few muscles you’ve got.

**On plateaus:**

They happen for several reasons:

- you calculated your TDEE wrong - double check it
- you added exercise calories to your TDEE - I told you that you shouldn't
- you just guessed the calories of food or didn't log everything - obvious fix

Sometimes you hit a plateau despite doing everything right. It happened to me once for almost 3 weeks. Nothing happened on the scale. I double and triple checked everything - I did everything right. Then one night I have to get up 4 times to take a leak and the next day I am almost 3.5 kg lighter. Plateau shattered in one night.

I read a couple of studies on the phenomenon and they found that this regularly happens with people losing a lot of weight and then suddenly (often after a big meal) they drop a serious amount of water weight. The theory behind it was that the fat cells are emptied by the body and filled with water in case the body wants to quickly restock the fat cells. A big meal comes and the body thinks it has a caloric surplus, empties out the water but ends up in a caloric deficit again. The fat cells are not filled with water again and stay empty. Theory sounded nice but currently there is no confirmed explanation for these kinds of plateaus. This phenomenon later got hijacked by the HAES movement and fat activists to prove that if you eat to little you will stop losing weight. They obviously never read the study because it clearly contradicts everything they stand for.

**Dietary restrictions:**

Every couple of years we get a new dietary trend. For example: in the 90s everyone was afraid of fat because “fat makes you fat”. Then we found out that fat is actually very healthy and the body needs it for cell regeneration and hormone production. Currently carbohydrates are considered bad so people went from being afraid of fats to being afraid of carbohydrates. The following list contains the food trends that are (currently) all the rage:
- Keto (I will get a whole lot of shit from TRP for messing with our poster child diet system!)
- Paleo
- Low carb / No carb (these are closely tied to paleo)
- Eating clean (get someone to try and define what that is and see how it is a load of BS)
- Intermittent fasting (another TRP favourite!)
- Gluten free (pointless unless you are literally – diagnosed – to be allergic)
- No processed foods
- BARF (bones and raw flesh – just kidding, that is a dietary form for dogs. But you never know)

You will be able to lose weight with any of the above systems (even BARF!) but not because that system has any particular advantage over any of the others but because you accidentally followed the golden rule of weight loss. We think back to the section “The mechanics of weight loss” further up this post. In order to lose weight you will have to consume fewer calories than you are burning. That is the one and only rule that you need to follow to lose weight.

You can practice any of the dietary restrictions above and not lose a single gram if you are breaking the golden rule. You can however ignore every single one of those dietary restrictions and lose weight with ease by following the golden rule.

Think of the caloric deficit that you need to create as a distance that you need to travel. Your daily deficit is your speed of motion. The dietary restrictions above are the brand of cars that you can use to get from point A to B. The kind of car does not matter to get from point A to B. You can stand still in a Porsche and be faster crawling backwards on your hands and feet.

If you find it easier to stay within your daily calories by following any of those dietary restrictions feel free to do so. Just know that cutting out carbs will not make you lose weight, creating a caloric deficit alone will do that.

Often times people crash their diets because the dietary restriction they picked is too restrictive. A person that loves dark chocolate and pasta dishes will be miserable on a keto diet. A baker trying to lose weight will be miserable on a gluten free diet. For most people, eating in moderation will not only be the system most easy to sustain. It will also be the system that teaches them the most about making their own food and utilizing that knowledge for the rest of their life.

Regardless of dietary system I stand by my advice to reduce alcohol at all costs. It is utterly pointless to say the least.

**Recommended macro splits:**

I recommend getting your calories in check as #1 priority. If you have successfully logged your calories for a month and feel comfortable taking the next step you can look into optimizing how you are dividing your daily calories into the three macro nutrients.

- Eat 1.6 g protein per kg body weight (any more than that is proven to be pointless)
- Go for at least 50 g of fats a day to be safe
- The remaining calories you can consume in the form of carbohydrates

It does not matter if you are just 80% right with this, the daily calories are more important. But don’t make the mistake of going extended periods of time without any fat or protein (I had a minor hair shedding crisis during my weight loss because of that!)

**Myths, broscience and snakeoil:**
This is the section where I bitch and moan about shit that people say

- starvation mode is a lie – you will not hold onto your calories more if you eat less
- metabolisms do not come in all shapes and sizes
- you are not big boned
- women do not like dad bods
- being under 20 % bodyfat is not risky
- eating windows are technically pointless but OK if it makes it easier for you
- eating clean is BS
- organic is BS
- non processed is BS
- raw is BS
- just about all supplements are BS if you eat veggies and fruits
- Omega 3 / Fish oil is an OK supplement if you don’t eat a lot of fish
- detox anything is BS
- cleansing products are BS

Also those zero drinks are fucking amazing, got me over a couple of bad craving periods for sugary bullshit. Inb4 aspartame is dangerous: source needed, I work in food tech and search far and wide without finding a single compelling health related argument. You literally do not digest it. It just passes through you (making the entire worlds water supply slightly sweeter over time).

**Final words of wisdom:**

It takes about 2 months of iron discipline to set up this system for yourself and force yourself to count all your calories. After it has become your routine, you will get bored a little because it literally becomes a waiting game. You are just getting thinner and thinner. People will lose their minds thinking that you are some insane genius and it is literally just Tuesday for you with nothing special happening.

Recomendet subreddits:

- loseit
- fatlogic
- fitness
- mealprepping
- eatcheapandhealthy

Losing weight has been the single greatest decision of my life. It took me over 3 years and 3 surgeries to get where I am today. If I where to be send back in time to the day before I started this journey. I’d do it all again in heartbeat – my life has never been better
Feminist journalist decides to lives as a man for 18 months, discovers that men’s lives are just as hard as women’s

1263 upvotes | August 12, 2015 | by [deleted] | Link | Reddit Link

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E: Didn't noticed this was posted before. Still valuable though.

**TL;dr**

Lesbian and feminist journalist Norah Vincent lives as a man for 18 months. Finds out women are more privileged than men. Also, red pill truths galore.

**Body**

**Video**

Norah Vincent is a lesbian and feminist journalist writing columns for the LA Times and The Village Voice among others. As social experiments she decides to live as a man for 18 months. She becomes her male alter ego, Ned Vincent. Her motives are as followed:

I wanted to enter male spheres of interest and see how men were with each other. I want to be friends with men and I want to know how male friendships work from the inside out.

So she joined a male bowling team, a sport she totally sucked in. How did the men react? Responding to the question why “they didn’t run her out of town”:

It is the most amazing thing because that shows the generosity that they have.

To her surprise, they accepted her, they didn’t mock her at all.

The handshake was unbelievable, it blew me away the first time I shook hands with a guy, a strange guy. It is strange because you think of women “We are so nice, we are so easy, men are so mean.... complete opposite. [...] They just took me in, no questions asked.

So she develops friendships with these men. At some point she decided to reveal herself to be a woman to her closest friend in the bowling group, later the rest of the group. Guess what? They accepted it and took it well. However, looking back they could tell she was different from the other men.

They showed me up as really being the one who was really judgmental because they are the ones who took me in, not knowing anything about me. They are the ones who made me their friend, no judgments attached.

After the reveal, Norah and the friend became closer and the friend became way more open about emotions, something uncommon among men, according to Norah.

There is a tremendous potential for tenderness among men and I am not sure if that is always realized and it is terribly sad.

So far she found out that men, in comparison to women, are less judgmental but also less tender (say, stoic) to each other. How about sexuality? Before the reveal, she also visited a couple of strip clubs. This is where the interesting part comes in.

I really ranced smacked against the difference between male and female sexuality.
sexuality is mental and male sexuality is a bodily function, it is a necessity. You just HAVE to do it.

Another interesting quote, on the lack of intimacy in strip clubs

I saw the men there, I saw their looks on their faces, I saw them sitting alone, sitting there burbling. This is not about appreciation of women, it is not about appreciation of their own sexuality. It is about an urge and that is not always that pleasurable.

Men have had the tears and emotional expression sort of pounded out of them from an early age. By the time they are men they don’t even have the vocabulary anymore or the emotional awareness to really say what they are feeling.

Norah says she was never, ever, aroused when going to the strip club. Her sexuality is mental, men’s is not.

It is a drive. Because we do not have testosterone in our system, we do not understand how hard it is.

A man can get intimacy by approaching women outside the strip club and develop a relationship, possibly. Some of Norah’s comments on this.

In [approaching], women have all the power. We just sit there and with one word, “No”, we crush someone. The thing is we don’t have to do the part where you go across the room and you go up to a stranger and say the first words. Those first words are so hard to say without sounding like a cheeseball, jerk or whatever else.

She even managed to get some dates (30!) dressed as Ned. On the question if she had ever fun during those dates, she answers she rarely had any fun. Instead, she felt the pressure to prove herself. She was shocked that women had no interest in soft men. Her prejudice was that the ideal man is a woman in a man’s body. She found out women want manly men. Funny thing is that after she revealed her true identity during the date, some women still wanted to pursue the relationship because “they connected”.

So she even goes to some sort of men camp (see video) and eventually just snaps. She checked into a hospital with severe depression to not being able to play the role as Ned anymore. Her views on men changed forever:

Men are suffering. They have different problems than women have but they do not have it better. They need our sympathy, they need our love and they need each other more than anything else. They need to be together.

I am so much closer to myself. I really like me and I really like being a woman. [...] I think it is more of a privilege.

I focused on certain points. If you have interest in knowing more about the experiment, you can buy her book on it here.

Lessons learned (according to Norah Vincent)

*Men are less judgmental but also less tender among eachother.

*Male and female sexuality is radically different. Male’s is a bodily function, female’s is mental.
*Within the dating scene, the man’s role is much, MUCH, tougher than the woman’s.
*Also, women want manly men, not feminine ones
*Men suffering just as much as women are

E2: People are commenting on the fact that this post points out that men's lifes are as hard as women's but in fact men's are harder. I state Norah's opinions on this in this post, not my own.
Girls are attracted to a level of muscularity that is easy to attain and sustain. Lift.

1263 upvotes | April 16, 2017 | by [deleted] | Link | Reddit Link

Wanna know what every other side chick tells me after a couple fucks? "You are the most muscular man I have ever dated." That's a verbatim quote from a fit 27-year-old the other week who works out regularly. And guys, I'm not big. 5'11" and low 160s. BF 11-12%. A newbie could reach my muscle mass in one year. I'm more into cardio, but do supplementary lifting to maintain my moderately lean, modestly muscular frame.

Here's the thing: girls have low standards today because men are shit today. Yes, women have this entitled attitude bullshit going on, but that's 99% toward blue pill cucks, which is their new normal. Stand out by not being a scrawny stick or a fluffy fatty—again, attainable through just a few short months of proper dieting and lifting—and suddenly you're this rare gem. That entitlement bullshit shatters the second she enters your frame, because she isn't used to being in someone else's frame, and it turns her the fuck on even though she can't quite understand why.

Walk into a club or bar or even down the street in a slim, dark polo or tee with defined muscles and girls will be looking you up and down all night, I guarantee it (unless your face is a deal breaker. Sorry, fam). She likes what she sees, and she's gonna wanna see the rest. It gives you a passive confidence and it boosts her first-glance attraction, which combined make the initial approach significantly easier and the escalation of sexual tension more effective—and with higher success rates to boot.

Best of all, it's fucking simple: Lots of protein. Minimize liquid and processed carbs. Lift 3-6 days per week if bulking (and 200-300 caloric surplus) or 2-4 days lifting with cardio every other day if cutting (and a 300-500 caloric deficit). Cop a program or workout ideas from YouTube. You don't need to be in the gym for more than an hour if you don't want to, just give it 100% while you're there. Once it becomes ingrained as a habit, the effort and time required actually feels extremely minimal. It does not negatively interfere with anything. Just start, and then be consistent.

The rewards are astronomical and reach far beyond fucking women. It will help your career, your daily happiness, etc. The ROI is always, always worth it. You can't lose. So why even hesitate?

Best of luck, gents.
Today I saw first hand how chicks use guys like an ATM's

1261 upvotes | March 20, 2017 | by esirnus18 | Link | Reddit Link

I've been on the pill for little over six months now and I agree with like 80% of things on here. After today maybe that number went up to like 95%. Just usual Sunday afternoon and I decided to go for couple of drinks to my local trendy watering hole where all the action is. Surprise surprise, after only 5 minutes or so some HB8 sits down next to me and starts being friendly with me. She commented on my choice of beer which was a really strong imperial stout like 9% avb, and how she likes it so much and haven't had one in a long time. Now few months back my old blue pill self wouldn't think twice, and just bought the beer to the smiling lady. Not this time, after spending some time on TRP I immediately noticed red flags popping left and right.

1. Her toes were pointed directly at the bar, even though she was turned towards me.
2. She was looking through her phone the entire time.
3. Her dialog was strangely prepared like she answered in these short bursts of information, all without eye contact.

After noticing all of that I quickly tried a simple test. I told her that if she likes that beer so much, she should get herself a pint. To witch she just looked at me and said " Sure I'll just have to visit bathroom really quick'

Boy oh boy was I right about this chick. After the bathroom break she never returned to the same spot, instead she stopped just on the opposite side of bar where group of "Dad Bod" overweight betas were munching on French fries and sipping beer. Soon enough they started pouring her beers and buying her shots. I've never seen such a desperate bunch of idiots in my entire life, they were fighting for her attention like a group of rescued puppies most of them had wedding bands on their fingers. This went on for another hour or so , I'm sure the collective bar tab was running in the high 100's and half of this was just this chick.

Minutes later she picked up a phone call said something to the tune of: she'll be right back. I saw her skipping the bathroom and exiting through the back door. I moved my way around the bar so I can have a peak on the parking lot, sure enough the "ill be right back lady" jumped into a black Ford Mustang filled already with some girls in the back and driven buy some dude with really muscular forearm.

Another bullet dodged and lesson learned my friends. Do not be the "Free Drink Fountain" for these hoes. She was probably going to a party and needed pre fix to lighten the mood.

I just cannot believe that only few years ago I was one of those poor suckers. Even worse I used to thought half way through it that I must be doing really great cause she accepted another drink.

EDIT: Guys I didn't expect this will blow up so much but thanks for all the messages. This shit really did happen and exactly like I described. The place was build in a Oktoberfest German beer garden style it's in Florida so lots of open space see thru walls and this sort of thing. I really didn't need do James Bond spy shit to fallow the situation.
I punched a girl right in the mouth once.

Long story short, she was convinced she was the greatest martial-arts trained badass that any of us poor scrubs had ever seen, and she quite insisted on starting a sparring match with me. Wouldn't take no for an answer. Okay, whatever.

First gentle lob I threw, easy, relaxed, telegraphed to hell... pow, canvas.

I was surprised as hell. Expected her to parry it easily.

And there she sat holding her face in her hands, looking for all the world as if she was waiting for everyone to flutter around her and fan her fevered brow. When none of this was forthcoming (after a very awkwardly long time indeed), she rose to her feet and mumbled something about ... ( and I shit you not, she said this)

... how she had been down trying to control her temper after being hit because she'd didn't want to lose control and hurt anyone.

She so desperately wanted to be like the cool ninja chicks she saw in movies and comic books that she was unwilling and unable to acknowledge the gap between what she was and what she wanted to be. So instead of training hard for years and years and years, she half-assed it for a little while, then started working at convincing everyone, herself included, that she was already there.

...

Okay, now finish up your little laugh about how silly and childish women are, because now we have to talk about how some of you assholes do the same damn thing.

You think your game is good enough. It isn't.

You think you're fit enough from calisthenics. Your "general fitness" is an excuse for being weak.

You think you don't have to train MMA or Thai boxing or karate, because you "don't wanna end up like Muhammed Ali", as if anyone would let your slow ass get into the ring with Joe Frazier. You just don't wanna get hit, because you are a pussy.

**Anytime you are afraid of doing something, your treacherous ego will always find a way to tell you are either already good at it, or that you don't need to be good at it.**

You will never become the person you want to be until you admit you are not him, and are more afraid of staying that way than you are of the work you're going to have to do.

People keep asking "When will I become confident, and not have to fake it?" Answer is, never. Not if you know what's good for you. When you can deadlift 300 lbs, compare yourself to the people who deadlift 400, and focus on them until you feel like shit. When you can do 400, compare yourself to the people who lift 500, until you feel like shit again. When you hit 850, compare yourself to Eddie fucking Hall.

**Greatness is driven by the fear of mediocrity.** The moment you think you are good enough, you will never be any better.
There is no light at the end of the tunnel. There is no magical nirvana that you will break through into, where nothing will ever be hard again. There are only standards, and effort, and improvement, or complacency, weakness, and self-delusion.

Your choice. But don't make excuses for how you are too afraid of being hit in the face.
Recently someone here posted about how women define "average" in astronomical terms, based on some bullshit a girl said while shit testing him. Most of the responses didn't understand that he was being tested because most of the commenters aren't ok with themselves at all.

**Quick Method**

Know all those dating apps and sites you use? Know how you like to finely craft introductions designed to make the woman see you in a favorable light?

Don't do that.

Send any one of these messages that say, "I love me and I don't care if you do."

1 - "Boners."

2 - "Super boners."

3 - "I'm going to be playing video games all week but you can come over this weekend and do my laundry."

4 - "Do you ever get those crusties in your asshole and pick them out in the shower?"

5 - "Want to help me practice for my driver's exam? The police said I can finally get my license."

These messages are not meant to get you a woman. The responses you receive (you will get responses) will show you how much better this type of "who really fucking cares right?" attitude matches up against, "Oh god oh god oh god I'd better say the right thing."

And that leads us to today's lesson:

**You don't matter that much.**

Sorry, but if the fate of the world rested on your shoulders we'd all be fucked. You're reading how-to guides about becoming ok with yourself. So really you don't matter that fucking much.

And that's fine! That's preferable. It takes pressure off your shoulders. You can walk into a bar and tell a girl that you're a martian whose pants will explode at midnight unless an earth girl removes them with her teeth. Guess what? No one will care! Tomorrow CNN will run a headline about ISIS feeding babies to elephants and your pickup line will become just another blip in the endless history of the universe.

- Corollary - Women will try to make you think that you **should matter a whole lot**. They'll tease you and ask you why you're not a buff macho kingpin or why you don't own 10 businesses and a thousand dogs. The important thing to notice here is:

  * That's what they say, not what they think.

Most women wouldn't give ten shits about your income or dog breeding knowledge if you are ok enough with yourself to show them a good time. Confidence does not come to you by knowing that you're big stuff and that you're a huge valuable part of society. If it did, hardly anyone would be
confident because hardly anyone actually matters that much.
Confidence comes with knowing that you don't matter that much and that other people really don't either, women included. So if it's not that big of a deal, what do you have to lose?
Nothing.

**Little people often have big pride.**
It helps them not feel little. It's a defense mechanism. Being defensive is itself a small and impotent thing to do.
Pride weighs a lot. It's one of the biggest forms of baggage and some of you have been feeling it in your chest for years without realizing it. It comes in the form of thoughts like, "What am I going to be doing a year from now? Two years from now? If all my dreams aren't coming true, I'm a worthless piece of shit."
Or, "I need the perfect body, most money, and biggest adventures or I'll be a drain on humanity, just another turd in the bucket."
Or, "If I don't bang every hot chick and turn into a fuck stud of epic proportions, I'm just another waste of space."
Guess what?
People who don't care if they get ass...get more ass than you.
People with shitty bodies who don't give a fuck...get more ass than you.
People who have zero ambition and are ok with that...get more ass than you.

**If it is truly your ambition in life to become something great, then you will follow that ambition no matter what.** You won't dither about it. You won't get confused and wonder if you're doing the right thing. You definitely won't beat yourself up about not doing it.

So if you're an ambitionless ham planet and you absolutely love your life, there's no reason to qualify yourself to women ever.
If you're a healthy cut millionaire and you hate your life, well I can't help you with that. .0001% problems.
So make a list of the shit you love about yourself that women would call "immature" or "irresponsible" and then realize that shit is all in your head. Almost anything you do (short of rape and murder) can be awesome and praiseworthy if you love doing it and you're solid about that to the core.
Women will prod at you all day and shit test, saying, "Well a mature real man is like this," or, "I can only be with a man who blah blah blah." If you aren't ok with yourself, you'll cave to this type of bullshit instantly. If you're fully ok with yourself, you'll laugh it off and continue on being you.

**Remember this:**
You could wake up tomorrow and pretend you're an African prince who has to drive backwards to work or else the mafia will come and steal your asshole. And that would make only marginally less sense than people driving to the same workplace every day to get money to pay for a piece of the planet they were born on which can be taken away by a group of people in a big building with giant metal rooms full of green paper.

So you don't matter that much and life is ridiculous. You couldn't possibly make life any more ridiculous than it already is. So don't go around acting like every little action matters.

Accept yourself.
Introduction

Behavioral addiction.

Heard of the term? It’s compulsively engaging in any activity that has harmful, negative consequences.

It’s the scourge of Western society. Especially with the advent of new technological forms of stimulation and mass media, the population at large is becoming increasingly addicted to these quick, easy fixes for your dopamine reward system.

Behavioral addictions waste your valuable time, suck up your energy, corrupt your inner state, and passively take control over your life. And the worst thing is—by their inherent nature, the more you engage in these behaviors, the more you are likely to participate in them in the future. If you’re not careful, they can destroy you.

The Reward System

Your best friend and worst enemy, the dopamine reward system. As humans, we all have a psychological reward system that reacts and conditions ourselves to certain stimuli and provides positive emotion as a result of their consummation.

The reward system is at the core of human behavior, having conservatively evolved as a large benefactor of natural human fitness. Built to associate certain behaviors with positive emotion through operant and classical conditioning, it has dramatically increased the likelihood of survival and reproduction in our species.

Ironically, the system has backfired. By having such a dramatic effect and influence on our conscious and subconscious choices, any stimuli presented to us can become reinforced through our reward system and subconsciously affect our actions.

This means that anything intrinsically, inherently pleasurable (sex, food, etc.) or extrinsically pleasurable (money) can become entwined with the reward system and motivate you to repeatedly seek out the action of the addictive behavior.

Through a positive feedback loop carried out by dopamine and other chemicals, the neural
circuits involved in the action grow and strengthen, increasing its influence for future use. The more you do it, the more you want to do it in the future.

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### Behavioral Addiction

The reward system isn’t always bad. It motivates us towards our goals, builds proper habits that directly benefit us, and trains us to pursue worthwhile endeavors.

Unfortunately, the reward system can get fucked up. Badly. Especially with the introduction of new forms of mental stimulation through technology, our reward systems are passively becoming corrupted. Porn, video games, and other technological stimulation exploit our natural reward systems. Ever wonder why practically all young men today watch porn and play video games? They prey on our evolutionary instincts and behavior to induce an addiction.

Here’s a quick summary of how the cycle of behavioral addiction forms:

1. You engage in a particular behavior.
2. The behavior is intrinsically/extrinsically rewarding.
3. Dopamine conditions the reward system to strengthen the behavior.
   1. You feel a greater, more alluring motivation towards engaging in the behavior.

Repeat Step 1.

Your behavioral addiction literally rewires your brain physiologically. As the positive feedback loop continues to reinforce the addiction, more dopamine receptors are formed to accommodate the increased levels of the neurotransmitter.

Once the amount of receptors has been increased, the amount of dopamine needed to maintain homeostasis (or the feeling of "normal") is also increased so once you take away that reinforcer you also take away that excess dopamine in the reward pathways. This is why you may continue to engage in the addictive behavior when it is no longer “fun” or “pleasurable.” We need to fuel the brain's constant need of dopamine in order to feel “normal.” As your neural circuits become increasingly desensitized to the stimulus, you’ll want to engage in the behavior more while liking it less.

Why is it so difficult to stop? Stimulus control overrides conscious control. What this means is that the behavioral response to engage in the addiction dominates your behavior and any conscious intervention or inhibitory activity is decreased. Even though you know that it’s harmful for you, you’ll continue regardless. This is why willpower isn’t enough to
stop an addiction—the addiction is literally caused by elements below your conscious and active control.

There are, in theory, an infinite number of possible behavioral addictions, but there are some that are much more common than others due to their addictive nature. Among them—porn, video games, gambling, Internet addiction—anything that offers instant gratification and harms you in the long term.

Note—Behavioral addictions and drug addictions both affect the reward system—the only difference is that drugs directly manipulate the neurotransmitters involved in its activity, and behavioral addictions passively affect them.

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**Porn**

There’s a reason why we vehemently discourage porn here. It preys directly on one of your greatest motivators—your sex drive. You literally have thousands, if not millions, of hot women at your fingertips to pleasure yourself to. And it’s easy. It takes just seconds to click to a new website, open a video, and gawk away.

The moment your brain sees the shit you have in front of you, your reward system goes crazy. It goes haywire. Evolution hasn’t prepared your brain for this type of stimulation. All you want to do is consume more and more—clicking through hundreds of videos, wasting away hours in front of your computer screen, and endlessly feeding off of the stimulation. And the more you watch, the more you fuck up and desensitize your system. You become less and less enthused by normal, vanilla shit, you develop strange fetishes, and you constantly seek greater stimulation and new, hotter women. There’s a name for this. It’s called the “Coolidge effect.” Look it up.

Instead of working to reach the top of the evolutionary hierarchy and becoming a high-status and attractive man, all you have to do is open your laptop and watch the latest pornstar get fucked senseless. It’s pathetic.

You’re killing your masculinity. A man’s sex drive motivates him to do all sorts of shit—work, reach his goals, and become powerful. You’re wasting it on a bunch of pixels on a screen.
Video Games

Video games are literally designed to be addictive. You can engage in social activity with other players, reach defined goals within short amounts of time, see how you rank against others, clearly measure your progress, and endlessly receive rewards.

Instead of accepting the harsh reality of your sad, depressing life, you can escape through the video game and receive the pleasure that you so desperately seek. You can upgrade your character, win better loot, and improve your skills. And there’s no real failure. If you lose, you can just respawn and try again.

Whether or not you believe that gaming is fine in moderation, there is no debating the fact that video games are psychologically addictive.

You can get all the instant gratification and dopamine hits that you want. Anytime you want. And it doesn't matter how unsuccessful you are in life—video games are there to save you. But real life has no progress bar.

You can’t pay your fucking taxes, but you can win fifty games of Fortnite! You can’t wake up to your alarm clock, but you can get the cool new gear in Call of Duty! You can’t get your goddamn life in order, but you can get your Sims character to!

If you’re actually able to limit yourself, at most video games should be used a tool for relaxation. But even then, you should be extremely careful. Don’t trick yourself into thinking that you can play it less. If you’re addicted, you’re addicted.

Once you realize that the joy you get from video games is artificial, the rewards are meaningless, and you're wasting away your true potential, you can begin the process of quitting. It just takes that one moment of self-awareness.

Quitting the Addiction

I’ll assume that everyone already has goals and aspirations to move towards. If you don’t that, that’s the first step. If you have nothing to achieve in life, of course you’ll become behaviorally addicted to all the stimulating nonsense out there. It’s your only source of pleasure and motivation.

Once that’s fixed, you need self-awareness. You need to understand, deep-down, that the
pleasure, rewards, and stimulation you receive from porn, video games, gambling, and other behavioral addictions are all artificial. You have to know that they are truly harmful, demeaning, and ultimately detrimental to your goals in life.

Then, you need to make a decision. Write it down. Make the decision to work towards quitting. If you can go cold turkey, do it. You will likely fail, but it allows you no wiggle room. Over time, if abstained from long enough, the addiction’s neural pathways will weaken and eventually become extinct.

As long as you continue to perceive the behavior as rewarding, you will continue to engage in it. It’s that simple.

Ask yourself how you feel in the moments when you regret giving in to the addiction and write it down. Repeat it to yourself. Journal about it. Meditate on the reality of your situation.

Install feedback and accountability. Create a calendar where you have to mark each day where you succeed in avoiding the addition. Tell a friend. Give someone $100 and ask for it back later only if you succeeded in the avoiding the addiction. Sell your desktop. Block harmful websites.

You have to be able to remind yourself consciously when you feel like giving in to the addiction why you’re working to quit. Even if you’re feeling like absolute shit, tired, defeated, and depressed, you have to be extremely careful to not fall back into it. It’s at this time when you’re the most vulnerable—deprived of pleasure, you will be even more likely to jump at opportunities to obtain it. If you don’t watch yourself, you could succumb to the addiction again for days, weeks, or even months on end. You might relapse and end up giving in to defeat, resigning yourself to its influences for prolonged periods of time. One mistake—one relapse—and you could lose all the progress you’ve made.

It won’t be easy. In fact, breaking this behavioral addiction might be the hardest thing you’ve ever done. However, the incredible triumph you’ll get out on quitting will be eternally greater than any fleeting pleasure you gleaned from the addiction itself.

Godspeed.
I'd like to throw out another career related post, but this time down the entrepreneurship avenue while I have a few drinks.

One thing I think most people struggle with when it comes to actually going down the entrepreneur route is realizing how easy it actually is. In fact, at times some of the services offered are so simple and easy to do from your perspective you think, "why the fuck would anyone actually pay me a lot of money to do something they can figure out on Google in a few days?!

**Conditioning**

We are all conditioned to be extremely risk adverse when it comes to making money. We have an education system that is essentially the byproduct of the industrial age, which intended to teach people how to be productive members of the factory line. Because of that, we focus a lot on getting a normal job at entry level, learning the skills, doing the time, moving up, and just repeating the process as we become a better and better drone for the business.

We often choose to go down this route because it's easy. All the steps are clearly laid out, we are taught what we need to know, and assured that if we just follow the game plan, we can be assured that we'll be able to make X amount of dollars. And it works; it works wonderfully. Corporations have spent a very long time learning how to navigate and perfect this process of creating a healthy, safe, reliable, workforce.

Any thought of deviating from this pattern understandably elicits a sense of unknown and fear. That if you don't take this very clearly laid out path, and fail, you risk being seriously harmed. That running a business is more reserved for the really smart types that see a rare gap in the market, and are able to pounce on it and brilliantly execute a way to capitalize on this gap... or you have to find a product or service in which you can do better. You'll need to be able to stand on the shoulders of giants and bring to the market something that makes their lives easier which didn't exist before you...

In reality, that's not even close to being true. And you can see this from immigrants. Many immigrants that come to this country weren't conditioned the way we were. In fact, in many developing states, being an employee is something just for the young, while much of people's earnings come from self employment. So when they come to America, entrepreneurship is just natural for them. I always like to use my grandparents as an example of people who made it in their home country, lost everything, came to America with an education of middle schoolers, and managed to become very wealthy in just a few years. It always makes people wonder, "How can an immigrant just come to the USA with absolutely nothing, and end up running a successful business in such a short amount of time?"

**Value is determined by the customer, not by you**

This is a big one. Often, it's easy to look at something that costs, say, 100 bucks to purchase, then turn around and sell it for 2000 bucks and think, "Oh my, I'm ripping people off!" But that's far from the truth.
Let me use an example of a buddy I had in Germany. He ran a very successful web development company that focused on local businesses. He'd go into local shops who had a decent client base, yet absolutely no online presence. He'd then offer to create them a website from end to end (using Wordpress) and host it, for 150 euros a month. Now, to anyone with even a little bit of internet experience would realize that that's a huge fucking ripoff. The wordpress theme is a one time cost of 50 bucks, then you just have to add some custom copy, create a Yelp listing, a Facebook page, and then host it for 5 bucks a month after that. The whole project would only take a few hours to complete, so why the fuck would someone pay 1800 euros a year for something that can be done in an hour?

Easy. Value. Before my buddy went in there, these people had no website. And to them, having an online presence would net them more money a month compared with their 150 dollar investment, even though there are other companies out there who could do it for 1/10th that. Shit, GoDaddy has full service features for 150 a year which will do it. To themselves, they are idiots when it comes to technology, and my buddy was the first person to walk in and help solve their problem. The point is, that these people needed help, and you helped them, and your help is giving them an ROI

He now has a whole firm with 10 employees doing this around the clock.

A big realization moment I had was from a few years ago when I jumped on a project for a guy who needed consulting for his business. He was not very tech savy but an incredible sales person. And he was making an absolute killing selling things I considered absolute shit. I mean it. Like some of the services he offered were garbage, but he was making just ridiculous amounts of cash, because he was solving really simple problems for people who didn't know there were other options.

Some of his businesses:
Using QR codes to save large conferences a ton of money. Believe it or not, but the industry standard for tracking and checking in conference attendees is actually a really expensive business. The rental for each one of those scanners is about a thousand dollars. The software and infrastructure to use the data also costs an arm and a leg. A medium sized conference could expect to pay 10s of thousands of dollars just for something as basic as checking people in for their conference meetings and seminars. So he just figured he could hire some kid to write some software to do exactly that, and then tell the conference attendees to use their smart phones to check people in. He was able to undercut the competition by 75% and still made a massive killing on an unbelievably simple technology. He still does it to this day.

Another one of his was for government training classes. Many people working in government are required to take recurring classes to get certifications for dumb shit. So he approached different government agencies and offered them a training program, where he'd split the revenue from the optional online study guide 50/50 . And all he did was ask for a copy of the test, then create a multiple question study guide. Then sold it for 100 dollars to all people attending those classes. Sounds retarded, right? But believe it or not, that's a huge value to the GO. Having a study guide available which increases student's ability to pass the tests, while generating revenue, is a great program.

He was making 10k a month off this program alone and rarely ever paid attention to it.

You don't have to be Facebook to be successful

I hear it all the time when people talk about starting a business. 95% of the time it's about some great big idea which will change everything. Seriously, I think about 70% of everyone I've ever met seem
to only have these huge disruptive ideas that go nowhere because they are too big for their skillset and motivation. Yet, for some reason, people always overlook the relatively simple successful ideas. Too many people focus on things like disrupting our entire infrastructure, rather than focusing on how to help grandma figure out how to blog about her knitting hobby. The real money is at those lower levels, because there are so many people out there with so many problems, who are being completely ignored. You'd be surprised how quick people will be to pay someone to solve a problem that you consider common sense.
I married on 4/20/13 (420 ayeeee) and it was a huge mistake.

Fast forward to November 2014. I flew home from South Korea on a moments notice to save my marriage. It did not work, she was done and had already cheated multiple times. My dumbass forgave her for this. The months leading up to this took a toll on my brain. I was so exhausted from dealing with my wife (she was in California while I was in South Korea) that once November came my brain knew nothing but calmness. It was tired and I was done. I will fast forward to the night I finally decided to end it.

We're laying in bed. No talking, no sex, no nothing. I thought to myself "Wtf is this?" and I got up and started getting dressed. This is the moment I feel like the natural Red Pill kicked in.

"Where are you going?"

"Im done. This is stupid. Its a waste of life."

"Youre just overreacting."

"I am not. I will come for my stuff tomorrow and this marriage is done."

The next day I showed up to get my things. There are only 3 things I wanted. My 51 inch TV, my surround sound system for my room, and my car. These 3 things were super important to me because its the 3 things I most cared about prior to getting married lol (got married at 21, I was blue pill betabo). I knew I was about to live alone and I did not want to go out and get a new TV and a new surround sound and I definitely was not going to give her the car I had gotten at 19. That was my baby.

So I get out of my car and I say "I am here for my TV and the surround sound. Anything else you can keep I dont care."

"Yeah sorry but no. I mean youre already taking the car so I am going to keep these things."

Lol. All I could think of was "I pay for your phone bill. Prior to today I was your main source of income. Now I want 2 things and I cannot have them because Im already taking the car? That I had prior to marriage? I cant have MY stuff?" Some women have no shame. I was so over this stupid marriage that I said "fuck it." and I left. I just wanted out, no drama.

I flew back to South Korea and did not pursue the divorce until March, when I returned. From November 2014 to March 2015 she:

1. Called to ask me about my taxes. She wanted money. I refused and told her I filed for taxes alone.
2. Tried to kill herself. Luckily we had insurance and that paid for the bills.
3. Got pregnant by some other dude.

Now here comes the fun part. I knew who the guy was. It was one of her ex-bfs lol. His mother was super close to my ex wife because my ex wife took her to her cancer treatments even after he had broken up with her. My ex wife had moved into her "mothers" house around December and around
that time her ex bf lost his job and moved back in with mommy. Once they were living together they
fucked and she got preggo.

I returned from South Korea in March and my second day back I met up with the "mother". She loved
me! When my ex wife introduced me she took me in as her "son" and she adored me. She was super
cool and I decided to meet up with her to ask about her son and my wifes kid. (She had also called me
back in December to tell me my wife had moved in and that it was nothing personal against me. She
just needed to help my ex wife like my ex wife helped her with cancer. I took it with no hard feelings.
She was just an innocent woman trying to help.)

"Are they going to take responsibility for their child? Or will she say its mine because were not
divorced yet and expect me to pay for this?"

A few moments of silence..."My son is scared. He already lost his first girl to his other baby momma
(lmfao) and now he's scared that you will claim this kid and he will loose it too."

I thought to myself. "I want my tv, my fucking surround sound system, and my car. If I dont get these
things I am going to be a fucking wonderful single dad." I look a her in the eye and say. "I only want
a few things. My tv, my surround sound, my car, and for her to sign the divorce papers with no
questions."

She looked at me like if she had just seen Jesus. "That is all you want?"

"Yes. If I get that I dont care about her child, I dont care about your son, and they can live happily
ever after. I told her back in November that I just wanted my stuff."

"Wait.....she knows this?"

"Yes..."

Her eyes filled with rage. I am assuming that her son and her were worried that I would want the
baby lol. And I am assuming that my ex wife had not told them what I wanted because my ex wife
was still trying to milk me for my money. She looks at me and says "Tomorrow I will call you, I will
tell you were to meet me and I will have your stuff for you."

I raised one eyebrow (jk I didnt because I cant but If I could I would have). I said "Mmmm. Well if
you say so." A part of me did not believe her because my ex wife is a bitch.

She left soon after that and I went to visit my Father in Law (He knew I was divorcing his daughter. I
had a talk with him and shit and he ended up crying and told me that if I needed to divorce her, to do
it. He knew she was a fuck up too lol). I had not visited him and he was a nice guy so I just wanted to
say hi. As I was talking to him my phone vibrated and I got a text from "mother"

"Can you come right now?"

What the actual fuck. She had said tomorrow lol. I call her and ask "Whats wrong?"

"I got home. Asked your wife about your stuff. I said I was going to take them to you tomorrow and
my son jumped in to defend her. Now hes against me. Yelling at me, telling me that why am I taking
your side after just one talk with you. I told him that your wife is a bitch and shes been trying to get
money from you and now he wants to talk to you". I reply "I will be there in 20." I say bye to my
wifes dad and head over to the shitstorm.

Here's were the fun part begins.

I show up to the house and I knock. The door opens, its the son, he steps outside and says

"Lets talk bro."
"Sure thing man what's up?"

"So wtf is going on man, how did this all happen?"

"Well. She cheated so now I am done. Thats basically it."

"She cheated on you with these 2 girls right?"

"Uhhhh no bro. With this dude." For story purposes lets call him Jay.

"With a dude?!"

In my head "This is about to get fucking good." I begin to elaborate, "Yeah man, she cheated on me with this dude. She also talks to another one of her ex bf's now (different story) so that baby might not even be yours."

He cuts me off "Lets go inside." he says as he leads us inside.

I walk in side and I see his mother, his mothers roommate (lady was renting a room there) and my wife. Keep in mind, I have not seen my wife since November when she denied me my stuff. It has now been 4 months since I last saw her in person and it was a pretty strange feeling. I saw her there sitting on the couch, nice and quiet.

"Mom" the son looks to his mom "How long was I out there? 2 minutes? less?"

He then looks at my wife and asks "I told you if he came here and told me some shit about you I didn't know about I was going to help him take whatever the fuck he wants from this house. Remember?"

She nods.

"Who the fuck is Jay?"

This caught her off guard. She didn't expect to hear the guys name and she did not respond and that alone was enough to confirm to him that it was true. "What the fuck! I thought you had told me everything? I told you everything about me and my baby momma and all the drama I had in my life and you said you told me everything. Wtf is this!? Why does he show up here and within 2 minutes hes already winning."

I decided to add more fuel to the fire "She only cares about herself bro."

"I can see that! Well since it doesn't fucking matter anymore, I'll tell you who else she cheated on you with. With me."

I just stare.

"Before she went to Korea to see you I hung out with her. She told me she wanted to be with me and I let her know that she was married and that she should go home and talk to you instead. Maybe she just missed you. She responded and told me that she didn't miss you and that she had already made up her mind that she wanted to be with me. That it would NEVER work with you."

Strange as it sounds, I did believe him. The dude is not some monster. He might be a fuck up, but not a monster. What he said should have hurt me because my wife had gone to Korea for 3 months to see me, during that time she said she loved me and blah blah. So this ho had the nerve to say this to this guy and then go visit me and tell me she loved me. Hoes will be hoes.

"You're a real piece of shit." I said to my wife. It was the only thing I said that night. I saw her eyes light up and I could see she was about to fire back with some bullshit but he cut her off "No! He can call you whatever the fuck he wants." He then looks at me "Did she try to get money from you?"
"Yeah, tried to get some of my tax money."
Wife chimes in "No I didnt, I called to tell you to take me off your taxes."
I started laughing so hard I swore all 4 of them were going to turn on me for being rude. "No lol, you called and got mad because I rejected you."
Mothers roommate chimes in "Its true. You were mad steaming that day in the car because he said no. I was with you."
She had nowhere to run. A defenseless animal cornered by the very same people she loved. The mother got up and went to open her room and the door was locked. "Give me the key to the room." she said.
"No." My wife responded.
"Give me the fucking key."
"No."
"GIVE ME THE FUCKING KEY BEFORE I BEAT THE SHIT OUT OF YOU!" as she yelled this she walked over to her and was about to bust her shit but the son jumped in and got in between. "You know what! This is my fucking house." and she slammed the door open. Hinges flying everywhere.
"Get your stuff." she says to me.
I go in there and start getting my shit. As I am walking my shit out I can hear the guy yelling at my wife "YOU TOLD ME YOU FUCKING DID EVERYTHING FOR HIM. YOU FUCKING TREATED HIM LIKE A KING AND WENT ABOVE AND BEYOND FOR HIM. FUCK THAT, YOU GAVE THIS MAN HELL! I DONT KNOW HOW THE FUCK HE PUT UP WITH YOU!"
and he just kept going.
I finally had all my shit out and the mom and son come out to talk to me. The guy says "I feel like telling her to leave." he was mad.
As were talking my wife finally comes out and starts saying "You think youre so innocent huh?"
"Get back in the house" says the mother.
"He thinks he so innocent, like hes done nothing wrong. You met with your ex last week they already told me.:"
This is true, I did. Shes an ex from years ago and now were just good friends. We met up to talk about our failed relationships lmao did not smash. I look at my wife and say "Okay...and?"
Mother chimes in "Get in the house." with a more serious tone.
Wife begins to spew more diarrhea and the mother raises her voice one more time "Get in the FUCKING house!"
My wife goes back in the fucking house lol
The son goes after her and 2 minutes later comes outside apologizing to the mom for the new hole in the wall. He goes back in and clothes start flying out the front door. "I told you if you decide to leave this house youre never fucking coming back."
The mom looks at me. "You got your stuff. You can go. I have to deal with this." I give her a hug and say bye.
Fast forward a few months my wife agrees to everything! I kept all my shit even the furniture and all sorts of crap. She never fought me in court because everyone in her life would have been againts her.
if she did because they all loved me. And that is the greatest revenge I could have ever asked for.

I think sometimes. What if I had shown up to the house, got in a fight with the dude and all that, this outcome would have sucked. I remained calm because I just didn't give a shit anymore and ever since that marriage I have never let anyone walk over me like that. Put yourself first! Do not let ANYONE dictate your life and always remember to remain calm, because when you are calm you make the wisest decisions.

Also dont get married lolz.

EDIT: Adding something here for feel good purposes. At the end before her mother told me to go, she told me that prior to me getting there the tension in the room was massive! The 20 minutes it took me to get there felt like years to her. She said you could hear an Ant walking. Every now and then my wife would say "I'm leaving. I know what he's going to say when he gets here and I cannot believe you guys are going to just let him come here and talk his shit. This is stupid. I am leaving." The mother didn't let her though. She told her to sit her fucking ass down and wait. She told her "If you know what he's going to say, you have nothing to worry about than" but my ex wife knew that the shit was about to hit the fan, and she was right.
Guy exposes a cabal of reddit SJWs and their ties to the admins of reddit and creates a watchdog sub. Then the shit hits the fan.

1242 upvotes | February 8, 2015 | by vandaalen | Link | Reddit Link

Guy exposed a cabal of users taking over reddit yesterday, spawned a watchdog subreddit of 2500 subscribers overnight, was then banned by reddit's admins, all the subreddit's mods then banned, admins won't say why, and now they're handing the subreddit to the corrupt cabal of users who were exposed.

Even though this has been posted to /r/conspiracy I recommend you give it a good and detailed read. I don't want to put gasoline in the paranoid fire, that's been burning here the last days, but this must be the most ridiculous story I've read since gamer-gate.

Never underestimate the power and will of the radical SJW army.
Hey. This is a post I wrote on the seduction sub, and which got very popular among the guys there, but some mod deleted without a valid reason, even without any violation of rules.

Either way. A couple guys messaged and asked me to re-post it here. So here you go:

Men and women are good at different things, and have survived largely by exchanging their services. Tiny, initial margins turn into big, long-term advantages. Men are usually not as attuned to these tiny, initial differences in investment as women are. And that, in effect, becomes their advantage.

By getting men to make that tiny, initial, emotional, social and energetic investment on the front-end, a cascading effect ensues, and results in a situation where the women get to pick and choose with minimal downside. All the while receiving protection, support and provision from every angle. They hedge their bets and focus on growing their options before committing. Growing the pie before eating it. It's smart, and we men should learn from them.

The solution for you and me is; don't get fooled. Learn to abstain from making the initial investment based on her physical attraction and lure. See through it. See through the lies, the fakery and the image (mirage). *Without getting bitter.*

It's not that women are evil for doing this. They're smart. And almost every chump falls for it and gets a sour deal. But you don't have to be one of them. This is good news for you, because you'll have little competition by being one of the few guys who 'get it'.

Every guy who 'gets it' knows this subconsciously. But most of them can't explain it because they've had it from an early age and don't know what it's like to be a chump.

Perhaps they were handsome and chased by all the girls from an early age. Or their dad was a gangster and taught them a better way. Or they were just naturally confident or charismatic. Or even sort of a sociopath, allowing them to disconnect from the standard narrative.

Most girls also don't think this stuff consciously. It's in their genes and in their culture. At bottom, it's a societal narrative, naturally evolved to keep all the chump, discontented men who are not gonna be participating in the gene-pool in any meaningful way, still contributing to the society and the economy, still behaving well and not causing too much trouble or outrage.

Again. Abstain from making the initial investment. The pretty girls are so used to and addicted to getting this, because of all the benefits it brings, that they will start chasing.

"What do I have to do to get it? A smile, maybe? Moving a little closer? Shake my ass and expose the 'goodies'? Dress up and put make-up on? Post sexy instagram photos?"

"Oh! There it is. Invested like all the other guys. Thousands of likes. Every guy I meet salivating. The approval of society. Now I can enjoy the rewards, with no need to give up my sexual favors to any of them. Or just to the party boys I choose, or one champ if I can find/attract one. Pretty good deal, right?"

You must learn to resist the lure. Usually by going out and getting fooled a bunch of times. Again and again and again. Thousands of times in my case, and in the case of everyone I've seen going from true
shit to awesome at this.

Slowly but surely, you must learn to see through the marketing. And instead of putting your precious time, effort, emotional investment and problem-solving capabilities into a pretty girl who just runs away with them, you must put them into yourself.

You must put them into your own systems. Building a business/career. Reading A TON of books and educating yourself. Becoming financially independent and well-off.

But instead of being bitter towards women and just crying and masturbating for all those years, you choose another path. You still go out and meet women.

But instead of giving up your investment for an empty promise of sex—a smile, a nice face, a fat ass etc—you develop your own individual criteria and your own standards. Away from and stronger than the ones society feeds you.

You discover that a girl who is a 9 in looks can be a 1 as a human being. You experience the horrifying results that can come from investing in her. And you learn not to be fooled. You discover how rare quality people and quality girls are. You begin to question if they even exist.

You actually get laid enough times to see that sex doesn't really deliver on its promise. It's just a human with a hairy, stinky asshole just like you, whom you put your penis in and out of until you cum, and then it's over and back to just like before.

Seriously. Next time you fu*k a pretty girl—have her lay on her stomach, then spread her ass cheeks apart and look at it. Sniff it. Is this what you've been chasing?

What slowly starts to happen when you reverse course is that girls start chasing you.

They can feel that you're not taking their bait, but everyone else is. "So why won't this guy?" She must find out.

Is there something wrong with the narrative she's been fed, rewarded, but also imprisoned by all her life?

The potential collapse—but also the potential freedom—from her entire, socially constructed world, lurks in the shadows.

No. She can't allow that. She must get the investment. She must find out. Are her most secret hopes and dreams about to come true? Are her deepest, underlying fears, terrors and suspicions being confirmed? Or is it both?

Her worldview must be confirmed, as it always has. She must be right. Am I right or am I wrong? Am I good or am I bad? We all look for this type of confirmation and approval. We want the world and its people to confirm our notions and beliefs. Our rightness.

And so she chases. She starts inquiring and buying into and investing in your worldview and your standards.

*What she finds there will determine everything.*

"*If he doesn't bite on this, what will he bite on?*"

She tries more.

"*Maybe some kissing... Now we're making out... But he isn't reacting like he should... He isn't putting me on a pedestal like everyone else. He seems to enjoy it, but doesn't latch on.*"

She feels that she could leave at any time, without affecting you in any significant way. You don't
give a shit. You're not impressed by her little facade. Not fooled. Only amused. And so she gets more and more invested.

She fu*ks you. How about now? Sucks your co*k.

Maybe she has to hang out with you more. Then become your girlfriend.

If at any point in this process you compromise or sell out your investment in yourself for her, then you're done.

But if you stay on your grind... If the focus and dedication to your bigger vision as a man doesn't deviate... Proving the strength, truth and superior foundations on which your universe is built...

Then she's gonna want to keep investing. She's found a champion.

Why wouldn't she choose the vastly better option if she has any sense? If she's a quality woman with good values and self-respect, she's not gonna give up a true champion like that for the sake of going back to the empty approval of an endless array of chumps.

Besides, she still gets that on social media and from guys everywhere looking at her.

Hopefully, if it's a girl you're gonna invest in over the long term, she's been brought up in a solid family with a champion father and good values beyond her looks and the empty approval it brings.

She values education, intelligence, fitness, health and building something for the long term—just like you. And then you keep investing in each other, bringing your different strengths to the table, building a fucking empire.

Of course, by the time you're worthy of this type of a situation, you've probably banged a lot of other chicks and built something respectable in terms of education and business. You're on a comeup with lots of ambition, momentum, zest for life and a solid peer-group.

Otherwise, why the hell should a top-notch girl be interested in giving up her other options in order to be with you? It's opportunity cost. You have to be the best alternative, and with sufficient (but not excessive) availability, for the right people to wanna invest their time, energy and resources in you.

What I've described here is not easy. It takes years. I'm 23 at the moment, have been on the grind for about a decade, and am nowhere near where I think I could or want to be.

I'd say I'm in the process of incorporating these things now, and it has taken years and years of grind.

Lifting weights since I was 13, learning the discipline, walking the path, reading everything I could get my hands on since a very early age, getting into pickup extremely early, going out literally hundreds of days and nights sober, and talking to thousands and thousands of girls.

Climbing up slowly, falling down, crying for a while, then dusting myself off, correcting the broken bones and giving it another go.

Reading a couple hundred GREAT books so far. Constantly processing information and trying to do better. Busting my ass in various jobs. Doing door-to-door sales for 8 months.

Working in a startup. Learning from countless mentors in real life and through the internet and books. Going back to school and now educating myself in science and computer programming.

Just grinding forward one step at a time. One gym session at a time. One nutritional adjustment. One approach. One interaction. One hour of reading. Forcing myself to do that one most important work task or finish that project. Again and again and again.

All the while suffering and doubting myself. Being confused. Looking for help or support. Looking
for sources of information and people that had solved the problems I was facing.
And I don't even think where I am now is very impressive. I'm pretty much still broke, even though
I've been able to make a little money entrepreneurially besides my studies in order to eat. I am quite
jacked (ripped, strong, fit).
And 'pickup' is getting easier and easier. I've been amazed at times when just doing so much less in
the club has resulted in so much more. Less effort, less action, more results. You can put me in pretty
much any sizable city in the world, on my own, and I'm confident I can go out, talk to anyone I want,
meet cool people and over time date and get laid with hot girls.
I was also not particularly talented in these areas to begin with.
I was a weak and skinny kid. It was harder for me to put on weight, muscle and strength than for a lot
of guys.
I was so socially backward that you wouldn't believe it. My dad has been socially inept and anxious
his whole life himself, so I didn't have great role models.
I spent years just being confused, almost never talking in social situations. Scared out of my mind.
Afraid to look people in the eyes. It took years to even somewhat correct and learn how to deal with
this. Years of pushing directly and aggressively into fear. Starting with very small steps and building.
The one big advantage I think I have had is sheer curiosity, and a decent amount of drive for certain
pursuits. A very obsessive nature that doesn't let go easily.
Voracious reading certainly helped a lot in several areas, from fitness to pickup to business. I've
always been incredibly curious, and score in like the 96th percentile on the 'openness to experience'
trait on Big Five.
Anyway. This isn't really about me. But the vision I've described here is not unattainable, given the
right amount of drive, intelligence, persistence, integrity and even some luck. Probably a good bit of
luck, to be fair. I don't think any of us would have accomplished much being born 200 years ago or in
certain countries etc.
To summarize:
Following the standard path and the standard narrative is not gonna be good for most guys. The
standard outcome will be very bad. Most of society will never tell us the truth, or try to help us with
this type of information. Many of the guys who have tried have met with vicious resistance and
attacks from the mainstream.
The momentum and the entropy, in other words, is against you. And it is incredibly hard to reverse.
But the good thing is that if you're able to reverse it and get the momentum going your way in a tiny
but significant way, over time the compound effect can work in your favor. It can build on itself to
your benefit.
But it's up to you to get it going, to take the long and scary beating and drudgery of reversing course
and going against the current. And it will be a beating. A front-loaded beating. So it just depends.
If you're willing to take it now, you may have a chance at a truly outstanding and extraordinary life.
The things you can learn and discover could be incredible. Things that no one has seen or done
before. A real adventure.
For those who need the comfort of the herd and are unable or unwilling to break out, I personally
think the majority are going to get a much worse beating down the road.
A beating called "your whole life is a lie, and you will be a slave, being told what to do, selling your time and your energy for crumbles on the ground while getting the shit kicked out of you by society and women for the rest of your life. Your potential will be gone forever."

Or, to quote Ernest Hemingway at his best: "You will die like a dog for no good reason."

I suppose that may apply to all of us. But let's cheer up while we can, haha.

Peace out.
A new study has revealed that despite the hookup culture created by Tinder et al, young people are actually having less sex than the generation before them. A quick google search reveals journalists desperate to explain this phenomena in a sensible and politically correct manner.

http://time.com/4435058/millennials-virgins-sex/
http://www.cnn.com/2016/08/02/health/millennials-less-sex-than-gen-x/
https://www.theguardian.com/commentisfree/2016/aug/03/millennials-dont-have-sex

I skinned all of these articles. They blame various factors: they say we're too busy, they say it's because we're living at home, they say we're more aware of the dangers of STDs, and they even suggest that women are afraid of "slut shaming." None of these piss poor excuses come even remotely close to providing satisfying explanation for why an animal species would willfully abstain from spreading its genes to the next generation. I looked through all of these, seeking the elephant in the room. None of them used the "f" word. Page searches for "feminism" returned zero results.

Which brings us to the amusing truth. Milo Yiannopolous, always ahead of everyone else, predicted and explained this sexual exodus years ago.


The truth of the matter is incredibly simple. Feminism has ruined the Western woman.

Tumblr, the blogosphere, and the MSM tell men that in order to win a woman's affections, you must become a goony beta weenie with no self respect who does everything that women tells him to do. This creates a short supply of good men.

Meanwhile, these same sources tell women that men are a bunch of animals who want to savagely beat them and rape them. Bitter older women past the wall rant about how men are the enemy who must be hated, creating an anti-male circlejerk. In order to conform to the groupthink, as women so often do, younger women pile on and agree to their man-hating sentiments. In solidarity with their unfuckable foremothers, they cut their hair short, get fat, and become equally unfuckable, somehow convincing themselves that this is what they "want." This flies in the face of what women really want - to be protected and nurtured in the company of high-quality men. The Feminine Imperative has eaten its own tail. In trying to create a world where women have everything, it's created one where many of them have nothing.

Meanwhile, feminism has ruined things on the other side of the aisle, too. Men are looking at the product of this cultural virus and saying "yeah, these people aren't worth fucking," and sticking to their porn and video games. Here's the secret about us dudes; most of us really do want the company of women, just as much as they want ours. But a simple cost/benefit analysis of the dating market reveals a whole lot of the former, significantly overshadowing the latter. Maybe you'll really hit the anti-lottery and get a false rape claim and have your life ruined. Maybe you'll play the long game, get
married, and lose everything in a divorce. Or, even on a smaller scale, maybe you'll just discover that these fucking cunts aren't any fun to be around.

The result of this loser's game is that lots of desperate young people are ending up alone. Men become unfuckable beta weenies. Women become unfuckable, neurotic cunts. Everyone loses.

TLDR: millennials are fucking less. Feminism is to blame. Don't be a beta weenie. Don't surrender your life to a neurotic cunt who doesn't appreciate you.
This article is very long, and exceeds the Reddit character 40,000 character limit by four or five times, so I am only including about 15 pages of the full 55 page article in this post. You can read the whole thing here: https://www.woujo.com/blog/2018/4/26/how-to-hold-frame

I want to thank everybody that gave me feedback on this article, especially the ECs that read all 55 pages of this horseshit.

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TLDR

This is a long article, so the TLDR will be pretty long too.

Women are attracted to the archetypal alpha male, the “perfect” alpha male. Women are only attracted to real men to the extent they are similar to the archetypal alpha. The archetypal (perfect) alpha male has 4 primary characteristics:
1) Power – The alpha male can defeat any challenge relevant to the tribe, including physical challenges from other tribes.

2) Superiority – The alpha male gets first dibs on resources.

3) Abundance – The alpha male controls all resources, including women.

4) Leadership – The alpha male leads the tribe in every respect and makes all the rules for the betas in the tribe.

The alpha possesses these traits so he can lead the tribe in the battle against challenges. Defeating challenges is the most fun thing a person can do.

Women are attracted to the archetypal alpha because they can vicariously defeat challenges through him, but without the danger or responsibility.

The archetypal alpha’s thoughts and emotions are always fixated on defeating challenges.

The archetypal alpha only does things for women, including paying them attention, when they do something for him first. This rule is the “alpha male quid pro quo” and is the most important rule for holding frame.

As the leader, the alpha male makes all the rules for the tribe, which means that he essentially creates the rules for reality because humans did not evolve to understand the difference between objective reality and the alpha’s rules.

Insisting on your own reality, especially when it clashes with other realities, is holding frame.

Although you are not the archetypal alpha, you can and must “hack” your mind to feel like the archetypal alpha. You do this by focusing your thoughts and emotions on defeating challenges in your life, even when you are around women.

To act and feel as if you have the “power” trait, you must act and feel as if you can defeat any challenge. You must remain calm, positive, and stoic in the face of negativity.

Abundance requires you to feel like you have everything. The primary barriers to abundance are 1) uncontrolled desires, 2) pedestalization of women, 3) a shitty life, and 4) insecurity.

Superiority requires you to focus on your own fun first, and to make her feel like you have access to worlds, both inner and outer, she can never access.

Leadership requires taking the lead in every aspect of the relationship and creating the rules for reality.

Disclaimer Many people will want to reject this article because of its reliance on evolutionary biology. I am not a scientist, so these theories are a combination of my admittedly cursory reading of the scientific literature and my own observations of human life. The science of evolutionary biology is not advanced enough yet to definitively demonstrate which human behaviors are socially conditioned and which are influenced by evolutionary factors, so much of the following is not based on laboratory science. But the following does not contradict the scientific consensus and more importantly, just because science has not figured out something does not mean it is not an important answer for humans to have.

Introduction This article is about how to act like an alpha male, or in other words, “hold frame.” Acting like an alpha male is called holding frame because the alpha is the master of the current reality and creates the rules for reality, so you must “frame” every situation through the lens of your own reality.
must act as if your conception of reality is the correct one (even if it is not, you can always change your conception of reality later), your reality is more fun than any other reality (even if it is not), and nothing can make you accept another reality (even though you would). This sounds like a huge task, and it is, but you will be amazed at how malleable people’s thoughts, emotions, and even identities are in the face of what they feel to be is the alpha male.

This article will not make women like you. It will not teach you how to be funny, or smart, or interesting, or rich, or confident, etc… All it will do is teach you a few rules about how the alpha male would act. But even if you follow these rules perfectly, women may still reject you because there is more to being an alpha than just acting like one. The alpha male is generally tall, athletic, presents a nice appearance, and has some type of indicia, often in the form of money or other resources, that he is good at defeating important challenges. This article will not focus on how to improve those material facts about yourself, as there is plenty of literature on how to lift, eat right, dress better, etc…

Even if your material circumstances suck, and you are short, poor, ugly, or unsuccessful, you must still hold frame. There are no special rules for ugly guys. If you are unattractive or your life sucks, you will get rejected more, women will be less likely to accept your frame, and women will leave your frame more often. When faced with these obstacles, many men break and just accept that they are “losers” or try find a different way to women’s hearts, often by acting like a little bitch. Don’t do that. If you can stand firm and hold frame, you will feel more powerful, more confident, less needy, and these new emotions may even help you become more successful in your life.

The subconscious mind

Human psychology is fucking weird. No matter how much we humans like to think we are rational, we often do things that are counterintuitive, irrational, and counterproductive even to our own goals and desires. The modern media-entertainment complex wants us to throw up our hands and say “There is nothing you can do! Everybody is different, emotions are mysterious and impossible to understand, especially emotions like love and attraction, and all you can do is be a nice person, and hope people like you.”

To some degree the media-entertainment complex is correct, but I believe that much of human behavior can be explained by deep, subconscious evolutionary wiring related to our need and desire to view the world as a dominance hierarchy with an alpha male at the top. Not only do we subconsciously view all of our relationships through the lens of this dominance hierarchy, but our subconscious perceptions of ourselves and others cause us to “act out” this dominance hierarchy in ways that we may not even consciously realize. Scientists have clearly observed these dominance hierarchies in apes, but to “prove” that they exist in humans would require thousands of experiments, most of which would be highly unethical, politically incorrect, and probably impossible. Therefore, all we have to guide is the little science we have and our own observations and experiences.

Each person is unique and almost infinitely complicated, but we share certain emotions formed through millennia of evolution, and the dominance hierarchy emotions are the strongest of these. Because the dominance hierarchy ensured the survival of our ancestors against their enemies in the jungle, these emotions are relentless, constant, uncompromising, and extremely powerful. They overpower all of our other emotions, even important ones like love and compassion, and even hijack our rational thoughts. When repressed or ignored, these emotions reappear in a different form, oftentimes even stronger, and sometimes disguised as something else.
Think of the human mind like a house: everybody has a different house, but we all have the same foundation, and if that foundation is not maintained, the house collapses. Put another way, our rational mind is like a mouse trying to ride an elephant. The mouse can influence the elephant’s actions a little, and over a lifetime this little becomes a lot, but the mouse’s control over the elephant at any single moment is very tenuous and cannot change what the elephant fundamentally wants. If you are ever reluctant to hold frame, you must remember that you are speaking to her emotions that literally decide whether she gets killed in the jungle or not. And no matter how mean, bitchy, disinterested, angry, rude, insistent, or confident her conscious demeanor appears, it is ultimately a mouse riding an elephant.

It bears repeating that holding frame, by itself, will not make a woman like you. You must hold frame AND appeal to her other desires as well. Some women want a 7 foot tall basketball player, others want a dirty hipster covered in tattoos, and yet others want a nerdy Indian guy, and if you are not what she wants she will either not pay you enough attention to notice your frame or she will feel attracted, but not enough to fuck you. Not that it matters what anybody wants. The alpha male is a fun-seeking missile, so he does whatever the fuck he wants and women that like it will join.

**What is the alpha male?**

It is impossible to describe human emotions into words, so I arbitrarily categorize the alpha male’s traits into 4 broad categories, but many traits and actions can fall into more than one category.

1) Power – The alpha male can defeat any challenge relevant to the tribe, including physical challenges from other tribes.
2) Superiority – The alpha male gets first dibs on resources. 3) Abundance – The alpha male controls all resources, including women. 4) Leadership – The alpha male leads the tribe in every respect and makes all the rules for the betas in the tribe.

The primary characteristic of the alpha male is that he defeats challenges. Ape alpha males primarily defeat physical challenges, whereas human alphas must defeat any kind of challenge relevant to human life.

In the language of Jordan Peterson, the alpha male evolved to slay the dragon of chaos. Our minds divide existence into order (that which we know and understand) and chaos (that which we have not yet conquered). The ideal life straddles the border between order and chaos. Too much chaos, and you are overwhelmed, confused, and crippled by fear. You get no wins, you accomplish nothing, and you are dispirited. Too much order, and you are lazy, bored, overly rigid, antsy, and fail to grow. But defeating challenges with one foot in the realm of order and one in the realm of chaos is the purpose of life: it is the most exciting, meaningful, and fun thing a person can do.

Because our position in the dominance hierarchy is the primary determinant of our emotions, thoughts, and behavior, our subconscious mind is constantly trying to determine whether we are alpha or beta in the situation we are in and the people we are around. We subconsciously perceive the 1) material circumstances (resources and appearance) and the 2) actions of ourselves and others, and based on this information we subconsciously calculate our position in the dominance hierarchy. If we subconsciously feel beta, then we act beta, which causes us to feel even more beta, and causes others to view us as beta and therefore themselves as alpha. Actions influence emotions and emotions influence thoughts so our actions/emotions/thoughts axis can quickly spiral into a vicious or virtuous cycle, depending on what we do.

To determine who is the alpha or beta, our subconscious mind primarily looks at the parties’ ability to
confront and defeat challenges. Because the most important challenges in our ape past were physical, we evolved to “sense” the alpha male as the male with superior physical strength, health, eagerness to confront and defeat challenges, evidence of having defeated challenges in the past, and an accumulation of resources (the prize of defeating challenges). When multiple individuals in the same situation exhibit these characteristics, they are driven to battle to determine the alpha, and the losers evolved to “become beta” and accept the alpha male’s leadership by following, obeying, and helping the alpha male.

Evolution enforces this dominance hierarchy by using a combination of emotional sticks and carrots. The “sticks” are negative emotions like anxiety, depression, and fear, which prevent betas from challenging or disobeying the alpha male. Anxiety freezes betas with hesitation if they are about to wander from the tribe or do anything you feel may upset the alpha male, and depression numbs their emotions and drains their energy after the alpha male rejects them or kicks their ass so they ruminate about what they did wrong so they don’t do it again. These feelings are all subconscious: even if you think the alpha is a stupid, incompetent, jerk, if you don’t feel like you can defeat him, you will still feel anxiety when confronting him.

The evolutionary “carrots” that draw betas to the alpha male are 1) an emotional fixation on the alpha male, 2) a strong desire to contribute to the tribe to obtain acceptance by the alpha male, and 3) the ability to vicariously defeat challenges through the alpha male. Defeating challenges is the ultimate fun, but betas evolved to feel paralyzing anxiety in the face of chaos, so they can only experience this fun vicariously through an alpha male. Even in our society today most people would rather have fun vicariously through the alpha male than do fun things themselves because the alpha male will face bigger challenges than the beta can, will be more successful against those challenges, and will win bigger prizes. This is why men watch football on TV on Sunday rather than play football in their backyard.

While betas intensely fixate on the alpha male, the alpha feels nothing for the betas. The alpha isn’t a narcissist or an asshole – he just needs to focus on defeating challenges. Focus is extremely important for the alpha male – if he gets distracted from fighting challenges for even a second the entire tribe could get killed. In fact, women evolved a keen ability to sense whether a man can be distracted. Many cultures even have a myth where their tribe kills everybody in another tribe by distracting them with women. In the West, see the rape of Dinah in the Bible or the rape of the Sabines in Roman literature.

To look at it differently, the alpha male needs to focus on defeating challenges because he is responsible for providing the “fun” for the tribe. If the alpha male’s thoughts and emotions are no longer focused on having fun, the betas must find somebody else to vicariously have fun through. This sounds disloyal, but having fun/defeating challenges is THE MOST IMPORTANT THING for humans. If you are not doing that, somebody is kicking your ass.

The alpha only focuses his thoughts and emotions and does things for betas when they do something to help him defeat challenges. In the middle of a war, the beta who takes care of the tribal chief’s horse is important and the chief can and must take care of him or her. The chief cannot waste any energy on betas who are not contributing; he needs to be focused on the enemy. Apes that do not act like this die in the jungle, so these behaviors and rules are wired into our deepest emotions. As you can see, there is nothing wrong with being a beta; betas are necessary for the functioning of the tribe. Betas evolved to be very conscious of status. The dominance hierarchy is literally a ranking, and the
more the alpha approves of your contribution the higher ranking he will allow you, and the higher your rank, the further you are from rejection. All obsession with status is essentially a deep-seated fear of rejection. Therefore, betas evolved to emotionally fixate on the alpha to figure out 1) if he is still the alpha or if he has been compromised and 2) whether the alpha is pleased with their contribution. This is also why betas’ self-esteem depends on the alpha. Psychologists have determined that people feel depressed and suicidal when they feel they no longer contribute to their community or the world.

Both men and women can feel beta, but women generally feel beta more consistently and strongly than men because they have less testosterone, a hormone that increases aggression and competition. Therefore, women fixate more deeply on the alpha male, and notice every little thing he says and does. Men generally do not fixate on women in the same way and therefore “miss” important information about the woman, often after it is too late. Women’s superior ability to fixate on the man provides them an important advantage because they can use the information they collect against the man if they feel like the man has done them wrong. Nietzsche theorized that the alpha’s biggest weakness was that he paid so little attention to the betas that he could not notice that they were plotting against him. This advantage is so important that most cultures have a myth where a scheming woman “dupes” an aloof man that is ignoring her. The ability to scheme is doubly important for women because a woman evolved to feel extreme anxiety in any physical confrontation with the alpha because it is clearly not a sound evolutionary strategy to fight the alpha.

**Emotional investment**

Emotional investment is simply the act of fixating your thoughts and emotions on something or somebody. The longer you fixate your thoughts and emotions on something that feels good, the more emotionally invested you become. When something feels good, our brain forms neural circuit I call a “pleasure pathway,” that subconsciously and automatically propels us to seek that thing again, and if that thing feels good again, the pleasure pathway is strengthened. This is why drug addicts must consciously work to avoid drugs, because otherwise the will “automatically” do drugs without even consciously realizing what they are doing. This is also why emotionally investing in the wrong person is disastrous: you are literally addicted to a person that can manipulate you, harm you, or just not give a fuck about you.

Emotions are determined by actions, not thoughts or words, so women do not emotionally invest in you until they DO something meaningful for you. Words mean nothing. Once she does things for you, and you accept her into your life, and she has fun vicariously through you, a pleasure pathway will form, causing her to become more and more emotionally invested, especially if she does not have other men that can create the same feeling for her.

Women take much longer than men to emotionally invest because women must carry and take care of a child so they need a man who is credibly alpha over the long term, whereas a man is interested primarily in short-term sex. Furthermore, the alpha male is a complicated character, so a person must be analyzed for a while to determine whether they are really alpha or just a faker. This gives women a certain degree of power early in the relationship because they can be rational when the man feels emotional. Men often feel there is a “connection” when the woman does not feel anything yet, so women often use this rational phase to trick men into doing things for them.

Holding frame requires patience because women do not emotionally invest in you the moment you start holding frame. Even if she is acting bored, disinterested, mean, or distracted, she is secretly
noticing and analyzing everything you do and will (possibly) come around and emotionally invest if you hold frame. Most men lose patience, so they do something to get an immediate positive reaction, usually by supplicating or acting like a little bitch. Holding frame means your primary motivator must be your own desire to have fun, not her reactions.

**The alpha male and reality**

Human’s desire to follow and obey the alpha male is so strong that people literally accept the alpha male’s instructions as the rules that govern reality.

Humans did not evolve to have an inherent ability to understand the concept of objective reality so all “rules,” even laws of nature, feel as if they are coming from an alpha male. This is why humans were so quick to attribute natural events to gods. Similarly, throughout history many charismatic men have created religions, philosophies, ideologies, and other “rules for reality” that the masses blindly accepted, often in the face of serious evidence that those rules were wrong. Humans are more likely to survive in the jungle if we follow the warrior rather than the scholar – a warrior who listens to the scholar is just an added bonus. Donald Trump has proven that, even in our “scientific” age, people prefer to follow the perceived alpha male over the truth.

In fact, the alpha male MUST define the rules for reality. If a man follows rules he did not create, the betas will feel like some other alpha male must be enforcing those rules. Betas are also terrified of chaos and need order, so if a man acts like he cannot control reality and impose order and rules on everything and everybody, betas start looking elsewhere for protection and leadership. Furthermore, when the alpha male ventures into chaos he actually does change reality by changing things, creating new things, defeating challenges, making discoveries, and imposing rules for how people should conduct themselves, making it even more difficult for betas to distinguish between the alpha male’s rules and objective reality. “Humans cannot fly” was a law of reality until a man invented the airplane, and more and more of these rules will collapse as human knowledge advances.

Although you must create your own reality and every rule for this reality, not everybody will accept your reality. Most people’s reality comes from the other alphas in their life: their father, religion, society, etc., and they are not eager to shed that reality and accept a new one. Furthermore, everybody has an identity, values, likes, dislikes, beliefs, habits, fears, talents, fetishes, interests, standards, emotional hang-ups, dreams, goals, and idiosyncracies, which are often deeply embedded into them.

A man who is perfectly and archetypally alpha will theoretically be able to dissolve all these things and re-create any man or woman into anything he wants them to be because he is so emotionally powerful. But nobody is perfectly or archetypally alpha, which means that nobody, and especially no woman, will ever completely accept your frame. And even if they do, it is fleeting: they can get sucked out of it by some other real or imagined alpha male at any time. I am not saying this to intimidate you or dissuade you. The alpha male does whatever the fuck he wants with absolutely no regard to what anybody else thinks, so it is completely irrelevant to him who or who does not accept his frame. When his reality clashes with somebody else’s reality, he insists on his own reality, but he does not push it on anybody. His only mission is to have fun. If you do that, you will be surprised at how many people happily accept your frame.

Because humans evolved the ability to think abstractly, we can project the qualities of the alpha male onto abstract concepts such as “society,” the “media,” the “nation,” the “state,” the “President,” and even God himself, and feel the dominance hierarchy emotions towards those abstractions. Most
people would tell you they do not follow an alpha male but nevertheless are afraid of professing a politically incorrect opinion to their best friend in private. Why? Because “society” has replaced God as the ultimate alpha male we worship and obey. Most people cower before some type of alpha male, and if we are not consciously resisting the alpha male, he becomes all the more powerful.

Of course, objective reality does exist and all humans are bound by real limitations. And most people are pretty well socialized as to what “reality” is, so people will look at you strange if you insist that the sky is purple and that you can talk to animals. Nevertheless, to her subconscious mind you must FEEL to as if you can create reality even if you superficially act like a normal, fun, happy guy.

The archetypal alpha male

Betas did not evolve to follow and obey just any alpha male, but rather the archetypal alpha male, the perfect alpha male. The archetypal alpha male can defeat any challenge, has complete abundance, is completely superior, and leads in every respect. He is infinitely alpha across all categories. The archetypal alpha is a fake character created by evolution that only exists in our emotions, and is designed to drive betas towards the man that can best protect and lead them. A beta who seeks a man who can defeat some challenges is less likely to survive in the jungle than a beta who seeks the man who can defeat all challenges.

The archetypal has no weakness, fear, or deficiency, so he can be completely honest about his intentions and will never give a single fuck about what anybody thinks. He will never lie, cheat, or make promises he can’t keep because he has no need to. The archetypal alpha is also fair in that he helps betas who contribute to the cause.

Of course, no real man is actually an archetypal alpha male. Nobody is even close. Women seek the man that is the closest approximation to the archetypal alpha, but because every real man is so far off, women never fully emotionally invest in any real man. I think it is silly for any man to say “I am alpha” – it is more accurate to say that a man “has alpha traits” or “thinks/feels/acts as an alpha would” in a particular moment and situation. Similarly, no man is completely beta. Most men switch between feeling alpha or beta depending on the situation they are in, the people they are around, and the thing they are doing. The biggest beta will feel and act like a badass when he is doing something he is good at, like playing video games, and many otherwise “alpha” guys act like a little bitch when they are around certain women or guys they see themselves as inferior to.

Whether or not you believe God is real, it is useful to study the character of God in religious literature because he clearly appeals to humans’ desire to follow the archetypal alpha: God is a man, who creates reality, makes all rules, provides guidance and leadership, is all powerful, is all knowing, controls all resources, conquers bad guys and challenges, and feels no fear or anxiety. The God of the Bible is closest to the archetypal alpha, which is why he is the most popular of the Gods. It is interesting that the God of the Bible is compassionate, loving, and accepting of his followers, but only if they obey his commandments. God does not NEED anything from anybody, he only helps his followers because they have shown their loyalty by bringing him some kind of sacrifice.

Hacking your mind

Because no real man is the archetypal alpha, we must “hack” our subconscious emotions to feel like the archetypal alpha male, or as close to it as we can. Life is a continuous stream of challenges, most of which we are unprepared for and fail, so we are all prone to beta thoughts and feelings. Therefore, we must fight to prevent our emotions from subconsciously drifting into negativity when we fail or meet a challenge that presents us with uncertainty. Even when you fail, you can’t let yourself FEEL
inferior. You must hack your mind so you feel consistently alpha in all things you and in all situations, but most importantly, in difficult situations.

Fortunately, humans have the ability to “intervene” in our thoughts/actions/feelings cycle and change it through action. It is almost impossible to change your thoughts and feelings by just thinking. In fact thinking, reading, and talking about being alpha but being too afraid to do anything reinforces your subconscious mind’s feeling that you are beta. Not only is spending all day on the internet reading manosphere shit without doing anything wasting your time, it is actually making you more beta. Even if your thoughts/actions/emotions cycle is trending positively, you can do something beta and turn the cycle negative again. You must always keep working.

The key to hacking your mind is 1) understanding that the world is governed by rational rules that do not give a fuck about your feelings (or anybody else’s for that matter), 2) ensuring that your rational mind stays in control as much as possible, and 3) controlling your emotions.

As much as I discuss emotion in this article, at the end of the day the world is governed by cold, impersonal, objective, rational rules. These rational rules are freely available for anybody to understand and use to shape their world in their own image, but to do so, you must first control your emotions. Your emotions are just evolutionary tools designed to ensure our survival in the jungle, not objective representations of reality, and you cannot let your emotions guide you. Feeling alpha feels great, but if you try to fight a UFC fighter because you had a few beers and feel “alpha” you will get your ass kicked and quickly realize that the objective rules that govern the world do not give a fuck whether you think you think you are alpha or beta.

Realizing that the world is governed by rational rules is incredibly liberating, especially when dealing with women. Most men have no idea what women want, how they feel, or how their minds work, so they essentially see women as infinitely complicated black boxes that flit from emotion to emotion with no rational explanation or guiding purpose. With no rational guidance, these men are reduced to doing whatever they think will get a positive reaction out of women, allowing women incredible power to manipulate them and terrorize their emotions. This is the basis of cliché lines like “happy wife, happy life” or “the key to a successful marriage is admitting she is always right.”

But once you educate yourself about the rational principles that govern women’s emotions, you can take the lead in the relationship rather than simply reacting to her whims. You can even be a better partner and more “romantic” because you can anticipate what she wants before even knows what she wants. Each woman is infinitely complicated, but the foundational emotions for all women are the same. Best of all, when you get rejected, instead of falling into an existential despair of depression and ruined self-esteem you can analyze your rejection rationally: “I was too needy,” “I didn’t take the lead,” “she wasn’t attracted to me,” “she wasn’t emotionally invested enough to call me back,” etc…

So long as women are a mystery to you, you must either give up on women or sacrifice your emotions to a slavemaster you do not understand. But once you understand women’s fundamental wiring, women will lose the power to manipulate you. You can still have beautiful, magical, transcendent relationships with women, you just won’t be terrified by her emotional whims anymore. Even if you do not understand all the relevant elements of women’s psychology, you must have faith that she, like everything else in the universe, is ultimately guided by rational principles.

To control your emotions you must disconnect your “self” from your emotions. “Self” is a nebulous concept, so you can think of your “self” as your ego, your rational mind, or your command center. It is the part of your consciousness that makes your final decisions and the “thing” that you evaluate
when you judge yourself and the thing that makes the evaluations. Completely separating your “self” from your emotions is the highest level of enlightenment, and requires lots of meditation, discipline and hard work. Nobody completely makes it, but the closer you can get, the better life you can have. I am not saying you should be an unemotional robot – all humans are emotional, but your fundamental organizing principle should be rational and arrange your emotions to serve you, not the other way around.

Most men fail to separate their “self” from their emotions, so when they fail at something, they subconsciously think they are actually a beta and a worthless loser, and when they succeed at something, they subconsciously think they are the archetypal alpha, and become arrogant assholes. Most men fluctuate wildly between these two poles, oftentimes based on how their boss treated them at work and whether a woman likes them. Because their “self-esteem” is fundamentally based on these emotions, and therefore how people treat them, these men can easily be manipulated, especially by women. The modern media-entertainment complex wants men to identify with their emotions so they can be easily manipulable to purchase things, go along with political agendas, etc...

You must be able to separate your objective evaluation of yourself with the persona you present when holding frame. In my own mind, I am humble and realize I am just a speck of dust floating through space, and could get hit by a bus tomorrow. I am also very aware of my weaknesses and deficiencies, which I am diligently working to improve. To her, however, I am Superman, nothing bad will ever happen, and I have no weaknesses. I don’t act like a delusional maniac – I will admit things that are true (“sorry honey, I am not good at karaoke”), but I will do so in a way that is positive, upbeat, and makes her feel like everything will be all right and we will defeat all challenges (“give me 3 weeks of YouTube singing lessons and I will be the Whitney Houston of karaoke”).

You should evaluate yourself objectively, based on your accomplishments and your characteristics (which are formed by your accomplishments), not based on how others treat you. This is all the more important if you plan on “gaming” because most women, especially those that do not know you very well, will deliver judgments on you that have nothing to do with your actual value. I have gone out, suffered humiliating rejections from a bunch of mediocre women, and then walked over to the next bar and taken home a 9. All rejection is based on some rational reason, which you either can or cannot figure out. If you can’t figure it out, stop obsessing about it. If you can figure out why she rejected you but can’t fix the problem, stop obsessing about it. If you can figure out what you did wrong, fix it. If you are humble and self aware, you should be able to figure out why you got rejected most of the time, and even if you have serious deficiencies you cannot fix, you probably have a lot of areas you can improve and become attractive to women. If you are young and do not have many accomplishments yet, you must still “fake it till you make it.” Evaluating yourself objectively allows you to create a “delusional” persona to present to her, while simultaneously allowing yourself to improve your flaws.

Carl Jung said that most people have a false relationship to reality: some people overestimate their ability to affect reality (too much alpha emotion) and some people underestimate their ability to affect reality (too much beta emotion). Your ideal attitude for your regular life should be in the middle, where you control your emotions and have a “correct” or “rational” evaluation of your ability to affect reality. Arrogance prevents you from humbling yourself before the rational rules that govern reality, and “betaness” makes you too humble and prevents you from attacking reality with adequate vigor. Your feelings of alphaness can even form an unholy alliance with your feelings of betaness, causing you to get lazy because you think you are already the shit. I have seen tons of impressive
guys knocked down because they believed their own bullshit. Pride goes before the fall. To repeat, however, the attitude you project to women is that of the archetypal alpha.

It's no secret that for most guys, especially in the modern world, too much betaness is a serious problem. But too much alphaness is also a problem – or more accurately, the problem is falsely identifying your feelings of being an alpha with your “self.” Just as women have a deep, subconscious desire to be with the archetypal alpha, men have a deep, subconscious desire to be the archetypal alpha. And just as women are chasing a character that they can never find, men subconsciously want to be a character that they can never be.

The most dangerous aspect of man’s desire to be the archetypal alpha is his infinite desire to fuck all women. Most men are losers that can rarely get laid by anybody, but all men have this insane desire embedded into their genetics, and once this desire awakens their life can quickly go off the rails. It’s common for lottery winners to lose all their money by blowing it on prostitutes, and many major celebrities have suffered immense damage because of their insatiable need for women. Guys like Harvey Weinstein and Bill Cosby can get lots of hot women without rape, but their subconscious emotions demanded what the archetypal alpha gets: ANY WOMAN, NO MATTER HOW HOT OR FAMOUS, WHENEVER THEY WANT, INCLUDING RIGHT NOW BITCH. But even though those guys were extremely powerful, they were not as powerful as the archetypal alpha, so they had to resort to rape to feel like him, which ultimately led to their ruin.

Because nothing can make a man feel like an archetypal alpha like a woman can, women are an extremely dangerous and addictive drug. Some of the most “beta” guys I know are good-looking, successful guys that learned some game and got some pussy, but got addicted to the forbidden fruit. Their desires expanded beyond their actual abilities, so now they act needy and desperate to fulfill their addiction, while simultaneously acting arrogant and narcissistic when things go well. The most beta guys in America are not the anime dorks in their mothers’ basements, they are the rich guys in nightclubs in Vegas and LA blowing thousands and sometimes millions of dollars on their impossible quest to feel like the archetypal alpha.

This article focuses on holding frame around women because nobody can fuck with your emotions like women can. To most men, women are the ultimate prize because they fulfill men’s deepest desires for sex, love, affection, companionship and, most importantly, the desire to feel like the archetypal alpha. Simultaneously, women launch massive shit tests at men while trying to determine if they are the archetypal alpha, leaving a string of broken, humiliated, depressed, and betafied losers in their wake. This combination of women’s desirability and the intense challenge they provide makes holding frame around women extremely difficult for most men. But the solution, counterintuitively, is not to play her game; rather, it is to withdraw and focus on defeating challenges.

Read the rest: https://www.woujo.com/blog/2018/4/26/how-to-hold-frame
Alright boys, it seems the sex gods are bestowing bounty upon my soul as of recently.

TL;DR • match with girl on Monday • plan coffee shop date on Thursday • meet girl at 8 • coffee shop closes and we're back at my place at 9 • 9:45 she's riding me like she's in the PBR

So I'll cover a couple different topics in this field report. Everything from:

• Simple tinder opening
• Logistics of planning your date
• Knowing when to shut up
• Reading body language
• Watching her actions, not her words
• Getting past LMR/ASD

I took the liberty to really go into depth on this one for the new guys and Autists. You're welcome.

On Monday I match with this girl. 18, Bleach blonde, tall, and nice ass, studying pre-med, a solid HB7. We're call her "J."

Now I'm a firm believer that on tinder, cheesy pickup lines and name puns are for faggots. Every BPer out there is sending her the same bullshit line she's probably heard 1000 times that week. DON'T DO THIS. YOU WILL GET NOWHERE.

I send every girl I match with the same line. Its nice and simple, conveys sexual interest, and leaves her somewhere to pick the conversation up with. I don't have to make any effort trying to think of some dumb pun in hopes that I impress her with my wit and charm. (I leave that for in person)

So what's this magical line you ask?
"You're cute, I had to say hello."

What? Is this guy fucking serious? That's the dumbest shit Ive ever read.

Maybe. But "its not stupid if it works."

I will 95% of the time get a positive reply back. Why? 1. Its not a shitty pun, or cheesy pickup line. It conveys that I'm serious in getting to know her. 2. Right out of the gate it shows I have sexual interest in her and that I'm not here to just be her "friend." 3. Its a compliment, that they will most likely return back. Example: "thank you! You're pretty cute too, I had to say hi back!" Now you know where you stand in her mind.

This is where you seal the deal. Don't pussy foot around on this. This is tinder, she has Chads coming at her from every inch and corner, just waiting to be next on that carousel.

Don't try to get to know her or ask her questions. You can do this in person. Simply suggest the date and close!

"Let's grab drinks." "Let's grab some coffee." "Let's grab ice cream."

It doesn't matter what you do just get it done.

She agrees to the date. Hopefully, you have common sense, and you didn't ask her "so uhhhh where do you want to go?" You should already know this! Quoting a post on here about first dates "you
should have everything planned, all she has to do is show up."

Now, getting into the logistics of the meet up. Make sure it's close to your place or hers. The next venue is always going to be one of those two. In this case I chose a little coffee shop not even a 1/4 mile from my apartment.

Time is important! J's schedule gave me two options around 1 in the afternoon or after 7 that night. If you want to be her new best friend and listen to her problems while you sip on your frozen pussiccino, you'll pick the day time date. If you want to get her back to your place and give her the best dick of her life you'll pick the night time date.

Why the night time? Because women are creatures of the night, this when they let loose, and put their inhibitions to the wind! I actually have no idea, but when the coffee shop closes at 9, it makes for a smooth segue back to your place, and if you played your cards right, a plausible deniability situation for her to work off of.

The date is set on Monday, we're meeting up on Thursday. Three whole days before I meet this girl, what do I do?! Did I text her cute smileys and say good morning and ask her how her day went everyday? FUCK NO. I did nothing. As you should do as well. Think of it like talking to the police without your lawyer present. You have nothing to gain, but everything to lose. DO NOT TALK TO HER. she sent me some snaps of her a couple of times and I ignored them. The only time I texted her was around 4 on Thursday to let her know we still have a date tonight. This will keep you and your personality a mystery only furthering her attraction before you even meet.

I show up fashionably late as with any date I go on, I'm playing the dread game and keeping them on their toes and giving their hamster a little workout before I even meet her. "Did he stand me up?" "Why isn't he here already?" "What an asshole."

Anyways, I meet J, give her a hug and kiss on the cheek. (kino escalating right off the bat) if you're an awkward person, maybe not start off with that, but I was feeling cocky and I figured I didn't have anything to lose. She was definitely surprised, a little rosy tint came across her face and she had already forgot that I was 10 minutes late.

I recently read a first date post that had the great tip of always sitting next to the girl and never across from them. So I took heed with that advice, as J sits down on one of the couches expecting me to sit in the chair across from her, I plop my ass down right next to her with my arm over the top. She didn't object or give me a shit test about it, so go ahead try that one on your next date.

Now, at first this girl was a little tricky. She seemed kinda shy and introverted as we talked about mundane bullshit. There would be a couple of instances of an awkward pause between subjects. If this happens to you, don't fumble about for a new topic or blabber about how awesome you are. Say nothing. Maintain eye contact with a smile. It will be awkward at first, but give it a couple seconds and she'll soon give you something to talk about. We eventually connect on the subject of art. I paint, she sketches. (I now have the ace up my sleeve for later)

At this time the coffee shop is giving us the last call and telling us we gotta leave soon. Now, I was still shaky on this girl. Maybe she's the two or three date type of girl, the innocent type, I might have to call it a night here and go home with my dick in my hand.

I throw a little Hail Mary out to see where her intentions lie, earlier she had told me she had to go home and study for a test the next day so I tell her. "Well, I suppose I'll let you go so you can get to studying for that test." She bounces back with "its only a German vocabulary test." She apparently
was pretty fluent with German already so she was giving me the green light.

Remember that ace up my sleeve? That's right, the plausible deniability card. "Well, shit. I live right down the street want to come see my art?" You can use any excuse you want for this to work. "Hey, have you seen x movie/show? You gotta see it! I have it at my place." It's just a nice little work around for her ASD. She'll tell her friends "I went back to his place but only to see his art!" And she won't be seen as slut.

So we get back to my apartment I take her to my studio and I'm showing her my work. She's living out her hot art guy fantasy and is now beginning to size me up. The shy and introverted innocent girl is now giving me the fuck me eyes and getting closer to me. The conversation soon dies out. This is where you make the move, keep the conversation dead. I look her in the eyes for a couple seconds pull her in to kiss her and she practically jumps on me.

I throw her on the couch and we're making out, Shes grinding on me, I'm feeling up her shirt. Its all going smooth. Then that pesky LMR pops up. She stops me and says "let's just keep it light tonight it's only the first date" I give her a little smirk and say "yeah, I agree." And without skipping a beat go right back to where we left off. Don't be a bitch about it. Simply resume where you left off like nothing happened, she will do 1 of 2 things; 1. Tell you flat out no and end it or 2. Keep going along. This is where you need to watch her actions, not her words. Betas will give up after she brings in the LMR they'll white knight and "respect her feelings." She was grinding on me, breathing heavy, and still making out, I wasn't convinced she actually wanted to stop.

Side note: don't waste your time if she brings in the ASD/LMR more than twice. End it and try again next time or it could come off a little Rapey.

5 minutes later she starts blowing me, and god damn is this girl a pro. I haven't seen ball control like that since Ronaldo. Now in my head I figure if she's blowing me she's definitely going to fuck, so I go in for the kill one more time, she puts up a little resistance saying it isn't logical to fuck on the first date (this is simply a false statement women don't use logic they go off emotions.) and now I've grown impatient. So I say "tell me now you don't want it." She comes back with "I want it." Boom. All systems go, Houston we have lift off!

I met this girl an hour ago off tinder and now she's getting plowed like snow in Chicago.

A lot of the lessons in this FR are basic 101 things I've simply parroted in this post. I'm not bringing anything new to the table, but with my experience, it should give you good breakdown and lay out on how to combine multiple theories and have them play off each other to ultimately get you the lay.

My only advice is to simply go out and use the RP. Every time an excuse pops in your head, just say fuck it, and see where the RP will take you. Or, continue to make excuses like a BP beta. Your choice.
As soon as he sells his companies, his wife leaves and takes half the money.

1237 upvotes | March 28, 2017 | by MaybeUT95 | Link | Reddit Link

Quora question:
What did you do immediately after selling your company?

Answer by Kevin Kruse

"Got divorced and lost half the money. Well not immediately…

As soon as the deal closed I drove home, very excited, and asked my wife to log into our online banking account to confirm the wire transfer went through.

She sat in front of the laptop. I stood behind her, looking over her shoulder at the screen. That boot up sequence took forever (yeah, it was a Windows machine).

Finally, she logs in and clicks the account number and…there it is! A totally life changing amount of money. I feel happy, and relief, so much hard work and…

“Wow, I could leave you now, take half and never work another day the rest of my life,” she said flatly. And then she chuckled as if it were a joke.

Even as a joke I thought it was a weird thought for her to have in that moment. I chuckled.

Two weeks later she sat me down and said she feels disconnected in our marriage. We should go to a counselor to try to save things, but if we can’t fix it, we should split up while we’re still young enough to find someone else and get married again.

Six months later we were separated.

Six months after that we got divorced (yes, she got half plus alimony plus child support).

Six months after that she got engaged to the guitar player from church."
You can have the best year of your life: RP took me from a 24y/o virgin to fucking 12 girls within a year

1237 upvotes | January 1, 2017 | by sarc0lupus | Link | Reddit Link

INTRODUCTION Happy New Year January 1 is a day many of us start writing goals and New Year’s Resolutions. And I thank the Red Pill, for saving me, and giving me the best year of my life so far in 2016.

You have no excuses, because someone who was Betamax/Emperor of Beta-stan/Chodeking, achieved the RP transformation within a year.

BODY The Emperor of Beta-stan Picture this: skinny-fat, balding, 5’5” (literally kid’s clothes sizes), talked very fast and manic, a generally-annoying guy, poor eye contact, fidgety, couldn’t stay on one topic, South Asian (purely on looks I’m a 5/10 - 5.5/10 - the rednecks where I live usually said I looked like Aziz Ansari or Raj from Big Bang Theory), terrible at sports, geeky (I read physics and astronomy books for fun).

Thankfully I didn’t have an accent or act fresh-off-the-boat, but on a superficial level, I had a lot of things going against me.

Oh but that’s only the superficial stuff: add to that the garbage NiceGuy behaviours of grovelling and supplicating to women, and you have a 24 y/o chode who never got a number until he was 19, went on his first date at 19, never kissed a girl until 22, and couldn’t even get a prom date in 12th grade.

And on January 1 2016, I made it a commitment to fix this side of my life up. If I never went after the women I wanted in my life, I would be condemned to settling with the women that approached me. But more so than women, if I never went after the life I wanted, I would be condemned to settling for the shitty life that was handed to me. Fuck that. I had a problem; and I needed to fix it.

Process Lift: Gym was my temple. I became the heaviest I ever was, and was able to lift twice my weight. Sidebar: I treated it like studying. I took notes, I revised. I took it as seriously as the subjects I took in college. I discussed my lessons with my best friends (who thankfully are RP as fuck, and introduced me to the material) Approaching: day-game and club game mainly, with some mild social circle game. Didn’t waste my time feeding validation whores with online dating. Other Superficial: Cut my hair short and grew a short beard (now I get mistaken for being Black or mixed-Latino). Got better fitting clothes. Cologne.

By January 7 I lost my virginity to a night club ONS. And the lay count just kept getting better. By November I had fucking more girls in that month than from the first half of the year. One week there were 2 lays. I fucked on beaches, riverbanks and in my office. 18-year olds to 33 year-olds. Multiple nationalities. A plate. Girls crying when I told them I couldn’t keep seeing them again.

LESSONS LEARNED 1. You can get everything you want if you go out and get it. Don’t think that this doesn’t apply to sex and relationships. The BP socially-conditioned world loves to frown upon those that think sex and relationships aren’t achievable goals, but that because they want to believe the fantasy and warm-feeling of it being “magical” and “destiny”. No, love, sex and relationships are nothing special. They, like careers, fitness, intelligence, foreign languages and dexterity are skills that can be studied and improved upon.

Find out what you want in this sphere (a ONS, a bachelor harem life, finding the mother of your
children). Find out how you can achieve this (RSD, The Sidebar, improving your SMV, LTR game)
Get it.

2. **Actions are everything.** You will get nothing in this world - whether it be a job, a girlfriend, or the ketchup bottle in the fridge - if you don’t act on it. Blue-pill beta me thought there was a divine destiny or karma, where I would be rewarded if I “did good” and worked hard at my job, treated people well and followed ethical conduct. Then “magically” I would be rewarded by a good job, or be put in the path of a girl I wanted.

If anything, I had the worst ethics during 2016. At times I slept at work. Numerous women hated my very existence. But I still got what I wanted, because I acted. Act “good” and “morally” if you choose to do so, but not because of some fantasy of being divinely rewarded for it in the future.

The RP world is amoral.

3. **Do.** On a similar theme to (2), one of the key reasons I succeeded in 2016 was because I stopped thinking and did instead. A lot of betas are way too in their heads, and overthink things. Then when a chance for change comes, they think just changing their thinking is enough. They think that merely affirming RP concepts, and saying to themselves that they are alpha, and confident and secure with themselves is enough. And this happens because by actually doing, you face the possibility of failure. Overthinking is at its core, a fear of failure.

The truth is that no one cares about your thoughts.

Motivation is for chumps: it’s the socially-conditioned BP world’s way of getting you to consume and delay doing.

Affirmations are platitudes. Discipline is king.

Instead of repeating to yourself that you’re secure and confident, and instead of wasting your time reading other people’s stories of success, so you can feel as if you’re worthy, I have a better idea. -Do something that makes you feel confident -Do something that makes you feel worthy -Do something that proves you are secure in yourself

4. **Frame.** Have your own reality to the point of it being borderline delusional. No one else cares about your thoughts, so why not make your world fucking incredible and work just the way you want it to. Likewise, you shouldn’t give a fuck about other people’s reality, because not only is it meaningless, but your’s is better anyway.

Once you start doing this, you stop caring if a girl doesn’t text you back (truly, it is she who is missing out), you walk away from a girl that wants to string you along as an orbiter (because in your reality, you never need to justify to anyone why you’re alpha), and you are no longer afraid to escalate.

And any challenge to your reality is a shit test.

(And if you don’t have a strong frame yet, fake it till you make it. I combined the personas of James Bond, Don Draper and Patrick Bateman until I developed my own).

*Sarcolupus*
EDIT: Automod got me for brigading, back again

Link to op: https://archive.is/uULD2

Summary: OP (girlfriend) gets asked by an "ancient ex" to meet up in Amsterdam for a week while he is there for work (he lives in Italy and she in the UK). She books the ticket before mentioning anything to her BF because:

they were on sale for a ridiculously low price on the dates that he would be there, so I jumped at the opportunity.

Boyfriend breaks up with her without loosing frame and even 'that' subreddit calls her out for being wrong.

Body: So they've dated for 6 months and she thinks that going alone to Amsterdam to meet up with an "**ex from ancient history who is more like a best-friend**" is a good idea. She starts with the excuses even in the title.

Her boyfriend shows exactly how a situation like this are to be handled, no harsh words, no complaining about not going simply holding frame:

Pete seemed cool with it at first but after a few days asked me if there was any history between us. I was honest and told him there was. He didn't seem too bothered and eventually asked if I thought visiting an ex in another country was appropriate whilst in a relationship. I explained to him how Dave and my relationship wasn't like that and that we were strictly platonic. He didn't seem to really react, he just gave me a look that was...sarcastic, I suppose, would be the best way to describe it.

Edit: "he just gave me a look that was...sarcastic" -> "dont need to talk, just grin" (c) Endorsed TRP-philosophy.

First he calmly suspects that this is more than platonic and asks her and her hamster believes that going a week to Amsterdam with an ex to do drugs and partying is a sign of a "platonic friendship" and feels safe confessing that he is actually an ex. He then proceeds to ask if she think its appropriate (not telling her its not, just vetting to see if she is really LTR material).

She then pulls out the "**strong independent black woman**" card as a response:

I then told him that I wouldn't be controlled and hated men that thought they owned me and could tell me what to do. I told him I was free to see who I wanted and that I found his lack of trust in me upsetting, disrespectful and, perhaps, a sign of future abusiveness. I now realise that this may have been a bad thing to say. Again, he didn't really react so I thought that was the end of it.

Here most men would have caved, given her reasons not go, told her not to go or even worse, supported the idea of the trip because nobody wants to be an "abusive boyfriend". Her boyfriend on
the other hand shows exactly how to hold frame he even explains it to her:

Then, last night, he came around to my flat and broke up with me! I asked him why and tried to get him to explain himself and he told me that my going away was to see "another man" a deal-breaker, that he'd been in this type of situation before and wasn't going to go through it again. I asked him if this was an ultimatum - I hate ultimatums, they are tools of abusers - and he said "No, its not an ultimatum. I've decided to break up with you. I have not presented you with any options. I just came to say goodbye." Before I could say or do anything more, he kissed me on the forehead, said goodbye and walked away. He didn't seem angry, just...sad.

No harsh words, no ultimatums, no anger, just HELD FRAME. He realise a women that cant show her relationship the respect it deserves dont deserve him and he simply lets her go.

Here comes some bonus:

To make matters worse, I told Dave about what happened and he replied "Oh well, guess that means we can have even more fun then! ;o)" He didn't care about my relationship and my pain - he just wanted a hookup buddy and someone to get stoned with whilst he was in Amsterdam.

Suprise, her ex-boyfriend didnt invite her to Amsterdam to party to have a platonic friendship re-kindle. Obviously both men in this story knew exactly what was up but she comes to the Internet asking for advice of what went wrong.

I tried calling Pete today, about an hour ago, and he actually answered! He told me that I should look to be with someone who wasn't so abusive. He said, "Please stop calling me - this is over. Have a nice trip to Amsterdam" Then he BLOCKED me! How could he do that to someone he loves? Is he over reacting or was I? What should I do now? Was I wrong?

"How could he do that to someone he loves?" she asks herself without any self-reflection (until even the Internet told her that yes, you were wrong).

Lessons learnt:

- Women believe in their hamsters, they are not lying when they say they "didnt cheat" or "it just happened", just because she believes her own lies dont mean you have to.
- Hold frame, even if your girlfriend is planning on going on a fuck-trip to Amsterdam with an EX.
- AWALT?
I Created a PDF of The Sidebar

1235 upvotes | March 29, 2020 | by dream-hunter | Link | Reddit Link

The Reddit admins have been getting worse over the past year, and now there's no better time to back everything up than ever. The sidebar has perhaps the most important information regarding the TheRedPill, and having it backed up is, therefore, very important.

I decided to then put my coding skills into work and create a single PDF file of the entire sidebar.

Features:

- Available fonts: Times New Roman, Sans Serif and Baskerville
- Download as: A3, A4, A5 or A6
- Table of Contents
- Numbered pages
- View the PDF online without downloading
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Links:

- TheRedPill Sidebar - A3 - Times New Roman.pdf
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- TheRedPill Sidebar - A3 - Baskerville.pdf

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- TheRedPill Sidebar - A4 - Sans Serif.pdf
- TheRedPill Sidebar - A4 - Baskerville.pdf

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- TheRedPill Sidebar - A5 - Baskerville.pdf

- TheRedPill Sidebar - A6 - Times New Roman.pdf
- TheRedPill Sidebar - A6 - Sans Serif.pdf
- TheRedPill Sidebar - A6 - Baskerville.pdf

- Download EPUB version here.

If you haven't read the sidebar yet, now, as coronavirus spreads around the world, is the time to do it. Enjoy, and don't forget to save it offline incase anything gets removed.
Alabama bill would criminalize false rape accusations

1234 upvotes | May 9, 2019 | by SouloftheVoid | Link | Reddit Link

Youtube Girl Tells her 170k Subs how She Skipped taking BC to get Pregnant Without BF Knowing. Then doesn't let BF be with His Son. Wear a condom.

1233 upvotes | April 4, 2016 | by RedPillMeditations | Link | Reddit Link

Recently, in a thread submitted by /u/complex21, there was a youtube video posted by a girl with a popular youtube channel, who regales us in the tale of getting pumped and dumped by a Chad.

In the recommended, or similar, videos there was this brilliant gem:

**GETTING PREGNANT YOUNG ON PURPOSE | EMOTIONAL STORYTIME VIDEO**

Jordan Cheyenne

Edit: Might be worth downloading this video. I doubt it, but with the huge response from this post, she might take it down. If she tries to take it down, we will all upload it on throwaway accounts.

Edit 2: Comments now disabled. For those who didn't see, we FLOODED her video with comments telling her how we feel about the type of person she is. If we are lucky, maybe we got some tears. Hah.

Basically, all her friends were getting pregnant, and she was jealous that the baby was, "really bringing them closer together". So she decides to **SKIP TAKING BC ON PURPOSE**, then take 2 the next day because she got scared.... Then does that same sequence 3 OR 4 MORE TIMES. (5:10 - 5:36)

Here is the best part.... (5:35 - 5:50)

She says, that she doesn't know what happened, but she thinks that something went wrong with her birth control... Unbelievable. She then admits that it is her fault, but only after blaming the birth control. Remember, nothing that happens is her fault.

5:54 - 6:35

Another great part of this video. She tells us how her boyfriend wasn't "supportive enough" because he was always working. So she doesn't want him in her life because he isn't "a good male role model for her son"....

Yup. He was working all the time. So you could sit you slutty ass at home all day and work on your youtube channel. I'm sure she's collecting all that child support while she makes
30k a year from showing other sluts how to put make-up on so that they can all follow in her footsteps and lock down some Chad with pregnancy.

This sickens me the most. The subscribers see nothing wrong with what she did. In fact, they look up to her. These are the role models for the next generation of girls.

Always wear a condom. Never trust what these girls say. Never get married.

She will fuck you over. Straight from the horses mouth. And remember, it's NEVER her fault.
Consider the bottom 80% - Your competition is pathetic

1232 upvotes | August 28, 2018 | by LordOfTheReptiles | Link | Reddit Link

I wanted to write down some thoughts I’ve had in regards to a recent post on TRP. The post is titled “Here’s the Top 20%”. I recommend you read that article because it is pretty insightful when looked at in the right way.

The writer gives statistics about what it means to get to the top 20% in various categories - height, salary, dick size, debt, and number of sexual partners. I wanted to flesh this out a bit more because I worry that many guys here are going to read that article and their takeaway is going to be that they aren’t doing well enough in these categories to succeed in dating and sex. I believe the intention of the article was to demonstrate that it is not nearly as difficult as you think it is to become a high value man, not that you HAVE to be top 20% to achieve success with women. More importantly, I want to emphasize that the vast majority of guys you are up against offer so little in terms of competition that it is not something you should spend any reasonable amount of time thinking about.

This will be a bit of a field report with some subjective opinions on where I think the majority of men stand in the world, and why it is much easier than you think to reach a point where dating is easy. This is not exaggerated for dramatic affect. I am simply trying to illustrate that most of you can be successful with women if you focus on the right things instead of obsessing over what the top guys are all doing.

This past weekend, I slept with 3 women between Friday and Sunday. One was a girl I had already been seeing, one was a girl I went on one date with about a week prior (date ended without sex), and one was someone I had never met before. Since people will undoubtedly ask, my “stats” are:

- 5’11”
- 31 years old
- 15% bodyfat
- $130k (salary + investments)
- Ginger (I get compared to Dameon Louis, for a reference)
- Live in my own apartment in downtown Boston
- Tinder profile has recent pics from a bachelor party and wedding
- Normal social life but nothing crazy
- A few hobbies (rock climbing, photography, drawing, cooking)

This would put me as above average in the general population of men in my bracket and city. I’m not jacked, although I have lost about 40 pounds over the past year which has yielded a massive improvement in my looks. I generally wear dark clothes including a mix of button ups, graphic t-shirts, nice jeans and clean / higher end shoes and boots. I am hygienic, keep my facial hair trimmed and neat, pluck my eyebrows, gel my hair, and put on cologne. It takes me a total of about 15 minutes to get ready to go out.

Why am I talking about this? Because everything I just listed, aside from height, is completely obtainable for the average guy and virtually none of it is luck, genetics, or out of reach. Having orange hair could even be looked at as a detriment (no freckles, thankfully) and yet I regularly have women told me I’m their “first ginger”, and even sometimes hear “I’ve always had a thing for
redheads”. It is not an exaggeration to say that most men do not even present themselves in an attractive way through basic hygiene and fashion.

Thursday night I had a girl I’ve been seeing over to watch a movie. She stayed the night, we fucked on my lunch break Friday, and then she left to head to her friend’s beach rental for the weekend. Friday night, I went out with a buddy of mine to see our other friend’s album premier. It was at a low-key bar, about 50 people, and I had no intentions or plans to hit on women. Around 12PM, a girl I had been messaging through Tinder asks what I’m up to. We had no plans to meet up anytime soon, but she had gotten off a late shift at her hospital and was bored. I told her I was watching my friend’s band play, and that she should stop by to check it out. I text her the address and tell her I have an extra ticket, she says she’ll be there in 20. This was a woman who had actually rejected my advances to grab a drink earlier in the week.

When she got there, she admitted she had messaged a few guys but seeing the band sounded like fun. You know why? Because the other guys were sitting at their fucking apartment and invited her to come straight there. They weren’t doing ANYTHING interesting. She told me she had never been invited to something like this. I asked her what she did for a living, and she told me she’s a doctor at one of the local hospitals. Before arriving, I told my friend and his girlfriend to make sure this girl felt comfortable, as she didn’t know anyone here and we had never met in person before. My friend’s girlfriend pulled her aside, got to know her a bit, while I was bullshitting with my buddy near them. It helped to diffuse the tension of her arriving to a venue of complete strangers. It showed that I wasn’t some guy sitting by myself asking Tinder girls to come out and just get drunk. Nothing about this situation was difficult on my end, yet it stood out to her as different than what she is normally invited to do.

After introducing her to the band, we got invited to an after party. At this point, after knowing me for an hour, she was excited to go and had no reservations about it. I made her laugh, made her feel comfortable, and showed that I actually have something to offer and talk about. We stopped by the party, and after 30 or so minutes we realized that we were probably the only people not on drugs. She said she felt weird, but didn’t want to go home. Given that it was 3AM at this point and all the bars were closed, I took the hint and said we can head back to my place. She said yes, again with no hesitation.

We get to my place, and the first thing she says is that she is impressed with how clean it is. I want to write this again to emphasize what stood out to her. A fucking DOCTOR was impressed that I clean my apartment. What does that say about the average guy in the dating scene? She was genuinely surprised that my god damn furniture matches, that I pick out artwork that isn’t just some melting clock you see in every dorm room in the United States, that I have real plants, and that I don’t have dirty clothes laying on the floor in my bedroom. Why do you think Jordan Peterson literally has a chapter dedicated to cleaning your bedroom in his latest book? It’s because the majority of the male populated can’t be bothered to pick up their shit-stained boxers off the floor and wipe the piss stains off their toilet seat. If you can’t take the time to do basic human chores, why would quality women want to fuck you?

The doctor and I talked about our experiences on Tinder for a bit, about how she’s tired of the way guys act on Tinder, don’t look like their pictures, don’t make an effort to get to know her before trying to have sex, and how her last date showed up in a baseball jersey to a restaurant and spent the entire time talking about the Red Sox. We fucked that night and the next morning after breakfast.
Later that night, another girl I had met once before texted me saying she wanted to hang out, so I invited her to a bar a few blocks from my place. She asked why that bar, and I said that they have good food and it’s close to my place if we decide we want to come back here afterwards. Again, same stories. She’s tired of dating, she’s sick of guys in their 20’s acting like children, sex with most men is boring, the list goes on. I tell her I’m into interior design, she says she wants to see my place. A half hour later she tells me she’s so glad she’s finally getting laid again.

Next day, I get a text from the doctor saying she’s bored and misses my comfy sofa. I invite her over and ask if she likes Sci Fi. She says no, so I put on the new Blade Runner to change her mind. We fuck afterwards. She tells me to text her whenever I want her to swing by. She says she likes that I made sure she had an orgasm. That is who I’m up against. That is who YOU are up against. Guys who are too fucking lazy for things like foreplay. Guys who think that vanilla missionary sex for 5 minutes is going to make her feel sexy. Guys who don’t ask what she likes and doesn’t like in bed. Guys who don’t pay attention to her noises and body. Guys that don’t know where her clit is, let alone touch it. Guys who say “nice tits” instead of SHOWING her that you like them.

Before people jump down my throat and accuse me of making this up - this was an above average weekend for me. I normally don’t put this much time into getting laid. What I did do is put myself into situations where it is possible if and when it arises. I would have been completely content with watching the band and going home. What stood out to me, however, was when the girl on Friday told me she wouldn’t have hung out with me if I had just invited her to my apartment. She liked that we actually did something fun, because these types of offers are so rare from men. When you put yourself into situations like this, you impress women and they want to be part of your life. If you actually take the time to do, say, and express that you care about and do interesting things, dating becomes easy. It becomes enjoyable. It gives you experiences that both you and the women will remember and appreciate. It makes you stand out among a sea of average and lazy morons.

I read an article a couple months ago about how Boston is the best city to be a single man in. This was factored out of a number of things, including the male-to-female ratio (many more women than men), how well educated the women are, how many women are single, and various other things a single guy would want. I can wholeheartedly say that it is filled with beautiful, intelligent, funny, and successful women. Many of them are unhappy with their dating lives, and it became very obvious why. I can break down the vast majority of men in my city into one of two categories. The first is the “Boston Sports Guy”. His entire existence and well-being are based around how well New England sports teams are doing. He wears baseball jerseys and hats when he goes out to bars, only talks about the Red Sox and Patriots, and would probably be honored to have Tom Brady fuck his girlfriend in front of him. His apartment is filled with sports memorabilia and little else. The second type is the “Cambridge Hipster”. He weighs less than the women he’s trying to sleep with, is hypersensitive about everything, wears purple converse and generic flannel like everyone else around him, and thinks that playing shitty music on a guitar is going to impress women with how deep he is. He agrees with everything women say and do, and thinks that being an overbearing nice guy will get him laid. Deep down he resents the women he pursues for constantly putting him in the friend zone. Again, this is my competition.

The guys on this sub need to calm down with the obsession over becoming “Chad”. AskTRP is flooded with questions like “what’s the alpha response here” and “is what I did beta”. Look, I get it. Guys are frustrated with dating so they blame women and compare themselves to the men that those women are fucking. Yes, it can be beneficial to mimic behaviors of people who are exceptional at
something in order to improve yourself in that regard. A perfect example is watching stand-up
comedy routines in order to improve your humor. That being said, reaching the top 20% in different
categories does not immediately surround you with this aura that women just pick up on and want to
fuck. These categories are components of a bigger machine. The majority of men are lazy, boring,
and put little to no effort into the things they say and do. That is exactly why “alpha” guys stand out.
Effort makes you stand out, not just the results of that effort. Giving a shit about something makes
you stand out, but that doesn’t mean you have to be the best at it.

Instead of worrying about how tall you are, try to consider that the bottom 80% of men are so low
effort that they barely exist in the eyes of women. You are competing with the top 20% a lot less than
you probably think you are, because there simply aren’t many of them. Many of them get tied down
with girlfriends and wives, and some of the men that are technically top 20% in these categories still
are not dating because they don’t know how to be social. I know multiple men in the tech industry
that earn well over $100k, are in decent shape, have some hobbies, and still don’t date anyone
because they have no idea how to talk to women. Instead of worrying about what the alpha guys are
doing and how much more they bench than you, try to keep in mind that becoming above average is
incredibly easy by putting in a mediocre amount of effort into things that women notice (which are
things that you should also care about anyway). Some simple things you can do to stand out among
the majority of guys include:

1. Good hygiene
2. Matching clothes
3. Furniture that isn’t disgusting
4. A clean apartment
5. At least one skill that can also be sexual (I learned massage and own a table)
6. A career you care about, or at least working towards one
7. Attending social events that are not just about drinking
8. A dating profile that doesn’t have just bathroom selfies
9. A social circle of people that are interesting
10. Hobbies that she will want to be a part of (rock climbing for me)

That’s it. That’s what it takes to stand out. That is the bare minimum you need to make yourself
attractive, and you don’t even need everything on that list. I didn’t include lifting/fitness on here
because that should be a given. If money is an issue, order new furniture off of WayFair (do not buy
Ikea). Get a new haircut from a gay stylist, and tell him you want a masculine/clean look. If you have
no fashion sense, go to an affordable but trendy clothing store and tell the girl working there that you
want a new outfit to go see your friends band in, and let her pick it out for you. Take pictures of you
doing things and being around people and use that on Tinder instead of a selfie. Say something other
than “hey” when you message your matches. If you get nervous talking to women, then talk to them
like it is one of your friends but make a note to turn the conversation sexual at some point. That is all
you have to do. You don’t have to be Chad. You don’t have to be 6’5”. You don’t have to earn
$300k. You don’t have to drive a Porsche.

Stop overthinking all this shit and comparing yourself to some douchebag on Instagram. Will she
fuck another guy that has these things? Maybe, maybe not. Are you really going to spend your time
sitting around, breaking down statistical benchmarks to try to calculate the odds of her fucking a
richer guy? That is a MASSIVE waste of time and is going to drive you crazy. Just approach the girls
you want to, show them a good time, and move on with it. I’ve been cheated on more than once, and I can tell you without a doubt that some of the guys were not “higher” than me on the dating scale. They just offered something I didn’t. I can’t do anything about it, but one thing I can do is enjoy the time I have with women without worrying about if and when they’re going to climb the ladder. The women I was with this weekend will at some point move on, and I don’t care. It doesn’t matter. When they find new guys, I’ll find new women because there is nothing stopping me from doing so.

One of the biggest ironies I see here is when guys complain that women could have the audacity to ever want to be with a better guy, as if the guys here wouldn't do the exact same thing if they could. Are you seriously going to act like if you were a sleeping with an average girl, that you wouldn't fuck someone who looks like a model if you had the opportunity? You're just insecure because it's easier for them than it is for you. Is it fair? No, it isn't, but it is reality. Women have some things easier than men, and the opposite is also true as well. As a guy, you literally get better looking as you age and she gets worse looking. You don't menstruate once a month, and you can have a kid in your 50's with absolutely no risk to your own health or the child's. Stop complaining that one aspect of dating is easier for one sex, when plenty of other things are easier for you. You can control almost every aspect of your life that makes you attractive or ugly to the opposite sex, so stop obsessing over guys that do it better than you. Your height is not the reason you aren't getting laid, it's the fact that you're taking time out of your day complaining about your height on the internet.

I am glad the author of the “Top 20%” article put those statistics out there, but that is all that they are. Statistics. Not one of the women I slept with this weekend asked me my height or my salary. They slept with me because I put effort into things. They know I'm successful because they can SEE it when they walk into my apartment. If a woman being impressed that I clean my apartment doesn’t say enough about the current state of men in the dating scene, I don’t know what else will. Your competition is dogshit.
#1 Trending Video on YouTube today is titled "Alpha Males Do Not Exist"

1230 upvotes | August 3, 2017 | by mallardcove | Link | Reddit Link

Not going to link that garbage but the #1 trending video on YouTube today is this video of a John Oliver look alike skinny fat hipster glasses wearing loser preaching to us about why there is no such thing as an alpha male.

As someone who works in the media myself I can attest first hand that the media and establishment structures doing all they can to attack real men is not by accident. It is by design. The goal is to weaken men and make them effeminate losers who are easy to walk over. Strong, masculine men are the #1 enemy to the global establishment.

Here is the deal. Most men will see this video, and articles like "Why women prefer dad bods" and "Real men date single moms" and other filth aimed at weakening strong men and actually believe its the case. These videos, while pathetic, are actually a good thing as most men will run with them as fact and do just that. They will stop lifting and get that dad bod. They will stop trying to act masculine and be threatened by their masculinity. They will try to rope in that catch of a single mom. Why, because the media told them to. Media = brainwashing. It's a good thing because it thins the herd. It makes getting into that Top 20% or Top 10% or Top 5% of men that much easier. To the point where simply lifting, eating right, staying in shape, dressing well, having good posture and not having an awkward demeanor will put you into the Top 20% by default.

These videos are good for the individual male who is looking to climb the ladder in the male hierarchy. Unfortunately its bad for men and society as a whole. The weaker men get, the easier it will be for oppressive establishment operatives to trample our rights and walk all over us with more tyranny and freedom/liberty stripping actions.
Remember the girl who dumped her boyfriend because he lacked "ambition" but was secretly loaded with cash, well here's the update from the same girl

1228 upvotes | April 17, 2016 | by MAX_Fury | Link | Reddit Link

Thanks to One_friendship_plz for finding this. This post comes from another subreddit, I'm sure you can guess which one.

Summary

In 2014 I went through a pretty bad break-up. I met Will at a NYE party hosted by a friend-of-a-friend and we dated for 10ish months. I loved him - it was probably the best relationship I'd had on a 'personal connection' level - but he had been dishonest about some things (not infidelity - 'life' things) and it led to us breaking up. I couldn't come to terms with his lying by omission - it seemed like he threw away our relationship over nothing.

She blames Will (the guy who is loaded) for ending the relationship because it was obviously his fault that he didn't share his money on her. Like we all know, it's never her fault, she's the victim here.

I was pretty unhappy for a while, not gonna lie. Went on a few dates, had a few Tinder flings, but nothing serious.....just all-around happy and patiently waiting for Mr. Right to come along.

So she fucked random men, nothing ever serious and yet she expects her Mr. Right.

My friends and I were invited to the same NYE party this year, hosted by the same person. I knew there was a chance my ex would be there, but I didn't care - I was over him.

Oh I'm sure you were over him, otherwise why else would he be on your mind constantly.

So my girls and I are there early, having a few cocktails and everything is going great... then Will walks through the door. He saw me, smiled, walked directly over and gave me a big hug. With his arms wrapped around me, smelling his cologne... I just melted. In that moment, whatever bad feelings I had about our relationship were completely gone. I just genuinely missed him.

Just like that, all those bad feelings are gone when she sees Will, her Alpha.

My friends could tell that seeing him had affected me. They took me to a more private area of the house to talk it out; they reminded me to not get ahead of myself, he's still the same guy who lied to you.

Her friends are trying to make her feel better by blame shifting everything on Will, obviously the feelings with this one are strong.

Will found another girl

She arrived about 10 minutes later and Will introduced her to everyone. She seemed nice enough, but seeing them together made me sick to my stomach. I swear she was being all touchy-feely with him just to spite me. I did my best to avoid them throughout the night.
found out through a friend that they'd been dating for 2 or 3 months. The party ended, I got into a car with my friends and just started sobbing uncontrollably. They tried to comfort me but I was too far gone. They dropped me off and I cried for while longer alone in my apartment.

Of course, she was definitely trying to spite you. **Alpha widowed forever.**

I want him back so bad, I just don't know what to do :( 

Awwwwwww...it's ok, you'll find a man that will make you happy one day.

If you read the comments section, no one is comforting her, they all say it's her fault for ending the relationship.

EDIT: You can find the original story on my page, just go under my submitted stuff for those of you who are interested.
A pure, natural alpha doesn't need tips and tricks for maintaining frame, but I am anything but a natural alpha and these are some simple techniques I've employed to "fake it till I make it" with respect to communicating with women, including in a LTR.

**Never discuss your feelings or emotions.** Just don't. Holding her hand in silence or hugging her warmly is all she needs. Do not betray your inner emotional life to a woman's fickle ears.

**Do not talk about yourself.** Don't psychoanalyze yourself out loud to her. Talk about the things you love and enjoy. Don't talk about yourself. She is not worthy of that. That is for a close male friend if at all.

**Occasionally be unexpectedly thoughtful.** Give her a cupcake with your names on it. Pick her a flower. Tiny expressions like this, devoid of any verbal affection and followed immediately by a return to the relatively aloof and stoic frame, can pierce a woman's heart with an emotional snag that sparks a deeper kind of attraction and love.

**Be in charge of goodbyes.** Initiate departures most of the time. If she says she should probably get going, immediately comply with a smile. Always appear comfortable leaving.

**Touch her. You are entitled to her body.** It's your toy for you to play with and enjoy. Assume this right as early as possible, beginning with benign physical contact and quickly escalating. It's her responsibility to protect herself from unwanted physical affection, not yours to guess how much affection she is comfortable with. Her restricting your access is funny, always. Acting butt-hurt about being rejected is tremendously unattractive.

**Regularly temporarily withdraw from initiating any physical affection.** Find that you're touching her first a lot? Withdraw for 15 minutes to an hour. Don't refuse her touch, just abstain from initiating it. She may not notice this consciously but subconsciously it can trigger a slightly oxytocin deficiency that will clue her into how much she needs you.

**Sex should consist of her acting in submission to you.** In bed, she is a rag doll, a slave. Exercise complete dominion over your woman in bed. The only limits to your alpha expression in bed should be legal ones. Don't be an English farmer, be a Viking pillager.

Obligatory: **Lift 3x week, keep a top-tier haircut, wear good clothes** (if you have no idea where to start, just go to H&M and Urban Outfitters).

Ditch all processed foods. **Eat as clean as possible.** This will improve every aspect of your life immediately. If you need to ween off processed foods, start with clean breakfasts, then add clean lunches, etc. No added sugar, no corn syrup. Buy natural ingredients and learn to enjoy simple home-cooked meals.

**Meditate.** Just do it. Meditate every day. If you don't know where to start, sit down somewhere, close your eyes, and count your breaths to 100. Tame your mind.

**Cut out all porn.** It's time to put that away. Fantasizing is for teenagers.

**Experiment with abstinence from masturbation.** Shoot for one week and observe the cognitive and hormonal effects. Everyone is different but many people find that abstaining dramatically increases social confidence and energy. This has been my experience. YMMV.
Usually wait at least 10 minutes before responding to a text. If you're hanging out waiting to receive a text on your phone, at least pretend you're not.

Don't use smiley faces, exclamation marks, or laughing ("haha," "lol").

Send less words to her than she is to you. Count them. Additionally, a text should be less than 8 words.

At least 75% of texts sent to her should be unserious, witty, flirtatious, teasing. Texting is for entertainment, not meaningful relationship-building.

Before sending a text, ask yourself this question regarding the text: "Could an idiot have written this text?" Don't say things like "How are you?" Don't ask her about her day. Tie in a previous bit of information in a witty way. Stimulate your woman's mind in a way that other people can't.

Never discuss feelings or emotions via text. Your sincere thoughts are probably too meaningful and sacred to even be communicated verbally to your woman, let alone put into a cheap text.

Err on the side of less texting. Regularly fail completely to respond or acknowledge her texts, including questions that seem important to her. You love her, but you love yourself more and you have a life to attend to.

Furthermore, occasionally ignore her for periods of time ranging from 12 to 48 hours. Two days of radio silence, unexplained, will increase attraction from a woman who is already has feelings for you. For a long-term relationship, 24 hours may be sufficient. I promise you that causing your girlfriend emotional pain by occasionally ignoring her for an uncomfortable 24 hours will directly result in more attraction, not less.

If you are a hopelessly beta, bottom of the barrel male, I recommend shocking your system by committing yourself to a couple of days of solitude in the wilderness. Buy some gear and go into the wilderness for a couple of days with food and water. Avoid trails, climb mountains, get lost, take some risks. If this seems unnecessary or dangerous, you are still psychologically a child.
TIL just deleted a post about male victims of domestic abuse
1222 upvotes | October 26, 2014 | by Aerobus | Link | Reddit Link

IMGUR LINK of this thread
REDDITLOG LINK of this thread

I also have a PDF file of this thread, but I don't know how to upload that. Both links are about 7 hours old.

For those of you who don't know, earlier today, a user submitted this scientific study conducted by the National Institute of Health, in which the user found out that "Male Victims of Domestic Violence who call law enforcement for help are statistically more likely to be arrested themselves than their female partner."

Not surprisingly, the mods deleted the post because it went against the feminist theocracy. In short, by presenting valid facts in the form of a scientific study conducted by a reputable organizations, we hurt their feelings. And to them, that's all that matters, so they decide to censor the truth.

Any idiot can tell you that none of these rules, the submission guidelines for posts on TIL, were broken. Yet the mods claim that rule #2 was broken since the title was "editorialized." You tell me how a submission title of:

TIL Male Victims of Domestic Violence who call law enforcement for help are statistically more likely to be arrested themselves than their female partner- NATIONAL INSTITUTE OF HEALTH [PDF]

is editorialized when the PDF shows that male victims of domestic violence "who call law enforcement for help are statistically more likely to be arrested themselves than their female partner"

It isn't. The mods are lying through their teeth and they know it.

This is what we have to deal with men. We are disposable. No one gives a shit about us, and feminists will censor free speech.

TL;DR You're disposable, Life's unfair, and Feminists are hypocrites.

BONUS: TIL MODS also deleted a post titled "TIL: The majority of child abuse perpetrators are women, which also linked to a scientific study conducted by The U.S. Department of Health and Human Services." Redditlog link Link to the study
She doesn't want to be happy
1221 upvotes | February 15, 2018 | by majorbollocks | Link | Reddit Link

Not for too long at least. So does she want to be sad? Yes, but not for too long either. She wants to feel loved, she wants to feel abused. She wants to feel respected, she wants to feel objectified. She wants to feel powerful, she wants to feel submission. She wants all of it. Every possible emotion in the world.

The only thing she doesn't want to feel is NOTHING. Boredom sucks. Fuck boredom. She'd rather be pissed off that an alpha jerk is forcing his cock into her mouth and closing it up until she swallows. She'll feel dirty, used, disrespected. But at least she's not bored. At least it's a strong emotion. Better yet, several strong emotions at once.

Emotions are her drug. As with any drug she develops tolerance. Over time, weak emotions just don't do it for her anymore. She needs stronger and stronger stuff. People complimenting her and giving her gifts are nice. But the spikes aren't so high. And they don't last as long. She needs more. Being abused sucks big time but it's the only thing that does it for her. For a while. Until the cravings come back and she needs another high. Which is quite often.

Sometimes she feels so done with the abuse from fucked up jerks. She finds a good guy that she can settle down and feel loyalty and stability with. It's the feelings she's after, not the guy. But then the cravings become too strong and she can't fight it anymore and cheats or dumps the guy. She goes out to the nearest bad boy jerk and gets her fix of abuse aka strong emotions.

As she gets older, these temporary vacations into loyalty and stability get shorter and shorter. It's just not satisfying for her beyond the first three months. Loyalty and stability are weak drugs. She needs the strong stuff.

The manosphere is so caught up on the concepts of alpha and beta but I feel like everyone is missing the bigger picture here. There are so many stories of textbook alphas getting cheated on it's not even funny.

What of the poor musician who's three months late on rent but bangs chicks left and right, relative to the rich nice guy who can't get a date to save his life?

What of the jacked dude who's needy as shit and still can't get a date?

Alpha is just the baseline. Alphas have the benefit of stimulating a woman in several different ways. Physically big and dominant, emotionally fit, well-liked in his social circle, makes decent or good money or at least financially stable. He induces several different emotions in her at the same time. Provider, tingles, status, queen, slut, etc.

But sometimes she just wants to feel something different. Like how would it feel to fuck the pool boy? Someone young and ripped. She'll feel like an experienced person teaching a naive boy. She'll feel like she's taking away the innocence of a young boy. She'll feel the taboo of betraying the trust of a man she professes to love. She'll feel really good and have so much fun. Then she'll feel really bad and beat herself up. Then she'll confess and her spouse will lose his shit and that'll start more drama. And it'll all be delicious.

Does this mean she doesn't love her spouse anymore? No. She does. She was hooked on the feelings the alpha spouse provided. But she's felt that for way too long and it has become familiar. And boring. FUCK BOREDOM. She just wanted to take a break and feel something else for a while and
then she'll be back. If only her spouse understood. It wasn't that the pool boy was "better" or "more alpha". He was just something different.

She sees men and people as emotion pods. When she needs her fix she'll go to a pod and prod it. She's an expert at prodding just the right way to get just the kind of emotions she wants. The more a pod gives her weak emotions, the less interesting that pod becomes to her, and she leaves it and looks for another pod.

As I'm typing this a chick I'm fucking just posted something in a facebook group we're both in talking about some harassment issues that happen in the group and also a drug rape case. The issue has been settled but she still wants to post her opinion and attacking other people she sees as not caring enough about the situation. Oh, and the girl who was raped specifically said not to tell anyone about it. It's a recipe for a shitstorm of drama, which is exactly what she wants. Plus the "rape" happened months ago and I remember her talking about it back then like "oh we woke up naked together after drinking tee hee".

She wants to feel several emotions at the same time. That's why she has no problems cheating. Keep a loyal boyfriend at home and fuck some alphas on the side. Count the number of emotions she can feel right there. Dedication, naughtiness, power, freedom, submission. Jackpot!

This is why most women are serial monogamists. They latch on to an emotion pod, squeeze it for what it's worth, get bored of it, and move on to the next one.
- they move from abusive relationship to abusive relationship, while keeping some safe orbiters on the side to snack on some weak and safe emotions
- they lovebomb at the beginning of the relationship to experience the highs of being “in love”. The lovebombing is for her benefit, not you.
- they start crossing boundaries as a way of getting their emotional pods to dispense the emotions they crave. Once they’ve exhausted that pod, they’ll move on to another pod and grow more and more miserable as they get older.
- in fact, she would rather be cheated on than agree to an open relationship. Being cheated on guarantees strong emotions. Open relationship agreements are logical, hence less delicious emotionally.

Men are not built this way. Men love stability. Stable emotions, consistent sex, and freedom. This is the foundation we need to build things. Forging alliances, creating civilisations. None of that could be done if we were all out looking for the next emotional high. For me the red pill is about understanding this and realising that there's a very slim chance that any real work can get done if hypergamy is left to its own devices.

The best thing for us to do is to have multiple women in our lives. If one woman acts up, instead of being the emotion pod that she squeezes to get her fix of drama, we simply call up another woman and fuck that one instead. Have several on rotation and we can have enough stability in our lives to actually focus on our Mission.
I came to this understanding a few years ago; I was on bus drunk, alone, on the way home back from a bar. I’d struck out all night, being too scared to approach women, or, with the ones I did talk to, too nervous and beta. I was angry at myself and pissed at my cowardice, and I must have given off some kind of dark, brooding charm, as two similarly drunk girls on the bus kept glancing over at me. One of them was very pretty, and she was sitting there demurely while her friend babbled loudly at her.

She would quickly turn around and sneak a glance at me occasionally, catching my eyes and looking away. This kept happening. Thinking back, she was begging me to come over. I couldn’t do it. I wanted to, but the resistance was too great. I was too scared, too down on myself, too anxious; all sorts of excuses.

Eventually we were at my stop and I went to get off. So did she. Evidently this was her stop too. Here was another chance “oh you’re getting off here too”. Easy opener. You don’t really need anything too smart or witty, just something that connects you to her. I could have done it. I didn’t. We both get off and she walked ahead of me and I walked behind her like a stalker and eventually she turned off down another road and I went home.

I laid in bed furious. How could I have fucked up such an easy opportunity? She was so pretty, so receptive, gave me easy signs. It would have been magical, romantic, two drunk people meeting on a bus on the way home. Maybe she was just as horny and drunk and I could have gone for the same night lay. She lives so close by, what a convenient plate she would have made.

Round and round in my head this repeated, for a good week afterwards. I was kicking myself for being such a loser, such a wimp. In fact, it affected me much more considerably than it should have. I know I should have got over it, but I was just so angry and defeated, my cowardice winning once again. A damn loser who’s too scared to even talk to a girl who is interested in him. What did I have to lose? What would have happened if she rejected me?

Then I realised. Nothing. I would have been totally fine. I would have laughed it off in fact. It would have been just another rejection to add to my ever-growing list… book… *tome* of rejections. I would have slept fine that night, I wouldn’t have sat in class kicking myself and dreaming about her… what if? What if? What if I’d just been brave? What if she’d smiled and I took her home. What kind of girl was she, what was she into, how did she fuck, what would our kids look like? I’ll never know. Now, she’ll always be a “What if?”

**What if?**

And this “What if?” is so much worse, so much more damning than a simple “No”. “No” is hard and absolute, it closes the chapter, ends the story, allows you to go off and attempt a new one. “No” gives closure.

But “What if?” hangs in the air around you for days, weeks, sometimes years. Poking at your self-hate, teasing you with fantasies, trapping you in the past. That girl in the red-dress at the party who...
was flirting with me, what if I’d just escalated more… what would the story have been? Now I’ll never know, I can only guess. The pretty cashier who was chatting at me… what if I just went a step further and asked for her number… well she might have said “I have a boyfriend”… then at least I’d know it wasn’t possible… I’d shut her away, erase her face. But now, she’ll always hang there as a “What if?”

This is so much worse, I realised, than just a simple rejection. Rejections can be hard and painful, but the regret, the self-hate, the dark cloud of doubt is much, much worse. I’ll take a damn rejection any day over that.

“No more what-ifs” I told myself. Just go for it. Get the answer straight out. You have nothing to lose.

There was a pretty “alt” girl who lived close by me who I’d always been meaning to talk to, but been too intimidated by. She dressed each day like she’s in a gothic-lolita fashion-show. I’d been “What if”-ing about her for a while, so this time I just went and spoke to her. She was very happy to be approached and I gave her my number, and she actually texted me. Awesome. That was so easy! But then she kept replying to my “let’s meet up” texts with “oh I’m actually busy that day” or “sorry I’m really hungover can’t make it”. I got the hint, I can decode girl talk now, she’d lost interest. But hey, fuck it, who cares. I didn’t have her before, and I don’t have her now. Nothing’s changed, except I killed the “What-if”, I can be free of her. Net positive for me.

Two girls on the train… always hard opening two girls at once, they reinforce each other and are more open in their bitchiness, but I was in a confident mood and said hey fuck it lets go. They laughed at me; laughed in my face and told me to go away. Horrible witch-cackles. Malicious. That one was harsh; girls can be cruel as hell. But I got over it pretty quickly. Now I had no reason to be angry at myself, I wasn’t a coward, I actually did it. Sure I got shot down, but that’s nothing on me, I actually had balls to approach.

Girl I was pining after during lectures; pretty deep one-itis, real dreamgirl. I’d had dreamgirls like this before and have always been too afraid to talk to them, they were always “What-if”s that hung around for years, making me sad that I’d never approached even one. Just fantasies to admire from afar. Fuck-it, no more "What-ifs". I’ll just go speak to her, I’ll at least try. Well it didn’t go well, went pretty horribly in fact. She was a huge bitch, very promiscuous, and borderline, almost certain. Had that Cersei Lannister Regina George kinda vibe.

But the "What-if" died. I had more information about her, she was a horrible bitch, someone I couldn’t get along with. It was instantly easy to get over her after that. So what if we got together? She would have eaten me up and chewed me out. She would have used her borderline sorceress powers to wreck me emotionally and then throw me away. And the sex
would have been lazy too. Question answered, "What-if" killed, time to move on.

Freedom

It was so easy, so freeing. The "What-if" became a much bigger evil than the rejection, I began to fear the "What-if" much more than a bitchy put down. Now whenever I start getting approach anxiety, hamstering myself into pussying out, the voice in the back of my head will say “you will regret this and beat yourself up over it later, a rejection is nothing compared to that”.

And suddenly approaching becomes the easiest thing ever. It stopped being so terrifying.

The pretty young blonde girl on the train. I went and spoke to her. No more "What-ifs". She gave me a big smile. We got off the train together, I walked her home, kissed her goodnight. The next day we hung out, fucked a week later; grew very close, developed a good rapport, in-jokes, intimacy, affection. When we hung out she’d give me happy little sighs like she was in a dreamworld and I was her fantasy prince. It was beautiful. She enriched my life, gave me memories I will cherish, snap-shots of her smile and laugh, her bright malevolent eyes when she was shit-testing me, the way she got frustrated and fidgety when turned-on.

And What-if? What if I’d just been a pussy, like all the times before, and hadn’t spoke to her. A whole chapter of my life would have vanished into thin air. A whole beautiful girl, unknown and forgotten; a mirage, a dream that didn’t live out. She was everything I fantasised about, and I manifested her into my reality; all because I killed that rejection anxiety and just spoke to her. All the bitchy-putdowns and cruel witch cackles in the world were worth it for just one day I got to spend with that girl.

And then my heart sunk, for all the times I had been a coward and hadn’t approached a girl, or escalated. How many of these girls would have turned out like the train-girl? How many potentially beautiful stories in the making had I killed by being a scared loser? The answer was more than 0, definitely. There were relationships there, entire stories, hanging in the air, ready for me to grab, which I threw away, destroyed, through my anxiety. Through a fear of something that couldn’t even hurt me. Fuck, so stupid. So depressing. So cowardly.

No more. No more what-ifs. No more cowardice. No longer will I kill the story before it even starts. I’ll go and speak to her, and open the book. And it may only turn out one page, or one sentence long. But I’ll still get something out of it, I’ll still learn something, and it’s better than not opening the book at all.

And for every failed story and closed-book, there will be some that remain open, some that are beautiful and keep you hooked, some that nourish and thrill you, some that you cherish and celebrate and follow through a lifetime.

No. No more what-ifs.
Sir Ian Mckellan on the sex scandal controversy: women sent directors nude photographs that said" DRR' — directors' rights respected. "- Offering sex in favour for roles..

Here are his views outlined in the article

The root problem is not going to be fixed so the the issues with sex in the film industry will still go on..

Since we are treating women with kid gloves and deciding that in anyway questioning them or criticising their stupid actions is sexism it is just going to keep going on.

Notice how everyone woman's story never talks about the fact that they went to see a powerful man and spread their legs so they could get ahead.

It is always that they were "horrrrified" and were tormented, despite being wined and dined and then given an incredible advantage after spreading their legs. They were all just magically alone at night with this guy and he just like suddenly totally got his dick out for no reason? Yeah, and they totally went to be alone with him with no expectation.

So many people made this deal with the devil but now they renege, and for ego say "no wait, I was totally forced", but of course none of them are going to give back the movie parts and advantages they received in return. They want to have their cake and eat it. All this hysteria (obviously some rape or harrassment allegations are true) is fuelling some of these fame hungry hoes to "double dip".

Some of them spread their asshole to get worked to get that part or that audition they never would have but now they also get to "double dip" by getting a second fame and attention boost/ moment in the spotlight by then going back and saying "omg, I totally was harrassed by weinstein because I somehow was in his room for no reason and he got his cock out for no reason". It wasn't because I flirted with him and massaged his ego and did what I could to get his attention and make a deal with the devil to get ahead, I just was magically in his room alone...

That's the core problem

. Right now if you said "Hey you want to suck a creep like Weinsteins cock and let him fuck you in the ass to get a decent movie role (or even just a good chance at one)" You would still have a line of women from Los Angeles to Boston lining up to make a deal with the devil. And that is what none of these women with their stories are admitting.

There is some dick they aren't even mentioning. The time they got worn the fuck out because it got them a good audition. Because there is everything to gain and there are plenty of fame hungry sleep to the top women and society is doing everything to excuse that behaviour and in fact women who have done this are now told they were "tormented" and poor helpless creatures.

I just shake my head at this whole "metoo" movement. If men tried to totally eschew all responsibility and fragrantly flaunt that fact women wouldn't stand for it.. I wish we didn't stand for this stupidity..
Guy is secretly loaded with cash but does not tell his gf, she leaves him then finds out from his friends that he has been hiding his wealth from her (hamestering ensues) Re-Post

I wanted to post this because it really is worth reading over and over again. It shows that this guy (Will) has mastered the mentality of an IDGAF attitude. It’s a great read.

Submitted originally by into-the-abyss

Tl;dr - My boyfriend kept his wealth a secret from me throughout our entire relationship. I ended the relationship on the pretext that he wasn't money/career motivated, he didn't say anything to the contrary.

Body

I [F26] have been dating Will [M27] for most of 2014; I met him on New Years Eve, we exchanged numbers, scheduled a coffee date and have been seeing each other ever since. He's tall and shy, with long thick hair like Eddie Vedder. He lives in an older house by himself and drives a 1997 Toyota. He dresses very casually - I don't think he even owns a collared shirt - and all his clothes are minimum 1-2 years old. For income, he told me he "ran a few websites" and picked up piece-work as a 'session guitarist'. He is also very frugal. He never took me out for fancy dinners or anything. In the beginning it was always coffee dates, walks, hikes, etc. If we go out, he insists on 'pre-drinking' and refuses to buy drinks at a bar. Most nights he was content staying in, watching Netflix and playing his guitar. I never outright asked how much money he made, but given his lifestyle, clothes, furnishings, etc. plus the fact that he rarely worked, I assumed it wasn't much. I would lightly prod him with questions about the future, if he had any career goals - he would say that he "saw me in his future", but also he was "happy the way things were". I have Facebook and am on it every day, usually when work is slow. Lately my newsfeed has been filled with my peers getting married, buying houses, having babies, and other various accolades. I can't help but feel jealous by this; it seems like everyone but me is making significant gains in their lives and relationships. Three weeks ago, after seeing a girl I knew from high school buy her 3rd property with her husband, it felt like my relationship with Will was juvenile and had no future. The next time I was over at Will's (after he served me potato soup for dinner and was torrenting a documentary for us to watch later) I ended the relationship. I was perfectly honest about everything - he was a great guy, I loved him and his personality, but I felt he lacked career/life ambition and we wanted different things for the future. He sat and listened to everything, seemingly unmoved by it. When I finished talking, he said "fine by me" and asked me to leave. I went to hug him on my way out, instead he just guided me out the door and slammed it shut behind him. With prior boyfriends, we'd still talk or text a bit after we'd be broken up. Sometimes we'd even still hook up. I dunno, I've just never had a 'bad break-up' and always try to remain on good terms. I haven't heard a fucking word from Will, even after texting him multiple times and calling him once. I saw two of Wills friends at the gym today. I went over and made small talk, asked how he was, etc. I tried to explain myself, saying he was a great guy but our views on money and the future didn't seem to mesh. To this, one friend chuckled to himself and walked away. I asked the other friend WTF that's about it, and he says "Yeah, we heard. The thing is, Will's loaded. He inherited his grandpas land which is leased to oil and gas companies. I've seen the quarterly checks he
gets and they're more than my yearly salary. Good luck getting him to spend it, though. He has a 'if it ain't broke, don't fix it' type mentality. Just look at that piece of shit he drives!" This has completely baffled and upset me. I dated him for 10 months when I thought he was penniless, proof I'm not a fucking gold-digger. I am a 26 year old woman who needs to be pragmatic, I can't just indefinitely date someone with the future being so uncertain. He could've said something, ANYTHING during our break up when I was explaining my doubts about our relationship. Instead he said nothing, and now he refuses to talk to me. It makes absolutely no sense. I just feel so low right now. If a man with disposable income meets a woman he likes, doesn't he want to treat her? He said he "saw me in his future", why didn't he care enough to share these things with me? He could have easily kept our relationship alive by being forthcoming. Someone please help me make sense of this situation.

I really get a good laugh at the part where he served potato soup and torrented a documentary for them to watch, fucking hilarious, imagine doing that on your second date with today's modern women.
The Sixteen Commandments Of Poon

1214 upvotes | May 11, 2019 | by redvelvet_oreo | Link | Reddit Link

I. Never say ‘I Love You’ first

Women want to feel like they have to overcome obstacles to win a man’s heart. They crave the challenge of capturing the interest of a man who has other women competing for his attention, and eventually prevailing over his grudging reluctance to award his committed exclusivity. The man who gives his emotional world away too easily robs women of the satisfaction of earning his love. Though you may be in love with her, don’t say it before she has said it. Show compassionate restraint for her need to struggle toward yin fulfillment. Inspire her to take the leap for you, and she’ll return the favor a thousandfold.

II. Make her jealous

Flirt with other women in front of her. Do not dissuade other women from flirting with you. Women will never admit this but jealousy excites them. The thought of you turning on another woman will arouse her sexually. No girl wants a man that no other woman wants. The partner who harnesses the gale storm of jealousy controls the direction of the relationship.

III. You shall make your mission, not your woman, your priority

Forget all those romantic cliches of the leading man proclaiming his undying love for the woman who completes him. Despite whatever protestations to the contrary, women do not want to be “The One” or the center of a man’s existence. They in fact want to subordinate themselves to a worthy man’s life purpose, to help him achieve that purpose with their feminine support, and to follow the path he lays out. You must respect a woman’s integrity and not lie to her that she is “your everything”. She is not your everything, and if she is, she will soon not be anymore.

IV. Don’t play by her rules

If you allow a woman to make the rules she will resent you with a seething contempt even a rapist cannot inspire. The strongest woman and the most strident feminist wants to be led by, and to submit to, a more powerful man. Polarity is the core of a healthy loving relationship. She does not want the prerogative to walk all over you with her capricious demands and mercurial moods. Her emotions are a hurricane, her soul a saboteur. Think of yourself as a bulwark against her tempest. When she grasps for a pillar to steady herself against the whipping winds or yearns for an authority figure to foil her worst instincts, it is you who has to be there… strong, solid, unshakeable and immovable.

V. Adhere to the golden ratio

Give your woman 2/3 of everything she gives you. For every three calls or texts, give her two back. Three declarations of love earn two in return. Three gifts; two nights out. Give her two displays of affection and stop until she has answered with three more. When she speaks, you reply with fewer words. When she emotes, you emote less. The idea behind the golden ratio is twofold — it establishes your greater value by making her chase you, and it demonstrates that you have the self-restraint to avoid getting swept up in her personal dramas. Refraining from reciprocating everything she does for you in equal measure instills in her the proper attitude of belief in your higher status. In her deepest loins it is what she truly wants.

FUCK YOU CENSORSHIP!

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VI. Keep her guessing
True to their inscrutable natures, women ask questions they don’t really want direct answers to. Woe be the man who plays it straight — his fate is the suffering of the beta. Evade, tease, obfuscate. She thrives when she has to imagine what you’re thinking about her, and withers when she knows exactly how you feel. A woman may want financial and family security, but she does not want passion security. In the same manner, when she has displeased you, punish swiftly, but when she has done you right, reward slowly. Reward her good behavior intermittently and unpredictably and she will never tire of working hard to please you.

VII. Always keep two in the kitty
Never allow yourself to be a “kept man”. A man with options is a man without need. It builds confidence and encourages boldness with women if there is another woman, a safety net, to catch you in case you slip and risk a breakup, divorce, or a lost prospect, leading to loneliness and a grinding dry spell. A woman knows once she has slept with a man she has abdicated a measure of her power; when she has fallen in love with him she has surrendered nearly all of it. But love is ephemeral and with time she may rediscover her power and threaten to leave you. It is her final trump card. Withdrawing all her love and all her body in an instant will rend your soul if you are faced with contemplating the empty abyss alone. Knowing there is another you can turn to for affection will fortify your will and satisfy your manhood.

VIII. Say you’re sorry only when absolutely necessary
Do not say you’re sorry for every wrong thing you do. It is a posture of submission that no man should reflexively adopt, no matter how alpha he is. Apologizing increases the demand for more apologies. She will come to expect your contrition, like a cat expects its meal at a set time each day. And then your value will lower in her eyes. Instead, if you have done something wrong, you should acknowledge your guilt in a glancing way without resorting to the actual words “I’m sorry.” Pull the Bill Clinton maneuver and say “Mistakes were made” or tell her you “feel bad” about what you did. You are granted two freebie “I’m sorry”s for the life of your relationship; use them wisely.

IX. Connect with her emotions
Set yourself apart from other men and connect with a woman’s emotional landscape. Her mind is an alien world that requires deft navigation to reach your rendezvous. Frolic in the surf of emotions rather than the arid desert of logic. Be playful. Employ all your senses. Describe in lush detail scenarios to set her heart afire. Give your feelings freedom to roam. ROAM. Yes, that is a good word. You’re not on a linear path with her. You are ROAMING all over, taking her on an adventure. In this world, there is no need to finish thoughts or draw conclusions. There is only need to EXPERIENCE. You’re grabbing her hand and running with her down an infinite, labyrinthine alleyway with no end, laughing and letting your fingers glide on the cobblestone walls along the way.

X. Ignore her beauty
The man who trains his mind to subdue the reward centers of his brain when reflecting upon a beautiful female face will magically transform his interactions with women. His apprehension and self-consciousness will melt away, paving the path for more honest and self-possessed interactions with the objects of his desire. This is one reason why the greatest lotharios drown in more love than they can handle — through positive experiences with so many beautiful women they lose their awe of beauty and, in turn, their powerlessness under its spell. It will help you acquire the right frame of mind to stop using the words hot, cute, gorgeous, or beautiful to describe girls who turn you on.
Instead, say to yourself “she’s interesting” or “she might be worth getting to know”. Never compliment a girl on her looks, especially not a girl you aren’t fucking. Turn off that part of your brain that wants to put them on pedestals. Further advanced training to reach this state of unawed Zen transcendence is to sleep with many MANY attractive women (try to avoid sleeping with a lot of ugly women if you don’t want to regress). Soon, a Jedi lover you will be.

XI. Be irrationally self-confident
No matter what your station in life, stride through the world without apology or excuse. It does not matter if objectively you are not the best man a woman can get; what matters is that you think and act like you are. Women have a dog’s instinct for uncovering weakness in men; don’t make it easy for them. Self-confidence, warranted or not, triggers submissive emotional responses in women. Irrational self-confidence will get you more pussy than rational defeatism.

XII. Maximize your strengths, minimize your weaknesses
In the betterment of ourselves as men we attract women into our orbit. To accomplish this gravitational pull as painlessly and efficiently as possible, you must identify your natural talents and shortcomings and parcel your efforts accordingly. If you are a gifted jokester, don’t waste time and energy trying to raise your status in philosophical debate. If you write well but dance poorly, don’t kill yourself trying to expand your manly influence on the dancefloor. Your goal should be to attract women effortlessly, so play to your strengths no matter what they are; there is a groupie for every male endeavor. Except World of Warcraft.

XIII. Err on the side of too much boldness, rather than too little
Touching a woman inappropriately on the first date will get you further with her than not touching her at all. Don’t let a woman’s faux indignation at your boldness sway you; they secretly love it when a man aggressively pursues what he wants and makes his sexual intentions known. You don’t have to be an asshole, but if you have no choice, being an inconsiderate asshole beats being a polite beta, every time.

XIV. Fuck her good
Fuck her like it’s your last fuck. And hers. Fuck her so good, so hard, so wantonly, so profligately that she is left a quivering, sparking mass of shaking flesh and sex fluids. Drain her of everything, then drain her some more. Kiss her all over, make love to her all night, and hold her close in the morning. Own her body, own her gratitude, own her love. If you don’t know how, learn to give her squirting orgasms.

XV. Maintain your state control
You are an oak tree. You will not be manipulated by crying, yelling, lying, head games, sexual withdrawal, jealousy ploys, pity plays, shit tests, hot/cold/hot/cold, disappearing acts, or guilt trips. She will rain and thunder all around you and you will shelter her until her storm passes. She will not drag you into her chaos or uproot you. When you have mastery over yourself, you will have mastery over her.

XVI. Never be afraid to lose her
You must not fear. Fear is the love-killer. Fear is the ego-triumph that brings abject loneliness. You will face your fear. You will permit it to pass over and through you. And when your ego-fear is gone you will turn and face your lover, and only your heart will remain. You will walk away from her when she has violated your integrity, and you will let her walk when her heart is closed to you. She
who can destroy you, controls you. Don’t give her that power over yourself. Love yourself before you love her.

The closer you follow the letter of these commandments, the easier you will find and keep real, true unconditional love and happiness in your life. Best,

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

1211 upvotes | May 10, 2018 | by Unrealenting | Link | Reddit Link

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

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

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

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

Frame: How Brave Are You?

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

Game: How (Emotionally) Intelligent Are You?

Your Game is simply how well you can use your words and actions to get people to enter your reality. Game means saying and doing the right things to get people to say and do what you want, and it ultimately comes from research garnered through experience. Women prefer men who other women prefer because your experience means you know what you're doing, Game conveys the same
message, that you know how to get what you want. It is fundamentally an understanding of
psychology and emotions, an acknowledgement and manipulation of the subconscious biological
drives of people by using them to the benefit of you and the group through verbal and non-verbal
communication. This is because if you can force someone to think a certain way you can force them
to act a certain way, and doing so in a way that is conducive to the survival and benefit of both the
individual and the group is the most important epithet of a Leader. In other words: Be Emotionally
Intelligent.

_Lifting: How Strong Are You?

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

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

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

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


Edit: Game is about EMOTIONAL intelligence, not simply IQ. Edited the post to reflect that.
Married man from r/DeadBedrooms gets fed up. Applies every single RP principle by the book, without even knowing about RP. Results are as predictable as you'd expect.

1208 upvotes | April 22, 2015 | by wakethfkupneo | Link | Reddit Link

Looking through RP lens, story reads almost like a fairy tale.

The long hard road, out of hell

My life was shit. I frequently dreamed of suicide. My biggest problem was my sexless marriage. I logged in to this old account this morning to find a dozen messages asking me if I had killed myself (How would I even answer?) or if I had divorced my wife yet. Neither of those things happened. Something much better happened.

Now quickly, imagine yourself going to r/relationships or similar mainstream sub. What do you think would be #1 advice?

Shortly after I made those posts, my wife and I started seeing a marriage counselor. Everyone in the world told me counseling was the right thing to do.

Of course! Counseling!! Aaaaand ... did it work?

The counselor's advice amounted to something like "So you're horribly depressed because you have needs which aren't being met. Have you considered not having needs?". At one point he floated the idea of trying to get me a libido lowering drug. He was 100% on my wife's side of everything.

Libido lowering drug!? /SMH

After one year of brainwashing he finally gives them both 'a finger' ...

... I told him to fuck off. I told him that his services were worthless and that I would not be returning.

... completely withdraws attention from his wife and starts focusing on himself:

I got back into old hobbies I had been neglecting during my depression, started spending 3 or 4 hours a day at the gym doing heavy compound lifts fueled by repressed anger, and running until I made myself puke.

For 3 months he got no reaction, but at that point he genuinely DGAF anymore. But something else was starting to happen: other women suddenly checking him out and people at gym complimenting his progress. The mark of true success: persistence.

Seasoned RPers already know what you get when you cross Dread and SMV increase:

The next day as I was leaving, she stopped me and said pretty much nothing before initiating sex. That day I missed the gym because we fucked for four hours.

The Alpha is born. Nothing can stop him now.

Starting the next day, I'd text her commands from work. Stuff like "Be naked when I get
I can already imagine Roissy linking his *skittles man* story.

Every single day of that month. Sex happened whenever I wanted it, for as long as I wanted it, however I wanted it. No resistance. No complaints.

**Surprise, surprise.**

And then he amps it up a notch (true mastery way, not asshole way) ...

I started rewarding her for putting out. I started taking her on dates again, and playing card games with her again. I'd bring her little gifts again. If she didn't put out on a given day, for any reason, I'd completely deny her any of my attention or energy.

**BRAVO SIR! Operant conditioning 101: reward good behavior, punish bad. He finally Gets It.**

This change in our relationship has lasted 9 months now. She's very nice to me now, gets naked whenever I want, and is super affectionate in public. I love her again, and now I feel like she loves me too. My depression is over!

And they say Red Pill is bitter. Yes, immediately after you swallow it, but the more you digest it the sweeter it gets. The comment section turned into a discussion about The Red Pill.

What's really interesting in this story, other than being yet another proof of RP concepts, is that it's very rare that someone unplugs himself without external (RP subreddits, manosphere blogs) aid, without metaphorical Morpheus. But this guy did it.

**tl;dr (his own words): Ignored my wife. Worked on myself. That fixed my marriage.**
I am Karen Straughan [girlwriteswhat]; Ask Me Anything.

Hey there, everyone. At /u/bsutansalt's request, I'm here to hang out for a few hours and answer your questions.

Have at you!

EDIT: Holy shit, this conversation has kind of exploded. I've been trying to keep up as I can between my normal daily stuff and getting the rub on the back ribs and into the oven, etc etc, and I just want you guys to know if I don't get to your questions/comments this afternoon, I'll come back to them tonight or tomorrow. I WILL answer each and ever comment, dammit!
The women who denied you will come to resent you when you surpass them in the SMP.

Quick background:

29 years old, workout often, have a good paying job in a desirable city and some cool hobbies like backpacking/hiking, writing and traveling.

I never had a problem getting laid in the past, but I would throw myself in the orbiter category too often with girls that rejected me. I've been reading on here for several years after a breakup with my ONEITIS. I've learned and applied a lot since that time.

The same girls that rejected me 4 years ago and were happy to maintain a casual relationship now carry resent for me as I'm established and have improved myself tremendously in the last several years. I ghosted many of them, but the ones that would reach out could pickup the change in my tone and the way I carry myself. Most of these women are crashing into the wall and can sense the serious decline in their value as mine has risen drastically. I'm talking Me vs. Them at age 24 and Me vs. Them now.

Most of you are familiar with the age old saying: "Men age like wine, women age like milk." This is seriously true and as you come up in age, you'll see it first hand.

The advice I have is simple; Put yourself first, LIFT, grooming is a priority, read voraciously and create the life you want. Put positive thoughts into action and tune out the noise. Your vision needs to be greater than your thirst for women and your need for validation.

Your validation will come when you achieve something worth a shit, not from a one night stand or otherwise.

Cheers gents, keep working hard.
Stephen King said, “Amateurs sit and wait for inspiration, the rest of us just get up and go to work.” To achieve any long-term goal, you must give up on motivation and focus on starting positive habits. Motivation constantly changes. However, habits will endure. [method]

In order to answer the question, "How do you effectively start a habit?" — first, we must understand what a habit is.

A habit is task that has become so consistently engrained that it begins to be carried out autonomously—by the unconscious mind—such as drinking a cup morning coffee every day.

Why are habits important for accomplishing long term goals?

Watch This

Because the moment you form a habit, it signifies that you have now transcended out the window pain that normally accompanies taking up a new task.

When something becomes engrained as a habit, it becomes much less unpleasant to carry out that task. It just becomes natural.

The reason it is so difficult to turn a productive undertaking into a consistent practice is because it is often painful to carry out productive task. If the task is drinking coffee, or sleeping every night, it is easy to turn those tasks into habits because they are pleasurable. However, if the task is painful, like writing and editing articles, getting up and going to the gym, setting aside to time to do affirmations, then it is far more difficult to become consistent.

We are hardwired to avoid pain. Pain is helpful. It instructs us what to avoid so we don’t die, and our species can continue to reproduce.

The ease at which we can establish a habit, is directly proportional to how quickly we receive our pleasure or reward, and inversely proportional to how much pain or effort it takes to get there.

99% of the things you do are habits. The way you think is a habit. The way you present yourself to other people is a habit. Whether you start books and never finish them. They are all products of the thoughts you habitually tell yourself and the actions that you repeatedly carry out. Whatever habit you have, in some way your mind believes it is serving you.

If your lazy, perhaps it frees you up from trying and failing. If you have a victim mentality, perhaps it liberates you from personal responsibility.

In essence, you are automatic creature. However, fortunately, habits can be changed.

That is where self awareness comes into play. Self awareness is the one variable in human existence, which separates us from all other species and allows us to accomplish amazing things. In our unique ability to be aware of our habits, we have the opportunity to reengineer them and establish new ones that serve us.

For a short period of time, we can choose to use our free will (or DISCIPLINE), in the face of resistance to push past the initial window of pain, make something become natural/expected, and
thus, establish a new pattern.

Now there is a bunch of conflicting literature on how long it takes to do that. I have heard 21 days. 40 days. etc.

In my opinion, that’s all nonsense and propaganda. The amount of time it takes varies from person to person. **There is only one way to tell if you established a habit.**

I have used this measuring stick time and time again, to determine whether I have finally established a new pattern in my life.

The answer is two-fold:

A) when it task becomes noticeably less painful to complete

B) when you go to bed without doing it, it actually feels like your missing something

When you meet these to criteria, then you know it is engrained.

I hope this helps to establish habits that will serve you and your long term goals. By becoming aware of your patterns and reengineering them so that they meet this criteria, you will be surprised at what you accomplished.

**Good luck**

**This video** expands on this topic and details my experiences with this philosophy.

If you enjoyed this post, I invite you to subscribe to [this YouTube channel](#). I greatly appreciate your support, whether it is a like, comment, sub. On [this YouTube channel](#), I share my years worth of experience working with the subconscious mind—allowing you to reengineer your thoughts to magnetically attract happiness and success.
Mod Notice: Reddit may ban The Red Pill in the next wave of SJW censorship. Immunize yourself by bookmarking our official off-Reddit site, TRP.RED

1201 upvotes | June 28, 2020 | by VigilantRedRooster | Link | Reddit Link

Cancel Culture is having a heyday in the current environment, and with racism as their *casus belli*, SJWs have been banning entities they disagree with, far beyond their claimed targets and scope. Expect a new wave of bannings from Reddit, and don't be surprised if they use this as the excuse they've been waiting for to ban The Red Pill once and for all.

Rather than sit around and complain about them, u/RedPillSchool has built an alternative website, TRP.RED. Bookmark it today, sign up for free, verify your current Reddit username if you wish, even start your own blog and/or tribe.

Bookmarking this alternative is the only action necessary. We could spend the day lamenting and bashing the SJWs of the world, but the masculine path is to carry on with our respective missions and not give them undeserved attention or allow them to distract or disturb us.
Since there isn't much quality on this feed at the moment, I'm sharing some of my manosphere bookmarks (including some lesser known). Feel free to discuss some of these posts and share your must-read.

**Classic articles**

- **Kid Strangelove - The #1 rule of Male/Female interaction**
- **Shining Pearls of Something - Anonymous Letter**
- **Hawaiian Libertarian - Game is the Red Pill**
- **Anon - So you want to get fucking laid? Here's how.**
- **Henry Rollins - The Iron and the Soul**

**Red Pill Manifestos**

- **Red Pill Primer - Sidebar Made Simple** (It's on the side of the sub AND on the top now, and you should have read it at least once by now, but do you remember what each link is about? Did you explore all the links that these individual posts link to? You ain't sure? Go check it out again)
- **Roosh - What is Neomasculinity?**
- **Illimitable Men - The Red Pill Constitution**
- **The Masculine Principle** (a compendium by the guys who brought you what IMO is the best link in the sidebar "Women, the most responsible teenager in the house". + a bonus "Principles of Seduction" on the same page)
- **Ian Ironwood - The Red Pill Primer for Boys** (Want to introduce the red pill to a younger brother? This is what you need)

**Collections of awesome posts**

- **The Best of Rational Male - Year One** (done it? There's 4 more years of best of content waiting for you)
- **The Wisdom of ZenPriest**
- **The Book of Bonecrker**
- **What I like to call The Book of Archwinger** (the top posts of /u/Archwinger, the best writer on this sub IMO)
- **The Roissy Reader, curated by LouieG**
- **YaReally Archive, curated by Lumpy**
When I was 18 I went backpacking through Europe with my highschool girlfriend. It was a disaster. I was young and excited, she thought of herself as "too mature" for shit like hanging out with other backpackers at a pub. It was hard for me to make friends with people since she'd sit there with a sour puss on until I agreed to leave. So I went to museum after museum just to keep her happy. We still argued a lot. Instead of having the time of our lives, two young people cut loose on a foreign continent, we were like an old bickering couple who couldn't agree on anything. She made a pain in the ass of herself at every opportunity, and it sucked.

Then one day in Prague we met a group of three backpacker girls. They were alright. I wasn't super enamored with them but at least we were hanging out with people our age other than each other. We started spending more time with them, and soon, without any vote that I remember being a part of, "we" decided to all travel together. Sounds awesome right? A single guy out with four hot young chicks?

Nope. I found myself increasingly the odd man out in their little chick clique. Plus my GF wouldn't fuck me since we were sharing a hostel room with the others.

Betafication and shit-testing toward me increased from all members of the party, eventually devolving into outright disrespect.

The final straw was when my GF and I got into a little argument over something I wanted to do that night. Finally one of the other backpacker girls said, "ok, we'll think about it. Can you go get us some beers while we figure out what to do?" By "get some beers" she meant from the convenience store up the block. I looked at my GF, like, "you gonna let these bitches talk to yo man like that?" Yes, she was. She just looked at me like she agreed with the chick who basically just dismissed me.

I just went icy. "Sure," I said. "Anything else?" They actually did rattle off a couple more things they wanted from the store.

I got up from the common area, went back up to my room, stuffed my backpack, and went to the front desk to check out.

My GF saw me, caused a scene, begged my not to leave, insulted me, screamed at me, cried, told me she loved me... the works. Right in front of a whole youth hostel full of people.

I said something like: "we've both been having a bad time, and now you're clearly having fun with your new friends. Enjoy." And I left her in the dust.

She emailed me a lot begging me to meet up with her again. I thought about it, but honestly I felt freer without her. She cut her journey short and went home. As time went by I got the sense that her desperate attempt to keep me was just a face-saver: she didn't want to admit that she got dumped in Europe for being selfish and disrespectful.

I can't say I had the best time for the rest of my trip. Breaking up with my girlfriend (first love, first fuck, blah blah; and me a oneitis-stricken crybaby bitch) put a damper on things. But I saw it through, met some people, had some adventures, and came home with my god damn self-respect intact.
Attention all women - Don’t worry, the men of the Red Pill have your backs

1192 upvotes | July 3, 2018 | by 88Will88 | Link | Reddit Link

- Women are much better off with men who hold frame completely. A true red pill man will not argue, fight with or strike a woman. She knows that he walks away from all arguments and withdraws all affection until she is calm. He is the rock upon which her emotions break.

- Women are better off with men who are in shape and who accept personal responsibility for their actions. A red pill man takes care of his body and his business. A red pill man has a mission and a purpose and he leads.

- A red pill man knows that most women are emotional and nurturing people and he loves that about them. He enjoys her enthusiasm, her cuddles, her support and her company. He understands that most women adore men who lead and take care of them. Whilst he has her love, loyalty and support he is happy to do that. It comes very naturally to us.

- Red pill men understand that women have been tricked and lied to. We know that less attractive, very angry women have invented a horrible movement to try and turn women into men. This movement would have women believe they can do anything a man can do. We are here to destroy the lies and tell the truth. The truth is women cannot beat men in a fight like they show in the movies. Most women do not want to act, dress and speak like men, they are perfectly happy to be women, and what is wrong with that?

- We know that there are a small percentage of women who do want to behave like men and do many of the things that men do. This is already allowed in western culture and women can do whatever study and take whatever job and play whatever sport they want. We do not oppose equality of opportunity, we oppose the fraudulent and dangerous idea that you can legislate equality of outcome. In a universe governed by laws of physics and biology it is ridiculous to deny that biology plays a part in our choices and desires.

- Men of the red pill know that most women want to feel accepted and happy for BEING FEMININE. There is nothing wrong with wanting to dress up, make a beautiful home, have children and raise them. We also understand that there is a chorus of deluded people who thing that all humans are androgynous blank slates. The media makes a lot of money paying liars to write poisonous articles which lie and say that men and women are the same. This is obviously false and even a child knows better. I will repeat it, there is NOTHING WRONG WITH BEING FEMININE. It is a terrible shame that it had to be men who figured this out for you, but don’t be sad, the men of the red pill have your back.

- Men of the red pill stand opposed to modern feminism. Unfortunately feminism has now been hijacked and commercialised to serve the few, at the expense of the many. Feminism is a poisonous doctrine and it is not possible to be a feminist who understands the truth. Feminism is a lie, there is no truth left in it. Most of the inequality in the world is based on economic and racial factors. Where were the black dress wearing stooges of Hollywood when the schoolgirls were kidnapped by Boko Haram? Western feminists DO NOT CARE about women. It is a hostile and hateful movement populated by brainwashed bigots. It is a racist movement which
only cares about minor irritations to white women.

- When feminists talk about a wage gap they only talk about the gap between white women and white men. They say that women earn 81 cents for every dollar a man earns. This is only the difference between WHITE women and white men. White women earn more than black men, black women, hispanic men, hispanic women. There is no movement by white women to ensure that black or hispanic people of both genders earn as much as they do. In reality the top 4 earners in the USA as a class are asian men, then white men, then asian women, then white women. Why aren’t white women pointing fingers at Asian women or asian men who both earn more than them?

- Feminism is the biggest lie of the modern era, it is really just a power grab and a cash cow for the media. Feminism claims to stand against sexism and racism when they are guilty of stereotyping, racism and misandry against white men. All feminists are by definition hypocrites. You cannot counter hatred with more hatred. That is like trying to cure a poisoned person, by administering more poison. The opposite of hate is love.

- The red pill is a love movement. Look at the mission statement “sexual strategy”. We have red pill subs for men and women who want to improve themselves, be better lovers and better partners. We have information for married people who want to improve themselves and therefore their marriage. The red pill rejects the idea that we hate women, on the contrary, we seek out endless opportunities to love them more and love more of them. You cannot have love and peace when there is a war going on. We say to feminists, lay down your arms, stop lying and hating and enjoy being a woman. Women are awesome and they do not need you to tell them what to think.

Peace ✌️❤️
Amherst Student Expelled for Sexual Misconduct Can’t Defend Himself—It Would ‘Impose Psychological Trauma’ on Accuser

1192 upvotes | February 1, 2017 | by Daddie0 | Link | Reddit Link

http://tinyurl.com/hybq8j5

"Remember Amherst College student "John Doe," who was expelled for sexual misconduct, even though he had good reason to believe that his accuser had actually assaulted him? A judge recently blocked Doe's attempt to subpoena his female accuser's text messages on grounds that re-litigating the matter "would impose emotional and psychological trauma" on her.

Consider the implications of this decision. According to Seattle District Judge James Robart, a student who believes Amherst violated his due process rights, wrongfully expelled him, and ignored subsequent evidence that his accuser, "Sandra Jones," was the actual violator of the college's sexual misconduct policies, does not deserve the opportunity to make his case because someone else's feelings are more important.

Whatever happened to believing the victim?

The incident in question took place years ago, during the late night / early morning hours of February 4-5, 2012. Jones was Doe's girlfriend's roommate at the time. Jones went to Doe's dorm room and sexual activity ensued: Jones performed oral sex on Doe.

But Doe was blackout drunk at the time—a detail that Amherst administrators deemed "credible," on subsequent review. Of course, it's questionable whether a blackout drunk student can actually provide the level of consent that Amherst's sexual misconduct policy requires.

Other factors cast doubt on the idea that Jones was the victim and Doe the perpetrator. After leaving Doe's dorm room, Jones texted another male student and asked him to come to her dorm room for sex. She also texted a residential advisor about her "stupid" decision to engage in sexual activity with her roommate's boyfriend. In these text messages, Jones admitted that she was "not an innocent bystander." She also complained about how long it was taking this second male student to do anything sexual with her. She did not file a complaint against Doe until two years later.

It's certainly possible that Jones was forced by Doe to give him oral sex without her consent, left the encounter with a fervent desire for another hookup, mischaracterized her own level of responsibility in a message to the RA, and didn't realize she had been sexually assaulted for another two years (after befriending a number of victims' advocates). It just doesn't seem like the most probable explanation for what happened. But, based on a preponderance of the evidence presented to Amherst administrators, Doe was expelled.

Keep in mind that administrators never reviewed the text messages, and when Doe asked the administration to re-open the case in light of this error, Amherst refused. Doe was given just seven days to appeal the finding of responsibility, but he didn't find out about the texts until months later.

Doe has filed suit against Amherst for mistreating him. He has not sued Jones, although maybe he should have. As part of his case against Amherst, Doe's legal team subpoenaed Jones to testify at the trial and turn over certain documents and records of statements she made about the alleged assault. Jones refused to cooperate.
In the movie The Matrix, a man named Neo is floating around in a giant tub of pink semen while robots harvest his asshole for energy. Neo doesn't know about the energy harvest taking place, because the assrobots have sedated him with a virtual reality called the Matrix. Neo thinks that he's working in an office wearing a suit when in reality he's a naked guy floating around getting his ass drilled by robots.

The problem is that the robots are so busy drilling everyone's assholes that they forgot to fix the glitches in their virtual reality program. Neo notices the glitches and begins to think that something is weird. Wanting to get to the bottom of the situation Neo goes to a mysterious hotel within the Matrix. There he finds a Black guy named Morpheus. As is customary among the Blacks, Morpheus offers Neo some drugs: a Red Pill that allows him to see the truth and a Blue Pill sedative probably xanex. Neo decides to take the Red Pill and honestly who could blame him? If you are being offered free drugs you obviously go with the most expensive option. Anyway The Red Pill is so fucking strong it immediately wakes Neo up from his 26 year slumber. He sees the Real. Robots are ass harvesting everybody. It's fucking crazy as fuck. He starts freaking out and the robots get rid of him so that they can assharvest someone more chill.

This community has chosen to call itself The Red Pill. In other words by its name alone, this community is implicitly making a very big promise to its readers. That promise is to deliver truth so potent that it will wake the reader from his pink semen tub slumber and allow him to save himself from exploitation by assrobots.

Alright so how do we deliver on our promise? Every Endorsed Contributors has their own unique answer to this question. Rollo Tomassi belives that by showing men the map of the Sexual Marketplace he can help them understand what is happening and avoid the roborape of becoming a beta provider. Archwinger teaches men the micro strategies of intergender relations in the hopes that they will extrapolate up and see the big picture. I GaylubeOil have taken the classic Spartan position, that by putting a man through physical hardship it is possible to reprogram his mind. All of us have our own unique process by which we take men from one state and transform them into a stronger state. So for example if a Red Piller's girlfriend accidently on purpose sits on a strange dick, he will be well prepared. Rollo taught him the hypergamous nature of women. Archwinger taught him about the female rationalizion ego preservation tactic. GaylubeOil has given him the physique to be competitive on Tinder and the will to persevere during stress. This is our hope as ECs and this is how we justify our content as Red Pill.

Unfortunately there is another group of men claiming to be the Red Pill. Lets call them the Counterfeiters. The Counterfeiters are quick to point out what's wrong with society but at no point do they offer a solution. Being angry at society for valuing women above men as it has done since the beginning of time doesn't accomplish anything. Being angry at women for forsaking logic in favor of emotion doesn't change anything. Yelling at the ocean for being salty and undrinkable doesn't transform it into fresh mountain spring water. However, that is exactly what Paul Elam MGTOWs and MRAs are doing. The tragic irony of the Counterfeiters is that by pretending to offer a solution they prevent men from finding a real solution. Venting frustration at women is not self improvement. It's one thing to discuss flaws in female thinking with they aim of greater understanding and perhaps...
sexual exploitation. It's another thing completely to write off all women and live in a pleasure cave of alcohol, masturbation and self-inflicted victimhood.

At the end of the day men are masters of their own destiny. If a man wants to live his life in a virtual reality of video games, alcohol and increasingly bizarre pornography that's fine. There is nothing I or anyone else can do to stop him. However hiding from reality is by definition not the Red Pill. Anyone telling you otherwise is a counterfeiter selling Blue Pills painted Red. What I'm saying is that Paul Elam wants you to get assraped by Robots and that you should buy Rollo's book and lift.

Follow GayLubeOil on Twitter
PM GayLubeOil if you are interested in becoming a GayLubeOil fitness coaching client
Mattress Girl just made a porno...and called it performance art.

I'm not linking her shit on here because she doesn't need traffic....actually you guys are gonna google it anyways so here...

http://www.cecinestpasunviol.com/

It's called Ceci N'est Pas Un Viol (this is not rape)

Trigger Warning: The following text contains allusions to rape. Everything that takes place in the following video is consensual but may resemble rape. It is not a reenactment but may seem like one. If at any point you are triggered or upset, please proceed with caution and/or exit this website. However, I do not mean to be prescriptive, for many people find pleasure in feeling upset.

Ceci N'est Pas Un Viol is not about one night in August, 2012. It's about your decisions, starting now. It's only a reenactment if you disregard my words. It's about you, not him. Do not watch this video if your motives would upset me, my desires are unclear to you, or my nuances are indecipherable.

You might be wondering why I've made myself this vulnerable. Look—I want to change the world, and that begins with you, seeing yourself. If you watch this video without my consent, then I hope you reflect on your reasons for objectifying me and participating in my rape, for, in that case, you were the one who couldn't resist the urge to make Ceci N'est Pas Un Viol about what you wanted to make it about: rape. Please, don't participate in my rape. Watch kindly.

A special thank you to everyone who made Ceci N'est Pas Un Viol possible, especially my actor (*********), my director (Ted Lawson), and those I love who have guided and supported me.

Ok, there is AWALT, there is Crazy, and then there's this. The fact that she has the audacity to call this performance art is an insult to other talented artists (like that woman who stares at people all day.)

Anyways I can't even fap to this...its just too weird...and her ass is too flat.

edit: she's getting killed in her comments section. edit2: she's raw dogging it up the butt
Guy rejects girl on Tinder, girl responds with vitriolic hatred and tells him to die, reddit responds with "He shouldn't have wasted her time!"

1187 upvotes | May 18, 2018 | by [deleted] | Link | Reddit Link

Here is the full tinder conversation

tl;dr - Guy rejects girl on tinder after a very short back and forth. Girl loses her mind and attacks him. Many people in the main thread blame the guy for "leading her on".

The guy starts out by bantering in a flirtatious way, and when asked to smash he says 'Pass. Sorry.' The girl then lambastes him, calling him a 'Gay cunt', a 'fuck head', saying he has a small dick and that he should die. All for the crime of flirting without going all the way. OP then leaves this comment saying:

I think just for a bit of fun. I had matched with her over six weeks ago and never messaged, so I figured i'd write something completely random to engage a response. I just would have liked a bit more back and forth and then cease communicating, because that's the scope of Tinder. -130 points.

130 downvotes for doing what women do all the time? For the record, I'm 100% OK with women flirting just for the sake of flirting. But they do do that a lot, so you think they would be OK with it if a guy does it. But when this guy does it he gets lambasted by the girl he rejected and downvoted 130 times for just explaining that he wanted to engage a bit more and have a bit of a flirtatious back and forth?

Reddit responds with comments like:

Goes on app notorious for being a place to hookup. Flirts with person on app. Rejects person on app. "Just trying to enjoy some banter." 230 points.

You mean the thing that most women do all the time? Again, I couldn't care less about women doing it, but why the double standard? Apparently it isn't OK for a guy to flirt with a girl without having the full intention to bang her.

"Why would you match her and then send sexually suggestive messages though?" 930 points.

OP is in the wrong because he just wanted some flirtatious banter without going all the way, and therefore deserves this response?

"Op is texting about fucking though. Why waste the other persons time?" 30 points.

Three whole messages. Three whole messages is considered a waste of time.

"Yeah, so she wasn’t playing around, she was up front from the beginning, not sure why the guy was being a dick with leading on" 73 points.

Sending three whole messages is considered leading her on. Three messages. The guy who sent three
flirtatious messages and declined sex is the bad guy, but the girl who wished death upon him for rejecting her is completely in the right?

There are many comments like this throughout the thread. Some of the thread is sane and sides with OP and calls out the double standard, but it's still pretty crazy to see how many people are trying to justify her response.

Here is the full thread
Ok so a little background..

This girl I attempted to date 3-4 years ago used to constantly blow me off and play games with me. ( I was in college and she was 25 and fairly hot.. (Probably 8-9))..

I used to constantly invite her places, and all she attempted to do was get free food out of me.. "Do you like sushi?" Etc..

So anyway.. flash to now I have my own business with a few employees, and I'm at my peak (I'm 32)... She is now turning 30, still living with her parents and still selling insurance, getting free vacations from old people whenever she can..

We went on a few dates.. she LITTERALLY was telling me.. "well I'm turning 30 soon so I don't have a lot of time."... followed by "oh you have a business now? How much money do you make, how many people do you employ etc..." (followed by... oh I have a week off let's go on vacation... hint hint)

The tipping point was when I casually mentioned that I was cancelling a date because I had to go shopping for a condo downtown... she FORCED me to meet her later that day.. after a movie she invited me to her parents place (They were gone on vacation).. I told her I needed to go home but she literally kept pouring me shot after shot after shot... after a while she said let's go upstairs and watch a movie.. so 20 seconds upstairs she strips naked and starts poking her face into my face... I kind of felt obligated to kiss her but her neediness was just weird.. like there was no passion.. it was just mechanical as if she was a machine with an objective.. so anyways a few minutes of foreplay I reach into my bag and get a pack of condoms...

This is when things changed...

The look on her face can only be described as utter disappointment...

Her: "Are you afraid of getting me pregnant?"

Me: yea kind of like... you don't really know me and having a kid right now would be a bad idea (and they would probably have hooves)"

Her: "But I was just on my period it's ok you don't need to use one I'm clean"..

Me: "Ummm I would prefer to be responsible right now, I like you but this is way too early and we need to be smart"

At this point of time I was starting to get kind of nervous as she was becoming visibly angry..she for several minutes tried to convince me not to wear a condom as if her life depended on it.. I kind of figured this was not going well..

After several more minutes of me trying to explain to her that I'm not fucking without a condom, I flat out told her I have no money and got my shit and started to the door...

After first feigning with the whole "Ok just go", she realized I wasn't kidding, and she SPRINTED after me.. "No wait... arent you going to have sex with meeeeeee??????"

It felt really really weird....

I just got into my car and drove away...
morals of the story:
1 the wall is real 2 women do have agendas (especially hot ones) 3 be very very careful as one night can ruin your life. 4 trp is life.
She acts like a child because she is happy

1183 upvotes | April 4, 2017 | by [deleted] | Link | Reddit Link

Cross posting from MRP

Happy women act like children all the time. They believe in romantic vampires and knights in shining armour. They believe in fairy tales, they care about the Kardashians and they are scared of moths. They sleep with soft toys and get mad at you because of how you acted in her dream. However all of this behaviour is the privilege of the alpha male. Beta males find it offensive that we would suggest women are children, because they never get to observe that behaviour. You see when a woman is in the presence of a vagina drying beta, they act much like man. Indeed they have to act like a man because in the presence of a beta, no masculinity is in the room. She is forced to act logically, solve problems and lead because there is no one there to lead for her.

This is why manginas and SJW are so offended with red pill theory. They see women as equals who want to be politicians, doctors, CEOs and scientists. In reality only a fraction of women truly want to do that sort of work, there is no glass ceiling, just women who are not attractive enough to secure an alpha male so she is forced to act like a man herself. All the while she is upset that no man finds her attractive so her anger manifests as feminism due to her victim status. The betas of society believe the lies told to them by unattractive women who went to university to waste their time on gender studies. Even some attractive women have been brainwashed into thinking that they need to act like a man and be "equal". Feminism does more harm to women than it does to men.

Alpha men see the real woman and her real behaviour. They hear her squeals of delight when he comes home or lifts her up. They feel her completely surrender her body and become like liquid in his arms. They know she does not want to decide which restaurant to go to or where to holiday, she wants surprise and adventure. They know what it is to lead and provide for her, to relieve her of the thing she hates to do the most, think. She does not want to think, she wants to FEEL. Real red pill men know this so we see her behave as a child all of the time. Often this includes childish behaviour, temper tantrums, power plays, and other manifestations of childish behaviour we understand as shit and comfort tests. Whenever she tries to lead she is only testing you. If you let her lead she will become miserable and sabotage herself and all around her in the subconscious discomfort she is forced to endure. She does not want to lead, she wants a real man to do it.

So next time your girl is acting like a baby, whining over stupid shit, upset because of a dream she had, or generally misbehaving, smile to yourself and know that this childish behaviour is her natural state. She cannot help it, you have become the leader so she is now free to act naturally. Her natural state is submissive, pliable, temperamental and childlike. Part of her childish behaviour is being naughty sometimes. Simply treat her the way you would a naughty child and the behaviour will soon pass. Never lose frame, never negotiate with terrorists, just slap her on the ass and laugh it off. Know that if she was with a beta she would not be acting like this, she would be acting like a man and vying for control.

Also know this, if your woman is constantly vying for control, attempting to take the reigns of the budget, making major non-domestic decisions, then that is all on you. It is totally your fault and you have allowed beta behaviour to become part of your habits and character. The more she seeks to take charge, the more beta you are. Any guy who has made the transformation from beta to more alpha on the spectrum knows this is true. When he was beta she berated him and complained about life, she
tried to take charge on issues, she was unhappy, she refused sex. Now that he has his shit together it is like she is a new person, she fucks him eagerly, she likes the direction of her life, she seeks his approval, and she acts like a spoiled little girl. Such behaviour is the privilege and domain of the alpha male, enjoy it.
So last night at work our club gets pretty damn busy. All floors are packed and people, as they are known to do, are drinking heavily and the social interactions are kicking off.

Our DJ switches from EDM to a little hip hop, which, to both my excitement (EDM gets boring after so long), and utter chagrin (drunk white girl time), kicks off our night. 10 minutes prior we had to take down and handcuff some drunk idiot so I'm scanning the room looking for more issues because I don't feel like beating up more drunks.

At the end of my surveillance what do I see but 3 drunk white girls doing their terrible "look at me" dance, scanning the room for attention the way I do trouble. So frequent and common is this gaudy display that I don't even take notice of their creeping advance, mistaking my time killing dance moves for genuine interest. The leader of the pack approaches me, ass first, as history has told her black men enjoy---and to be fair, for most black men that aren't me, her attempt would have been successful---and smiles seductively.

I politely refuse by stepping back with gusto in the opposite direction. Alas, in modern times, this refusal only sparks her two strongest desires: Rejection and Embarrassment. She's turned on because the horde of thirsty beta males have never turned down such a blatant offer, and she's also embarrassed to have been rejected in front of her tiny legion of salacious strumpets and must get her power back before one of them challenges her supremacy.

To make matters worse, before she can regain her power, one of said legion sees her moment of weakness and decides to pounce, hoping to gain power by attracting me before she can. Now, I am a large black man and these were average American women---cute and of good build, but not through any effort or working out, simply good, European genetics---in other words, I could've physically stopped them with ease.

But, as any person who has worked in nightlife can tell you, the crowd is always watching you, and your money is based off how you handle these things. Other women and other men, and hell, even coworkers are watching how you to see how you react. So by this point I've got my hands in my pockets, staring straight at our cameras, and completely ignoring the fact that these 2 women are groping/grinding on me. It is so blatant that other coworkers on the radio are commenting on it, first cheering me on and then asking if I need help.

Allow me a quick aside: I'm not a 10. I've got a decently handsome, masculine face, I groom and dress well, and I'm pretty overweight. In other words, nothing special. Average American shit.

Eventually I get these women off me and send them on their way. About an hour later they return, begging me to help them as there is some Bulgarian man groping them upstairs. I pause, waiting for the hypocrisy to hit them before I realize what Country and Era I live in, the one where men love any woman touching them so it's not groping when they do it. Even as I explain to them I can see them waiting to spout "YOU KNOW YOU LIKED IT".

I tell them that I will deal with the man but if they touch me again I'll have to ask them to leave. I throw out the man groping and finish up our night.

Now, I get off work pretty late, but there is a local bar that stays open late and it's where I go to enjoy my night. I know all the bartenders and security. It's my sanctuary. Low and behold, who is at my
escape then the same three girls, more drunk then before, and even worse, no one paying attention to
them. It takes half a second before I am groped and felt up. This time I don't have to play nice, we're
not at my job. I tell them, with vigor but without emotion, to "Get their slutty hands off me." This
goes as well as you expect: They start yelling incoherently---English is dying and the added
inebriation only makes matters worse---and when I try and walk away one grabs my jacket(because
lord forbid I deny them both attraction and attention) and the leader, seeing her chance to regain her
power, attempts to throw her drink in my face. Working in my field, I am better at dodging drinks
than feminists are at dodging logic, and it lands on a couple behind me.

My buddies in security see the whole thing and now it's time for me to sit back and laugh. The couple
that were hit by drinks were off duty cops who saw the entire ordeal. Bike cops patrol the area with
aplomb and before they could even radio them in my answer came out with righteous fury
"Yes, I would LOVE to press charges".

Watching these 3 women cuffed for intoxication and assault made me giggle like a Japanese school
girl. My only regret is not recording it and throwing the whole incident online for the amusement of
TRP.

In this Brave New World of ours it is every man's duty to dole out consequences because women
have done their best to remove them. It is your job to ENFORCE our society's laws, to make sure
both men and women alike are not allowed to live outside of the rules we all must live by.

3 years ago I would've NEVER allowed women to be arrested. But, if they're going to act like men,
I'm going to enjoy watching them suffer our consequences.
"The agony of being too beautiful to be faithful" - Yep. You read that right...
1180 upvotes | March 21, 2017 | by 666Evo | Link | Reddit Link

http://archive.is/2e4LT

If you need any further example of the fact that open hypergamy is celebrated by the media now, don't look any further than this abysmal article from The Daily Mail.

| she was bound to cheat because she was so much better looking than her husband

That's part of the headline guys. The headline.

| My poor ex couldn’t cope with living in my shadow and constantly felt jealous and insecure.

Probably because you're a slut, love.

| I genuinely believed my husband was the love of my life — but 18 months later it was all over. Gone, because someone had flattered and seduced me and, stupidly, I didn’t have the backbone to say ‘No’.

And there it is. A core tenet of TRP written in black and white, in The Daily Mail. She "genuinely" believed she was in love (for a whole 18 months!) right up until Chad swung his dick in her face. The poor sucker who she dropped lost half his shit (safe assumption) because some rich cock flopped in her lap.

| Needless to say, my lothario soon gave me a taste of my own medicine, driving me insane by chatting up other women.

Chad was spinning her. What a shock.

| Ferraris no longer screeched to a halt in the road — and it felt like relief. So I changed my ways, and my expectations. I was 42 when I met my partner Steve, a 60-year-old eco-builder.

The wall hit and she grabbed the nearest sucker with a bit of cash that she could find.

Honestly, I'm not sure if I've ever seen as blatant an article as this one. From start to finish, it's everything the men around here have said until they're blue in the face. If you don't understand what women are like after reading this, you're a lost cause.
Swedish man acquitted of rape charges thanks to audio recording, woman sentenced for false accusation

1176 upvotes | November 23, 2016 | by ovonbom | Link | Reddit Link

SUMMARY
Swedish 25 year old man had sex with a woman in a night club toilet; made a sound recording to be on the safe side; was later accused of rape but released thanks to the sound recording. Three years later, the woman was convicted (and sentenced to laughably small damages and fines) for false accusation.

http://archive.is/Id9ea (Google translated article by Swedish legal daily about the case.)
Some more info from the police investigation in the Edit section.

BODY
Back in 2013 a 25 year old "Swedish" immigrant was out clubbing at a dinghy nightclub in Stockholm and met a 19 year old girl whom he took to the club toilet and fucked. They were both in a playful and good mood and neither was remarkably drunk. All fine and dandy and I'm sure you've all done the same (albeit fucking people in dirty club toilets might not be my cup of tea). After the act, she gave him her number and off they went.

Sure enough, the next day the woman goes to the hospital and claims to have been raped. The woman pointed out the man's Facebook profile to the police and the man's DNA obviously matched the semen taken as part of the rape kit. The man admitted to having had sex, but presented an audio recording which caused the police to drop the investigation even though the woman maintained her story despite being confronted with the recording.

Instead, the woman was indicted and subsequently convicted for false accusations. As expected, the sentence and thus the consequence for putting someones job, future and social life in limbo, was a laughable $1600 in damages and a $380 fine.

Now interestingly enough, the reason the man had recorded the encounter was because he "had a hunch that it would be best to record what was going on" and that "there is a lot of talk going on about men being accused of rape." Well, apparently his gut feeling was dead on and so should all of ours be as well.

LESSONS LEARNED

- Don't have sex with people and in places or situations that expose yourself to rape accusations
- Cover your back, for example by an audio recording

EDIT So I got hold of the police investigation which confirmed most of my suspicions about what had gone on but wasn't reported in the paper. I guess you can extract a couple more RP truths out of it as well.

- The sound recording is classified, but it has been transcribed by a police officer: “The conversation that can be heard involves the girl wanting to be fucked hard and the man confirming that. The man insists on going out to his car, but the girl wants it to happen where they are, or it's not going to happen. The girl moans, then the man moans. The sound of glass
shattering can be heard and the woman says the man now owes her a drink. The man and the
girl discusses whether he came or not. The girl says she wants to come too. The man asks for
her number and she gives it to him.” The initial conversation is transcribed in further detail by
another officer: "A female voice is heard saying 'fuck me', the man answers 'shall I fuck you?',
the female says 'so fucking hard', the man says 'shall I fuck you? I want to fuck you baby!'"

- **When the girl is confronted with the recording** she initially says she “doesn’t want to hear
  it”. Later, she says during questioning that “she doesn’t recognise herself in the recording” and
  that “she can’t imagine herself doing such a thing.” She also says that “she reported a rape that
  she feels has happened” and that “it feels really annoying to be accused in return”.

- **The guy in question was a chubby immigrant** with a turkish-sounding name who spoke
  Swedish with an accent.

- **The girl appears to be the all too common kind of lower-class girl from northern Sweden**
  moved to Stockholm "in search of luck", i.e. going to clubs, blogging about her "posh life in the
city" and trying to find a provider. Obviously, being banged by Apu in a club wasn't her idea of
  a good story to tell your friends, so when her friends found out, she went to the rape clinic.

- **The guy tried to call her the next morning, but she didn't answer.** Instead, he called her
  friends (he had gotten their numbers too) and mistakenly mentioned that they had fucked the
  night before. The friends immediately became defensive.

- **The girl mentioned to the police that she has been raped once before** (surprise surprise!),
  apparently when on vacation.
Holy Fuck men, always protect yourself
1176 upvotes | June 18, 2017 | by [deleted] | Link | Reddit Link

Just had a nightmare of a hookup.

Things were going great, brought this tiner girl back to my place, had some drinks, watched some netflix, the usual. Girl ends up giving me some head, and I bust a fat nut. Immediately, shit goes south. After the post nut high my horny goggles came off and realized I had no physical attraction to this girl. From there, we chilled for a bit, and I eventually told her I wasn't going to fuck her, and she had a complete meltdown, threatening to accuse me of rape unless I fucked her right then (The god damn irony).

Immediately, I walked out of the room, grabbed my phone and tossed that baby on voice record. From there, I continued to talk with her from a distance, making sure to get her voice admitting her entire plan, and only once disclosing that I recorded her did I manage to get her to leave.

Honestly I'm super shook up right now, I think I handled the situation correctly, but I felt like I had to get this out here. I'm honestly thinking about investing in a hidden cam of some sort for any future hookups. Stay safe men.
Putting An End To The Black Pill.

The flood of black pill losers that has ended up in this sub is more than obnoxious. You’re like the new age man boy versions of “quit fat shaming!”

Post after post about your lack of looks, and how you’ll never fuck a girl over a 6 because mommy and daddies combination of chromosomes made you one Facial feature away from a catfish.

Look we get it. We all weren’t born models. But this sub literally lays out how to up your attractiveness no matter what fucking stage you are at.

And to be fair. I might have believed y’all because I am attractive so what do I know? I’ll tell you what I know.

I have a friend who’s name is, we’ll say Paul. Paul is 20+% body fat. Paul sweats doing simple activities like writing an essay or wiping his own ass. Paul is a 5 mayyybe 6 in the looks department. Is clumsy as fuck. Smokes a pack a day and probability hasn’t cleaned his room in months.

Paul grew up BP as fuck. He was the nice guy who was friends with all the women and wondered why they were fucking all the assholes and not him. Paul got fed up.

I met Paul in college. Around that time Paul saw me smashing hot women like it was my day job. Paul didn’t cry about his looks. His body weight. How it isn’t fair that women fuck me and not him. He watched. He learned. He took action. he started to see women for what they really are.

Paul made a change. Paul started not giving one fuck what any woman thought of him. And literally stopped allowing himself to be friend zoned. Paul took the more asshole approach (understandable after years of BP conditioning Getting him no where). Paul did nothing about his looks or weight. But he did improve his game drastically. He also learned how to tease the fuck out of women like it was going out style. He wasn’t afraid to offend them at all. He stopped filtering himself. He would get called an asshole probably 3 times a day by them. But he was constantly doing fun shit and would invite them along.

Guess what. Paul started fucking. A lot. And not only that they were decently looking women for his shitty looks and body rolls.

Overtime he got so good at it, gained abundance mentality. That one night out he literally stole a Legit 9 right from under neither me. Mind you my game is top notch. I’m jacked and like I said, good looking. It should be a no brainer according to you black pill pussy pirates. I’m getting the 9. Not him! He doesn’t stand a chance in hell. Because God doesn’t love him! He loves me! /s

Wrong. He was at home busting them cheeks while I sat at home scratching my head with my dick in my hand.

Well what happened? I cared way too fucking much about the outcome of getting this girl. He didn’t. He teased her. He made fun of her. He got her so mad at him she almost cried at one point. Then he was hugging and making out with her. He fucked her that night and had pictures to prove it.

I was in disbelieve and my ego took a good shot that night. But it taught me one valuable lesson. Looks don’t fucking matter for shit but initial attraction after that. It’s all the other stuff we talk about here that really matters.

To this day Paul fucks 8-10s consistently. He’s lost a lot of weight and cleaned up a bit. But that’s not
to shy away from the moral of this story.

Stfu. Stop complaining about your looks. Stop being a lazy self pitying chode and quit making excuses for why you can’t do what you’re not willing to work for. Become more attractive. And treat women like the children they are. And you too can fuck hot women. Ya pussies, good day.
I posted this list as a comment some time ago. I referenced it a few times, but I always thought I'd need to expand it and make it into a post, for better referencing.

There are plenty of good TRP-themed books to read, but no official list. There are a few (good) posts with (lots of) recommended books but they're a large menu à la carte. Here's my personal fine-cuisine full course for the newly unplugging. Short, tasty, and to be consumed in the right order.

Hors d'oeuvre

The couple of very best "mainstream-friendly" books on the importance of masculinity, to start gently and arouse curiosity:

- 1- "No More Mr. Nice Guy", by Robert Glover
- 2- "The Way of The Superior Man", by David Deida

Entrées

Which should hopefully be enough to pave the way for the upcoming shock of unplugging that comes when you swallow the red pill bible:

- 3- "The Rational Male", by Rollo Tomassi
- 4- "The Rational Male Preventive Medicine", by Rollo Tomassi

(Note: Rollo now has a third book out, which is just as good, and reads better, but the basics are in the first two and remember this list is about efficient unplugging so let's carry on..)

Main

Once aware that everything he knew about the world of humans' interactions was a lie, our unplugged man will then find the best general information on how to deal with Men and Women in the Real World in:

- 5- "The 48 Laws of Power", by Robert Greene
- 6- "Practical Female Psychology For the Practical Man", by Joseph South, David Clare and Franco

Dessert

And only then, when our red-pill-aware man finally understands the theory on the real nature of women and of human interactions, he might want to read the best books that put that theory into practice to game and bang women:
7- "Bang" and "Day bang", by Roosh V
8- "Sex God Method", by Daniel Rose

Coffee and cigars

With his eyes finally open and his sexual lust quenched temporarily, the newly unplugged man may feel at loss in this scary but very real world. He will need to redefine himself and his place in it. I then recommend:

9- "Meditations", by Marcus Aurelius
10- "The Way of Men", by Jack Donovan

Knowledge is Power. Sharpen your understanding of red pill wisdom to maximize the results that actions (lifting and approaching) already started giving you. A post on this sub's daily feed with a score under 100 is guaranteed to contain less wisdom than a book deemed vital to read by the red pill community. Your daily time allowance for absorbing information is limited. Prioritize your reading.
Discipline.

Most new comers come to TRP, read a bunch of posts, watch a couple videos and get a boost of motivation. Well I am here to say fuck your motivation. Motivation is fickle and needs to be replaced by discipline. I can't tell you how many of my boys I introduce to the red pill. They read and read and tell me they are so pumped to get their life in order, all starts well but I ask them a couple weeks later how things are going and nothing has stuck. They stopped lifting, started drinking again, etc etc.

**Discipline comes from with-in**

When outside sources of motivation fade, discipline needs to takes its place. This is what sets successful men apart from the rest. It's going to the gym when you don't want to. It's waking up an hour earlier when you don't want to. It's not eating those bullshit donuts your fat coworkers bring in when you're trying to stay strict on your diet. Discipline cannot be taught and has to come from within. It's starts with a Changing of habits. And Starting to do what you don't want to do.

When I tell you I haven't wanted to go to the gym for the last 8 months. I mean it. But guess what? I have been there every. single. day. (Except for rest days) Why? Because I disciplined myself to not listen to my beta brain when it says. "Just take a nap you had a long day" and just fucking go. Because I never once regretted that decision to go. Even on days I really really feel I can't even make it. I tell myself. "Just go and do one set. Just one. And if you want to leave after that you can." And I found for me, once I'm there. I'm staying. Because a shitty workout is better than no workout.

**With discipline needs to come action**

To start disciplining yourself, start taking action immediately. Don't allow your beta brain to take over and talk you out of it. Figure out your goals, and every choice or habit should be focused on disciplining yourself to do whatever it takes to get them done. Especially when you don't want to. If you can start to notice when your brain tells you to stay comfortable and you immediately take action to do the opposite. You will start to train yourself to do the things you don't want to do. But know you should, and it will become second nature.

**When discipline matters most**

Discipline matters the most when you've hit a Plateau. When you've been doing something for so long that you start to ask yourself why you started in the first place. This is when it's most important to not quit and keep fucking going. This is when champions are made. This is what separates the great men from the mediocre men.

These men have disciplined themselves to push through when things grow old, stagnate, and lost its initial excitement. This is how you reach new levels. This is how you succeed. So tell your beta brain to stfu. Discipline yourself to go take action when you'd rather relax. And go be great!

TL;DR fuck your motivation. Don't be lazy. Discipline yourself to do what you don't want to do. Like read this post
A story for the Guy who ‘can’t believe she went back to her husband/boyfriend’.

1170 upvotes | June 30, 2018 | by DaveyOneBite | Link | Reddit Link

This was a comment I posted a while back to a guy’s situation where a cheating wife who he met at work went back to her husband but the story applies to similar situations so I figured I’d share. It can be husband or boyfriend, meeting wherever, cheating or leaving for the Guy, going back to husband or staying with guy until cycle repeats, etc.

Girl is married to Husband. Girl knows everything about Husband. This makes Husband boring.
Girl meets Guy at work. Guy is exciting. Guy is different from Husband. Guy is new.
Most importantly, Guy is mysterious. Girl subconsciously fills in unknown parts of Guy’s life with high SMV traits. Girl gets tingles.
Girl knows everything about Guy. Guy becomes less mysterious. Guy’s reality can’t match up to the high SMV picture in Girl’s mind.
Girl realizes Guy is not much different from Husband after all. This makes Guy boring. Guy is no longer exciting. Girl loses tingles.
Suddenly, Guy is not worth the hassle of cheating on Husband with. Girl decides to end things with Guy to ‘work on her marriage’ with Husband. Girl has always loved Husband.
Girl is a good, morally sound person for ending things with Guy, therefore she doesn’t need to tell Husband. Girl now appreciates Husband and is ready to stay faithful.
After a while, Girl meets New Guy. New Guy is exciting...
A male birth control trial was cancelled for being unsafe to men. Feminists beta-shame and find a way to make it all about themselves.


One man was rendered infertile, and another eight were not back to normal sperm counts after a year. Based on these results, WHO deemed the study unsafe and promptly cancelled it.

Because feminists are capable of making anything about their two favorite subjects, themselves and man-hating, feminists promptly made this all about themselves and man-hating. For example, here's a "comedian" calling men "little bitches" for backing out, despite the fact that it wasn't the men who backed out, it was WHO because the fucking study was unsafe. http://archive.is/lGc5v

If you've been on Facebook at all over the past day, I'm sure you've seen details of this already. Mostly it's women complaining that "we have to deal with these side effects all the time!" and "well they should just man up and accept the mood swings!" They were. 75% of the participants were fine with the side effects and were willing to continue the study regardless. It was not their decision to cancel the study - it was WHO.

I'm just putting this out there because I'm annoyed with all these fucking cunts and their anti-man yammerings. If you need to drop any red pills to shut them the fuck up, that Heat Street article is a great resource.
I recently attended a fund-raising dinner at a local drop-in center. One of my good friends is involved in running the place so I figured I'd go along and show my support.

For those who don't know what a drop-in center is, it's a place where homeless people can go to take shelter temporarily and get support. They don't have beds per-se, but they do have things like showers and a soup kitchen, as well as people who can assist with re-integrating the homeless into the workforce.

Fundraisers at places like these of course attract a small army of self-aggrandizing leftist faux-bleeding heart assholes, and on this particular night they were out in force. The room was full of LGBTQRSWTFBBQ's, hipsters, artists, feminists, SJWs and all kind of other socialites who just couldn't wait to show how edgy and charitable they were by oh-so-selflessly supporting the downtrodden.

The main attraction was a speech from a reformed homeless guy named Craig. Craig told us his story as a case study into how this drop-in centre saved him from oblivion, and thus why its such an important feature of any self respecting community. Craig's story went something like this:

- Craig was an average beta guy working an unimpressive yet stable white collar admin job.
- Then, his wife walked out on him and took the kids.
- As a result, Craig was unhappy.
- Craig turned to alcohol to drown his sorrows.
- Soon, he became an alcoholic. As a result, he couldn't function well enough to keep his job, and he got fired.
- Without a source of income, and addicted to booze, Craig soon lost his rental home because he had no money.
- For a while he stayed with friends, but ended up developing a habit of stealing from them to buy alcohol, so most of his friends turfed him out. So he ended up on the street.
- Once on the street he turned to harder drugs to escape his misery and eventually landed a full time job as a heroin addict.
- Because heroin costs money, and Craig didn't have any, he started robbing people and breaking and entering.
- In constant trouble with the law, addicted to smack, and on death's door, Craig was in a crisis.
- Then someone pointed him in the direction of the drop in center and they helped him get back on his feet.
- As a result of a huge amount of assistance generously donated by the volunteers at the drop in center, Craig now has a job again and he's not homeless anymore.

Of course the assembled crowd absolutely slobbered over this guy and his incredible stories from the street. His speech was met with thunderous applause from the audience and he was mobbed with well wishers afterwards, all of whom wanted to get up close to this Jesus-like representative of the homeless. People were gasping with admiration saying stuff like "What strength of character, what ability to endure! What a hero!" etc etc.
I didn't say anything at the time, but I was totally disgusted.

This guy Craig is a fucking asshole. All he has done his entire life is be a useless burden on society. From his lack of ambition and drive which saw him in a shitty job to begin with, the entire timeline of his story involves him taking, taking, taking from society and giving nothing back. He bashed innocent people for money, stole their property to support his habit, doped himself up all day, then benefited from hundreds of hours volunteered by the staff at the drop in centre, and now is back worse off than when he started, his brain fried by nearly a decade of heroin addiction.

So what is Craig's reward for his complete inability to take any personal responsibility for his choices, his actions and therefore his life? The endless admiration of an entire room full of people waxing lyrical about his "courage" and "strength".

Thing is, the first half of Craig's story was very similar to that of one other person in the room - me. About 18 months before I attended this fundraiser, my wife left me, too. I found out that she'd been cheating on me for over 1.5 years of our 6 year relationship and she eventually fucked off to be with the other guy. I was plunged into a deep depression and I lost my job because I was unable to function, just like Craig. I lost a lot of my friends, because a lot of them had met me when I was married and it was "too weird" for them now that I was divorced. My ex took a huge chunk of my money, and combined with the costs involved in renting a new apartment and losing my job, I nearly went broke.

But I didn't turn to alcohol. Though I went to some fucking dark places, I just kinda kept stepping forward and eating the pain. With time, it gets better, and once the worst was over, I started to rebuild. I did all the usual shit - I began lifting, got a new job, lost weight, got fit. Started approaching, got laid some, made new friends, started having fun with life again. I rebuilt my finances and my social life. It took forever and it was extremely difficult but now I'm 100x happier than I was when I was married, and more importantly I've discovered what it means to be a man.

Thing is, I'll never have an audience cheering for me. I'm not enough of a victim. I don't have any stories to tell you about how I bashed some guy or ran from the cops. I was never a burden to anyone, and I didn't make my problems anyone's responsibility but my own. Hardly anyone even knows about all the anguish and the turmoil I went through because I make a habit of not forcing it on anyone who doesn't ask, because I think its fucking rude (outside a forum like this one, for example). I just sat in my bedroom alone and ate the pain with quiet dignity. "Man gets royally fucked over but quietly endures without bothering anyone" just isn't an interesting story.

Today's society is a race to the bottom to see who can paint themselves as the most downtrodden, desperate victim as possible. On the other side, you have the other race to the bottom to see who can display the biggest outpouring of altruistic generosity for those downtrodden. Our heroes are those who are the most pathetic, the most dejected, the most parasitic and the most useless, and their ever so generous and charitable saviors. There is no room to appreciate a man like you, who shows independence, self worth, self sufficiency and strength.

Remember this as you go on your journey through TRP - modern society HATES the strong, and loves the weak. We here at TRP are fighting to make ourselves the strong, and as such we will always be denigrated as oppressors and patriarchal bullies, simply by default. The stronger of a man you become, the less valuable you are to people who worship the weak to enhance their own sense of self worth.

Don't get distracted. You're not doing this for the applause, and you're not going to get any. You're
doing it for yourself.
The Most Important Part Is Just Not Giving Up On Yourself

1157 upvotes | June 13, 2018 | by LiveAFTSOV | Link | Reddit Link

We all know it - other guys out there have it way easier than us.
The schism forms between which path a man takes with that knowledge:
Wallow in inebriated agony, drowning in existential depression with alcohol and hypnotic soccer games, or putting themselves through the painful conveyor belt that churns boys into men.

I just wonder how many men watch themselves fall into a depressing stupor - they observe themselves descending the Sexual Marketplace with every pleasureful bite of McDonalds - opting for the short term pleasure over the long term victory.
I understand the struggle, and I understand the mentality, it's truly the pinnacle of not giving a fuck:
Becoming the fat, triple chinned reject we all see as the antagonist - because let's face it, the only way you can reach that level of degeneracy is by reaching \(-459.67^\circ\text{F}\) tg (fucks to give).

People use tryhard as an insult - that always aggrivated me.
Hardly anything comes easy, and if it does, odds are it's not going to be for you, me, or any other non-top echelon man.
You need to care about your life - obviously you do, that's why you're here. Something was wrong and you couldn't quite put your finger on it. This forum gave you the words.
Those who say it isn't about the pussy are dishonest - it's all about the pussy, but it's through the journey of TRP that one realizes, it isn't everything.
We do all these things to raise our SMV, then by doing so we gain access to pussy, which helps us realize pussy is fun but not everything, then we find more important pursuits and begin to enjoy pussy as a pass time.
But you only get to enjoy pussy as a pass time, once you start to care.
A scuba diver cares about his air, that's why he keeps a vigil eye on his oxygen meter - while the suicidal man cares not about his breath, which is why he lets him self asphyxiate in the running car in his garage.
The man in the car quit.

Men -
This life is conflict, struggle, pain, suffering, and competition.
A rising number of men are opting out of this struggle - choosing to taste cold steel as their last meal.
I don't believe it's from a sudden spur of the moment decision, no those are outliers.
I believe it comes from a man watching his slow descent into the pits of bottom 10% SMV, whilst doing nothing to stop it - then, when he hits rock bottom, he decides he isn't worth the climb back up.
When life knocks the rocks out from under your hand, you need to reach back out into the mountain and grab another rock.

If you dangle, you will fall.

The more aware you become, the less tolerant you become to your own apathy.

A man, a red pilled man, fortunately, does not possess the processing power of a femoid hamster - he sees his mistakes, his short comings, his excuses, and he eradicate them through creative action - and he forgives himself into a higher man. An ascended man. Ascended above his own destructive and lazy instincts.

The dad bods, the lards, the dead-eyed joes, the 9-5 slaves... they all had dreams once.

It's painful, it's hard, it's grueling. It's boring, it plateaus, then one forgets the vision that inspired their call to action in the first place.

Imagine that - every loser you meet, they all had dreams once. It
Get Stuff Done (26 Tips for School)

1156 upvotes | August 27, 2018 | by Mr_Badass | Link | Reddit Link

Introduction School season is here and many people can use tips on how to have better study sessions. Here is a list with 26 techniques that will help you be more productive in School. I have broken up this list into Sections, (A, B, C..), and as bite-sized pieces, so you can find information easier. I tried to stay away from generic advise like "get organized" or "sit in the front row". This is a long post, so I recommend you read it on the treadmill at the toilet.

- Edit: I am a Computer Science major at a major American university.
- Edit 2: U. Stop Socializing with Classmates has been deleted. You can still view it as strikethrough.

- Introduction
- A. Pomodoro Technique
- B. Phone on Airplane Mode
- C. Avoid Daygame Environments
- D. Know your Circadian Rhythms
- E. Whiteboards
- F. "Get Stuff Done" Secondary User Account
- G. No Study Groups
- H. Do Small Chunks
- I. Growth Mindset / Chinese Productivity
- J. Mood Regulation
- K. Environmental Triggers
- L. Plate Management
- M. No Mental Health Excuses
- N. Active Reading
- O. Note Styles
- P. Oneitis Prevention
- R. Procrastination / Learned Helplessness
- S. Time Management
- T. Don't Multi Task
- U. Stop Socializing with Classmates
- V. Sleep Hygiene and Nutrition
- W. Spectatorism
- X. Crab Mentality
- Y. Take Breaks
- Z. Supplemental Learning

A. Pomodoro Technique -"The Pomodoro Technique can help you power through distractions, enter hyperfocus, and get things done in short bursts while taking frequent breaks to come up for air." Start
by concentrating intensely on a task without interruptions for 25 minutes and then take a 5 minute break. As you improve your Pomodoro, increase the time by minute intervals until you can reach 1 hour in concentration, 10-minute break. There are plenty of Pomodoro apps you can use. The science behind is that you train your mind to enter focused mode and the diffused mode. The focused mode is like having a "target lock" like a missile, while the diffused mode is to see the big picture, like the “forest for the trees". The book "A Mind for Numbers" goes into great detail about Focused mode and Diffused Mode.

B. Phone on Airplane Mode For those that are not on Monk mode, you MUST prevent smartphone distractions while studying. Almost every time I see someone studying at Starbucks I see them check their phone every few minutes. People can wait an hour for you to text them back. It is not important to see how many likes your recent post got or if you’re Tinder matches have replied back. If you must check your phone I recommend you check it during your Pomodoro breaks. If you're a self-described phone addict put your phone on Greyscale mode when going on social media. Using Accessibility settings you can even program your phone to enter Greyscale mode with three home button clicks. If for some you cannot have your phone on Airplane mode then set the phone on No Disturb Mode so you don't hear a "ping" every time you get a message. Even better! Disable social media but for most of you, that is too extreme of an option.

C. Avoid Daygame Environments You need to find a cave somewhere and hide from the world. If you're frequently distracted by beautiful women you must avoid Starbucks and areas where they can be found in plenty. This is especially important if you're like me and love to Daygame beautiful women everywhere you go. If you lift and look decent you must hide from women because those IOIs are very tempting and distracting. College campuses are notorious for having beautiful women in cafeterias, the library, and sitting by themselves everywhere. If you must study in areas where beautiful women are plentiful I highly recommend you wear a hat with a Hoodie that blocks your peripheral vision. Going to school full time and practicing how to get women at the same time is not efficient. Save your sexual tension and social times for the weekend when your study time is finished. The 1 hour of social life you sacrifice right now will be four hours of extra free time in the future.

D. Know your Circadian Rhythms Identify if you're the most alert in the morning, afternoon, or evenings and schedule your study times around those hours. I am very sluggish in the morning but quite alert in the evening. You should also identify if you’re the type that becomes more concentrated before OR after going to the gym. For some individuals studying right after a gym session gives is their peak mental performance. Other people have to sleep or get very tired after a gym session. Be aware of how many hours of sun you get and try use your bed only for studying sleeping. For people with ADHD recognize when you're in hyperfocus mode, and those with mood disorders like Borderline, Bipolar, Schizoaffective, and PTSD recognize when your moods are depressed, stable, and manic.

E. Whiteboards Get yourself a large dry erase whiteboard and an assortment of color markers. On this whiteboard write when homework assignments are due, and random thoughts you need reminders of. Put this whiteboard somewhere highly visible at your home. Even thou you have a smartphone with calendar apps, to-do list apps, or schedule apps it's easy to dismiss those messages and notifications. A big white board with colored text is a greater reminder to get you to realize you have stuff done. If you're the highly distracted type I recommend you place it on the wall on top of the toilet because every time you take a piss you standing up you will be reminded what you have to do. You can also buy a "Chores" whiteboard and checkmark the days you study for your class.
F. "Get Stuff Done" Secondary User Account If you're easily distracted online or have large computer game collections I suggest you create a secondary User Account on your desktop computer or laptop. This secondary account should not have access to your computer games or social media profiles. The bare minimum applications like a web browser needed to get schoolwork done. I would even go as far as installing the Get Focusd extension on your main account and use the nuclear option to block all internet access except for whitelisted sites. This will force you to use your secondary account and get stuff done. If you live with your parents attempt to use your laptop outside your room. If they catch you wasting time they will let you know.

G. No Study Groups Unless absolutely required for class do not do voluntary study groups with classmates. Trust me, you will just end up having a social gathering and chit chat. I see this all the time with the high school students at Starbucks. They sit on the table and just talk, talk, talk. Nothing gets done. If you are a social learner and need a study group to find a male and study with him 1 on 1. Make sure your study partner is an organized male who wants to get an A in class. Absolutely avoid doing a study group with 99% of women and people who are very social. They will treat the study session as hangout time and nothing will get done.

H. Do Small Chunks Study for your classes in small chunks almost every day instead of rushing to the last minute. The blue pill way of studying is to cram hours of studying the day before the test. The red pill way is to gradually add bricks of information to your "mental wall". By studying small chunks almost every day you allow your "mental wall" sufficient time for the cement to dry and store knowledge in your long-term memory. Cramming hours of information at once is like adding too many information bricks to your "mental wall" and causing it to collapse because the cement is to wet to hold that many bricks. Trust me, you will underestimate the amount of time required to get homework done. Work a little every day.

I. Growth Mindset / Chinese Productivity It is theorized that Chinese students do excellent in school due to their growth mindset and hard work mentalities. Chinese students to have Chiku, "an intrinsic belief that anything is possible with hard work, and a lack of effort, rather than of intelligence is to blame for poor grades". In Chinese academics, is believed that there is little difference between the intelligence of student, and academic success is based on their efficient use of time to produce the best work. Chinese students are trained to have a growth mindset: If they aren't doing well, they'll work harder, and they'll be successful. American children tend to be trained to have a fixed mindset about academics: Their abilities are largely predetermined and static. If they aren't doing well, it's because they're not good at it. The idea of growth mindset can be further explored in the books *Little Soldiers* by Lenora Chu and *Mindset* by Dr. Carol S. Dweck.

J. Mood Regulation It may sound like common sense but you should monitor your energy levels and general mood and find patterns. Discover what events lower your dopamine, and which give to dopamine overload. When dopamine is either too high or low it causes attention, anxiety, and focuses issues. Identify when you tend to feel irritated, stressed, depressed AND when you tend to feel calm, focused, and exited. For those with ADHD, (me!), Bipolar disorder, Schizoaffective disorder, or PTSD discover what triggers your depressed states and manic states. For me, I know that being really social with women will trigger my ADHD mania state and I will be too euphoric to concentrate on reading. I also am aware that not going to the gym for more than three days will trigger my depressed state due to low dopamine. I highly recommend that if your moods are irregular to use a mood app like Daylio and identify triggers and times when your mood is bad.

K. Environmental Triggers Identify objects that trigger you to be distracted in certain
environments. For most of you the video game console, computer, and your television make it easy to be distracted. If you have a television you find yourself watching TV shows or video games instead of studying unplug the HDMI cable and put it on top of your fridge. If you have an internet addiction or pc game addiction leave the house and go study at Starbucks or library. Social addictions like having Bae [lover] come over to suck dick means you must get you to get your work done first and schedule her to come over later. The point is that you must change your environment if you have too many distraction triggers.

L. Plate Management One of the biggest distractions in young men is spending too much time communicating with women. You need to tell your Plates that you have Study hours, and that you will not be able to communicate with them. A simple "I'm really busy between 2pm to 7pm because of class" is usually enough. You need to develop a mentality that your education comes before hoes, and you need to be in a social cave to get studying. A good advice is to text your hoes when you're at the gym and have to rest between Sets. Even better! Adopt a "text for logics" strategy like we have been telling you here in TheRedPill for years. Put your phone on Greyscale mode when texting them to minimize the dopamine rush.

M. No Mental Health Excuses It is very easy to blame ADHD, (me!), Depression, and other mental disorders for not being motivated focused, or productive enough to get stuff done. The same applies to take medication. You have to understand that school is a competitive atmosphere and it doesn't matter if you have a disadvantage. There is no room to have a victim mentality. The only thing Universities care about is your G.P.A and grades. That's the cold hard truth. If you have a mental disorder you must find efficient methods to get work done. You might have to work harder than others, develop new ways of time efficiency, or adopt unconventional study methods. If you have ADHD or Depression it means you must do intense exercise before studying. Those with Schizophrenia might need music therapy, and those with PTSD might need to use brown noise apps to block background noise. If you have a serious mental health condition and take medication to identify the times you are the most stable for study. Ask your Disability Center if you can get priority registration to take online classes or what accommodations they offer.

N. Active Reading "Active reading simply means reading something with a determination to understand and evaluate it for its relevance to your needs. Simply reading and re-reading the material isn't an effective way to understand and learn. Actively and critically engaging with the content can save you time." This means that you read the material four times. The first time, read the material casually and skim through. The second time, identify key points of the material and identify the Why? of the Chapter. Most Textbooks identify Why? for you at the beginning of the chapter in bold letters. The third time, take notes of the material in an outline style. Finally, for the fourth time read the textbook and create a one/two sentence summary for every paragraph or major subtopic.

O. Note Styles There is three general Note Taking styles; Outline, Cornell and Mapping Method. The traditional style is the Outline which uses Titles, SubHeadings, and Details to create a hierarchy of information. The Cornell style "...creates deliberate space in the margins of their notes for summarization, questions, and connections, and focuses on revisiting notes to help organize knowledge and make learning “stick”. The Mapping Method uses a whiteboard or mind map software to group information in geometric shapes. If you're the highly organized type the Outline method probably suits you the best, while those with ADHD should use the Mapping Method. I highly recommend you google "note taking styles" to learn more.

P. Onitis Prevention Having Onitis is a mental virus that robs you of your attention, focus, and
willpower. Do everything in your power to avoid getting oneitis this school session. If you feel like helping her study ITS TIME TO STOP. That is a recipe for Level 10 Oneitis. Hot girls are notorious for finding a nerd to do their work for the unwritten promise of pussy. They will tease you and treat you really nice, but after the class is over she is Gone. Be aware of this trap. Other hot girls will give you their number to "study together" but in reality, they are just using you for notes or homework copying. Back in my beta days in the ancient past, I remember a hot girl asking me if I could do her online Economics class for sex after I took her Finals. I am happy I turned it down but I'm pretty sure some other nerd got cause in that trap. The reality is that as soon as you do her Finals, you will be blocked. There are plenty of guides here on TheRedPill that offer tips on how to avoid having an Oneitis. If you are still blue pilled or fall in love easily this is the time to disable social media. Many bright students have had their academics annihilated due to hyper focusing on their magical unicorn. This is of special concern to those here who have ADHD and have their brain think of one hundred scenarios on how to get a girl. If you already have an Oneitis its time to go soft contact, and if you need help make a post on AskTRP.

R. Procrastination / Learned Helplessness

This section is from a future post called “How to TheRedPill with your ADHD pt. 2”. I have striked through the irrelevant parts for this mainstream audience.

- Helplessness is the Wife,
- Procrastination is the Side Girl;
- The first steal your head and time,
- The second wants your whole world." - Mr_Badass

R1. Learn Helplessness happens when a person suffers from a sense of powerlessness and can't complete a task, and Procrastination is the action of delaying or postponing something to later. In street terms, Learn Helplessness is like a Wife who is always nagging you to not do something and is making you feel bad about yourself when you take initiative. Procrastination is like your busty side Girl who always wants you to see you when work has to be done. Procrastination gives you lots of attention and is always happy to see you, compared to the wife Helplessness who seems to put you down all the time. ~The reason Procrastination and Learned Helplessness happens is that ADHD individuals are low in the executive function called Task Initiation, which is a fancy way of saying that their brain has trouble A). Starting tasks, B) making decisions or C). Feels helpless to get started. 

R2. Learned Helplessness: The Wife In Learned Helplessness, the individual doesn't get a Task started due to fear, low self-esteem, or has a self-image of being told he is lazy, dumb, or useless over and over. In practical terms, the most common Learned Helplessness phrases are: "It is too hard", "I'm not smart/good enough to do this", or "I'll never be able to do this successfully". Many people have Procrastination due to finding a Task irritating and hard to deal with, (like a nagging wife). Think of Learned Helplessness as the nagging Wife of the typical blue pilled marriage who constantly tells the husband that they're forgetful, lazy, dumb, or unmotivated. Why bother getting started if pain and displeasure are what the experience will be. In the ADHD brain
hard because of the person constantly being told they're not good enough. Their brain, (the nagging wife), won’t stop putting them down and sometimes scares them with "What IF?" over-analyzation. The best way to deal with Learned Helplessness is to achieve small victories that make you feel good. Examples of small victories are brushing your teeth, making your bed, and eating a healthy breakfast. 

Another strategy to deal with Learned Helplessness is to adopt The ABC Method for reframing negative situations. 

**R3. Procrastination: The Side Girl** In the case of Procrastination, the individual has a displeasure of doing something unenjoyable and prefers a dopamine boost from doing something fun. Procrastination like being in a marriage and having a side girl who is fun and doesn't require responsibilities. The side girl is there for a good time and is happy to give you attention even thou there is work to be done. She is a time waster but she makes you feel like the Man! The best way to deal with Procrastination is to break up with her and do No Contact. In Practical Terms, this means to change your Environment and eliminate distraction triggers. If you have a video game addiction go to Starbucks to get your homework done. If you are a busy social butterfly put that "phone on airplane mode".

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**S. Time Management** If you're like me you probably have a spontaneous way of scheduling your time. You tend to do your studying when you have free time or when you feel like it. The reality is that this is a very inefficient method of studying. Whether you realize it or not the majority of the time you will underestimate how long something takes to do. The truth is that you can let inspiration or motivation determine your study schedule. The only master should be Discipline. Just like the Iron barbell at the gym will never lie to you about your strength, discipline is the cold hard steel that will never lie to you about productivity. You need to schedule your study time. Use deadlines and time limits to your advantage. Even if you don’t technically have a deadline on a task, set one for yourself. Develop predictable patterns that use your time the most efficiently. If you're truly the distracted or spontaneous type then Checklists are your best friend. I recommend the app "Any Do" or any checklist app that has alarm reminders. Like I mentioned in Section E. Whiteboards, if you are always distracted put a whiteboard on the wall on top of your toilet so you know your schedule every time you take a piss.

**T. Don't Multi Task** It's silly to me when I see people trying to study three different subjects in between each other. If you have English, Math, and Science class create a chronological time block for each subject. The silly thing to do is to spend an hour on your English reading, two hours on your Math homework, and then go back to your English reading for an hour. A better thing to do is focus two hours on English homework, and then two hours on Math homework. A crazier scenario is when students are studying and cooking dinner at the same time. Either give your full attention to studying or cooking.

**U. Stop Socializing with Classmates** Edit: This section is is for social butterflies who want to make friends with everyone and tend to be distracted by being too social. If you're a self-aware people pleaser do not make friends with your classmates. Even better don't talk to other people in class or attempt to make friends. They don't care about you, as soon as the class is over its statistical that they will disappear. A classroom is an artificial environment and people will try to take advantage of you. Every single time there will be someone with a sympathy story and ask you for notes or to "peer
review" your homework. For me, it's extremely common for classmates to ask me for the class E-book I found on Libgen. "Sorry, it's watermarked and I can't share it", is my go-to response. Others get butt hurt when I won't let them borrow my e-book or textbook to copy it. Not my problem and they will share the copies with everyone. The truth is the classroom is a competitive atmosphere so why would I give them an advantage? If you must...must... have a classroom buddy you need to qualify them and see if they're the serious and studious type. The classroom buddy must be a person who wants to succeed in class. Be very alert of letting losers and unmotivated people try to push you around.

V. Sleep Hygiene and Nutrition having quality sleep and eating the right food is fundamental to be at your peak mental performance. This means you need to fuel your body with quality macros and get your 8 hours of sleep. I would highly recommend you take Melatonin 3g/5g for three days before bed to establish a sleep schedule. I'm sure you're very aware that you need to use a blue light filter at night, don't have caffeine after 2 pm, and to drink enough water. Most students don't get adequate sleep and eat junk food all day. If you want to be at your most productive your sleep and nutrition need to be at their best. If you don't get enough sunlight it means to take Vitamin D, and if you lift weights find an appropriate diet plan. Having get Sleep hygiene and nutrition will give you a great advantage in class.

W. Spectatorism Most people are spectators who try to escape reality and are addicted to boredom. It hurts them to think. Others are spectators because they have too much mental energy that's not being used. Identify if you frequently daydream, always have ass + titties on your mind, or are obsessed with some video game, sports team, or television show. You should not be thinking of Game of Thrones all day. For most people, the reason they do this is because they're afraid of dealing with stone-cold reality OR they need mental stimulation. Spectatorism steals your attention and must be managed. If you want an A in class you need to give it your full attention. If there is something that is always stealing your attention you need to find techniques on how to deal with it. I suggest you good "Maladaptive Daydreaming" and I'm sure there is a redpill post about that too. If you absolutely have to watch your sports game then do your homework before the game starts. For people that are obsessed with video games, you need to understand that you have work to do. Use the Pomodoro technique to train yourself to focus on homework for at least 30 minutes.

X. Crab Mentality A common theme for College Athletes and Frat Boys is that their teammates will attempt to sabotage their academic future. Most people are sheep and don't put an emphasis on academic performance. The teammates will complain that you're spending too much time at the library or the frat boys will nag you that you don't spend enough time at social functions. You need to understand that college is to get a degree and extracurricular activities are the second priority. I have heard stories of people having roommates call them nerds because they are always studying in their free time. Fuck them. Certain minorities, especially Mexican Americans, have fathers that make fun of you for reading books and "acting white". Realize that if you have people in your life that try to bring you down you must do your best to not be around them. Also be aware of doing too much extracurricular activities like Student Senate or school clubs. At the end of the day what matters most is your G.P.A.

Y. Take Breaks You need to take breaks between study sessions and be careful of trying to do too much at once. The reason you need to take breaks is for stress management. I'm assuming since you visit TheRedPill you lift weights, are aware of Meditation, and maybe watch porn. Those are great stress relievers. I highly recommend the Pomodoro technique I mentioned in Section A so you study
for a predetermined amount of time and then take a break. Stress management is very important so you don't get burned out. If you don't have a fulltime job I highly recommend you treat School as a full-time job. Spend 40 hours a week studying, and if you finish all you work then work ahead of schedule. This means you study for 4 hours, take a 1-hour lunch, and then study 4 fours.

**Z. Supplemental Learning** Most A students use YouTube videos, EDX courses, Libgen, and websites to learn about a subject more efficiently. Just relying upon the professor's PowerPoint slides, the textbook, and homework might not fit your learning style. Most people have one or a combination of kinesthetic, visual, reading, or audio learning styles. I highly recommend you Google "4 learning styles" to learn more. If you're in a Biology class, a YouTube video about the Cell might help you learn faster than reading the textbook twice. You need to discover your learning style and find supplemental learning material that benefits your learning style.
Hi, fellas. I will keep it simple. This post is for members who are new to TRP and Game. I gathered all useful quotes/mindsets for them from different sources (books, TRP articles, etc.). So, they can read these mindsets/quotes and they can apply them in life. Quotes and mindsets are about:

- Machiavellianism
- Self-Discipline
- Motivation
- Social interactions
- Love
- Feelzz
- Game
- TRP
- Oneitis
- Masculine traits (turn ons) and feminine traits (turn offs)
- Alpha bad boy traits and beta male traits.

**Machiavellianism**

1. Begin each day by telling yourself: Today I shall be meeting with obstacles, ingratitude, insolence, disloyalty and manipulation.
2. Talk less. Smile more. Let no one know what you're against or what you're for.
3. Infection: Avoid the unlucky and unhappy. (Because they will make you unlucky and unhappy, too.)
4. Play the system! Instead of fuck the system.
5. Use absence to increase respect and honour.
6. Pose as a friend, work as a spy.
8. The more you understand, the less you forgive.
9. Think as you like, but behave like others.
10. Revenge is a dish tastes best when served cold.
11. The best revenge is living well.
12. Move in silence, only speak when it’s time to say checkmate.
13. Never hate your enemy, it affects your judgement.
14. The secret that two people know is not secret.
15. Never outshine the Master!
Self-Discipline

1. Tortoise vs rabbit. Discipline vs Talent.
2. If you want something done, do it yourself.
3. “I hated every minute of training, but I said: Don’t quit. Suffer now and live the rest of your life as a champion.”
4. When it comes to fitness: No pain, no gain!
5. Yesterday You Said Tomorrow. There is no tomorrow.

Motivation

1. Everything is impossible… Until someone does it.
2. Work hard in silence, let your success be your noise.
3. Always play to win. Not to not lose.
4. If you choose to fight, you can lose. But if you don’t choose to fight, you have already lost.
5. If you want to be successful, you must fall in love with failure.
6. There is no failure. You either win or learn.
7. When life puts you in tough situations, don’t say “why me”, say “try me”.
8. If You’re Tired of Starting Over, Stop Giving Up.
9. There’s Plenty of Time to Rest When You’re Dead.
10. If you need motivation for self-improvement… Don’t do it.

Social interactions

1. Do unto others as you would have them do unto you.
2. Don’t shit where you eat.
3. Be aware of Crabs in bucket mentality. (When one crab wants to go up, other crabs makes him go down.)
4. Never be yourself! Be the best version of yourself for particular situation.
5. Fool me once, shame on you. Fool me twice, shame on me.
6. If you're the best man in the room, you're in the wrong room.
7. Refuse the "gift" of anger. (People will intentionally or subconsciously will try to make you angry, refuse their frame.)
8. Listen what they do, not what they say.
9. Better to be alone than in bad company.
**Love**

1. Love is always conditional. There ain’t no such a thing as free lunch.
2. Men love women, women love kids, kids love puppets. She has no any capacity to love you, she loves the feelings that you make her feel.

**Feelzz**

1. Be her emotional ROCK, give her cock.
3. The more you are emotional, the less you are rational.
4. The less you do, the more she will chase you! The less emotional investment you put into them, the more they will chase you!
5. Women don’t care about your struggle/feelzz. They hang out at the finish line and they pick the winner.
6. Women are born with pussy. They don't want another one.

**Game Mindset**

1. Fake it, until you make it.
2. Don’t fake it until you make it. Just make it.
3. You can’t choose not to play. (Because of AWALT)
4. Don’t play the game that you can’t win. (NPD, BPD, alpha widows)
5. 1st rejection may feel shitty. 10th rejection may feel like something. 50th rejection may feel like nothing.
6. You need your space/want to leave? Great! Good luck!
7. If you treat her like a celebrity, she'll treat you like a fan!
8. IDGAF, Next mentality, Push/pull, Abundance mindset.
9. When it comes to mixed signals (IOIs and IODs), she is an attention whore. Ignore her completely.
11. Women will tell you what they think they are attracted to i.e. Beta Bucks. What they are attracted to is not the same as what they are aroused by i.e. Alpha Fucks.
TRP

1. She is not yours, it is just your turn.
3. You are the island, she is the seagull. (Don’t let this seagull to eat and shit to your island.
   Because seagulls can fly, they are programmed for that)
4. You can't change/save/control anyone! Only yourself!
5. You can't change damaged whore into a housewife.
6. Adding these quotes to women’s promises:

   Right Now I Feel Like (I will love you forever),
   I want you to think that (he is just a friend),
   with you (I want to wait until marriage … with you, I don’t do things like that … with you),
   for you (Right now I am very busy … for you).
7) When it comes to women’s cheating… Always trust your gut feelings! Don't rationalize her actions!
8) When it comes to Manosphere and TRP, STFU!
9) Don't pay attention to her words. Always pay attention to her actions!

Oneitis

1. AWALT! (All Women Are Like That) (especially your oneitis girl).
2. If you have oneitis and have no balls to walk away, remember this quote: Girls are like buses,
   miss one, next 15 one coming.
3. If you think that she is the unicorn, remember this quote. The difference between a good girl
   and a bad girl is the good girl hasn’t been caught yet.

Masculine traits (turn ons):

Being ambitious and decisive. Having self-confidence and self-esteem. Having balls/courage to take
risks. Being emotionally stoic. Leading the group and taking responsibility. Being realistic and
rational. Thinking short, medium and long term. Being on your own purpose (especially in LTR).
Investing his energy on himself (especially in LTR). Being his own father model and not looking for
mother model (especially in LTR). Staying Alpha during panic/chaos times.
Feminine traits (turn offs):

Alpha bad boy traits:

Beta male traits:

This is my first post in main sub and I think that it will be useful for all members. Final quote is "With great power comes great responsibility". I hope you guys will use these quotes for being better man.
If she wants you, she won’t make it hard.

One of the first pieces of advice I heard about women. At first I thought bull shit girls have some self respect, You have to do some extra work sometimes.

But then over the years I keep looking back and realizing how this statement can’t be any more true. If a girl wants you, she really won’t make it hard (no not talking about your baby dick). She won’t make the situation difficult. She’ll try to make the process as smooth as possible.

Obviously does not mean girls will hit on you, you’re still the man and have to take the lead. But if you do it correctly and have some balls girls that are into you will be relatively easy. Again obviously doesn’t count if you’re not at your best (physically and attitude). Girls smell that weak shit and run away.

I want to share this because I know there are some guys out there that will keep trying with the same girl. For weeks and weeks, some even wasting a ton of money and time with nothing in return. It’s just sad and disappointing to me. Or even countless pathetic attempts at a party or bar on that one chick, if you don’t feel it just go onto the next one.

After a recent conference i attended, I just felt the need to share. Had a friend Kevin go after this girl for 3 straight nights and end up with nothing but a kiss. Wasted all that time and effort for a fucking kiss. She gave him a little attention and got hooked. Don’t be like Kevin. Similar situation happened with myself. Every night we had a party/event in a large show room to destress or whatever.

First night one girl playing games and teasing me with pecks and nothing else after about 30 mins I get annoyed so I separate. Sit down at a table to look at other options. Hot group of girls sit down. Chit chat for 2 minutes, then as I’m looking for another drink. I speak my thoughts out loud unintentionally “oh shit I have beer in my room”. Was not even facing this girl or anything. She immediately says “oh you do? I’ll go with you”.

As soon as we get in my room she just sits down on the bed. Doesn’t even bother looking for beer or mention it. 5 mins of more bullshit chit chat and I’m inside her. The rest of the conference went just as easy, minimal effort.

Don’t stay on one girl, roam around, talk to everyone, have options. I know this gets preached a lot but remember, girls want to fuck too. They won’t make you jump through hoops if they want to fuck you. Every woman I have fucked has made it easy for me, the ones that I have wasted more money and time I’ve gotten nothing. If you don’t feel the vibes bounce to the next one. Way too many women in this world to waste time on shit.

Again I have to state this before I get attacked. If you don’t play your cards right you won’t get shit. If you don’t look good, you won’t get shit. If you act like a pussy, you won’t get shit. Some girls won’t be into you even if you’re at your best remember that too.
So, I met the "Other Man" today.

I showed up at the soccer game today. It was her day with the kids, but I still wanted to be there for my daughter... and to see my boys. Any chance I can get to to be with my kids is a plus. Even though I see them 5 days a week, I'd prefer it to be 7.

I arrived and couldn't find them. It's 100 degrees outside. Ah, there was my youngest boy jumping up and down because he saw me. "Daddy! Daddy!" I ran over and gave him a big hug and kiss, some tickles. He laughed. He asked if we could wrestle. "Not right now. I gotta watch your sister play, buddy!" My oldest boy comes over and tells me about how he was hit in the face with a soccer ball and it was awesome. These boys...

I set my things down, and there she was in front of me, facing the field. I didn't recognize her. Her hair looked extra shitty today. There he was next to her. The other man. Oh shit.

For those that don't know the story, see my other posts. Over a year ago the ex of 15 years left me for the uber alpha male.

I was the sweet one. He was the asshole. I was the guy who could change a diaper and wipe a butt faster than anyone. He was the guy who could lift a house. He was the one who convinced my wife to do anal. I was the one who would rub my daughter's head when she cried asking why mama left.

In the past 15 months, I have been daydreaming about this day. Would I stab him in neck with my pocket knife? Would I try to show off my physical attributes? Show him that I'm not a worm? "Man, it's hot... better take off my shirt! Whoa, my pecs are glistening! These abs! So washboard-like!"

Would I give him a big speech on how he caused a lot of heart ache for some really great kids? Would I cause a huge scene in front of everyone and go down in soccer field history?

Then I had a good look at him. I sat quiet in thought.

It's not his fault. He's a dude. He stuck his dick in crazy. We've all been there. He got roped in. He's now with a 40 year old woman with three kids. Her best days are waaaay behind her. He'll have to wake up next to a woman that he knows left her three kids and husband when the first whiff of something exciting hit her in the face. He'll learn of her childhood baggage. He'll learn of her addictive/impulsive behaviors... and he'll start asking her about why she spends so much on strange stuff. He'll be where I was in no time. There's no way in hell I would ever want to go back to that point in my life.

I get up from my chair and stand behind him. I say his name. "David?" He turns around and seems a bit surprised. I extend my hand. "It's nice to finally meet you." We shake hands. I go back to my chair.

Poor asshole. He's the real Beta, after all.
I decided to sit down with a glass of wine this evening and reflect on the past two years, and our experiences here on the red pill. While most sub-reddits are lighthearted and fun in nature, this one takes a more serious tone and purpose, and the implications of our conclusions are far reaching and scare real mainstream establishments.

It’s incredible that what we’re doing - just looking for and sharing information - is so dangerous and damaging to the status quo, that we actually ruffle feathers. When I took over TRP with under a thousand subscribers, I expected to be ignored, perhaps made fun of a bit. But I did not expect what we have experienced- mainstream attention in a campaign against us of fear, shame, and censorship.

Maybe I’m a bit drunk, but at 100,000 users I think it’s fair to excuse me as I raise my glass and share some of my emotions with you guys because, fuck, this has been the most incredible ride of my life. Not only have I found a group of likeminded individuals, but we have helped others find belonging as well. And that’s something that our culture has severely lacked- belonging for men: A place for men to be among peers and friends, comrades, people to connect with. Some have been luckier than others. I counted myself among the unlucky until now.

I think it’s important to take a moment to reflect on the improvements we’ve made as people – as men – because sometimes with the small increments it’s difficult to really realize where we might have been five years ago (or even two years ago). I find myself worrying about very small details today that are the subtlest of nuances of game that I would never have even understood or believed a few years back. Today I look at these hurdles as mountains, but they are mere street curbs compared to the real mountain of improvement that stood before me when I began my journey.

And, excuse me for being sentimental, but you’ve all been there doing the same with me. It really strikes me as the most incredible experience to know that we’ve reached out and touched the lives of other men, knowing that their lives may be improving because they found us. Knowing that we are improving people’s lives, despite the chagrin of the established culture, really fucking hits me deep. I haven’t cried in over a decade, but I might shed a damn tear tonight because it’s beautiful what we’ve accomplished.

I want to share a little about myself before the red pill started, and before I discovered the manosphere in general. I was just out of a relationship where I honestly wondered to myself what the point of continuing was. I wondered what three years meant if it could be thrown away in days. I was ego invested in this relationship, it was my identity.

I suspect (and I’m sure there are some blue pillers who will have a hay-day with this) that the people who have found their way here were smarter than average, but severely mislead. I say that because I truly believe it takes an uncommon level of intelligence to really look inside and realize that the source of a problem may lie within. It’s something that I consider daily, and I wonder if most people I’ve met will ever consider it even once in their lives. People tend to spend a huge amount of mental cycles avoiding such a question.

My experience was being logical and analytical. I wanted things to make sense, but I found myself alienated. Not only by women and romantic interests, but also by friends and family. Wondering why it was that a strict adherence to logic and rationality would lead to such rifts in my relationships, I
began to wonder if perhaps I was destined to live the rest of my life alone. I felt alone, like there was nothing in this life for me. I did things the right way, the way they were supposed to be done, and I was not rewarded like I expected. Instead I discovered that everybody around me was stupid. They were dumb. They did not follow the rules. Why the hell were they so intent on following nonsense such as emotions? Why didn’t they control their reactions to things? Why were they lead astray by lies and misconceptions? And why was I unsuccessful at negotiating their desires?

I wouldn’t realize for years to come what I was witnessing could be explained by an economist. You have to follow the money. In this case, the money was self-interest. I eventually discovered that people will follow exactly what they’ve been evolutionarily driven to do. And sometimes that means that no matter how many promises you or they make, no matter how much sense commitments and honor makes to try- people will follow what makes them happy. (And worthy of note, most people don’t know what it is that makes them happy, so they follow the short term happiness, even to the detriment of long term happiness.)

It’s an eye-opening experience to realize that rather than being the smartest person in the room, I was likely the most duped idiot there. Expecting a system of laws that were never enforced, I actually had the gull to get self righteous and pissed when nobody abided by it. How fucking fruitless that effort would be.

I think my story is not unique. I think that we’re here because of a similar past.

There’s an interesting group called purplepilldebate, and I want to speak about that for a minute.

A common topic that they focus on is that the conclusions that we arrive at should be common knowledge and that few people should ever be as mislead as we were.

I really do wonder how it is that I was lead so far astray, I really don’t know. It’s hard to think of myself as a thinking, breathing individual then, when I now realize how wrong my conclusions were then. Clearly I am smart enough today to come to better conclusions. The raw materials were there waiting to be molded into the person I would become. But, nevertheless, there I was among the stupid. The people purplepilldebate refuses to accept exists: the feminine-conditioned men who did not know how to be men.

But we do exist. And we’re here. And we’re improving.

This is what the opposition will do when they find themselves outreasoned. They will adopt your premises and act as though they were there with you all along, and that you’re nuts for thinking otherwise. It’s just your misdirected conclusion that they disagree with. But they agreed with everything else all along!

That’s one hella bunch of gaslighting in my opinion.

There are a few comments I want to make about purplepilldebate, and our community, as we continue past 100,000 subscribers and into the future.

Purplepilldebate might be an interesting read, and certainly a great place for outrage porn if you’re an addict. But the fact is, one thing that they focus on is a way to tone down red pill discussion to give it more mass appeal. They want to normalize red pill ideas.

One common trope I hear there is “the red pill doesn’t have the monopoly on the advice, work out, dress well, and improve your personality.”

The point they’re trying to make is that you can take this very simple advice and probably improve your standing, so there’s no real reason to buy into the “hate-group” of the red pill. You can be just as
successful, really, this advice has always been around! Everybody knows it! We’ve always advocated these things!

This is an interesting thing they’re doing. They’re buying the advice because there’s no real logical argument against its effectiveness. It really does work. Women like swole, fit, confident guys. But there’s method to the normalization and tempering tactic. They aren’t just well-meaning folks who want you to avoid the hate-trap of TRP. They want to make sure you never fall into the understanding behind why these things work.

Originally the campaign against men included denying that stoicism and fitness were effective with women. They tried to convince a generation of boys that what women really wanted was a dude who shared his feelings and was able to cry on her shoulder. MAKE NO MISTAKE, THIS IS WHAT SOCIETY TAUGHT BOYS. That the purple pill tries to deny it now, telling us that “get fit and confident” has always been a no-brainer is disingenuous. Anybody watching a late 80’s or 90’s movie can disprove this entirely. This has not been the truth.

They want to co-opt the inarguable parts of our argument to continue the campaign against what really scares them: understanding and truth about female sexual strategy.

There are some well-reasoned red pillers on the purple pill subreddit who tend to cave to these pressures nevertheless, and I see them now taking a foothold on our main subreddit. I have decided to make a comment on it, and explain our moderating position regarding them moving forward:

The fact is this: our edge is our advantage. There is no point to trying to normalize with political correctness. It is a fool’s errand.

There are enough people trying to make peace with the public narrative saying that red pill advice is good enough if only there wasn’t so much anger or hate. If only we could just be more … what’s the term? Socially acceptable?

This is what the moderates are looking for- they want us to tone it down. Why can’t we preach good dating advice and drop the anger and hatred?

In fact, even members here who I do not recognize as long-standing members comment on how there’s so much anger and how it used to be good but gosh there’s so much darn hatred and anger now.

The fact is, our edge- our political incorrectness- is the only thing keeping us what we are: a community for like-minded men. Once we adopt a politically correct frame (which is what purple pill is attempting, and what our concern trolls are advocating), we have abandoned our advantage of being a male space that is open to like-minded individuals who can discuss what matters to men.

I think a lot of people reading this might be wondering- why is it that dropping some of the anger and speech that is deemed “hatred” could be bad? Wouldn’t it help to communicate our message better if it were easier to stomach?

When we adopt a more politically correct format, something very important is taking place: we are tempering our speech to satisfy the feminine imperative; that is to say: we are modifying ourselves to please women- to gain female approval. And as our subject matter happens to be one that women tend not to approve of, you can only imagine the effect that might have on our subject matter if we were to temper ourselves to appease them.

We will not be bending to appease women, the feminine imperative, or popular culture. This has always been the case, and always will be.
So as a comment to a recent influx of statements regarding the “anger stage” or new members ruining things because they’re undereducated or angry- I say this: We embrace the anger, we embrace the new people, we embrace the unwanted, the unsightly, the incorrect.

I needn’t state that at one point every member here was new, and many had dumb questions or some anger to work out. We’ve all been there.

So as of this point forward, our moderation team will not look kindly to anybody being disparaging towards the fact that new people might exist, that we have an “influx” of new people clogging things up with their new questions and feelings.

I liken it to going to the gym. After a good set, my muscles tend to ache. It’s sometimes frustrating and difficult to do normal tasks when my muscles hurt, or I can’t fully extend my arms. But the one thing I know is this: The pain indicates gain. We cannot get gain without pain. And fuck any of you righteous motherfuckers who think they’re not responsible to help educate and assist new members. If you’ve gained any insight or help from TRP at all, you owe it to new members to help them with the same.

Likewise my message to new comers is not to flood us with inane posts or bullshit. If you think you have a beginner question, it’s because it is, and we don’t need to hear it. Check our sidebar, and read for another month. Check /r/asktrp. Do what you can to teach yourself before joining in conversation.

Anyhow, I’ve really enjoyed the past two years, and it’s incredible that we’ve reached 100,000 subscribers. I can’t wait to see what the next two years bring, and to see how many new ideas, insights and understandings we uncover. As always we will continue to embrace the edge and make this a place for exclusively male communication and comradery.

Welcome new subscribers, and congrats to existing users. This is a huge milestone and I can say honestly that I could not have gotten where I am today without all of you. I hope that what we’ve been able to do here has helped you as well.

I’m proud to call you my brothers.

RPS
CNN released a 12 minute report about this subreddit

And its exactly what you would expect.

https://www.youtube.com/watch?v=RDHmDuHX3LA&feature=youtu.be

- A dark figure with his voice anonymised explains how he fell for the trap, and how cults look for people who are in transitions in their lives - when they are most vulnerable.

- a voiceover says "a lot of people start becoming ironically rapists before they become really rapists"

- "How to get laid like a warlord" is shown at one point

- They then switch to images of 4chan /pol/ and say "sprinkled between topics on women are hateful comments of topics like race and religion".

https://youtu.be/RDHmDuHX3LA?t=265 . After showing/talking about theredpill non stop for 4 minutes they switch to a different forum with racism (theres none here) and claim that those posts are sprinkled throughout this forum. Images of Hitler are shown.

- Images of Charlottesville

- CNN reached out to the White House to comment on theredpill but they declined to comment on the story. https://youtu.be/RDHmDuHX3LA?t=507 . They must be hiding something!

- The guy says he realised theredpill wasn't for him because of how you guys all 'targeted people of colour' https://youtu.be/RDHmDuHX3LA?t=540

- Images of KKK https://youtu.be/RDHmDuHX3LA?t=600 . Actor talks about how anonymity is the real problem - just like how the KKK could wear hoods to cover their faces. An image of KKK holding the evil Stars and Stripes flag is shown.

- Lol the 'expert' they've used is the biggest man-hater. Interviewer asks her what the most surprising thing she found was. Expert says "the empathy I ended up feeling for men at the beginning, who are frustrated, lonely, scared, they're trying to find their way in the world", but she has the biggest smile while shittong on them and nearly breaks into laughter. https://youtu.be/RDHmDuHX3LA?t=614

- "We used to program the internet. Now the question; is it programming US?"
and if that video gets taken down the source is in this link (I cant link direct to CNN):
https://archive.fo/xOEEf

If you like Fake News here is a big compilation (pro-Trump bias if that bothers you)
https://imgur.com/a/LDOxq
The Power Game

1150 upvotes | September 18, 2018 | by Theguygotgame777 | Link | Reddit Link

We did an exercise in my Theatre class this morning called "The Power Game." The rules are simple. Two people take the stage. The objective is to win without touching each other, or speaking. The two interact with each other, and the audience decides the winner.

Me and my friend Quan were the first two up, because we're always enthusiastic volunteers. We stood across from each other, just staring at the other's eyes in a sort of staring contest. Quan folded his arms, and I stepped closer to him. I folded my arms as well, as I puffed up my chest and stood closer and closer. I wouldn't let him step away either. I thought I was being the dominant one.

Afterwards, my classmates unanimously agreed that Quan was the winner.

You see, Quan wasn't trying. He was naturally bigger and taller than me, and he kept a casual composure. He was willing to walk away, and I wasn't. When I saw the other "scenes" I realized this immediately.

Austin and Wyatt were up. Austin simply ignored Wyatt, walking around in circles, while Wyatt followed. Austin turned to face him off, and actually removed his shirt. The girls freaked out, even though he's not particularly muscular.

It's clear to see that Austin won. Once again, he defined the terms of the engagement. Wyatt did nothing but react to Austin.

Finally, we had two girls- Desiree and Samantha. Desiree immediately crouched down to tie a shoe, while Samantha stood over her crossly. Samantha seemed to be waiting to be paid attention, which never came. She walked over to a couch left on stage for one of our shows, and just lay there playing with her nails, while Desiree never moved, never looking away from whatever was directly in front of her. Finally, Samantha returned, crossing Desiree's field of vision, finally causing her to look up, and move.

But Desiree still won, and Samantha readily agreed.

You see, true power lies with those who don't depend on others. To hold frame, you must be a rock. And luckily, you have a natural size advantage over most women, just like Quan had with me. You must lead the way for women. If you follow them, you place yourself in their power. Have your own goal, like Desiree. And if you do disconnect, like Samantha, never cave and come back.

If you have the opportunity, I highly recommend playing the Power Game. It's the perfect representation of how frame really works.
The consequences of men failing society wide shit tests

Dominance/Fitness Tests

As Jordan Peterson outlines in this video, men test ideas and women test men. Women test men to see if they truly have the behavioural traits that indicate they can move up dominance hierarchies. Mating with those types of men ensures their offspring will add value to the tribe and live long enough to have children of their own. If you pass these tests you will enjoy a pleasant demeanor and lots of sex, if you fail these tests you will suffer through god only knows what.

Now remember, women test men to find out which men have the right 'potential'. They aren't necessarily attracted to men at the top of dominance hierarchies, they're attracted to men who have behavioural traits that indicate they can reach the top of dominance hierarchies. From an evolutionary perspective, you're much better off ensuring your offspring will have the potential to reach the top of a dominance hierarchy rather than looking for guys who are already at the top. This is why many men who are rich CEOs have old, ugly wives who treat them like garbage and drug dealers have hot as fuck women chasing them around.

Compliance Tests and the #MeToo Campaign

If you've read the sidebar you should know most of what I've said already. Most of you should also already know that women test men on a more macro scale as well through feminism. But the true extent of how feminism is a society wide shit test isn't being completely understood or appreciated in my opinion. Women are taking to online social networks with a #MeToo campaign as a power play strategy to castrate men further and ensure they will be believed whenever they make an accusation without needing the burden of proof. A lot of women's power lies in their ability to accuse men and manipulate men. Nature had to give them something to counter-balance the physical strength difference between the sexes. This movement gives them a lot more power.

Now remember, women want two things from a guy, value and commitment. Value makes her attracted to you and ensures you're an alpha and commitment ensures you'll stick around to provide/protect/help raise offspring. Both are vital and increasing one will decrease the other. Women are now demanding men need to just listen, learn and call out other men who show signs of 'misogyny'. It's all a compliance test. It's just like your girl wanting you to open up emotionally, or stop lifting so much because she doesn't care if you get a potbelly, or stop working so much and hanging out with your friends because you never spend enough time with her. It's all an attempt to train you into lowering your value as much as possible to ensure your commitment to her. That's all this is, and men are kowtowing to it. We're collectively lowering our value in the eyes of women. Women act as bad as you let them, and boy are we letting them act terribly.

You should also know that two of women's most important motivations in life are:

1. Never fuck a beta male
2. Fuck an alpha male

This is why women feel so strongly about rape/assault/harassment. Generally speaking, men are at a
constant state of 'yes'. We're pretty much DTF as long as the sex will be consequence free. Women are not like that since they're the selectors. They need to decide first whether or not you're worthy of touching her and being intimate with her. If you over-ride her ability to choose by groping/assaulting her in some way you just took away her power. A big part of their power lies in their ability to choose who gets to propagate their genes and who doesn't, and that power is entirely contingent on men respecting that ability to choose in the first place. Since women are increasingly viewing men as beta males, they're starting to feel even more disgusted when men look at them a certain way or dare to encroach on their space in public. They view that as taking something of theirs without earning it. Women will not stop until all men they view as betas are completely out of sight whilst simultaneously worshiping their every move.

Marxism: The devouring mother - Nazism: The tyrannical father

The Marxists VS Nazis we're seeing play out in the west is almost like this weird macro level archetypal battle. The Marxist social constructionist viewpoints and their lambasting of the 'patriarchy' is in my opinion a direct result of women viewing men as beta males and thinking of them as beneath them. When Kit Harrington goes on a talk show, the entire crowd of women lose their fucking tits. Whereas when Jessica Alba goes on a talk show, men just sit and clap. Women view alphas with complete and utter reverence and they view betas with complete and utter contempt. This is obvious when looking at it from an evolutionary standpoint. And when men continually fail these society-wide tests, women start to view the majority of men as beta males which means they start viewing anything masculine with contempt. I believe this is very much related to the increase in Marxism as well as men joining these weird fringe alt-right groups in retaliation. This political/culture war is a complete mess and it's all due to men not being reared properly and not knowing how to act right.

If men were reared properly, went through rites-of-passages, knew how to not be little fucking pussies then we wouldn't be dealing with any of the identity politics or cultural wars right now. Men are turning to these dangerous online communities/ideologies to find some level of comradery, structure and purpose. They weren't raised properly and haven't been following their biological instincts at all. They need somewhere to direct all that pent up masculinity. This can be very dangerous and it's why I think it's important for places like TRP to exist. People may view TRP as one of those dangers online communities/ideologies, but they're completely mistaken. TRP can provide a better understanding of the world to help rid men of the confusion and lack of direction they're facing without having to resort to joining extreme political ideologies.

tl;dr - Be vigilant of the ever-increasing amount of society wide shit testing that is happening all across the west. Take note of all the implications and how to not be indoctrinated into being a little castrated pussy.
To the young man I saw at the gym last night:

I haven't seen you in here before. You seemed a bit unfamiliar with the environment, perhaps a bit uncomfortable. Your pale white skin and obvious lack of muscle tone confirms that impression. And your buddies were similarly soft. That's ok. Just learn to lift the right way and keep coming back.

I got the impression you have had your natural joy and self confidence hammered out of you by endless "socialization".

When our gaze happened to meet, you quickly averted your eyes and looked downward. There's no need for that. You have every right to be there too. I'm not there to challenge or intimidate you; I'm just getting a workout like everybody else. Relax and have fun, chat with the other members, it's good, friendly, low key gym.

You're a tall kid, well over 6 feet. But your hair is a sloppy mess - is that the fashion in your high school these days? Anyway, it makes you look weak and effeminate. The nerdy round tortoise shell glasses from the 1990's don't help any either. Can you afford contacts? Maybe save up a bit of money, get a side job.

You seem to have good facial structure, good basic build / bone structure, so with a few months of lifting, a good haircut, some decent clothes, and most important, steady confident eye contact and a bit of a smirk, you will be getting those cute little honeys flirting with you. Yes, those latina chicks in the yoga pants, I saw you eyeing them wistfully. They would totally get with a tall white boy like you, if you have just a bit of game and confidence.

I know it seems doubtful from where you are now. Just do the work. It will happen.

I hope I see you again soon. This time, look me in the eye, nod or say hi. I'll be happy to return the favor.
22 years old and this year hit me absolutely hard. Story of how I wanted to give up, almost labeled insane, and how I'm slowly turning it all around.

Hey, what's up guys.

So I'm not some expert writer or any shit like that, so excuse me if this isn't the most glamorous story on here. However, I'd like to share my RedPill story, about some of the lessons I've learned and examples I've seen in my own life.

So I've recently turned 22, been looking at the RedPill for a little while now. What really gravitated me towards this subreddit was the real-ness of it all. Before coming here, I always used to question many things in my life, especially when it came to concepts such as being a man, women, relationships, and society as a whole.

I was raised in a household where I lived with my mother, and two sisters. My father worked elsewhere, he didn't live with us but he definitely provided for us financially. So my daily atmosphere was pretty feminine, and since I am the youngest, being in such an environment made me a bit softer.

As a young kid, I had a lot of energy, loved to play sports, socialize, and was very competitive. I especially enjoyed fighting and wrestling, however I noticed from an early age how my behaviour was always put down. Naturally as a kid, I fought it at first because it's my natural inclination, however as time passed, those feelings turned into shame and guilt.

Being around girls all the time in the home, and my sisters friends, they tried to definitely sway my judgements as a person. Always putting ideas into my head about "always be sweet to girls and do this for them" and you know all that other bullshit. Any aggressive behaviour I showed was put down, and since I had no male role models around, I just took it. Honestly, as a kid, the male role models I had were like fucking Goku and Vegeta from DBZ, Batman and whoever else I saw on TV.

So I grow up into my teenage age, hit a growth spurt and hit 6 feet pretty early (Black genes helped a bit lol), but that was just on the outside. From my young age to high school, I became more reclusive and more of a loser to put it frankly, Playing video games, watching anime, staying inside, super shy to talk to girls and all that, had a total "Nice guy" attitude and thought crazy shit like you should never even cuss at a girl.

The girls that I did talk to always had interest initially cause I'm somewhat handsome but right away lost interest as soon as they started talking to me. Being in a completely female environment, and even asking for advice from my sisters gave me a shitty skewed perception of relationships and girls.

So I'm 18, I'm still a virgin loser, finish high school and don't want to go to college because I don't know what I want to do. So I waste about a year doing nothing, then the next year, I remember it was around New Years that I started looking at self-improvement forums and stuff. Definitely was tired of my lifestyle and how I was being as a person.

Another year or so after is when I found the RedPill. At first, I thought y'all were fucking crazy, like this was some extremist shit. Makes sense, because it was challenging my mindset, and it was difficult for me to fathom. I started to read a lot more and more and really analyzed and compared it to my life, and it was just a series of mini epiphanies that made me go like "wtf, this is scary how
true this is."

I started to look back at my own life, and remember so many moments, not only with girls but myself as a person and it really put me in a depressed state. Felt like a lot of what I've been taught was a gigantic lie and it's because it was. Decided to move out of the house, and live in another city.

When I moved out, I got into lifting, kept reading more and more RP and other stuff. That's when I got into a very angry phase. I shut out girls, cut out my BP friends for a bit, and started to just lift, work, read for a bit. It felt like I reached a point where nothing mattered to me anymore and I had no fucks to give.

So I'm out of the city, living on my own for a bit now, still lifting but hated my job. So met someone one day that told me about how he makes good money dealing, and decided to get into selling drugs. At first, the nerves I had were insane. However, working a crappy minimum wage job will make you consider a lot. Didn't want to go back home either, so I was like fuck it, I'll just start dealing too. The local area was full of potheads and such, and being 6'3 and black in a area full of white people, I already got asked for drugs all the time, so might as well profit a bit.

Got into selling weed, pills, and blow, but still worked a couple hours at my job to make myself look somewhat legit. Started making pretty alright money for someone my age and in the area I was in (full of students), and I became more well-known. At this point, my physique got much better, and started to dress well and pretty much looked completely different. So much so, that when one of my cousins came to visit me, he didn't even recognize me.

After some time, decided to move to back to my city, live on my own still but to attend school in the following year. So when I came back, met up with my old friends and I couldn't even stand being around them. Being gone really opened my eyes to those around me and that who I surround myself with is a reflection of myself, not to say I'm any better but coming back and seeing them doing the same old shit, talking about video games and girls they'll never have the courage to approach sounded super lame.

Also, the subtle jabs against me about my muscle gain or my style shrouded in insecurity was just sad. This also came from my family when I saw them again and my sisters told me I've become a "jerk." And why you may ask, because I had no interest in going to a dinner with them and their friends (something I'd do before, like some lame ass ladies night) or because I wasn't as talkative. Wasn't intentional either, just my interests have changed.

So this is when I started hitting up girls on instagram and girls I knew, and when I saw first hand of how fucked up girls, especially around my age are. One girl too, who I used to go to school with (had a crush on in middle school lol), but denied me got my snapchat from one of her friends and hits me up. We meet up and at first, she's compliments me cause I've gotten fitter and we get to talking. Now this is where I thank RP a lot because if there's one thing I've learned, it's to have abundance mentality.

So the old me would have tried to talk as much as I can, ask a bunch of questions and be waaay too interested, hide sexual interest and all that. We get to talking and since my mindset isn't about how I am but how she is, that's when I started realizing how uninteresting this girl is. No real hobbies or anything and I had no real interest of continuing talking, so cut it short. She later hits me up saying that I was rude and and all that and don't even respond to it. 3 days later she asks to come out again, and I just said through text that I'm not looking to date atm and she says that's cool and that she isn't either.
She then invites me and says we could "chill", and I came through a day later, and we fucked. She hits me with the she doesn't really sleep with someone that quick text a day after and i replied it's cool. We fuck again and that's when I find out this girl has a bf, not only that but she would literally use the guy for shit. I'd be at her place, she'd order a bunch of food and stuff from his credit card for us to eat, she'd take his calls while she with me and it was just scary to see how she switched up so easily on the phone. That's when I was like "jeez, these girls out here are really savages."

Started hitting up more girls and started to have a couple plates that I'd hit up through the week. After a bit, realized how fucked up emotionally a lot of these girls from shit they told me. We'd fuck and they would always try to get me to open up emotionally but i learned from reading bare stories here how that never works out in your favor. Or how they would try to get me to commit when it was clear what my intentions were.

And to be honest, I did want to have a relationship but rather be safe than sorry. So anyways, things are going alright, I'm still working out, have a decent job now and saving up for school, got into a lot more hobbies.

But then something happened which caught me off guard. My mother became very ill and was placed in to the hospital. She soon after was becoming worse in her condition. This really was hitting me hard cause honestly, she was still the closest person in the world to me. Raised me, gave me everything, and it was always a huge fear of mine to lose her. She wasn't like women here either because she was raised outside of the country and had very conservative old school traditions, came here not knowing the language, and still managed to raise kids.

She was very RP in that she told me a lot about what makes a good man, and it wasn't any of the BS, but I always believed my sisters instead who were pretty much super feminized from here. Anyways, I was out of the city when I received the call she was passing and rushed and was with her during the last moments and it was truly the saddest moment of my life.

As a man, you don't have many outlets you can look to and ones that truly truly care for you unconditionally. After her passing though, I felt extremely depressed, however didn't show it at all. Around this time, everyone in the family started worrying about me because instead of being a room of mourning girls and hearing pity, all I was thinking about was trying my best to honor my mother. And I know she wouldn't want me to be complaining or be completely sad, even though I was feeling depressed. So I started hitting the gym super hard, literally even a day after.

Taking out my emotions there, and this was another time when I saw how fucked up some girls could be. They didn't see me crying in front of them and instead going to the gym, so some would try to talk to me one on one and they would try to hold my arms and try to physically comfort me when it was obvious what they were doing. I was like what the fuck, how low do you have to be to try to pull shit like this at this time, but I just wouldn't say much and would avoid any physical interaction. Then they tried suggesting I need a therapist maybe, but that just made me annoyed because, sure it might help others but the way I saw it is, why would I pay someone I don't know to hear my problems out when I wouldn't even do it for free to people I do know.

After a while, I lost motivation and became very depressed. Lost weight, started just sleeping in, felt numb. My thoughts were the worst, I couldn't even sleep properly because I would just get bombarded with all these horrible thoughts, and it wore me out after a bit. Thought maybe I should go see a specialist, and tell them about how I've feeling. I went to one and they suggested I have clinical depression, signs of bipolar, ptsd and more. Didn't believe it at all. Hearing that shit was
horrible, then to hear I need to take this and that pill.

The weeks following were some of the shittiest, I didn't take the pills and decided instead to go visit my father and try to be around him for the first time. That was what truly changed my mindset. This involves flying and seeing him on the other side of the world where many live in poverty.

He saw my face and he knew exactly how I was feeling. Instead of pitying me, or feeling sad for me, he did something much better. So the first two weeks I was there, I'd still have sleeping problems but every morning, my dad would slam my door very early and I'd wake up all groggy and just be a miserable piece of crap. But him, he would be very happy, full of energy saying "it's another day, another blessing."

I told him how I was prescribed as having this and that and he said "is that so, who said that." And I told him a specialist and he said "do you believe him?" And I said I don't know. He said it so calmly and was smiling. So the weeks following, he takes me to parts of the country where it's pretty much villages and poverty everywhere. We would stay in these places and at first, I fucking hated it, cause it was out of my comfort zone and would victimize myself and say I'm not in a good mental state.

So my dad introduced me to many people and I talked to people who had some super fucked up pasts, much worse than anything I could imagine and they would all be happy and smiling. My dad would keep telling me advice and asking me questions and it really made me question a lot.

He personally, has lost a lot of family, been through war, and wasn't even present as his wife passed yet he never once complained or looked to the pity of another man. He told me "in life you become either a warrior by the end of it or a victim, no one will ever understand your potential, and that absolutely nothing is owed to you except for death."

I remember one incident where there was a very young kid who would polish and clean your shoes and I pitied the kid and tried to give him money, but the kid didn't even take it. Why? Because he was working, and my father told me "don't pity him, he is working, doesn't matter if he's cleaning shoes or washing dishes, at this moment, he's his own man and he has a job while you dont, so of course he doesn't need your charity."  

Met many others and I kept thinking about how if these people were back home in the states, they would easily have so many people victimize them and pity them and suggest they need therapy for this, meds for that for all the trauma and whatever else. However, all of them shared the same views that it's just life and you got to make the best of it however you can, that crying to another person or labelling yourself as such and such might help but who knows yourself better than yourself. Everyone else will give you insight into what they think will benefit you but only you truly know yourself.

When I came back from the trip, I felt a lot better in the sense that I've learned that a lot to being a man isn't about just lifting or getting girls, but actually holding your shit down, especially mentally when you feel your worst. It also made me very simplistic and calmer, that whatever happens, to just relax and keep moving forward.

My feelings of doom, depression, anxiety and whatever else went down considerably and I'm glad because I could have just taken the pills, went to therapy and I know that would have made me feel even worse. Not to say any things wrong with that if that's what you choose but I know myself.

Nowadays, I'm back in the gym, back to working , made some new friends that I just kick it with to just talk about real things I'm interested in. Started looking into starting my own business, something I've been very passionate about. And with girls, not much of a huge interest at the point because the
short-term pleasure I got out of plates doesn't compare to the feeling of contentment and calmness I have nowadays.

Anyways, this is just a post sharing some of what I've experienced the last little bit, hopefully inspires some of you guys,
A simple message that can have powerful implications.

Yesterday, I didn't get much done at work. When I left I felt overwhelmed with the amount still left to do. This carried over into the gym. I was very limp, for a lack of a better term, and didn't do the exercises with vigor or enthusiasm. It was very hard to get myself out of the negative stupor I put myself in. When I left the gym I was mad that I didn't produce my best which then carried over to my girlfriend, who did nothing wrong, but I projected my negativity onto her for the rest of the night causing tension between us.

If I had went at my work with more effort and completed what I needed to do, then the rest of my day would have gone much more smoothly and I would have produced better results in every aspect of my life.

Imagine the beginning of your day as a small, fist-sized snowball at the top of a hill. You want it to roll down and become a giant boulder of snow; firm, powerful, and resolute. How do you do that? By giving it a small, but firm, nudge.

Get enough sleep (mandatory). Make a big breakfast. Meditate. Stretch. Go for a walk. Make your bed. Any and all of these things (and many others) will build the foundation of your day and put you in the correct, positive mindset for tackling the rest of it.

We aren't robots. We can't just perform a function on command, no matter how much we would like to. Start the day off right and those mini-successes will carry over into big things later on.
It's Frightening How Easily A Woman Can Cuck You...

1143 upvotes | March 31, 2017 | by bogey_j | Link | Reddit Link

this isn't my story. saw this on another forum and thought it was gold so I'm posting it here

I'm talking about the original meaning of the term "cuckold" which is unknowingly raising another man's kids.

One of my plates texted me last night saying she needed to meet with me immediately and that it was "an emergency". I tell her to swing by after work. Meanwhile, I'm racking my brain all day trying to figure out what this is all about. When she finally gets to my place she looks me right in the eye and says "I'm pregnant. It's yours."

No hesitation and spoken in a matter-of-fact way.

Now six months before I met this chick, I had a vasectomy done, so there's virtually no chance this kid is mine. Inside I'm furious because I know she's fucking some other guy (or multiple guys behind my back). I remain calm however and with a smug smirk I tell her all about my vasectomy and how that basically rules me out as the father of her unborn spawn. I also use that moment to confront her. "So who else have you been fucking?"

At that moment the waterworks come out. She's crying and blubbering all over the place (trying to elicit sympathy I imagine) telling me how she was banging this guy from work but she doesn't love him and I'm the one she "loves". I guess she saw me as beta bucks? Lucky me.

I show her the door.

Reflecting back on it today it's crazy how easily I could've been cucked and how my whole life would've changed forever. If it wasn't for my vasectomy I probably would've took her word for it and well on my way to raising another man's kid.

Scary stuff.
A Moment of Silence for our Brother Andrew Hansen. He contributed greatly to our community and will be missed.

1143 upvotes | April 6, 2017 | by redpillschool | Link | Reddit Link

https://theprivateman.wordpress.com/2017/04/04/the-private-man-has-completed-his-journey/
She's not yours, it's just your turn. The glass is already broken.

Summary
Round and round the carousel goes. Who's in line next? No one knows. But know this. There is a line, and it will shuffle forward. The music will commence and the carousel will spin once again, continuing in your absence.

Place your quarters inside. Hop on the ride. Enjoy it while it lasts.

Blog Article:

Body

I see guys consumed by the thoughts of another man caressing her, kissing her lips, receiving her touch -- her love. The mere thought of 'their' girl giving herself to another man to enjoy drives them mad with jealousy, even anger.

I see guys confront any man suspected of making the moves on 'their' girl, demanding to know who he is, how she knows him, and what she's doing with him. They make cringe-worthy attempts to AMOG or mate guard. They even get into fist fights, especially after they found out about her 'indiscretions'.

I even see guys talk about planting spyware on 'their' girl's phone or computer, gaining access to her social media, and a plethora of other methodologies to keep tabs on 'their' woman, on this very sub. This is nonsense, a complete waste of time and energy, a demonstration of scarcity mentality, and based on the faulty premise that she was his. Understand this, she's not yours, it's just your turn.

If a girl wants to cheat, she will. Without remorse. Any decent looking woman will be bombarded by a horde of male suitors attempting to win her vaginal affections. They're messaging her on social media, texting her, flirting with her on the street, talking to her at the bar, being extra nice to her at work. She even has a few backups on her phone. She is just one phone call, one text, one IM, one approach away from getting a dicking from somebody else. It's an ever-present phenomenon. It always has been. It is.

Women are fickle. Their feelings change in a sporadic manner. Women find other men attractive
You do not own her. You do not have control over her feelings. Her feelings will change over time and she has every right to change her mind as she sees fit, *just like you.*

**So stop worrying about it.** All you can do is be the best version of yourself, utilize your TRP toolbox, then set your boundaries early and draw the line. *Enjoy it while it lasts.* Should she cross the line, whatever it may be, end it. *No discussion. No argument. No hesitation.* Do it with conviction. Do it knowing that **you were fine before her, and you'll be fine after.** Think of it this way...

**The glass is already broken**

"*You see this goblet?*" asks Achaan Cha, the Thai meditation master.

"*For me this glass is already broken. I enjoy it; I drink out of it. It holds my water admirably, sometimes even reflecting the sun in beautiful patterns. If I should tap it, it has a lovely ring to it. But when I put this glass on the shelf and the wind knocks it over or my elbow brushes it off the table and it falls to the ground and shatters, I say, 'of course.'*

*When I understand the glass is already broken, every moment with it is precious."

This is not to be mistaken for a passive pushover approach. This does not mean turn the other way when presented with red flags. This does not mean you have to be a stoic robot with no feelings. **It does mean** all good things come to an end and you need to be ready to make the right decision when the time comes. It was fun, but now it's done.

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**Conclusion**

She made out with some guy at a party. Another guy fondled her tits and fingered her pussy. Chad shot a load in her mouth that one time. She had a couple of boyfriends in the past, each of them cumming inside her and each of them received her declaration of eternal exclusive love: *"I love you baby. There's nobody else I'd rather be with."*

Now she's with you.

*Now it's your turn.*
LTR? Plate? One night stand? Doesn't matter. Live, love, laugh. Enjoy her feminine energy, her touch, her soft skin, her aroma, her ass, her tits, and her warm wet hole or whatever else you like about her. Just remember to hold on loosely. Don't waste emotional energy worrying about something you have no control over. Don't take extreme measures to ensure her fidelity or continuing plate status. Don't attempt to prevent the inevitable when presented with it.

*Place your quarters inside. Hop on the ride. Enjoy it while it lasts.*

**The End**

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**Recommended Post on this Philosophy**

Dirty Sheets by RedPope (1378 pts + gilded)

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PSA: you can now be found guilty of sexual assault for being GIVEN a blowjob while YOU are blacked out out

1138 upvotes | December 19, 2015 | by [deleted] | Link | Reddit Link

No the title is not hyperbole:

Amherst College expelled a male student who was accused of sexually assaulting a female student while he was blacked out. Again, while he was blacked out. The woman he allegedly assaulted was fully lucid.

tl;dr: chick takes roommate's boyfriend into her room, lays him blacked out on her bed and gives him a blowjob. At some later point he leaves. Two years later she accuses him of sexual assault and a college courts finds him guilty because he couldn't prove that she didn't retract consent during the act (no it doesn't make sense but it's what they said).

There really isn't much more to say about this.

Lessons learned:

- not just the law but administrative regulations let women fuck you over so easily it's literally absurd
- logic will never be enough to defend you against a rape accusation, you need some form of hard evidence of continued consent (morning-after texts are the easiest to obtain)
Another RP horror story with a tragic ending.

CT Post Article.

Girl goes to football party at Sacred Heart University in Connecticut. She propositions two football players for sex. They go to a bathroom and she bangs both of them. Afterwards, she claims that the football players raped her. The players are charged with Title IX violations, stripped of their scholarships and kicked out of the university.

Here's where the story takes a twist. When detectives from the local police department questioned the girl her story unraveled. Turns out the detectives had evidence from witnesses that she initiated the gang bang. She later admitted to the police that she falsely accused the football players of rape because she "didn't want to lose another male student as a friend and potential boyfriend."

The accuser was charged with false reporting and evidence tampering and it appears that she will go to trial. One of the accused men has been allowed to return to the university but his scholarship was not reinstated. It appears that their college football careers are over.

So many RP truths in this story. Where do I start?

- College is the cock carousel on roids. I see a lot of AskTRP posters asking "should I be concerned if my girl is in, going to or was in college?" Ha.
- "When the going gets tough, a woman will throw you under the bus." Let this sink in. This chick was willing to send two men to rot in jail to cover up her slootness from her beta boyfriend. And she's not the first chick to do this. For many women, their feelings are more important than your freedom. Remember that.
- Women will not tell the truth about their past. I'm always skeptical about women who tell me about past sexual abuse. I don't want to minimize the trauma experienced by women who have actually been abused, but I've learned from experience and stories like these that a woman who reveals past abuse or exploitation is very likely trying to manipulate her new man by redirecting his concern for her past sluttiness into sympathy for her.
- If you are a male college student on a U.S. campus, you have a target on your back. Watch your six.

This story is like a RP case study. So many lessons to be learned and so little time to post.
Intel Finds No Pay Gap Between Men and Women - Uses REAL Statistics

1135 upvotes | February 8, 2016 | by [deleted] | Link | Reddit Link

Summary:
This is a link I found elsewhere on Reddit. Providing a short commentary and opening up the floor for discussion.

archive.is -- http://archive.is/uzov5

My Commentary:
Here is a great illustration of how we can take raw data and use it to completely destroy a feminist argument. When I saw this link, I immediately thought of this sub, and wanted to share it here.

So should there be a pay gap? Honestly, in most cases, probably not. Unless a man is actually doing more or higher quality work, pay grades should probably be one area that remains gender neutral.

And these days, in most cases, it is. This is just another article to add to our list of facts and data we can cite to the ugly (or unfortunately attractive) feminists who tell us to 'check our privilege,' among numerous other bullshit irrational arguments.

In other words:
"WHAT FUCKING PRIVILEGE, BITCH??"

And that's really all I have to say about it. What do you guys think?

Conclusion:
This is just another useful link for us as we fight the war on feminism. Bravo to Intel for actually doing the statistics. I hope other companies will follow.
So it's Friday night and I'm practicing on my piano, smoking some weed with a plate (former LTR but demoted for bad behavior) when she starts commenting about how hungry she is. I've got plenty of food at my place but she doesn't want to cook. She wants pizza but is broke and I'm not interested in spending any money.

She jokingly says "You think I can convince my friend to buy me a pizza and drop it off?" I'm not really paying attention, sure yeah whatever, I think nothing of it. An hour later lo and behold, this dude shows up with a pizza, chats with her for a few outside, and leaves. Even in my inebriated state I'm a little dumbfounded.

Apparently he originally wanted to take her out to pizza but she told him that she was chilling with me that night, and he settled for a kiss on the cheek as payment. So this dude knew she was staying at some other guy's house, pays for and delivers a pizza to said house, then leaves.

That's pretty much it, not too much to be learned from this other than "don't be that guy." I don't normally make posts but this little event stood out to me and I felt the need to share.
How to be confident

1130 upvotes | April 20, 2017 | by Woujo | Link | Reddit Link

The internet is full of articles and videos that supposedly teach how to be confident. Most of this shit is useless because confidence is an incredibly complex subject and takes sustained work to develop and maintain. There is no magic formula for confidence, and it can easily be lost. This article is my attempt, but don’t rely on it.

Confidence is a complex mixture of positive thoughts and emotions. Actions create emotions, emotions create thoughts, and emotions and thoughts together create action. The emotions-thoughts-actions axis can either be a virtuous cycle, each improving the others, or it can be a negative cycle, each making the next thing shittier. I seek here to explain how to create a virtuous cycle of confidence.

The first part of this article discusses confidence in general, and the second part discusses confidence in the context of getting laid.

I can summarize the main points of this essay as follows:

1) Confidence is faith that you will succeed at whatever you do. To have faith, you must see reality as governed by rationality and logic, and that all you need to do is use this rationality to achieve your goals. You must not see as reality as “out to get you.”

2) To become confident you must re-wire your brain’s reward pathways such that you feel excited when you see a new challenge, rather than anxious and despairing.

3) To re-wire your brain’s reward pathways you must continually undertake new challenges outside your comfort zone and succeed at them.

4) To power through challenges, you must feel joy.

5) To feel confident, you must not feel controlled by anybody, especially people your mind perceives as “alpha males.”

Confidence is faith

The word confidence comes from the Latin con (with) + fidens (faith) (literally “with faith”). In other words, confidence is faith you will succeed in whatever you try to do. Faith is a belief that something is true even if you don’t have “hard” information confirming its truth. If I knew for a fact that a girl liked me, and I approached her, that’s not confidence. If I approach a girl I already know likes me, I’m no more confident than a guy eating a doughnut because he knows it will taste good.

Obviously, it is easier to have confidence and faith when you have information to base it on. Everyone is confident the sun will rise tomorrow because it has risen every day of their life. But if you only base your confidence on things you are sure of you will live in a narrow comfort zone like most people do. Most people only feel “confident” if they already know they will succeed or if they’ve seen somebody else overcome that challenge. There are doctors who can do brain surgery but are deathly afraid to approach a woman in a bar. There are rock stars who can play a show in front of thousands of people but break a sweat trying to do their taxes.

But why have faith? Why should you believe you will succeed at getting rich, getting laid, and being happy if most people fail at those things and you’ve never succeeded at them?

Here’s why: Just having faith, by itself, makes you more likely to succeed. And the more faith you
have, the more likely you are to succeed. If that sounds like the plot of that dumbass book “The Secret,” it is. It’s also the foundation of many religions and philosophies. But there is a rational reason why this is true that doesn’t depend on God or magic.

Faith helps you succeed because the main thing that stops you from achieving your goals is your own emotions. Most shit is a lot easier than you think it is. Getting hot girls to fuck you? Becoming a billionaire? Brain surgery? That stuff is hard, but how hard is it really? For almost anything you want to do, there is a stupid, fat, douchebag somewhere that is awesome at that thing. There are literally millions of people that are dumber and lazier than you that easily do the thing that you think is so hard. Most of the time, the challenge is in your own mind.

A famous entrepreneur once told me that you can learn almost any business in 4 months. Malcolm Gladwell says you can become “world class” in any field if you do it for 10,000 hours, which is only about 4 years of working a full time job – not really that long to become the best in the world. As far as anybody can tell, the world is governed by rational rules that predictably operate based on logic. To succeed at anything, all you need to do is learn these rules and use them to succeed. Viewed this way, the only challenge is our own emotions: we get bored, afraid, distracted, impatient, anxious, intimidated, depressed, overworked, stressed out, sleepy, obsessed with the wrong details, lazy, angry, frustrated, etc… I call these the “despairing emotions.”

You can take any task, break it up into a series of little parts, put one foot in front of the other, and eventually succeed. All you need to do is be rational, be prepared, and put the time and effort in. Everything in the world works like this – there is no “magic.” Even “luck” is very limited compared to what we make happen. Usually when we think something is “too hard” for us, our despair is hijacking our rational brain and making us think thoughts that we believe are “rational” but are really justifications and expressions of our despair. When a heroin addict makes excuses to start doing heroin again, or when an entrepreneur decides to quit their business because it’s “too hard,” they think they are being influenced by rational thoughts, but really they are just being influenced by despair.

Faith and confidence overcome our weak emotions. We power through challenges because our “motivated” emotions outweigh our despair, or at the very least, our intellectual thoughts manage and control our despairing emotions so that they do not cripple us. Successful people feel excitement and pleasure at doing their work whereas unsuccessful people feel fear, anxiety, dread, boredom, etc… And humans are wired to seek good feelings, so when we feel depressed and anxious we quickly run to “fix” is our shitty feelings – drugs, alcohol, porn, and other distractions.

Every time you encounter a challenge, your brain subconsciously does a complex cost-benefit analysis. You calculate the chance of success and the good feelings that come with it, and weigh that against the chance of failure and the bad feelings that come from failure. If your brain feels like you are more likely to feel bad, your despairing emotions will cripple you and make you not want to do it. Of course, this is bullshit. Your brain usually has no idea what the actual chances of success and failure are, nor does it know how you will actually feel after you succeed or fail, so it’s complex calculation is based on feelings from the past.

Confidence requires rewiring your brain so that when it does the cost-benefit analysis, the “excited” emotions outweigh the despairing emotions. The easiest way to rewire your reward system is to succeed at things, so that, going forward, your brain feels like it will succeed again. But like I said, if you base your confidence on past successes you will never grow. True, ultimate, confidence is when
you have faith that you will succeed at ANYTHING you try, even if you’ve never done it and it is something most people would think is insanely difficult.

I’m not selling magic. There are some things you will never accomplish, no matter how confident you are. You can’t build a perpetual motion machine because it is probably impossible under the rules of physics. Most of you will never fuck Kate Upton, no matter how much you think you can. There is nothing wrong with thinking that something is impossible, or not worth the effort, or not the right thing for you at that time, but you must make that determination based on a rational calculation rather than your feelings. Most of what we think is impossible is actually very doable, we have just been tricked by our despair.

Sometimes we just do not have enough information to make a rational calculation, and we must leap into the darkness. My dad had a theory that stupid people were often more successful than smart people, because smart people did intelligent cost-benefit calculations whenever they decided to take a life risk, whereas stupid people just jumped ahead and took the risk. When we leap into the darkness we must have faith that we will succeed. We also need faith that if we fail we will be fine and that failure helps us because it lightens the darkness and gives us guidance for the next try. We also need a plan to land on our feet if we fail.

The rest of this article is dedicated to trying to teach you how to rewire your brain to feel excited about new challenges rather than scared. You can try to grit your teeth and fight your emotions 24/7, but you should also work to transform your emotions.

**Faith and reality**

Your goal is to re-wire your reward system so that you feel excited tackling any new challenge, even if it is outside your comfort zone. You need faith because you have no way of knowing for sure that you will succeed at any new challenge and without faith you will be crippled with uncertainty, anxiety and existential despair.

Faith is tied to your view of reality. Philosophers and psychologists have long understood that people have a tendency to subconsciously feel like reality has intentions like a person. People will feel like the world is out to get them, a small group of elders control everything, life hates them, they have “bad luck,” or they have “demons”, etc… It’s obviously stupid to say “I think reality has thoughts and feelings and hates me,” but that’s how a lot of people subconsciously think. I call this the “anthromorphization fallacy.”

I believe this fallacy comes from our ape mind. Apes evolved to obey the alpha male, because it is better for the tribe to have one leader rather than everybody doing their own thing. To enforce this obedience, evolution produced anxiety, which we feel whenever we feel like we are disobeying or upsetting the alpha male. Anxiety and depression are designed to “keep us in line” and make us feel powerless, paralyzed and weak whenever we want to do something that might offend the alpha male.

Human are apes with rational brains that magnify and distort our ape feelings. We can subconsciously see the entire “world” as an alpha male, and feel a generalized anxiety about everything. This is why some people are negative about everything, scared of simple tasks like driving, randomly freak out at small things, and just generally have dark thoughts.

Religion tries to fight the anthromorphization fallacy by pretending like “reality” is governed by God, which is essentially an alpha male that controls everything in reality and will be “nice” to you if you do some easy, meaningless rituals. I believe in God and I think it helps my anxiety. If you don’t want to believe in God, that’s fine, but at the very least you have to stop yourself from thinking that reality

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has a mind and it wants you to fail. At most, you can rationally say that, aside from ascertainable laws (the law of gravity, E=mc², etc…), reality is basically random and chaotic and is neutral towards you. And if you are currently alive and breathing, you have to admit that reality has been at least somewhat good to you.

Once you accept that reality is not your enemy, and may even be your friend, you can have faith that you will succeed at anything. Your despairing emotions will try to trick you into thinking you will fail, but they are irrational, often caused by the fear of some mental alpha male that may not even exist. How would your weak, human brain know anything about the nature of reality anyway? Many people, including myself, have realized the falsity of our despairing emotions after using psychedelic drugs, which chemically turn off our despairing emotions and make us feel like the universe loves us.

I’m not saying that you can simply turn off your despairing emotions by simply believing that reality is your friend. You can’t turn off any emotion that is rooted in your biology, any more than you can turn off your sex drive. But the first step in controlling a demon is realizing that it’s there and that’s it a demon. If you practice mindfulness, you will catch yourself being lied to by your despairing emotions and you will realize your thoughts are irrational.

I don’t want to overstate my case here. A subconscious cosmic alpha male is not the only source of despair. A lot of things can create anxiety and depression, and science has not even completely figured out those emotions. Anxiety can be caused by chemical balances, living in a dirty house, post-traumatic stress, bad life experiences, etc… But I believe that fear of alpha males, real and imagined, is a big source of despair for many people.

**Real alpha males**

People have a subconscious fear of the cosmic alpha male that controls the world partly because actual alpha males bullied them, made them feel inferior, and induced subconscious “beta” emotions. These guys include your father, your teachers, your coach, your pastor, the cool kids at your high school, the President of the United States, the Federal Reserve bank, the media, society, Brad Pitt, and famous celebrities whose art and persona is designed to make regular guys feel inferior. These are just regular guys trying to make it through life just like you, but their ego, selfishness, stupidity, negligence, and bad judgment has scarred your self-esteem.

These guys aren’t necessarily alpha males, but they felt like it to you, at least when they affected you. Their combined efforts have congealed in your brain to give you a fear of alpha males and reality in general. Women may have also made you feel emasculated, not because they wanted to emasculate you but because they were “testing” you to see if you were worthy of their delicious pussy.

All men fear some alpha male. The head of the Crips gang in Los Angeles is the “alpha male” of the thug/gangster world, but he subconsciously sees a nerdy banker as the alpha male because the nerdy banker makes much more money and lives a better life than him, and the Crip leader is too scared to go to school and try to compete with the nerdy banker. The nerdy banker, in turn, sees another group of men as alpha to him, etc…

A key to becoming confident is releasing yourself from the control that both real and imagined alpha males have over you. To do this, you must not give a single fuck what anybody thinks about you. Your actions should be governed by truth and a rational analysis of what is best for you, not your need to feel validated and accepted. The moment you care what others think of you, you constrain your behavior to gain their approval and feel despair when they deny it. And when you constrain your behavior, you show to yourself, them and the world that you can be perturbed and thrown off of your
mission. And if you can be thrown off of your mission, then you no longer have the ability to succeed at anything.

Many men link confidence to their tangible existence. A lot of guys say to me: “I’m not confident because I’m fat, or I don’t have enough money, or I’m awkward, etc…” That’s the wrong way to look at it. Your confidence should not be based on any tangible thing you have, but rather your inability to be controlled, because a man who cannot be controlled and can also obtain anything. If a woman said to you that she only feels confident when she’s wearing make-up, you wouldn’t think that that woman was confident: you would think that she is deeply insecure. A truly confident woman would be confident even if she was in a disfiguring accident that made her face look like ground beef. True confidence is the intellectual belief and the emotional feeling that you are awesome just because you are you, and that you will succeed because you don’t care what anybody thinks, you can’t be controlled, and will not fall victim to despair. Confidence has its own intrinsic value: I feel confident because I know I am confident. I know I am confident because I don’t care what other people think, and therefore nobody can perturb me from my mission, and if nobody can perturb me from my mission, I am guaranteed to succeed.

**Happiness**

Happiness is both a result and cause of confidence.

As I said earlier, humans are wired to seek good feelings, so if you are unhappy your brain will get distracted and chase sources of cheap happiness (TV, women, drugs, trashy internet, etc...). Your goal is to get your “happiness” from accomplishing your goals and defeating challenges, rather than cheap happiness. If you face every challenge with joy, you will be more motivated.

You may be a fundamentally unhappy person. Maybe you’re depressed, or anxious, or have had a hard life. But there must have been at least one time in your life when you felt joy. If you can induce that feeling in yourself when you are pursuing your goals, or at least fake it, you will do better. One of my favorite quotes is from a rabbi who said that “how can I feel joy when my house has burnt down? I feel sad for a little, and then when I start rebuilding it, I feel joy with every brick I lay.”

The upshot of this is that you should always be having fun. No matter how hard your life is, or what bad thing just happened to you, you need to have a social schedule where you are going out, doing things that make you feel good, fucking girls, hanging out with friends, etc... Obviously, you shouldn’t let your fun times take over your life or do anything self-destructive, but I disagree with the idea that success requires sustained misery. Being happy also requires eating well, getting enough sleep, and eliminating sources of negativity and distraction from your life. If you have a friend who consistently makes you feel like shit, or a woman who brings you more pain than happiness, cut them out. They are bad for you.

Happiness is a result of confidence because confident people are more successful, and your confidence proves to you that you can succeed at anything.

Getting rid of your fear of the alpha male also makes you happy because you no longer need to rely on anybody else for happiness. Human beings are actually very simple beings. All we need is a little bit of food, decent shelter, one vagina to put your dick in (you should reject the societal notion that you can’t be happy unless you fuck lots of girls), and love. All of our other fake desires are rooted in our need for the love of others. We mostly desire “luxury” things like nice cars, mansions or designer clothes because we think it will cause other people to love us and care about us. A truly confident man knows that he will be loved no matter what he has or who he is, because his value comes from
being imperturbable and a model for others. And if people want to deny him love based on his material circumstances, then that’s their problem, not his.

I’m not saying that nice cars, mansions and nice clothes are bad things. I enjoy all those things. I’m also not saying that women don’t care about tangibles. Women definitely do care about how you look, how you dress, how much money you have, etc... There are some women that will just never fuck a short, bald poor guy no matter how much “game” he has. But your own confidence and self-esteem should not depend on your tangibles. You should live your most awesome life. If girls like you, great. If not, no problem.

Can you really not care what people think?

It’s impossible to truly not care what anybody thinks of you. Human beings are social animals, and we evolved to form emotional connections with other people and to care what they think of us. We need sex, affection and human contact. The only way to truly not care about the opinions of others is to either be a psychopath or a hermit that lives in the woods.

I’m not saying that you should cut off contact from all other humans. I’m saying you should engage in mutually beneficial relationships with people, where you exchange the things humans need to exchange (love, friendship, affection, fun times, etc…), WITHOUT LETTING THEM CONTROL YOU and without becoming submissive.

To prevent people from controlling you, or abusing your, or manipulating you, or taking advantage of you, you must have a strong set of boundaries. Boundaries are “rules” for yourself that you will not allow others to break. A confident man is confident his rules are morally correct and makes others bend to his moral guidelines, not vice versa. If you have faith in your principles and stand by them, you cannot be manipulated by women or by society into acting against your own interests, doing the wrong thing, or chasing stupid trophies like nice cars and shit.

I'm not here to push a certain type of morality on you, and I think many set of rules can be "correct" depending on your situation, the people you are dealing with, and your personal preferences. What's important is not having this or that set of rules, but generally having unbreakable principles. You should constantly reevaluate your rules and changing them if they are "wrong" and/or not conducive to the type of life you want to live. You should also be open to reasonable arguments by third parties that your rules may be wrong.

The good life

An important part of being confident is having a clear vision of what you consider to be the good life. Nobody can control you if you are happily pursuing the good life. This vision is a set of priorities and beliefs about the world that guide what you seek and care about. For example, if a hot girl tries to pressure me to do cocaine I say no because cocaine contradicts my vision of the good life because of its harmful effects. This sounds like third grade health education, but it is amazing that many adults can be peer pressured simply because they don’t have their own vision of the good life. I know rich, successful adult men that have become cokeheads because the beautiful women they were pressured by hot girls to do it. It’s absolutely fucking incredible that a millionaire Silicon Valley CEO can be peer pressured by a bartender into doing cocaine but it happens all the fucking time. And because that guy had no vision of the good life, he is now addicted and does cocaine even when those girls are not around.

Your boundaries and your vision of the good life are connected. I set boundaries because I am pursuing a certain life, and if you get in the way, you are dismissed. For example, my vision of the
good life involves waking up early to work out and work on my businesses. Many people (usually trashy girls not doing anything useful with their lives) don’t understand that vision and try to pressure me into staying out late. No matter how beautiful they are or how close I am to getting pussy, I say no and go home. No matter how hot she is and how much I think I can’t find anybody else like her that will respect my rules, I keep the faith.

Your vision of the good life should have a place for all of your pleasures and pursuits. I like fucking hot girls, but I also like getting enough sleep, eating well, going to fun concerts, being around positive people, succeeding at my business, talking about deep, intellectual things I am interested in, etc…

Understanding the good life also makes you feel better about your shortcomings. Women are part of the good life, but you don’t need to fuck the hottest girl and you definitely don’t need to “get” every girl you like. If you think that happiness requires you to be 6’0 or drive a Ferrari or bang X girls a year, you lose your confidence if you don’t have those things. If your vision of the good life is simpler, however, you can’t be shamed and guilted if you don’t have those things.

**Why are women attracted to confidence?**

First of all, everyone is attracted to confidence. Nobody wants to be around an insecure, sad, moping sack of shit. And nobody likes to be around somebody that is easily controlled. Humans are wired to reach for something higher than us, not somebody beneath us that doesn’t challenge us or help us grow. That said, women have a special desire for a confident man. Why?

Because women have babies and are physically weaker than men, women evolved to seek a strong, powerful man who can make a credible commitment to protect her and her baby until the baby reaches a certain age. A protector’s commitment is only credible if he cannot be thrown off of his mission, whatever that mission is. If a protector becomes emotional, dishonest, distracted, or submissive, he can no longer be trusted to protect. In other words, if a protector can be controlled by others or crippled by despair, his commitment is not credible and the woman is vulnerable.

It does not matter how confident you actually are, but whether you can display that confidence to a woman. Confidence is performative. A woman wants to see you confidently pursue a mission and not be perturbed and more importantly, not show despair. Women can subconsciously sense despair in a man. She wants to see you be a brick wall. Women also subconsciously know that the thing that is most likely to perturb a man is a woman, so she will purposely try to perturb you to see how you react. If you even flinch, she will question your emotional credibility. This is what we call a “shit test.”

A big problem is that men meet women in social situations where they are drinking and having fun, so women do not see men confidently pursue their mission. For most men, when they go out, women are their mission. But fixating on women subconsciously causes you to be controlled by women, reducing your attractiveness. This is why DJs and bartenders are more attractive to women – they are actually doing something rather than just drooling over them.

**Your place in the tribe**

On a subconscious level, women want a guy who does not appear to be controlled by the tribe. This is part of the reason women like “bad boys” – a “bad boy” tinges the same receptors that an alpha male tinges because the bad boy does not conform to anybody’s rules and does not “feel” like he is “controlled” by any other male. This is irrational, of course – most “bad boys” are losers and the opposite of an actual alpha male. But we are talking about emotions here, not rationality. The alpha
male does what he wants, and he doesn’t rely on anybody else for anything, either physical or emotional. He is the only one that cannot be controlled. Sure, the alpha male does have the most tangible things (food and resources) but the alpha male isn’t thinking about that.

The true alpha male is not the biggest, loudest, meanest, toughest guy: it’s the guy who literally does not give a single fuck and cannot be controlled. It’s the guy who walks in a party with a ridiculous ugly neon green floppy hat. It’s the guy who tells an embarrassing story about himself that most people would be too afraid to tell. It’s the guy who does something that’s a little off, not because he’s weird or has problems, but because he just lives in his own reality. The alpha male is totally relaxed, calm, confident in what he’s doing, and is never, ever, perturbed by anything anybody does, especially women.

If you walk into a bar or nightclub, you see a bizarre scene. Otherwise confident, successful, manly men are selling their souls. They are begging beautiful women to buy them drinks, listening intently to their stupid stories and agreeing with their stupid opinions, begging for their attention, waiting for them as they talk to other men, etc… These men instantly lose credibility to women because they are begging to be accepted and are easily controlled. In other words, these men are experiencing the same emotional anguish that the women experience, which turns women off. Women want to escape their emotional anguish, not be with a guy that is also experiencing it.

I wrote an article about how women are not attracted to men that are overly emotionally invested in them. See here: https://www.woujo.com/blog/2017/4/11/how-to-not-become-emotionally-invested-in-women. A major reason emotionally invested people are unattractive is because they are “dependent” on another person for their good feelings, therefore making them controlled. And women are fundamentally not attracted to men who can be controlled.

**Bitchy women**

A lot of guys’ confidence melts around bitchy women. I, however, love bitches.

A woman is bitchy for one of two reasons: 1) she has suffered some trauma in her life that has damaged her, or 2) she regularly turns men into weak puddles, so she turns up the bitchiness to make sure she can find a mate whose confidence is rock solid. For women that are #1, you should just run. You are not her therapist and cannot help them. But women that are #2 are a fun challenge. Whenever a woman is a bitch to me, I know I am on my road to fucking her and all I need to do is keep my cool and not be perturbed.

Bitchiness is just a front to hide their intense insecurity and anxiety. Confident, happy, well-adjusted people act polite and friendly, even if they are being hit on by somebody they don’t think is attractive. All hostility and negativity is rooted in fear, defensiveness, and your own perceived vulnerability. Women are crippled with insecurity and anxiety about how men, women and society in general feel about them and have an intense desire to be accepted.

Next time you go to a club, put your horniness aside and just focus on the body language of these bitchy women. They are afraid. They are insecure. They are awkward. They are dorks. They are easily controlled, if they could just find somebody with the balls to try to control them. Even when they try to talk tough or cool, it’s a bluff. A hot woman acting like a bitch is similar to a 16 year old nerd with a pocket protector and acne talking shit to a prison convict. He knows he is faking it, and the moment the prison convict calls his bluff he will back down in fear and humiliation.

Not all women are bitches. I know some confident women, but these women are confident because
they have other things going for them. They are smart, they have accomplished things, they are fun to hang out with, etc… But whenever a woman tries to act like she’s the shit just because she’s hot, she is faking it every single time.

**How to act around women**

Let’s do some logic. Women are attracted to confidence. Confidence is faith that you will succeed. Therefore, women are attracted to men who have faith they will succeed in fucking them. In other words, women want a guy to act like he already knows she will fuck him. Of course, you don’t actually know whether she will fuck you. But nevertheless, you must act as if you KNOW she will fuck you. You must bluff as if you know she will say yes. And even if you get rejected, you must move on to the next girl with the same confidence.

Now the question becomes: if you truly knew from the bottom of your heart you could fuck a girl, how would you act? You wouldn’t supplicate, or beg, or act needy, or even do anything really. If you KNEW you could fuck a girl, you would do nothing. Of course, you should talk to her and be nice so that you don’t make her feel bad, and you would engage with her to the extent that she says or does anything interesting or funny. But the moment she does something negative, shitty, or boring, you immediately lose interest because you don’t need to put up with her bullshit.

Unlike a lot of other PUA blogs, I am not going to feed you a bunch of lines of what a confident guy “would” say. The fact is, confidence is an emotional state, and you either have it or you don’t. And girls can sense it because it is very hard to fake your emotions, especially if you are hanging out with a girl for a long time.

**Humility**

Releasing yourself from the mental slavery of the alpha male sounds great, but it is actually very dangerous. Most people in our society can only function if they are being guided by a superior: society, your dad, the government, your boss, etc... They need the anxiety induced by the alpha male to stay focused and not go off and get drunk and play video games. But if you want to be a truly confident, self-actualized man, you need to be able to motivate yourself when there is no alpha male swinging an axe over your head.

Not only must you be your own alpha male, but you must cultivate a positive humility, where you listen to men that are smarter and more powerful than you, not because of your irrational ape emotions, but because they are smarter than you and they are helping you improve. If you look at history, a lot of times when men get a ton of power they go crazy (see kings, dictators, rock stars, Mike Tyson, etc...) because they don’t have the anxiety of the alpha male controlling them but they also don’t have the humility to stay focused and keep their head on straight.

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There's a new gender gap that's building in America: women have surged ahead of men in obesity.

1128 upvotes | June 8, 2016 | by gekkozorz | Link | Reddit Link

It's no secret that we Americans are a bunch of fatties. Well, I say "we," but that doesn't include me. I eat reasonably and work out five times a week, so I'm in decent shape. Unlike me, however, many Americans are a bunch of irresponsible, fast food eating cunts who shovel shit down their throats and never work out and are surprised when they end up looking like whales.

In recent years, women have been inflating faster than men.


According to an analysis of the latest government statistics, a staggering 40 percent of women now meet the criteria for being obese. That means that their body mass index, or BMI, is 30 or higher. So, a 5-foot-9-inch woman would weigh more than 203 pounds.

40 fucking percent, TRP. That's what we've been reduced to here in the Western world. Almost half of our women are unfuckably huge. Kill us now, Islam. Just kill us all.

What's leading to the gender gap, then? Why are women filling up faster than men? Well, oddly enough, the Huffington Post of all places has the answer.

http://archive.is/fXc4V

It's right there in the headline:
"In Fight Against Obesity, The U.S. Is Failing Women"

See what they did there?

Women have been failed by the Big Daddy Government! It is Obama's job to keep women thin. Not the individual woman's. No, certainly not. Women don't have any responsibility to take care of their own health. Women have no agency.

Not to mention the fact that these are the same groups that are bossily telling us that our dicks should get hard when we see landwhales blubbing about. Because fat people are beautiful. Why should I bother getting thin when Jezebel tells me that I am entitled to a high quality man's attraction despite my fat rolls and multi-chins???

(It is worth noting that these same thinkpiece bloggers femsplaining to us that big women are beautiful have probably never rubbed their clam while thinking about a fat man, but that is neither here nor there).

Anyway, this is why women are becoming fatties at a rate that should alarm even the cuntiest of feminists. Because of this very attitude from the mainstream left that nothing bad that happens to women is their own fault. You put people in this mindset where they have no accountability for their own wellbeing, don't be surprised when they end up treating themselves poorly in the long run.

I make this post just to make this point, even though I know it's been made a thousand times before here. This particular statistic is a sobering reminder of what happens when you submit to the Cult of the Eternal Victimhood. You become a fat fuck and you die of premature cardiac failure.
How to get abundance: stop focusing on women

1127 upvotes | September 9, 2018 | by lifeisweirdasfuck | Link | Reddit Link

TLDR: Have a purpose in life. Be focused on your goals, not women. This is how you achieve abundance and happiness.

Note: First post here, I don't consider myself any superior to the guys who have been posting here for a while, on the contrary, I will accept critics and different thoughts from anyone.

I initially was recollecting my thoughts and I ended up writing an entire post and decided to post it here.

Hope this will help someone out there. I'm not a native english speaker so there could be some grammar mistake.

What is abundance?

Some say it is the state of mind you have when you have 5 plates ready to fuck you, but what I really believe is that abundance comes from an inner state.

Saying that abundance comes from fucking women is like saying that your happiness is dependent on an external source (aka women). I don't think that's a great approach in the long term.

Let's delete women from the equation for a second to define this theory in a different manner:

Let's say you can't meet women for some reason. Do you think you will still be happy? No, you won't, because your happiness was so far dependent on an external source. When this external source fades away, your mind doesn't know where to get dopamine & serotonine from.

So eventually, by not having women to fuck, the average guy would jerk off to receive those hormonal spikes. Can you see? He always relies on an external source.

Abundance comes from the depth of your mind. It comes from acceptance of what you don't have control over, and focus on what you instead can control.

You don't have women? Well, cut them off your mind. Try not to rely on external sources (e.g masturbation/porn) for a few days. You will notice the desire to fuck will grow exponentially.

Sexual desire is one of the strongest desires a man possess.

Desire can be transmuted into action and motivation to succeed in life. Can you see what I'm trying to say?

You can use this desire to focus on YOURSELF, on your GOALS, not on fucking women.

You want women? Stop whining and use that strong desire to put yourself into action to increase your sexual market value. But don't do that with the thought of getting laid one day, but with the thought of becoming a succesful person. In other words, do it for yourself, not for women.

Lift, study, start creating value. Value is created by action*, not by thinking* or reading 100 posts on TRP everyfuckingday.

Once you've read the sidebar and the main 20-30 posts you know everything you need to know about female nature.

If you have goals and ambitions and you are working towards them, I can guarantee you that you can
feel abundance even if you are not fucking women.

If women are your priority, you are doing it wrong. **Your thoughts and emotions must be fixated on your life purpose** (e.g becoming a millionaire before 30-40-50, whatever the age you want).

For so long getting laid was my mission, and I was depressed every single day. I had no goals, no real purpose, apart that of getting laid. Reading TRP posts negatively contributed to this, because all they were doing was bringing women in my thoughts!

So I decided to frame my life in a different way. Instead of aiming for women, I started aiming at goals that would had brought me women as a side-effect. I used the desire of getting laid to put myself into action and start working towards those goals. All of a sudden, my goal wasn't getting women, instead it was **becoming a wealthy succesful guy**.

- **Abundance** is when you have your future planned and you are taking **persistent action** towards your goals.

- **Abundance** is when you **know** your value is higher than any of the bitches out there:

Most women are not succesfull, have no goals or ambitions. Why? Because their only life purpose is finding a sexual partner (a man who can protect and lead them). That's their purpose, not ours!!

Understand that women have very little to offer. You are the one who brings real value. You are the one who works his ass of to climb the social hierarchy. *Women are born, men are made. Women need men more than men need women.*

- **Abundance** is when you accept that you currently don't have women, but will have in the future by focusing on yourself and increasing your SMV.

**We keep saying that women like succesful guys who have a purpose and who don't give a fuck about women. That's right**, yet I keep seeing the majority of the posts about women and how to get laid. Everyday TRP has new posts about how to fuck women, and more and more new theories. Some posts really look like they are coming from PUA forums in my opinion. This is extremely detrimental. You can't internalise all this information anyway, on the contrary it can only make your mindset worse. Your brain becomes fucking flooded by these info. *This won't bring abundance, but scarcity.*

**Read the sidebar and the top posts here and you know how to succeed. Then go out and become the person you always wanted to be.**
I finally fucked my first 9

1122 upvotes | May 2, 2019 | by EnthuMotivInspir | Link | Reddit Link

Preface

For years, since sexual maturity, I thought I would never be good enough to fuck a 9. I would hear the hot girls talk about the douchebags that they were fucking and how ‘attractive, confident, talented’ those guys were. But when it came to me it was “aww, EnthuMotivInspir, he’s ADORABLE!”

I’m no schmuck, I know she might as well be saying “aww, EnthuMotivInspir might as well not even have a penis!” and from high school on through my 20s, I began to resent hot girls because of the condescending way they treated me. I learned to settle for 5s and 6s, because they are who I ever thought I would be good enough for. If I came across a 6, I would LTR her, and then I would get feelings of regret, knowing that deep down I wanted more.

I discovered TRP after my last breakup in my late 20s. I rejected the concept at first but slowly things started to make sense. The first thing I did was learn to lift – CONSISTENTLY. Then I started dating 5s and 6s and learned to not LTR the first girl to show interest in me, graduating to the occasional 7. Through these experiences I learned how to interact with women. I learned to ask questions about her and respond with legitimate interest about the topic she chose, because that’s what she wants to talk about. I learned to notice IOI’s and to make a move as soon as you notice the IOI. Most of all I learned to just fucking go for that first kiss because you have nothing to fucking lose.

Aside from building up my experience, I’ve been building my body and I look good now. The 6s and 7s I lay have to catch their breath when I take my shirt off. I feel good about myself and my confidence is up, but I still have a mental block that I only deserve 6s and 7s.

The HB9

So this girl, HB9, is at a bar that me and my friends frequent. She walks by us and all my friend can muster is “whoa…” She’s the kind of girl that that gets served first and doesn’t pay for a drink the entire night. “I already don’t like her. Bitch.” That hot girl disdain started boiling in my body again (fuck that girl, she has the whole world served on a fucking platter, didn’t pay for a drink the entire night, and served first no matter what).

Whatever. She’s a bitch. I’m having a good time with a good group of friends. Good mix of guys and girls, and all of us are attractive (I’ve been lifting for 2 years at this point and I look good).

I notice she looks back and does a double take. On me! Whoa, an IOI from a 9, who would have thought? I know that I look good, and I was advertising my good looks on this particular night but despite this, I still think I don’t deserve anybody higher than a 7. My friends and I have a good night and leave. I’m left with this unsettled feeling that I should have at least made a move. Oh well…

The Approach

A couple weeks go by and I’m at the same bar with the same group of friends and lo and behold, there she is. World still served to her, drinks still bought for her, still surrounded by a harem of thirsty ass orbiters.

This girl is a total smoke show, and now I know what I need to do. I am a man who makes moves, and who will take on tasks, no matter how much they intimidate me. I go up to the bar to order my
next drink and stand next to her as she’s waiting for her next drink, so I strike up conversation:
Me: “Hey, I’ve seen you here before, you come here often?” (tell me it sounds stupid or cliché, I strike conversation based on my observations of the current situation, this is what I had to work with, and I wasn’t going to delay any longer just to find that perfect conversation started)
Her: “Hi, yeah I come here sometimes, I’ve never seen you before, are you new in town?” (Of course, she doesn’t remember me, despite the IOI a couple weeks earlier)
Me: “heh, no, I’ve been coming here much longer than you I’m sure of it”
We have a very short and lighthearted conversation. I can tell she’s extremely well versed at responding to men approaching her, but I’m nonchalant about this. I have zero investment in this girl, and I couldn’t care less about which way the interaction goes. We talk about the bar and how we like it, and how they do drink specials for heroes (Medical, teachers, police, military, etc.) on Thursday nights, and how we were both “Heroes” because of our professions. She says that its cool that we are both “Heroes”
Her: “stop by tomorrow night and I’ll buy your first drink on Hero night!”
And off she goes…
I have zero intentions of showing up to a bar, by myself, for a girl that I have innate disdain for, that I didn’t even get her number.
As I tell this story to my friend, he says he wants to see this happen. He’s down to go to the bar with me, just to see if this girl would even show up. He brings up the old IOI she gave me, and that she seemed interested, so I am convinced.
To my great surprise, she’s actually there, surrounded by yet another group of thirsty orbiters. She sees me and jumps up and says “whoa, you actually showed up!” gives me a hug and buys my first beer.
Wow. I did not see that coming. She was nice to me and bought ME a beer. Maybe I jumped the gun a little on assuming she’s just an entitled bitch.
We have good conversation and get sufficiently buzzed, continue hanging out for a while and I get her number. We make plans to meet up that weekend.

F-Close
That weekend, we hang out, get lunch, and I invite her over to my place to watch a movie. At this point I still don’t know my worth and am psyching myself out. But while we’re watching the movie, I notice her body language next to me on the couch. It’s pretty angled towards me. I take this as a good sign and do some kind of touch to escalate. I don’t remember what I did exactly, I tickled her ear or kneecap or something. She tries to tickle me back, so I grab her arms, lock eyes, and go for the kiss.
Hot damn. Just like that I’m making out with the hottest girl I’ve ever interacted with.
Despite my lack of internal self-worth, I am very confident in my social interactions. I was faking a lot of that confidence around her, but I was emulating my real self, how I act when I am around 5s and 6s. Sounds weird to say, but gaining an abundance through lower tier women gave me insight on how I should act as a man ALL the time, regardless of who I’m with, even an HB9.
I take her shirt off, then mine, and she checks my body out. I know that I look good. I really do. I’ve worked my ass off for the last 2+ years to achieve these results. And I do it for me, because it makes me feel good. But nothing, absolutely nothing validates all your hard work more than a total smoke
show hot bod looking you up and down.

I take her upstairs to my bed and we are nearly naked and then it hits. That last minute resistance. “we shouldn’t do this…”

I casually brush it off “we’re not doing anything” I back off a little and continue to make out, reassessing a little bit later but she’s still not feeling it. I back off completely. I stop touching her and start playing on my phone. Bored.

Don’t you hate/love it when the shit you read on here is right?

She rolls over on top of me and starts making out with me and is much more sexually aggressive now. We get back to hot and heavy, about to put my dick in annnnnnd LMR. Again.

Fine. I roll back over and play on my phone again.

3rd times the charm and we fuck. And it was everything I ever hoped and dreamed it would be.

**Lessons Learned**

- We can get these mental blocks due to years of conditioning and lack of attention from the opposite sex. I was raised to think that women would approach me if they were attracted to me, and when they didn’t, I thought it was my own fault and that I didn’t deserve women because they did not ‘choose’ me.

- I was raised to respect the shit out of women. I respected them so much that I never assumed attraction. I respected them so much that if they didn’t overtly ask for more than a hug, I would never give it to them.

- So many years of my young adult life was wasted on inaction. So many girls that I can now recall that showed so many signs of interest, but due to my ‘respect’ for them I passed all of them up unless they legit said “kiss me” or “Let’s have sex”

- I now know that I am the one that does the choosing. I am the one who escalates physically. That entire interaction was up to me, and it was left to be my decision on whether or not we kissed.

- It is said in every single thread, but I can’t emphasize it enough. Lift weights. I was skinny in high school and lacked any sort of confidence. In my 20s I at least learned how to interact with some people, but I was overweight. Finally, in the late years of my 20s I learned how to be confident with everybody, but I could not achieve this without a fit body. People treat you differently when you are muscular. They see you as a strong foundation, someone with convictions and motivation.
PSA 2: Do not post shit about hitting women. EVER. One and only warning.

1121 upvotes | November 19, 2014 | by [deleted] | Link | Reddit Link

Hitting women is NOT Red Pill. I just removed two posts literally within a 5 minute period about some dumb Asian bitch on WSHH advocating woman beating.

- First of all, **nothing demonstrates a more catastrophic loss of frame** than beating the shit out of a plate or LTR. If you suck so bad at overcoming a shit test that you have to resort to violence, YOUR GAME SUCKS and you have more reading to do.

- Secondly, ANY TIME a post like this pops up, it is almost immediately ripped from this sub by SRS and other anti-TRP subs and pointed to as "TRP believes in beating women". I don't give a shit if you were just anecdotally pointing "wow, look how delusional and messed up these hamsters are, they take beatings, lol." They will not address the context, they will not address the underlying meaning of your post. They will simply run to the admins with it. I wouldn't be surprised if these posts haven't already been c/p'ed onto TBP.

No more. We aren't "thuggish niggas", and we aren't interested in that shit.
A guide to Building Mystery

This community is a gem of knowledge that I have been drawing off of for over three years now I felt it was finally time to give back and start posting some of what I learned along the way.

Preface

Most people are like an open book, constantly babbling about: hobbies, their job, who they hangout with, what they do on the weekends, information they gleaned from a YouTube video, thirty second long snapchat stories. They are always brimming with advice that no one asked for.

After asking a few leading questions this individual will divulge enough of his life story that you can paint a picture of him as a boring, basic, common man. Once this individual is figured out and categorized by your brain there is nothing left to learn about him and your brain is bored by him. Your brain now imagines him spending his time on the weekend playing xbox and jerking off.

Your brain likes to fill in the gaps where it has no information, it has fun doing this. Given little information (and thoughtfully dropped breadcrumbs) our brains will generally paint a much grander and greater picture of what actually happened. When we have the full story our brain suddenly gets bored and gives up trying to figure it out.

When you first meet a girl your “mystery scale” is at an all time high. You know you’re a basic fucking dude but she doesn’t. You look her in the eye and say “hey”, she likes what she sees and immediately she begins imagining you doing cool things: Going to foreign locations, making money, living dangerously on edge, fucking other woman etc.

Then you proceed to slaughter her fantasy by telling her every little fucking detail of your life “I work at X”
“I hangout with X”
“I Do X on the weekends”
“I Traveled to X last year to do X”

With every bit of information you divulge your mystery scale takes a blow. Her smile begins to waver as her brain is now painting a picture of you as the average guy you really are.

With a flick of a switch she suddenly has you all figured out. Her brains image of you is now grounded in reality. An hour ago you were inscrutable but now she realizes she met someone just like you last week. She just moves on to the next guy she imagines has it cooking (he probably doesn’t, no guy can live up to a female created fantasy)

A fantasy can be killed in one conversation if you really know the Right Wrong things to say.

Never let someone “figure you out”
Thought experiment: Think about how a Janitor spends his weekend vs. how James Bond spends his weekend
Imagine the things each of them are doing

You probably imagine the janitor doing nothing fun, probably paying bills in his small home.

You probably imagine bond racing some cool as fuck car, shooting guns in a suit, and taking the girl home.
Imagine the power you would have if you could instill in her a mental image the likes of James Bond. She would always believe you were up to something totally cool and the fuel for this image is simply the tidbits of information you throw her.

So now that we understand the concept of mystery and attraction how can you leverage it to you’re advantage

1. Shut the fuck up and listen
Most blue pill guys are going to meet a woman and begin qualifying themselves to her. Just imagine for a minute that you flip the table and get her to begin qualifying herself to you.
You remain at peak mystery and now she is giving you valuable information that you can leverage later on in the evening.
How do you do this? Begin asking her leading questions.
“What do you do”
“What do you like”
“How do you spend your time”

let her ramble on about herself while you kick back and observe the situation at hand

Bonus points if you don’t even ask her questions and she just begins telling you want you want to know for free. More bonus points if she begins qualifying herself!

She will begin divulging her mystery while you keep yours intact.

2. Indirect and vague
In General the questions you ask will be flipped back on you (This is how conversations work) so expect to answer your own question; if she is not self obsessed and can’t stop talking about herself that is.
The key to answering a question and not killing the mystery it is to remain indirect and vague with you’re answers.

Ex.
Her: “what are we going to do tonight”
RP You: “Show up at eight and find out”
BP You: “we are going to be going to X, and then maybe to X, and then back to my apartment”

Her: “how often do you go here”
RP You: “occasionally”
BP You: “I come here every Friday and Saturday, Im friends with all the staff and they know me very well”

Her: “How do you know all these people”
RP You: “I get around”
BP You: “I did school announcements in high school and people we’re used to hearing my name over the intercom every day”

tell her much less then necessary, leave her with unanswered questions so she can fill in the answers

3. Bread crumbs
Discretely drop details about your life that create more questions then answers.
Her: “you want to hangout tonight”
RP You: “can’t I’m in the city”
Her brain: Why is he in the city? What could he possibly be doing without me?? I wonder who he is with, he is probably with other hot girls.

Ever see a guy with a Rolex or a status symbol he has like a Porsche or Ferrari?
We like these items because it starts our brain on a rationalization obstacle coarse to try to figure out: what he does, who he is, and what is he doing here.
Status symbols open up a box of unanswered questions that’s why girls flock to the guy with the Porsche (to figure him out) not the guy with Subaru.
Drop tidbits of information that produce many questions and then withhold the answers, this is peak mystery!

4. Effortless
Don’t talk about how many hours you studied for the grade.
how many hours you “grind” in the gym to look this way.
Don’t talk about how much effort went into your PowerPoint presentation.

No one fucking cares how much effort you put in, they only care about the results.
You know that you worked hard, but to other people make it appear as if it was effortless. When it appears that everything is effortless to you, people will begin attributing you positive quality’s and an air of mystery and heightened skill.
Everyone will think “Why is he so good at that if he never practices, he must be a natural”
Her: “wow, how often do you go to the gym??:)

RP You: “occasionally”

BP You: “every day I do 15 minutes of HIIT cardio, followed up by two hours of grueling 5x5 strong lifts. And I haven’t even gotten to my diet yet”

Reminder, the girl doesn’t fucking care

5. **Don’t Give unsolicited advice**

If someone doesn’t ask you for help or an opinion, don’t give it.

Generally people don’t give a fuck what you think and they will only resent you for knowing more on the subject then themselves.

You’re plate start talking to you about climate change and how bad it is for the earth but can’t properly explain the greenhouse effect?

Laugh to yourself, but let her think she knows all the answers. It would do you no good teaching her about *the fucking green house effect* on a ride to the bar.

**Peace brothers, Truth sayer out**

TLDR; don’t kill her fantasy
I see this fucking everywhere, and i used to be like this too: People who are so insecure that they are completely incapable of any sort of introspection and personal responsibility. When you see women write about how amazing they are, but they still can't find a husband, they are doing this. But men do it just as much, and its just as cringeworthy.

**In the end, the only metric that matters is your actual results.**

It doesn't matter if you think you're an alpha or amazing. If you're still not getting laid, then you're not. It doesn't matter if you think you're working hard, if you're not advancing or getting promotions etc, then you're not.

If you think you're training hard, but you're not getting stronger, then you're not training hard. And this i see every single day, because i spend a fuckton of time at the gym so i see people both come and go and i'd say at least 75% of the people who come in half-ass their workout, and the remaining 25% actually have the kind of body that you wish you had.

People often ask me how i have time to do everything i do and tell me they don't have any time themselves, but when i poke around and start asking what they do with their spare time they either have no answer or change the topic. They're literally not trying, they've just convinced themselves that they are, because reality is too hard for them to accept.

If you're a fattie trying to lose weight, but not getting anywhere, despite counting your calories, then you're counting wrong.

If you think you're special, but have absolutely fucking nothing to show for it, then you're not special. It doesn't matter what you think you deserve. If you're not getting it, your only options are to either work harder or work smarter. It doesn't matter if some people got the good genetics, or the rich parents. That doesn't help you. Your climb doesn't get shorter because you point out that others were given a head start. That's what Tumblerinas do, and they're completely fucking worthless and miserable.

And do you want to know the best part? When you finally bite the insecurity bullet, stop bullshitting yourself and start to actually put in the effort, you won't need to be insecure anymore because you actually have something to show for it, while all these other people will keep pestering you about how you got where you are.
Brutally Effective Strategy For Dealing With Guys Who Try To Steal Your Girl

1117 upvotes | July 22, 2020 | by ForeverKarlMalone | Link | Reddit Link

As a shorter guy, this is something I see quite a lot of: I open a girl, flirt with her, tease her, she’s having a good time.

All of a sudden, a random guy approaches and tries to interrupt me.

I don’t see this happen nearly as often to taller guys 6’0” but for me, it happens just about in any setting, even Parties and Meetup events. Another guy comes up and interrupts the conversation and spits his own version of game.

This was incredibly frustrating for a while and I tried just about everything to try to overcome it. I tried agree and amplify to whatever underhanded insult the other guy threw my way. But that would quickly devolve into the girl losing interest in both me and the other guy since it was just 2 guys trying to one up each other... not good

I tried going on the attack and insulting the other guy’s fashion or comparing him to a dumb movie character... but same thing as before, this would just result in 2 guys fighting over one girl, which means the girl loses interest.

I even tried going the apocalypse route. “You... get the fuck out of here now! Or I’ll fucking murder you!” to try to intimidate them into leaving but unfortunately, this scared the girl off too. Really dumb on my part please don’t do this. I’m lucky I didn’t get killed.

I finally discovered the secret after I tried to interrupt another dude’s set and steal his girl. He didn’t insult me. He didn’t even look my way. And that’s the secret. Total and complete ignoring, like a king would do if a peasant approached him. His girl remained glued to him, and even told me to go away!

This was incredible! I began applying and modifying this new discovery and found that this is by far the most effective way of dealing with guys that try to steal your girl. It demonstrates that the guy is such low value that he’s not even worth your time to notice.

In fact, I made a slight modification after dealing with one too many persistent guys that got angry and kept trying to enter the conversation anyways: apologizing on their behalf!

I still wouldn’t even so much as glance at the other guy. He’s not worthy of my attention. But I would “apologize” to the girl on his behalf. “I’m so sorry, we keep getting interrupted, my apologies”.

What this does is it conveys that not only is the other guy not worthy of attention, but also that his social intelligence is so low, he can’t even recognize that he’s interrupting and thus, I have to “apologize” on his behalf the way a Dad would for his misbehaving son!

At this point, usually the girl will tell the other guy to leave! Same thing that happened to me. Simple, brutally effective strategy to prevent other guys from stealing your girl.

Of course, all this goes out the window if the guy knows the girl. For that you’ll need actual social skills to befriend the guy.
Wanting Women to Love You for Who You Are is the Male Equivalent of Fat Acceptance

1113 upvotes | April 22, 2015 | by ShitsWithTheDoorOpen | Link | Reddit Link

Attention all anger-phasers, this post is for you. This post is here to remove the self pity associated with your role in society. Do not resist this post. Resistance is futile. Massive wall of text incoming, grab some caffeine and let's begin.

Ok, repeat after me: Humans are not attracted to losers. Humans will never be attracted to losers. Repeat until firmly lodged in skull.

Both men and women will never be attracted to sexual market failures. No matter how many #movements are created to do it. No matter how many "men go their own way". Women will never be attracted to your Betatude. You should accept this without judgement or anger or resentment.

AngryBeta: But why shouldn’t you get angry about this?!?!?! Men have so much more work they have to do! I have to become the top 20% to even get noticed and even then I have to compete with every other Chad Thundercock out there trying to poach my girl. All women have to do is put on a push up bra, short skirt and some pumps and every dude is drooling over her, heaping on truckloads of validation like its going out of style.


AB: resisting GET OFF ME! Get off me. Oh...ok, well… fine… wwwwaaaahhhhhhhhhhhhh AB cries

S: Let it out buddy. I’m right here.

AB: Sobbing

S: Ok. Now you’re ready. Listen, Women don’t have it any easier than guys. Your world is not inherently unfair. Long ago there was a time, when men did not bitch about having to be men. Men THRIVED in the struggle to be a dominant man. They embraced the battle with their own calls to be weak and lazy. They loved it. They laughed while doing it.

Now we live in a world of convenience and convincing lies. Dont want to remember to bring your own water with you? Spend hundreds on convenient bottled drinks. Dont want to take the time to cook your meals? Buy microwaveable instant mac and cheese. Dont want to take the time to self improve? Dont worry, we live in a society of yes men, they’ll pretend like you’re awesome already. But one thing, one final thing can never be negotiated. One thing can never be socio-politically goaded out of a human. And that is ATTRACTION.

No amount of shaming and internet brigades is going to make me pop a boner for a fatty. The part of my brain that controls my boner-level doesnt understand or care about social justice movements. That part of my brain doesnt even understand language. It is my autonomic nervous system, meaning my ego or thought stream that I identify with does not control it. It works on its own.

Similarly no amount of Male rights movements (as justified as they may be) will make women get wet for betas.

This is a core part of the truth that we want to accept here at the redpill. That you cannot force someone to like or be attracted to you.
So when a beta learns about this reality, and awakens to the truth that there is no disney princess out there waiting for him to just claim her, he gets angry. He pouts. He cries. He says woe is fucking me. Life is so goddamn hard that I have to compete with other men to gain sex and female attention. Then he spends his time alternating between denial, trying to say “Oh those redpill guys dont know it all.... I’ll meet my princess one day and she’ll just love me for me.” and some needy, sick form of bargaining where he thinks “If I can just never flinch and walk tall with my head up and go to the gym 6 days a week and force myself to pretend I’m an alpha for long enough, then my disney princess will love me for me and I’ll finally stop having to try. I’ll finally get to be the lazy piece of shit I always wanted to be.” But both of these strategies subtly avoid the simple truth of value as a man.

If you’re currently a beta you can not be a lazy fuck and have success with women. It will require some amount of effort to become alpha. If you are currently an alpha you will have to put in some effort to resist laziness and continue to be alpha. You will be tested, and you will have to struggle but you dont have to suffer. The beta who says woe is me is choosing to suffer. He is resisting the truth, and I’m here to tell you the truth isnt even that bad. So what you gotta work a little harder to get sex than women? Big fucking deal, you are born with more physical and mental power than women. It only makes sense that you would have more expected of you. And as for the misandrists and SJW’s out there fucking shit up because your male and/or white. Fuck em. They are a small crazed minority. Who fucking cares. Go about your life. You dont have to be Sir StoicsAlot and never flinch or show weakness. You dont have to be some cartoonish version of the perfect redpill man. You just have to put in some effort to improve and sustain your value. And honestly you can enjoy this process. You can enjoy the fact that life isnt easy for men bc the universe saw fit to make us the stronger sex.

“I ask not for a lighter burden but for broader shoulders”

Life isnt so bad as a guy. It can be a pretty fucking awesome experience.

And lastly lets remember to keep it playful here. To those who take issue with the tone of this piece, I say chill out buddy. Don’t get too serious with your strategic maneuvering through life. Laugh a bit, you have a pretty cool experience ahead of you as a man if youre up for it. People will look up to you, they will remember you were the man that showed them how to be one themself. Yes you will have some bratty women who dont appreciate your work but thats just part of the game. And yes there will be some crazies who try to make you feel bad for being a man. They dont matter. Create your reality. If you think shit is just gravy then your life will be gravy. If you think you have some impossible Sisyphean task of a life, then you will suffer needlessly. Keep trucking, stay strong, and stay happy.

Peace,
SWTDO

TL;DR: Life as a man in the west isn't as bad as you may think. The universe saw fit to make you strong so that you could handle its challenges and the infantile shit tests and tantrums of women/society at large. Sure there is some injustice towards dudes but there is no reason that should stop you from developing into the badass man that you want to be or more importantly enjoying the process of getting there. Embrace your challenge, embrace your dharma as a man.

Edit: Changed a word. Thanks for popping my gold cherry homie.
So the wife and I were out to dinner last night with some interstate friends of hers from school. Both girls were spinsters, one by choice after swearing off marriage early, the other the typical cc - riding empowered girl.

After a few reds, the conversation swung around to how men are clearly intimidated by sexually experienced women. No points for guessing which of the three women at the table held that view. My snort of amusement attracted her ire like a laser.

She railed at me for a while, making no particular point beyond the fact that no guy she dates wants to marry her and that was proof that I was wrong.

I just flat out stated that a woman who had sex with a thousand guys a year was not marriage material, but a woman who had sex with one guy a thousand times a year would have men lining up to marry her.

Cue goldfish face.

The guys at the next table offered to buy me a beer.

The remainder of dinner was not really enjoyable, because of the rampant misogyny at the table, I was informed. I don't know, I enjoyed it. The tuna tartare was to die for.
Overthinking: The Beta Male Trait That Is Holding You Back

1111 upvotes | August 12, 2017 | by TrenGod37 | Link | Reddit Link

No matter how long I hang around TRP, and implement the principles in my life. No matter how much growth I experience or lessons I learn. Every now and then I will find myself questioning myself, or falling back into my old ways. It's always a wake up call if I can take something out of it. It keeps me on track. I'm sure we have all been there and will continue to go through these stages of growth.

**Overthinking**

This is what all our problems usually boil down to. If you're over at asktrp, asking what you should be saying or how you should be acting in certain situations. This is what is holding you back. It's a beta male trait that lives in all of us and we need to learn to tame it. Thinking is good, overthinking isn't.

We all weren't born with the answers, but we were born with the ability to find them. The problem comes when we are afraid to make a mistake, when we dwell on making the perfect choice. Whether it be a text to send, A job change, a boundary to create, whatever. You already have the direction inside of you, you just need to learn to get in touch with that direction. That direction is instinct, it's your masculinity. Learn to listen to it, act on it, and question it later.

A lot of times you will see on this sub, to ignore your emotions. You shouldn't ignore them, you should get in touch with them. Know what they mean, and what purpose they serve for you. I'm not telling you to walk around crying like a little bitch. I'm saying experience what you're feeling and figure out why you're feeling it and what purpose it's serving. Use it to your advantage. Maybe your anxiety is being mistaking for excitement. Maybe your fear isn't trying to save you, but showing you to get out of your comfort zone. Once you learn about your emotions and what they mean you can use them to your advantage. All your answers live on the other side of fear. Your overthinking is causing you to hide from your fears, instead of acting on them.

You're so worried about the perfect text to send to her. What should I say? Should I wait to send it? Then you send it and she doesn't text back right away and you beat yourself up over it. We need to knock that shit off. The red pill talks about putting yourself before the women so why do we constantly do the opposite? You should be doing what you want. When I say this I mean what your inner gut wants. What your inner beast wants. What your testosterone is telling you. Not what your mommy is or has told you.

Take a look at yourself. Do you want to send the text? Then do it. Do you want to approach? Then do it. Is it scary? For now, it is. Will it be awkward. at first. But that's normal. What's the right thing to say? Ask yourself what makes you chuckle. That's what you say. Whatever pops in your head. That's what you say. Stop taking yourself so seriously. And stop being afraid of fucking up.

We are these fun and cool dudes around our boys and once the woman comes along. We freeze up and get up in our heads and turn into this serious person all of a sudden. That's what's fucking you up. Deep down you're cool, you're fun, you're whatever you are and that's good enough. As long as it's coming from the roots of your being. Don't question it, just be it. Then see the results in comparison to your goals and adjust accordingly.

My student was as beta as they come, he is a changed man. Complete 180. What happened? He's still
the same person, he just learned how to be free. How to get in touch with his masculinity and do and say what HE wants to say. He had it all along the only problem was he was trying to be cool. He was overthinking every little thing. He was programmed as most of us are before discovering TRP that he had to act a certain way and couldn't act the way his inner beast wanted him to act. He would talk to me normal as day but in the presence of a female say some stupid shit that he thought up in his head for the last 15 minutes.

Stop overthinking and just do what your gut is telling you. When you walk up to a woman. You shouldn't even be thinking what to say. You should know you have all the "right" words already in you. You should feel what makes you happy, and have fun and go with it. When I go up to a woman. I shut my mind off and say whatever pops into my head. Do I always have the right thing to say? Fuck no. Do I care? Fuck no. Most of my best interactions with people were when I was nervous and "didn't know what to say" and just said fuck it and winged it. You'd be surprised at the results. The woman who are supposed to be in your life will be there no matter what the fuck you say. As long as you're congruent With your masculine energy and not thinking of what is perfect.

You will succeed far more from learning and failing on your own than reading a canned thing to say on here. You're not helping yourself by saying things someone else told you to say. Guess what fellas we all don't know what the fuck the "right" thing is to say. Some of us are just more sure of ourselves. If u/GayLubeOil came on here and told all of you to squawk like a chicken at women and it will get you laid. I'm sure a bunch of you would do it. And guess what? It might fucking work because you're not thinking about it, you're just doing it and trusting in it because you trust in him. Learn to trust in yourself. He isn't some God he's just a man like me and you but he has put this shit to the test. He walks to his own beat and learns from his own mistakes. He isn't afraid to fail and learns along the way. That's the mindset you should be aiming for.

TL;DR Go out there say what you want. Do what you want. Feel what your body is telling you, act on it (as long as it's legal) and learn from it after. If your thoughts aren't servings a direct purpose to a solution you need to listen to your body and quiet your thoughts.
Duke opens one of the first male Re-Education and Feminization Camps in the US

1108 upvotes | October 3, 2016 | by G_Petronius | Link | Reddit Link

In the endless war against masculinity, which is a war against men, Duke University has now taken a leadership role. The celebrated university has decided to open a space where men are encouraged to self-flagellate, condemn their own masculinity and confess to the many sins that they personally and their gender collectively have committed and still commit against womankind[1]:

The Duke Men’s Project, launched this month and hosted by the campus Women’s Center, offers a nine-week program for “male-identified” students that discusses male privilege, patriarchy, “the language of dominance,” rape culture, pornography, machismo and other topics.

There is, of course, no mention of anything that concerns the interests of men. Everything, absolutely everything, is about how men must behave in regards to women, both in the social and the sexual sphere. And just in case you're wondering whether this isn't just a dishonest summary by Heast, here's how the program describes itself[2]:

The Duke Men’s Project is a nine-week long, storytelling-based program starting Wednesday that aims to discuss masculinity, feminism and intersectionality. It hopes to “create a space of brotherhood fellowship dedicated to interrogating male privilege and patriarchy,” according to its Facebook page.

Of five descriptors here, four directly involve discussing how men treat women, and the fifth evidently must be interpreted in their light i.e. there is going to be no discussion of masculinity that doesn't involve women and female interests in some way.

Here's how the male feminists on the "leadership team" (I wonder how much leadership these low-testosterone ultra-betas can put together) describe the program[3]:

Junior Dipro Bhowmik, who sits on the leadership team, recently said the goal of the Duke Men’s Project is for male students to “critique and analyze their own masculinity and toxic masculinities to create healthier ones.”

Alex Bressler, another junior on the leadership team, said the program would help men “proactively deconstruct our masculinity.”

Yes, these people are sufficiently far gone that they see no problem in leading a program where people are asked to deconstruct their own identity. The idea that you should take a person and shame and humiliate them into believing they are not who they are, don't believe what they believe and don't want what they want is a classic tool of totalitarianisms[4] and cults[5].

As always, a thick dose of doublespeak is employed to hide, misdirect and rationalize the disgusting purpose of this camp. Even then, the project's very own supporters have it so clear in the back of their mind what this project is, that they feel they need to pre-emptively dismiss the association[6]:

The Men’s Project is novel because it provides males a space (a safe space even) in which they can discuss their own gender. It is not a reeducation camp being administered by an
oppressed group in the service of the feminization of American society, but rather a space by men and for men.

I'm even wondering if an infiltrator of ours hasn't gotten on the Duke's student paper editorial board and snuck that sentence in there. It's almost too precise and self-aware a description, whereas feminists would generally completely avoid the thought of what they really are.

Regardless, be assured of this prediction: it's gonna get worse before it gets better. Programs like this will spring up like festering mold in most colleges, especially the more prestigious and media-centric ones. Much like "consent classes", in many cases they'll be made mandatory after being snuck in as innocently optional. They will never even recognize the existence of male issues if not in a perfunctory way, always and only for the sole purpose of dismissing them as relatively unimportant beside feminine imperatives. If you're in college, keep your eyes and ears over, steer clear and protect yourself; they are coming for your balls.

Give them what they want... Biological male dominates women’s cycling event in historic first

1105 upvotes | January 6, 2017 | by redpillschool | Link | Reddit Link

How I've Learned to "Shit Test" Women - A little test that I've developed.

1103 upvotes | May 5, 2016 | by starting_oveRP | Link | Reddit Link

Summary:
Women shit test us to find chinks in our armor. Since desire is non-negotiable, I've learned to "shit test" women to see if they see me as someone with sexual value. I want to share my experience and what I learned to perhaps help you with 'smalltalk' and add another layer to your frame.

Body:
The Intro
Women shit test us. They do in unintentionally and intentionally. There's plenty of literature on TRP about this, so I'll sum up the best way to look at it from a comment someone here left once.

"Imagine someone hands you a crystal ball and they say it's unbreakable. What's the first thing you do? You throw it on the ground to see if it breaks."

When a woman shit tests you, she's trying to see if you break. In fact, You're unbreakable until proven breakable, and once you're breakable, it's over. She's testing your frame, your viability as an alpha, assessing your ability to procreate.

So why might I shit test a woman? I'm not trying to test her frame or whatever. I'm trying to see if I can fuck her. Or rather, if she sees me as someone she wants to fuck.

I'd like to be able to know sooner rather than later if she's interested, because if she's not, I'm moving along.

I saw this video from RSDTyler a while back. It's worth a watch, but in short, the betabux making sexual and lewd comments was dismissed and vilified, while Tyler (alpha) said similarly sexual and lewd comments and was smiled with and flirted with.

He goes on to explain that the women see the betabux as the provider, and not in a sexual way. When the beta says something sexual, he's told "no, you can't say that." The women were trying to force him back into the little betabucksbox where he belongs - he's so beta he's not even supposed to be sexual. They don't even SEE him as someone who could even possibly BE sexual. He shouldn't even be TALKING about sex.

Hmm, I thought to myself. I wonder....maybe.....if I make a sex joke, or a joke about sex, or a sexual comment, her reaction would tell me everything I need to know about how she's seeing me.

The Experiment
I remember the first time I gave this a shot. It was in my summer of TRP discovery 2 years ago and I was on a Tinder date.

I've always been a pretty witty guy so coming up with comments right off the top of my head isn't an issue for me, but saying them definitely was.

So I'm out with the girl (first time meeting), and we're talking, having a beer or two, and eventually I say:

"I really like going to bars for trivia" "omg me too!" "really?" "yeah!"
I think about the RSDTyler video and go for it.
"ok, well, maybe after we've had sex a few times, if it's not too awkward, you can come."
and....she smiled, and laughed, and said OK. I made a sex joke. Not even just a sex joke, a joke about SHE and I having sex, and she liked it. I got away with it, which meant she saw me as sexual.
We fucked that night. And she was a plate until she moved away.

The Test
Thus evolved my strategy. When interacting with a girl, I find a way to insert something playfully sexual into the conversation, even innocuously. It's always possible. Talking about "Game of Thrones"? Accuse her of being into midgets. Jokes and playful accusations are the best ways to go. If When she shit tests you, agree and amplify with something sexual.
If anything about sex comes out of your mouth, you have a chance to evaluate her. Eventually you'll get better at making it seem natural.
If she laughs, has a positive reaction, or even a neutral reaction: you're good. She likely sees you as someone with sexual value. Build on it.
If she has a negative reaction, says "ew, that's gross" or "don't say stuff like that" you're more likely being seen as without sexual value. Escalate in other ways and give it another chance if you want, but it's probably a next.
But if she says something negative in a positive manner, like "OMG you're sooooo naaassstttyyyyy" and playfully slaps you on the shoulder, that's great. That's my favorite.
Anyway, you get it. You've got nothing to lose. If a comment lands, congrats. If it doesn't land and she throws the drink in your face, well, you weren't getting laid anyway.

In Conclusion
Definitely don't abandon kino and other classic escalation things. This is a supplement, not a replacement.
This "shit test" has worked really well for me and for my friends who I've encouraged to give it a shot. Desire is not negotiable, so figure out how she sees you as early as possible. It's amazing what you can get away with down the road when you know that she sees you as alpha.
Eventually it will just become part of your game and you won't think

execute    sexual comment    gauge reaction    success?

As for the reverse, the Tinder dates where my comments were not accepted in strides ended with a wry "ok yeah nice to meet you, see you soon....!"
Eventually I evolved this little test to be used during sex, but I'll do that in a part 2 because the post got long (if people like this one)

Lessons Learned:
She won't fuck you if she doesn't see you with sexual value.

Shit test her your own way - joke about sex or say something with sexual undertones to gauge her reaction. If it's positive or neutral, you're on your way. If she recoils and reacts negatively, she might be seeing you as provider and you must reassess.

You cannot negotiate desire. Find out if she desires you early and exploit it.
Thanks for reading! I welcome any insight, criticism, experience, etc.
What did you ever do to deserve being called a man?

1103 upvotes | June 15, 2015 | by [deleted] | Link | Reddit Link

My friend was talking to me recently about how it all feels completely surreal and somewhat out of place that he is now a father. I did the usual thing you would do for your BP friends and suggested he was just a new dad and this was likely normal. There was something in his eyes though at the back that were restless and possibly bordering scared. Was he scared that he was a dad and 'happily married'? No, he is content with the girl for all that matters and loves his Son. What else then was driving these little moments in our conversation where for all his "happiness" his face was clouded in self doubt and questioning...

| I don't know man it's just... I did university and got a job and now... This is it? Right? It just happened very quickly...

At age 30 scrolling through facebook I see father after father sat on their sofas playing Call of Duty or some other videogame with their 4 year old Son with all the typical comment trains running underneath...

Where was their rite of passage? What trial or ordeal did they have to endure to begin to raise a family? Nothing. Nothing at all.

What are they going to tell their grandchildren when they are old?

| I used to be good at cod and drinking beer.

Great story.

There is a oft quoted passage in Fight Club - you've all heard it.

| “We’re the middle children of history, man. No purpose or place. We have no Great War. No Great Depression. Our Great War’s a spiritual war… our Great Depression is our lives. We’ve all been raised on television to believe that one day we'd all be millionaires, and movie gods, and rock stars. But we won’t. And we’re slowly learning that fact. And we’re very, very pissed off.”

It's true, there is no purpose for men in these days except the ones we make for ourselves and between the television telling us what to think and chasing women we have no space or time to address this most important of issues - generationally we're not very pissed off about having no cause, we're wholly apathetic instead.

Since swallowing the pill you've started to lift weights, dress better and approach women, you're concentrating on your career and have learned how to say no. The truth is:

- You should have always been in shape
- You should always have been well dressed and care about your appearance
- You should have always been able to speak to the blonde in the coffee shop

Our generation feel they should be rewarded for just for tidying their room or leaving the house, turning off the video games or going for a walk... Achievement unlocked - go back to sleep.

The discordance I saw inside my friend was "Eating the bread of shame", he was just a taller, fatter
version of himself at 9 years old with all the supposed luxury and privilege of a settled life. He had no rites of passage, no trial by ordeal, no cause greater than himself and professionally sat at a place earning a pension that looks increasingly like it won't matter by the time he comes to claim it.

We were warriors by birth, years of brutal exertion, bravery and commitment was the price of feeling entitled to old age in front of the fire and getting fat. Now we are a generation of spiritually and physically fat and old men at age 20 wondering what this nagging feeling at the back of our collective heads is.

You haven't done anything. We haven't done anything. Short of military service or a committed effort to travelling what could you tell your grandchildren that they'd care for? What have you done to deserve being a family elder, someone to listen to, what have you seen or done that was in anyway remarkable?

I ask myself this as much as the community here and find myself lacking. I've never walked a great Dune in the Sahara, climbed a glacial ice wall, been in a bar fight in Dublin or done a line of cocaine off a Tokyo model, chased by a bear or been genuinely fearful for my life.

What will I tell my grandchildren? I lifted weights day to day and earned money, I partied and fucked girls? I was a wealthy ladies man? Is that it? By my own standards I don't deserve to raise children and settle down if that's my story to date.

What will you tell your grandchildren - what will you have done?
**Defend, Explain, Excuse, Rationalize...**

The Four Horsemen of the argument apocalypse.

The surest sign of doom's arrival is the scornful tongue lashing from a toothed vagina. Once a woman in your presence argues with you, or tests you - the horsemen are coming to your doorstep.

When you feel the tremoring gallop of these riders approaching, you'd best close the white gates of your mouth, and seal them with your lips.

If they've already arrived, the conversation, as you know it, is over.

The mighty tides of white colored pussy cream, dried in an instant - rendered into friction filled dunes of dry-crusted sand.

The tingles, are gone.

From there, the arousing conflict transforms into a contest of how much power you will surrender to your adversary, the fair-faced, bearded clam.

The sin of entering arguments, or DEERing with women, will happen in 4 ways - each unique in both appearance and punishment.

Learn them well, and avoid them.

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*Defend - The first Horseman* * Being defensive is NOT to be confused with defending oneself from a real threat, like a physical attack, an attack to your character by ad hominem, or an attack against your ideas or beliefs. Defensiveness is a psychological response to perceived or imagined threat or attack to one’s sense of self. •What "Defend" Looks Like

**Examples Are Italicized**

"I bet you say that to all the girls." --- "What, are you calling me a man-whore or something? I don't do that!"

"How could you not know where the spoons are?" --- "I looked fucking everywhere for them!"

"Dude, are you mad? Your face is all red and you're foaming at the mouth." --- "I am NOT angry! Why would you assume that! Maybe YOU'RE angry!" * **"You really suck at having sex, babe." --- "What? But every other girl I've been with said I'm amazing! You're the one who sucks."*

"You went and bought WHAT without talking to me about it?!!" --- "But baby, I know I made the right call, look at all the benefits of this decision, don't you agree? Tell me why you disagree!"

"Only an idiot reads the red pill." --- "What? How DARE you question the red pill?! You're just a bloopie faggot!"

"I wish you would start doing the dishes." --- "I wish you would stop being so goddamn annoying!!"

"You suck." --- "Why would you even say that about me? I'm fucking awesome! What did I do to you?"

Arms folded across your chest.

Eyes darting around. Rubbing the back of your neck or head in nervousness.
Strained facial muscles. A feigned smile.
Shifting back and forth in position.

**Why People "Defend"**

People become defensive because they aren't confident in their own decisions, and they don't believe in who they are. They feel guilty, ashamed, and timid about their choices. They question their sense of self. A defensive man is not an immovable mountain. Instead, they are an ungrounded castle, built upon pillars of sand, waiting to wither away and topple.

When you feel the urge to be defensive, you may believe what the other person (the female) says about you, and you must defend the validity of your inner sanctum from this attack. You question your internal beliefs, start to believe what the outsider is saying about you, and then you defend yourself to convince yourself of your own truth and beliefs. You feel that you are being personally attacked, and you are protecting your sense of self. Terrible, ain't it?

Even worse, some people experience the urge to be defensive when an attack isn't even intended! This is the result of upbringing, and unconfidence - perhaps policing parents who harassed their child, leading to a grown man becoming defensive and confrontational when a woman asks "Hey honey, where were ya last night?" Maybe you were actually out there doing some shady shit, and your guilt about doing what you were accused of leads you to becoming defensive.

We want people to see us the way we see ourselves - or at least not see us negatively - and we spend immense time and energy debating and defending ourselves and our decisions to others, because we want them to approve of us, and to see us in the same light we grant ourselves. We try to convince them that their perceptions of us are flawed - or incorrect.

If you are unclear about who you are, you start to believe what other people tell you, and feel the need to defend yourself by resisting your accusers arguments and attempting to prove yourself - A fencer, ferociously swatting every potential stab away from themselves, when in reality they are an enigma that can be penetrated by sword without suffering so much as a puncture wound. Being defensive is unnecessary, and a foreign notion to a grounded and confident man. **How "Defend" Punishes**

Defensiveness validates accusations. It turns your vagina play toy into a threat - making a woman into an enemy by defending yourself from them. As the woman realizes they have gained the power to "get to you," and evoke feelings of defensiveness in their man, the Alpha-To-Beta shift begins in the sexual relationship.

By letting the sin of "Defend" pillage your conversation, you create an air of tension and social awkwardness. The girl will give you strange looks, and doubt your capabilities of authority and leadership as the captain of y'alls relationSHIP. This sin will arouse suspicion, and contempt in even the strongest of partner pairings.

Frequent defensiveness leads to women simultaneously shit-testing you more often, and distancing herself from you as she starts to lose attraction.

**Explain - The Second Horseman**

If it's simple things that make people curious, or just conversational "stuff" in general, it's okay.
Never explain the choices you've made, or the way you act and behave.

*•What "Explain" Looks Like * Examples Are Italicized

"So, what are you looking for here on tinder?" --- "I'm really trying to find the one, I've been looking
around for a couple years and kinda had a dry spell. What about you? Oh she unmatched."

"Why did you ask me out?" --- "Well because you're reeeeaally pretty and you're my onetis so I figured, hewk, might as well give it a shot! Hey wait where are you going?"

"Why don't you go make a move on her bro, c'mon?" --- "What? Why should I? You know I'm shy bro, I haven't asked out a chick in like, 5 years, I'll look like an idiot!"

"Why haven't you taken out the trash?" --- "Because babe, it's hot outside, and I've been looking for my sandals, I'm going to get around to it."

"Where did you put the car keys?" --- "Well babe, I was in the shower, and then I went downstairs, and then I pet the dog, and now I can't find them!"

"Why did you leave the TV on again?" --- "Well, honey, I was downstairs, then I went to grab a beer, then I saw you laying on the bed and we got busy, then next thing I knew we fell asleep. I hope you understand why I left the TV on now."

I did this, this, and that, what do you think?
I did this this and that, did I do a good job?
Puppy dog eyes, eager for direction and approval.
Numale soy grin.

•Why People "Explain"

Humans have a need to be understood. Many men have made the mistake of continuously giving a woman one more bit of info, so they'd just "get it."

This is because when it's a man to man conversation, explaining normally works - one friend explaining to another why they did what they did, that friend nodding and saying "Ahh," then moving on to talking about something else.

Then we go and try to explain ourselves to women - forgetting that they don't communicate through reasoning, and we don't explain ourselves to our subordinates. You put her into a position to judge you - like your mother would. That's right, you explain yourself to your girl because you want to get your surrogate-mother's approval.

Finally, people think aloud in a concealed attempt to convince themselves that their decision was the correct one - hoping that by explaining themselves to someone else, they can get reinforcement of their choices through another's approval. She isn't your mother, nor on a pedestal, so stop looking up to her. Make a statement and shut the hell up.

You don't have to justify a reason for every action you take. Let others make their assumptions. Your actions will speak for themselves.

•How "Explain" Punishes

Would you explain yourself to your 3 year old cousin, or daughter, or random snot-nosed kid on the street?

By committing the sin of explaining yourself to a woman, you instantly throw her into the role of authority. You give her the sub-communicative position of approving or disapproving your decision, and squander your credibility.

Even after hearing your well-thought out reasoning, women will still find a way to blame or chastise you. "Well you shouldn't have lost your sandals in the first place!" Explaining only welcomes drama
into your life. Women will stand and stare, waiting for you to finish your explanation, then nod in approval or give you a verbal spanking like your mother would. Then they expect you to forever maintain this "bridge of open communication," with her, which really means they grow accustomed to you giving them status updates on your life, giving you shit if you ever stop seeking counsel with her, while they grow a side life of their own, in eager search of a new mystery.

The more you explain yourself to women, the more they will intentionally misconstrue your words and confuse themselves, because they want to keep the conversation going and eventually, as they grow bored, cause drama for your weak-ass. You're going to be hearing a lot of "so, basically what you're saying is..." until it leads up to yelling and arguing.

**Excuse - The Third horseman**

You know what you did, but you reject responsibility.

**•What "Excuse" Looks Like**

Examples Are Italicized

"Why were you late to our date today!" --- "Babe, I was stuck in traffic, it wasn't my fault!"

"Why don't you go flirt with that girl?!" --- "Psh, she's not my type, plus she's probably a slut anyways. And besides, I'd have to walk all the way over there. It's not worth it." * **"Okay, well why don't you go ask that girl out?" --- "What? C'mon man, I'm not Red Pilled enough yet. Once I can squat 225, and I know all the iron laws by memory, then I'll ask her out. I'm just not ready yet!"

"What! That girl is so your type!" --- "Yeah well I don't feel like going over there man, my legs are numb! I had leg day today!"

"Why didn't you try to close that sale?" --- "Dude, you KNOW that guy wasn't going to close - I couldn't have changed it, guys like him never wanna buy."

"Weren't you supposed to pick up the kids an hour ago?" --- "I didn't do it on purpose, I just so much other stuff to do!"

"Why did you jump off the cliff?" --- "Everyone else was doing it!!"

"Why did you cheat on me?" --- "She made me do it!"

"Why didn't you go to the gym today honey?" --- "Ahhh babe you know how tired I get from work... then I gotta come home, take a shower, change my clothes, I'll go tomorrow - twice as hard."

"Didn't you tell me you were a rich club owner with a fancy condo suite, wheres your nice car?" --- "No no no babe, I said club PROMOTER... trust me the money is coming... I just uh... gotta cash in on a few investments first."

"Why did you get fired from work?!" --- "Jesus, I knew I shouldn't have worked with that BASTARD! This is all his fault! He's the cause of all this!"

Frightened face.

Look of anguish, worry, possible sweating.

Sleight of hand misdirection equivalent to a top tier magician - anything to keep attention off oneself. Avoidant eye contact, shrugging shoulders, high pitched voice.

Looking like a bitch for using a bitch's communication tactic.

**•Why People "Excuse"**

We make excuses when we want someone or something else to be responsible, rather than claiming
that responsibility for ourselves. Often, it is to avoid uncomfortable feelings of overwhelming pressure - and a feeling of being attacked. They fear failure, and are deathly terrified of confronting failure. People will quickly shift the focus of the attack to someone or something external to feel a sense of relief, or absolution.

This is because they live inside of a victim-mentality - where they are a pawn in the game of life that other people take advantage of, or cosmic circumstances screw them over regularly.

Or, it's because they realize some people actually do have problems, and fake a "woe is me" attitude to weasel their way into sympathy, attention, and forgiveness. Another excuse maker's rationale is because they are just lazy. Their priorities are not aligned, and rather than accomplishing what needs to get done, they procrastinate and then blame their failures on the sky wizard. •How "Excuse" Punishes

When you give a woman an excuse, you are subtextually screaming "I can't handle the responsibility! Please forgive me!" Essentially, you tell her that you're a child. Once that's been said, you surrender power and give her the opportunity to accept or reject your excuse.

Give excuses to anyone enough times, and they start to figure out your word means jack shit - that you are not reliable, untrustworthy, and ultimately full of shit. But this isn't just about other people - the sin of excusing ruins YOUR life. You lose your initiative, and let opportunity slip away.

Not only do you repulse the woman by putting her in a position of power over you - you also frustrate her with your inability to accept responsibility and lead. The woman will lose respect for you, and you can say goodbye to her tingles.

Rationalize - The Fourth horseman

The fucking hamster. The more you try to convince yourself of some bullshit, the more the hamster wheel spins.

•What "Rationalize" Looks Like

"Why haven't you paid the bills?" --- "Well you see, I was going to pay the bills, but I was waiting for YOU to come home first! Yeah, that's it, totally not my laziness."

"Are you available?" --- "Ooh, I got my aunt coming over, then I gotta mow the lawn, then I gotta get ready for my dog's funeral, she was a shitzu, then I gotta do all sorts of things, I'm really busy I just can't make it!"

"I thought you were going to quit shooting heroin!" --- "Babe I couldn't do anything to stop it, my friend brought over the needle and it just happened!"

"Why did you do that to me?" --- "I wasn't trying to hurt you, I was just trying to teach you a lesson! Besides what I did is better than what I WOULD HAVE done."

"So, did you get accepted into that college?" --- "Nah, they rejected me, but honestly I didn't even like that school that much anyways. They were a backup plan."

"You're such an idiot I'd never fuck you!" --- "Oh there must be something wrong with me if my oneitis won't fuck with me what will I do!?"

"So you smoke weed for the medical benefits?" --- "Yeah man, it like, cures seizures, and makes anorexia vanish, and it makes anxiety go away, not that I ever had any of those symptoms, but weed makes sure they never happen in the first place!"

Dazed look of confusion.
Genuine fireworks going off in one's eyes.
Breathing from mouth and gazing into the distance.
Shocked look on face. Open and surprised posture.

• Why People "Rationalize"

A person rationalizes AFTER the fact. A decision or choice is made, then the rationalizing happens afterwards.

This is because of a human need for consistency - we need to have things align in our lives, so if we've made a bad decision based on an emotional state of mind, we will rationalize why it was the right decision afterwards, to remain congruent and consistent with our beliefs.

People want to feel justified, and righteous of their decision, no matter how bad, in order to preserve internal integrity and outward appearances. This is the height of convincing oneself through mental gymnastics. Because you realize you made a bad decision, but are fearful of accepting responsibility and enduring the repercussions, so you choose to jump through flaming hoops to convince yourself of why you made the right decision.

As such, rationalization always comes from a SUBJECTIVE observation of a situation, giving the rationalizer the greatest opportunity to convince themselves of what-ever it may be.

It's used to create an active block against feelings of guilt, shame, and failure.

• How "Rationalize" Punishes

You will begin to rationalize the most self destructive and stupid behavior, once you let yourself stoop to that low.

In addition, people who rationalize the most have the most tedious, frustrating and unfulfilling lives. Because, although all their rationalizations do provide some emotional comfort, they also make them completely deluded when it comes to reality.

Essentially, you become a bitch, a woman - and unless the girl you're fucking is Bi or a lesbian, she's gonna see you as less of a man and lose attraction and respect for you.

Now, you are aware of the four horsemen.

With that knowledge, you may reclaim your power.

A great power, one that only Red Pilled men can wield - to call upon the Argument Archangels and DARE your woman!

DARE them with fervent might, and reap the valuable rewards.

Deflect, Amusedly Agree And Absurdly Amplify, Repeat, Exit...

The four saviors of amending arguments.

* Deflect - The First Archangel * The Pressure Flip.

* • What "Deflect" Looks Like * Examples Are Italicized

"You're just another fuccboi, aren't you?" --- "Why? Is that what you like?"

"No, they always find me, but I hate them." --- "I bet you're filled with hatred."

"What the hell, why would you say that?" --- "Black nails, that little choker... tell me, on average,
"how many times a day do you just wanna scream 'Fuck these niggas!' huh?"

"OMG, that's how I feel at work EVERY DAY." --- "Yeah I bet, tell me more about that..."

"Why aren't the dishes done?" --- "Cus you're not in the kitchen babe."

"What?" --- "You heard me, go take care of it." --- "Okay, yes sir."

"I have a boyfriend," --- Completely ignore what she said and continue talking.

"ARGHH OH MY GOD IM GOING TO BE LATE WHY DID YOU WAKE UP SO LATE!!" --- "Uh uh, you know it's not really my fault, that idiot in front decided today was a good day to crash. Now if YOU wanna get out MY car and walk, that's fine, but you're not going to take it out on me. Don't do that again."

"ARRRGH, you're right... I'm sorry daddy... BUT FUCK THAT GUY."

"Why are you wearing that color?" --- "Why aren't you?"

"I bet you miss me, don't you!" --- "Just your ass."

"Cus I have good tastes in clothing." --- "Oh, here I was thinking your mother dressed you up."

"Damnit, why haven't you taken out the trash?" --- "Oh I will, just turn around for a second... -smack her ass and scooch her out the door.- You got it babe!"

"I want cookies and milk!" --- "You're a little baby." -Then give her a kiss.-

"You're kinda overweight, dont you think?" --- "Kinda reminds me of this story when I had an overweight luggage, they made me throw away 16 kilos of coke! I was sooo devastated."

"Wait, what the fuck? HAH! No but really you're kinda fat." --- "And you remind me of my needy little sister."

Simply changing the subject.

**Why People "Deflect"**

Red Pilled Men deflect / pressure flip because they understand women. Engaging in argument is a blue-pilled fools game to lose.

Deflecting what a women says is effective because it demonstrates that you are unphased by her whimsical non-sense, letting her teases and chastizings ricochet off you and bounce back to her.

That's the second reason why you want to deflect, to give it right back to her in her cooter.

She won't be prepared for it more than 2 or 3 deflections. You want to keep going until you catch her off guard and make her stumble over her words.

**How "Deflect" Rewards**

Once the girl starts struggling over her words - you have demonstrated your social superiority and have shown that you are on a higher level than her, as her critiques or quips are completely meaningless - I.E. she has no power over you.

This will generate a fun and positive experience and interaction, in addition to generating arousal through small conflict. Finally, deflection keeps the attention off you and places it on where you want it.

**Amusedly Agree And Absurdly Amplify - The Second Archangel**

Yeah, so what?

**What "Amusedly Agree And Absurdly Amplify" Looks Like**
Examples Are Italicized

"You're really short," --- "What is it about short guys that turns you on so much?"

"I have a boyfriend," --- "I have a girlfriend, lets set them up and run away together. I just wonder who'd get the better deal..."

"Have you always been stupid?" --- "That's too hard for me to think about."

"I feel like I'm being replaced." --- "Nonsense, you'll always have a top tier spot on my harem."

"You really need a haircut." --- "What the fuck? I'm bald! I've worn a wig this whole time. Come here pull it off."

"WHAT! No. I can't be with a bald guy... wait.. it's not coming off." --- "I knew you liked my hair, can't keep your hands off it."

"Awh, look at you trying to act all dominate," --- "Yeah, and look at you trying to hide that ass," -Smack her ass-

"Jesus christ you're tall, hows the weather up there?" --- "I don't know, how bout you check the thermometer." -point at your dick.

"Are you just going to do nothing all day?" --- "Fuck yeah I am, if I work hard enough, I can keep this up for a full year!"

"You're such an asshole!" --- "Yeah I am, so what? Got little dingle berries hanging from the whiskers in my beard."

* Taking what a woman says, then agreeing with it and exaggerating it to clown level proportions.

• Why People "Amusedly Agree And Absurdly Amplify"

The point is, everything this woman has to say is all just a big joke. You're laughing and she's laughing. That's when you've got her. You've taken her negativity and turned it positive. It turns any negative comment into a game where you see how far you can keep going and making it over the top where you're basically making fun of her for saying something stupid or uncalled for.

At the very least, you agree with what they say, and it removes all power from their words. Yeah, you're a Red Pilled asshole, so what?

It shows indifference and it gives no power to accusations that are made against you.

• How "Amusedly Agree And Absurdly Amplify" Rewards

AAAAA leads to a solid foundation of cocky, confident frame. This signals to women that you are comfortable in who you are, that you don't give a fuck, and that you can handle social stress, all of which are subtle bumps to your SMV.

What you are saying under the surface of your witty banter is, "Don't ask me stupid probing questions. I will not dignify them with a real response."

This is the key to passing a shit test.

AAAAA responses allow you to maintain the cocky/funny frame, and gives her the freedom to fall into your frame that you are the indestructible mountain of masculine energy, safely knowing her emotional winds can't sway you any which way, nor bring you down.

That is one feeling that makes her wet.

Repeat - The Third Archangel
Say That One More Time!

**•What "Repeat" Looks Like**

Examples Are Italicized

"Where are we going out again?" --- "You'll know when I'm ready."

"What? Just tell me!" --- "I will, when it's time."

"C'mon! What if I don't like the place we're going!" --- "That's possible, looks like we'll find out!"

"Argh! I'm gonna go get ready."

**•Why People "Repeat"**

Because you do not have to explain yourself, nor should you do it - especially to your subordinates. They need to trust your leadership and take solace in knowing that you have accepted the responsibility of making the decisions.

Explaining yourself becomes annoying, and so does answering the infinite questions of childr- I mean woman. It is better to firmly repeat yourself until they get the picture.

**•How "Repeat" Rewards**

Repeating yourself is a subtle and effective way to establish a frame of "I am in command of this ship. Trust me." Remember, women WILL leave you if they believe you are not fit for their following. Give her the opportunity to trust you, and surrender fully to your leadership.

Once she does, you will have her unending admiration.

**Exit - The Fourth Archangel**

**•What "Exit" Looks Like**

Examples Are Italicized

"(Insert some dumb womanese here.)" --- You leave the room and engage in another activity.

"(She follows you into the room and says some more annoying shit.)" --- You continue whatever you were doing, effectively ignoring her.

**•Why People "Exit"**

There are two ways to exit.

You can exit mentally, or physically. Silence is mental, leaving is physical.

The most important reasons for exiting is for your own peace of mind, and mastery over your time. With over 100 million women in my country alone, no one women is worth giving me any drama, stress, or annoyance greater than a tooth scraping against my dick. Even that is nearly a deal breaker. Your life, at best, will last around 100 years. Now imagine how much of that time was already spent arguing, bickering, stressing over absolute bullshit that you could have applied towards more rewarding avenues of action?

All that wasted energy, wasted time, screaming about why ogling what a woman wears is misogynistic. Who gives a fuck? What does it matter, and more importantly, is this conversation worth the negativity and drama you're experiencing? HELL NO! And odds are, NO conversations with women are worth those depressive states.

Not only that, but exiting the conversation, whether mental or physical, keeps the power seated firmly inside your ballsack. YOU'RE the one who decides when shit starts or ends. YOU determine the rules of conversing, and YOU conclude what is worth discussing or not.
The last bastion of power is the willingness to walk away.

• How "Exit" Rewards

Freedom.

And she'll probably come crawling back to you too. Maybe even an apology blowjob.

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**Conclusion**

Women in their happiest, most content state, are pee-pee poo-poo immature children who just want to be cute, adorable, and have fun.

You do not argue with a child.

The only way to win an argument with a woman is to CHANGE HER MOOD - NOT HER MIND.

Women do NOT look to you for explanations - like they are your leader.

Women do NOT look to you for reasoning - like they are your partner.

Women DO look to you for feelings, guidance, and leadership - like they are your follower.

Care for your woman, and you will find they behave similarly to a bubbly child - excited for fun and adventure.

When your baby daughter, young niece, or the baby next door calls you a poopey-face stupid-head, do you...

(Defend) You're not allowed to say that to me! Respect your elders! (Excuse) Besides I'm not one anyways. The real poopy faces live in Denver, so that's why I'm not one. (Explain) Do YOU even know what a poopy face REALLY is? A poopy face is... (Rationalize) I hope you learned your lesson - If someone raised you better, then you'd know not to say mean things to people!

OR DO YOU

(Deflect) No, but you have a poopy face right on your NOSE! (Agree And Amusedly Amplify) Now we both have poopy faces, only mine is bigger, so mine is a better poopy face. (Repeat) No, my poopy face is better. No, mine is better! Nope, you said I'm a poopy face, so mine is better! (Exit)

You wanna be a poopy face too now? Okay fine now you are one, now give daddy and kiss on the cheek and run along to your room.

In a healthy sexual relationship, the submissive feminine women is subordinate to a competent, masculine male.

You, as the man, are the captain of the ship, and she is your trustworthy first-mate.

You were given the responsibility of being the ever knowing, omnipresent manifestation of masculinity, and she is the flowery child, impulsive, curious, emotional, and silly, but most of all, eager for definitive direction from a strong authority figure.

If at any point these roles switch, there will be hell to pay.

Ensure you remain the confident captain of your relationship by remembering to never DEER, and always DARE the woman you're with.
It's not a conspiracy theory. Reddit hates men. Make sure you have an account on forums.red!

1103 upvotes | April 6, 2021 | by redpillschool | Link | Reddit Link

[r/ModSupport] Could you guys do something about harassment subs?

- Rule number one in your content policy states.
  - “Everyone has a right to use Reddit free of harassment, bullying, and threats of violence. Communities and users that incite violence or that promote hate based on identity or vulnerability will be banned.”
  - Yet
  - fragilemaleredditor and fragilewhiteredditor are both like 1/4 harassing people for their immutable characteristics. 2/4 harassing people they don’t like and 1/4 pointing out legitimately sexist people and then treating them like they’re representative of the groups that share similar immutable characteristics with.
  - Twice now I’ve seen screenshots of a sub I moderate featured there. No names crossed out. Nothing. And of course reporting it does shit all.
  - Subs like R/misandry are squatted on by sexists who outright deny misandry exists. Submissions are restricted. The only posts on the sub are a handful of exaggerated, misleading accounts of misandry from sexist users posing as men. R/blatantmisandry is much the same. Set to private with the message “Free speech isn’t just for neckbearded mouth-breathing autistic virgins!”
  - Hell. the "nametheproblem" sub uses the EXACT same rhetoric as white supremacists
  - But I guess you guys are cool with that. And since there’s literally no way for us to bring it up in any meaningful way.
  - I’m bringing it up here.
  - And go ahead. Delete this. Show me and everybody else who will see this that you are allowing hate on your platform.

[—] from redbooo C(A) via /r/ModSupport sent 4 hours ago

Hey again,

I’m sorry to tell you once again, those communities don’t break our content policy. Our rule1 protects groups that are attacked based on a vulnerability, which doesn’t pertain to white people or men as a group.

My best advice for you would be to concentrate on your own communities or other communities that are more inline with your style.

[—] to redbooo C(A) via /r/ModSupport sent just now

Good to know that the reddit admins are fine with hate as long as its directed at the right people.
I animated some RedPill side-bar content. Hypergamy, Shit-Tests, AWALT.

1100 upvotes | October 13, 2015 | by briggs-D | Link | Reddit Link

https://www.youtube.com/watch?v=M8aT6uE3QFs

This is an introduction to Hypergamy, Shit Tests, and AWALT which I found through side-bar content.

I needed to do similar content for one of my side projects and figured I'd go ahead and animate some content from the RedPill sidebar. I'm looking for any feedback and to gauge interest on future videos. My next goal was to do a two part series on the Misandry Bubble and possibly one on Michael's story.

Don't worry. There's no ads and I don't make any $s from the video. Just thought as a long-time lurker (about a year) I'd give back to the community in a way that wasn't, "TIPS ON HOW TO WORKOUT."
The best defense against oneitis is to learn how to love women. Appropriately.

1100 upvotes | September 13, 2018 | by CainPrice | Link | Reddit Link

Summary: The best defense against oneitis isn’t to remind yourself how much women suck or to kill your emotions. It’s to embrace your emotions and learn to actually like women, but like them appropriately.

A chronic problem for men who are not accustomed to having a lot of casual sex is over-investment. Colloquially, this situation is sometimes referred to as “oneitis”. When a man who isn’t usually successful with a woman is suddenly graced with the favor of sex with her, he convinces himself that this woman is special and he is in love. After all, in his universe, she is special. Every other woman on Earth won’t have sex with him, and this one woman will, which makes her special. So his mind begins to play tricks on him and convince him that in addition to the relatively minor fact that this woman chose to have sex with him, this woman is also outstandingly beautiful, kind, loyal, loving, or any other litany of positive traits. He is then surprised and extremely hurt when she doesn’t turn out to be an amazing girlfriend, or sometimes even a girlfriend at all, because in her universe, the fact that the two of them had sex isn’t that big of a deal. Many men desire sex with her. She has sex with many men. The fact that they were having sex was only special to him, not to her.

This tendency to over-invest is one of the reasons men who suck with women do poorly. If a woman is kind to a man who is not accustomed to having a lot of positive interactions with women, his mind will make a very big deal out of this interaction. After all, most women are not kind to him, so the fact that this one woman is being kind must make her special. Because she is special to him, he begins to invest time and attention and emotions and resources into this woman. The very fact that he invests too much too quickly is often what drives women away from him. An inappropriate level of investment that a woman has not earned is creepy. After all, the fact that she was kind to him is not special to her, only to him. Many men are kind to her. She is kind to many men. So in her mind, he is over-investing in her for no reason at all.

It is a deceptively difficult feat for a man that has been mostly unsuccessful with women for his entire life to suddenly stop over-investing. When sex and kindness from women have been extremely scarce for so long, our tendency is to dig in our heels and do whatever we can to keep a woman around, so we never have to go back to a life of sexlessness, unkindness, and loneliness. Obviously, that comes across as desperate, needy, and creepy behavior and can be the very reason we lose women who would otherwise continue to have sex with us and treat us well.

One way to attempt to defeat oneitis before it starts is to remind ourselves that women are
opportunistic, manipulative, slutty, and dishonest. And that all women are like this. No woman is ever ours forever, no matter how we behave or how good-looking we are. It is only our turn until she finds someone else or gets bored. Part of the reason we adopt the “all women are like that” mentality is to help ourselves remain emotionally detached. To avoid feeling “love” for a woman, which is what would naturally occur if a man for whom sex has been scarce his entire life allowed his feelings to take their natural course. But one consequence of constantly reminding ourselves that women are opportunistic, manipulative, slutty, and dishonest is anger. Even hatred. In our effort to remain constantly aware of their negative traits and make sure we never place too much undue trust in a woman, we end up disliking them.

Men who have been having casual sex with women for most of their adult lives don’t hate women. And the slutty women they have sex with don’t hate those men. In fact, these people like each other. You’re supposed to like the people you have sex with. Not marry them, obviously. But like them. Enjoy them. Enjoy their company, their human characteristics, their behaviors. Have fun with them. If sex were solely about the orgasm, we could masturbate and avoid dealing with women entirely. But sex is more than just the orgasm. Sex is all about the involvement of another human. Not just the validation or the sense of power, but also the fun and the human connection. Other humans can be fun. Every woman is unique. While most women share certain traits, obviously, it is fun to recognize the things that one particular woman has in common with most other women, as well as the things that set this one particular woman apart. To enjoy her as a human. To enjoy her company, the way she interacts with you, the way she fucks. To really let yourself like her.

It’s okay to like a woman who’s having sex with you. It’s okay to like a woman who’s kind to you. It’s okay to connect with another human being and enjoy it. It’s okay to let yourself feel things for a woman.

The best defense against oneitis for one particular woman isn’t to become some kind of stoic, aloof asshole who feels nothing for women and simply uses them as friction for his penis. Sure, that leads to orgasms and a sense of power and validation, but not a lot of fun or connections with humans. The best defense isn’t disliking women.

The best defense against oneitis is to allow ourselves to like the women we have sex with. All of them. When you have sex with ten different women and enjoy all of them as humans – the things they have in common, the things that make them unique, the things they do that are fun, and even the things they do that are annoying – then you are truly protected against over-investing in any particular woman. When you can learn to like somebody as a human and a sex partner, but appropriately, as just a human and a sex partner, not only do you avoid over-investment, but you also have better sex and better connections.

Many men complain about the emptiness of casual sex and find it unfulfilling. The fix to that is to have healthy casual relationships and actually connect with partners, enjoy them as humans, like them, and maybe even love them. But to learn to love appropriately, without over-investing. Don’t get married, but learn to love women for what they are and truly connect with them, and the sex is better and more fulfilling. Plus, you don’t chase women off by being too invested. In fact, the lack of over-investment tends to get the women to chase you instead.
Don't fall into the trap of binary thinking, there is such a thing as a middle ground

1099 upvotes | June 5, 2018 | by _BITCHES_LOVE_ME_ | Link | Reddit Link

When we discuss men, women, alpha, beta, nice guys and assholes, this sub tends to speak as if these are diametrically opposed, mutually exclusive binary states. But that's not precisely true and this belief will hold you back and make you unhappy.

I'm not gonna turn this into a post about psychology, but there is research that states that depressed individuals tend to speak more in absolute terms such as always, never, all, none etc. I'm sure you recognize this phenomenon here on TRP, it's even in our motto, AWALT. It's no secret that a lot of the guys on here are unhappy because of their experiences and the state of society today. It's understandable, but do you really want to model your view of the world after someone who is absolutely miserable?

Binary thinking limits you, it makes you miss subtle nuances and it also makes the world you inhabit a miserable black and white place where everyone who is not your friend is your enemy. You should avoid this at all costs. There is a nearly unlimited amount of information and you can only process so much. If you look for the signs that all women are out to get you then you can easily find more than enough information to back up this idea.

Just as you are an individual, so are the people around you, and yes, this includes women. I'm not saying that you should go hunt for a magic unicorn, in fact I think you shouldn't. What I am saying is that you should put a little more effort into understand the people around you, men and women, and your relationships. Don't automatically go to the heuristics and maxims of TRP to explain your experiences. Many people will live up to the stereotypes we throw around here, maybe even most. For some it will be a partial fit, but for some, dare I say it, it will not fit at all.

Furthermore, some of these categories are not always mutually exclusive. For example, alpha and beta; it is possible to provide the assertiveness and raw sexual attraction of an alpha while also providing the caring and providing qualities of the beta in one individual. As an upside, this will confuse women because they won't be able to put a finger on your true nature. You defy all stereotypes, which is immensely intriguing to them.

Just like the 'nice guys', who are obviously both betas and assholes (when they don't get what they want, which they don't, because they are weak), it is possible to be an assertive alpha without also being an asshole. Example: I forbid my girlfriend from eating sugary snacks like ice cream. She thinks this is because she is getting fat (she's not, because I make her eat healthy), and gets upset. Instead of amplifying this and invoking some dread, I assure her that it's because I want her to live a long and healthy life with me, and that I also don't eat ice cream despite working out 6 times a week and not running any risk of becoming fat.

Of course, I care more about her physical shape than her health and longevity. But I don't want to be a manipulative asshole and cause her more psychological anguish than necessary, so I frame my subtle manipulations in a more positive light. I'm still assertive and dominant, and I assure you that she's eating out of the palm of my hands and begging for my dick several times a day, but I don't need to be an asshole to do it. Of course, if she's out of line I will set her straight, but I'm never mean about it because I don't have to be, nor do I want to. She likes that I check her when she's acting out and
that I sometimes tell her what to do, because she knows I am older and wiser than her. She is
attracted to dominance and assertiveness, not cruelty and abuse.

There is a place for the alpha/beta and the nice guy/asshole stereotypes, but they are just that.
Stereotypes. They are heuristics to allow us to quickly make snap judgements and communicate an
archetype that we all instantly recognize in an efficient manner. It's a tool for communication and fast
initial judgements, NOT a complete model for understanding or explaining reality in it's awesome
complexity. Don't fall into the trap of binary thinking, or you and those around you will suffer for it.
In closing, I'm not sure what I should flair this. Leaving the decision to the mods or any suggestions
in the comments.
The Three Rules.

This is my first attempt to discuss Red Pill theory. I'm looking forward to constructive criticism and hopefully this sparks some intelligent discourse and assists some of us who are swallowing the Red Pill for the first time.

TL;DR

There are three rules I attempt to live by. These rules are simple and can be followed by everyone. They are: 1. Depend only on yourself for your happiness. 2. Treat others the way you want to be treated, and 3. Always be comfortable no matter where you are, what you're doing, what you're wearing, or who you're with.

Background

In 1991 I entered my senior year of high school and terminated an on again/off again relationship with a long time girlfriend. It didn't take me long to find the absolute perfect girl. I won't lie. She took my heart in a way no other girl ever has. Unfortunately, I didn't see what was in front of me at the time, and I broke up with her for reasons I don't want to go into and are not currently relevant. Three years later, however, she came back from college and I was able to date her once again. I had about a month with her before she chose someone else. I was quite beta with her, and looking back I believe that was part of the problem, as she chose someone who had not treated her terribly well. She married him and has four beautiful kids.

Depressed, I locked myself into the trailer I was renting on my parents' property while I made a run at college, and did nothing but come out to work. I spoke to no one. One day I decided to write down every sentence I'd said all day and it came to something like 122 words. I even got out my AR15, cleaned it, oiled it, and cycled the action through a twenty round magazine. Carefully, I reloaded it, and put the barrel in my mouth. That was rock bottom. The only way I could possibly have been lower is to have been in a coma with one of the goddamn Kardashians making terminal decisions for me.

This was long before the Red Pill. This was long before MGTOW or Men's Rights was even a thing. All I had was a deep dissatisfaction with my fast food job, lack of prospects for advancement, complete inability to make a worthwhile girl attracted to me, and a feeling that I wanted more from life than living in a trailer on my parents' property and trying to come up with reasons not to put a .50 caliber round through the back of my skull.

Out of this morass of personal pain was born The Rules. I have lived by them for about twenty years now. They had an immediate impact on my life. Within three months of adopting them, I entered a long term relationship with a low CC, very sexy girl just shy of her own graduation from high school. Despite her relative inexperience (I was her third cock, in a time before 'sex positive' was even a thing.), she was the most submissive slut for me that one could imagine. That relationship lasted for more than a year, and it set me on a permanent path to what would eventually lead to The Red Pill. Additionally, at the same time I was beginning this relationship I was offered a better job, with more upward mobility (and stepped from there to the military for even more and for college money). I've published books, coached sports teams, and taught classes for the Armed Forces and in civilian life, and I consider these rules to be the cornerstone of every success I've had.
The Rules.

Rule Number One: Depend only on yourself for your happiness. This first rule is the most important, and also the only one to have the language change significantly. The previous iteration was “Don't depend on other people for your happiness.” While this is effective, I prefer to teach from positive rather than negative statements.

You are the only person that you will be with from this very moment until the day you die, hopefully in a threesome with supermodels. I sincerely hope that each of you reading this requires the services of a master embalmer to get the terminal smile from your faces, and I also believe that this will never happen if you place responsibility for your happiness into the hands of other people.

When I lost that “love of my life” I was depressed because I had not only failed to internalize Abundance Mentality, but I had also placed sole responsibility for my personal feelings of joy and pleasure into the hands of someone who could not handle that load. This is no personal slight to the girl in question; no one will ever be as effective at making you happy as you, yourself, can be. It is actually somewhat unfair to place such a strain on another person.

If we continue to examine closer, we'll find that much of my dissatisfaction with my employment was due to the same feelings of scarcity and internalized “knowledge” that I simply didn't deserve a decent job with a livable wage. I didn't deserve the finer things, like a drop dead gorgeous girlfriend who turned heads when she came into the room and begged for anal because she knew I enjoyed it. I was living with a scarcity mentality, and one of the side effects of such a mental block is that you feel like everyone else has control of your happiness.

This is not the case! William Ernest Henley said it best:

It matters not how strait the gate/
or charged with punishments the scroll.
I am the captain of my fate.
I am the master of my soul.

I first read these lines in Piers Anthony's book, On a Pale Horse, and they have become an important part of my daily meditation. I urge you to consider their meaning as well.

Rule Number Two: Treat others as you wish to be treated

Ah! The Golden Rule. The one rule that all religions are supposed to have and yet the one so infrequently followed. This rule is the lifeblood of The Red Pill. I can't speak for the moderators here, or the individual who started this subreddit, but I have a sneaking suspicion that part of why they did it was a sincere desire to help others because they probably wish they'd had a resource like this to lean on and learn from when they were trying to take their lives back. I look at the hundreds of thousands of words written by notable contributors such as /u/GayLubeOil, Rollo Tomassi and others, most of whom make little or no profit from the hard work they put in to drag their brothers from the sticky mud of failure and depression.

Why do so? Why put forth the enormous effort of putting pen to paper? Why risk the potential outing and harassment at the hands of feminists and their white knight followers?

The answer is complex and probably different for each one of them, and yet I find that one thing remains constant throughout this subreddit: a powerful and altruistic desire to improve others. It is almost as if the men who have reached the top of the mountain have looked back and said to
themselves, “I would like my brothers here with me.”

Treating others as you wish to be treated doesn't mean being a pushover. I am kind and compassionate. I have spoken before that most of my life has been spent learning some form or other of self-defense system. I defend others. I treat the people around me with respect. However, and some have noted here that unsourced statements, inaccuracies, or fabrications are met with quick and decisive catcalls. The hidden side of this is that this is how I desire to be treated! If I am wrong, prove it to me and I will retract my statements. If I am right, acknowledge and we will move on together.

There is a well-known aspect of game theory called the *Prisoner's Dilemma*. The general gist of the game is that a prisoner who gives information about a fellow prisoner receives a reward while his compadre is punished. If both prisoners give information they are both punished. If neither gives information, they will be neither rewarded nor punished. Each of these decision frames is one set, and a game may be any number of sets.

One of the more effective ways to be successful in the game is to use the “Tit for Tat” method, also called the “Tough but Fair” approach. To explain it simply, “An agent using this strategy will first cooperate, then subsequently replicate an opponent's previous action. If the opponent previously was cooperative, the agent is cooperative; if not, the agent is not” (Wikipedia).”

In practical, day-to-day form, Tough but Fair works perfectly with the philosophy of treating others as you desire to be treated. I greet everyone warmly. I make eye contact and smile to those I meet. I shake hands firmly. I trust-- but verify-- those who are unknown to me. In short, I give everyone a chance to prove they are worthy of respect. It is only those who demonstrate they are unworthy that incur my wrath, and only until they redeem themselves! (This philosophy works well in self-defense, I might add, since it limits the amount of force needed to establish a victory condition and reduces the overkill that can get you prosecuted for excessive use of force.) The moment an adversary alters his stance from disrespectful or contemptuous back to reasonable and respectable, my stance alters as well, returning to the respectful person I prefer to be.

And finally, we reach Rule Number Three: *Always be comfortable no matter where you are, what you're doing, what you're wearing, or who you're with.*

After ingesting the Red Pill, I would probably alter this to “hold your frame.” However, you should bear in mind that these rules were scribed some twenty years prior to my discovery of The Red Pill. It began with simply being comfortable in any situation. I noticed that I was closing myself off from my friends and family, locking myself away in my trailer, because I was unsure and uncomfortable in social settings. I am a “shell introvert” or “outgoing introvert”, which is essentially an introvert who seems to be an extrovert. Because of this, a curmudgeonly lifestyle becomes inertial. First, you stay home because you don't feel like going out, even though when you finally do go somewhere, you enjoy the company of people and you enjoy making them laugh and being a part of their joy of life. Then, because you're used to staying at home, it becomes harder and harder to leave for social activities.

Particularly after joining the Armed Forces in 1997, I realized that the travel I was required to perform put me in prime position to gather “ports.” (In another thread we have been discussing this term. A “port” is simply a long distance plate you see only when you travel to her area.) However, my natural inclination to refrain from social contact unless necessary caused problems. I was forced to add to my rules, deciding once and for all that comfort was a state of mind, not a condition of
reality.

In the book *Starship Troopers* by Robert Heinlein, a History and Moral Philosophy teacher ridicules the three inalienable rights of the American Constitution. While I cannot agree with all of his points, there is one that bears repeating:

"The third 'right' -- the 'pursuit of happiness'? It is indeed unalienable but it is not a right; it is simply a universal condition which tyrants cannot take away nor patriots restore. Cast me into a dungeon, burn me at the stake, crown me king of kings, I can 'pursue happiness' as long as my brain lives -- but neither gods nor saints, wise men nor subtle drugs, can insure that I will catch it."

So too, with comfort. Comfort is itself a universal condition that cannot be removed from the man who forces it upon himself. The man who enters a bar as if he owns the place, does so for that moment. The man who comfortably and warmly greets a subordinate will gain his allegiance. The man who comfortably works with those placed above him by appointment or ability will gain their respect. Comfort is about more than wearing a certain fit of clothing. It is about wearing an event or a room with equal facility. It is about the recognition that all eyes may be upon you and that is okay because you deserve to be seen!

I find that many of those who are uncomfortable in certain social situations are so inclined out of a deep seated belief that mirrors where I was when my long ago “One” walked away. They feel they don't deserve the spotlight or admiration of others. They feel they didn't earn the respect they desire, and as a result, it makes them uncomfortable to receive it.

No! I sit here now at a desk where my grandfather, the most Red Pill Alpha I've ever known, once sat, and I tell you that you do deserve the recognition for the hard work you do. You deserve the spotlight and the admiration of others. You damn well deserve it because you have worked for it.

Accept it and own it. Be comfortable in it.

**Summary** Depend upon yourself for happiness. Treat others as you wish to be treated. Always be comfortable no matter where you are, what you're doing, what you're wearing, or who you're with. I hold these truths not to be self-evident, but buried within us all. They are practical, easy to follow, and constructive. They allow for simple self-reflection: *Why did I fail to gain a number close?* Because I was depending on her to make me happy (i.e: respond favorably to my approach) instead of seeking my own happiness from within (i.e: maintaining abundance mentality).

I hope they serve you well.

EDIT: Credit to u/baleet for correcting the text of *Invictus*. My quoted source was incorrect. Thank you!
You know we see this tired argument trotted out time and time again, each time bringing us no closer to an answer on school shootings.

It's the guns that are at fault! No, mental illness! Clearly parenting is at fault! No, it's video games! Surely something can and should be done!

Of course the problem will never truly be addressed because the nature of our fem-centric society forbids looking behind the curtain and makes the general populace completely blind to the nature of the shootings. To make it worse, the common thread is right there for you to pull but it's all-but-invisible unless you shed your blue-pill conditioning.

It's always curious to me when society as a whole throws up its hands and declares they do not know what causes senseless crimes such as these and pretends there are no common factors or identifiers that can be seen. It's similar to Scott Adam's analogy, that we're watching two different movies on the same screen. They see random acts of violence that have no cause, no trigger, and therefore no way to stop it other than removing freedoms from all citizens, lest any one of us suddenly become as randomly angry as the last guy was. Watching the conversation unfold, it's as though the gun control nuts themselves aren't sure if they might become a school shooter, so the safe bet is to get rid of all guns!

But I digress, this is not a topic about gun control or medicating children. This is about the REAL cause of school shootings.

There is a common identifier that may clue you in to the nature of school shootings. And it's not hard to see. It is done entirely by male students who have been ostracized and have no sense of belonging... and they don't have girlfriends. They are, by all accounts losers.

It should be painfully obvious to anybody here what's happening but I'll spell it out.

Men only go to extremes like this when they are exceptionally desperate. It's the reason why young sexless virgins are easily recruited into terrorist organizations with promises of sex with virgins when they die. It's the reason why you don't see Chad from the football team that gets his knob slobbered on by a different cheerleader each night stocking up on guns to teach other students a lesson.

**Why are these boys so upset?**

Factor number one is probably poor social skills, perhaps no father figure to teach them. Couple that with some level of autism or physical malady, or maybe just an ugly face. They get shunned by the popular kids and girls, forever hopeless and forever alone.

Of course at that age you don't exactly have a roadmap to direct you where to go. Many of us relied on fathers to explain to us what matters in life and how to navigate social hurdles. But in today's culture of unbridled hypergamy, there are record amounts of public and direct hatred and lack of sympathy for male losers. It's not that women fail to understand the male plight, it's that they openly mock it. Meanwhile mainstream media does its best to delegitimize the actual issues these boys face.

Elliot Rodger comes to mind when looking at the full picture. A sexless autistic kid desperate for female attention but with zero understanding and know-how to make it a reality. So angry he was that the Disney fairytale of "be a nice guy" didn't work that he lamented both the popular kids as well as
pick up artists who claim to have the secret, as neither fit into his narrow world-view. Of course, when the evidence doesn't match your belief, some might consider re-examining their beliefs. But you throw in a case of autism, raging hormones, and lack of father figures and you might just have a ticking time bomb on your hands instead.

Gunning to ignore the male plight, the mainstream news painted him as a red-pill misogynist, reporting that he murdered girls because he hated them so much. Of course, the news downplayed the fact that he killed more men than women, or that he did so because of jealousy and rage that they should be so lucky to experience female validation that he so desperately craved. No, this was simply misogyny at play, nothing more, nothing less. No mention that he hated pickup and red pill. He was a member at PUAHate, a site dedicated to disagreeing with us.

The collective response was "no wonder women didn't like him, what a loser!" This was the country, banding together under the banner of the fempire, sticking out their collective tongues and doubling down on their open disgust of males and their stupid vulnerabilities and needs. A response so tone deaf that I'm surprised some women didn't simply load his weapons for him.

Now, at TRP we preach personal responsibility, and I'm absolutely not saying these boys are not at fault for what they do. I'm a strong believer in personal responsibility. But that doesn't mean you can't identify trends. And a trend school shootings have become.

Do mental illnesses play into the outcomes? For sure they do. But you don't see every emotionally disturbed teen shooting up a school. You don't see teens with girlfriends doing so either.

The real reason for school shootings is because boys have been raised as the enemy by a society that hates maleness. These boys never learn how to become men from role models that don't exist, and fathers who have either given up or have legally been told to stay away.

And I don't see this trend of extremism changing until our culture changes its attitude towards men and boys. But the femtrain is a strong force and I don't see it slowing down, so I won't hold my breath. But if anybody wants the real reason to the meaningless murders, you don't have to look any further.

As for prevention, here's an idea- an inoculation against school shootings if you will. Get the cheerleading team together and simply give blowjobs to the losers in your class. Do it once a year, and finally once again at graduation. Though I jest in suggesting this, I would put my life savings on a prediction that student bodies that participated in this would have a 0% school shooting rate. As impossible as this sort of policy would be, it would completely solve the question that all those experts haven't been able to answer.

And it should shed some light on the male condition. Even a blowjob from somebody who barely tolerates your existence, and the promise of a future one would be enough to change the mind of a would-be mass murderer. Hell, downgrade blow job to simply hand holding and I bet you'd get similar results. Fuck- a phone call now and again would probably be it for 90% of these guys.

Hell, a guy in the desert would drink piss.
"Hi, Can I practice flirting with you for 10 minutes? I'm following this online guide on how to pick up chicks."

1096 upvotes | September 21, 2018 | by We_Are_Legion | Link | Reddit Link

Hi, I'd like to begin by saying I wasn't always the handsome sex-god you see before you.

I know... I know... As hard as it may be to believe, there was a time when I too was quite the Nice Guy. (<<< I'm told this is the standard way to open a guide on game.) In recent weeks discussions of game on TRP/askTRP where people asked "what do I say here" somewhat reminded me of the Nice Guy part of my life and I'd like to share some wisdom I gained which helped me escape that, for the benefit of men here, who are still wasting their time thinking rather than acting on the answer they already have.

Why the title?

The title of this post is a line that helped me understand the difference between these two states, and helped me stop searching for what to say. I said it while opening conversation with the hottest girl I could find in a large cafe, at the beginning of my RP journey. At the time, I was not fit nor muscular. Not handsome. Certainly not rich. But that day, I got my first genuinely cute girlfriend. And it seemed I could do no wrong. I have only gotten better in the years since, getting dozens of different women in 11 countries until my current gf today. I've said things that led to success that in mixed company might be considered really outrageous ("That bikini looks distractingly delicate. Can I pull on it?" and then she said yes, and I pulled on it, and it opened, and she laughed.) or really needy and tame ("I like you. I also need money for food. Please date me.").

The Meaning of Inner Game

To be clear, I don't want you to copy the line in the title. There is nothing magical about it. Its only the mindset behind it that is rare.

Let me ask you… if I subtracted all of your fears, (of rejection, failure and success alike)... what would you say to women?

The truth perhaps? Whatever you would say, congratulations, you are saying it in the mindset of a high status man. One not encumbered with a lifetime of anxiety and feelings of worthlessness that naturally accompanies being a bottom 80% man... at the bottom of the... dare I say... dominance hierarchy (don't ban me pls redpillschool). I imagine you would finally tell women and the world what you're really thinking.

The meaning of Inner Game is displaying your intentions, desires, interests, thoughts, and feelings without fear, and staying true to them no matter what (this second part is how I came to understand frame control). Remember this great way to visualize this: If you minus your fears and assume that women are not playing games, and that they will do all the ungodly things you want them to... if you assume you are a high status man with nothing to fear... and that nothing you say could be awkward or stupid... what would you say?

[This post was inspired by an answer I wrote on this thread where the OP debated the merits and demerits of conveying interest to a woman directly or indirectly]
Direct and Indirect isn't the differentiator for success, both can work. The real differentiator is...

**Being true to your intentions. Fearlessly congruent.**

If you truly in that present moment just want to tear her clothes off and have sex with HER right then, and you honestly can't contain yourself, then yeah, sure, ask her to have sex with you. And watch how it flows out when its honest, *it'll just feel right.* And from her end, it is **always** going to be very attractive. She might say yes, or no. But staying honest and saying what you're REALLY thinking is going to be attractive. The reasoning is that not only are you a seriously impressive dude for having the guts to put your balls on the chopping block, but the way you will do it when you've stopped thinking and just started honestly acting on your inner being, is just infectious. Its going to be **new, exciting, fun** and just something she wants to be a part of.

She might still say no, to be sure. But in my experience, 9 out of 10 women will still revel in the attention of such a man. They will keep that conversation going as long as they can. They will laugh, blush, feign shock and outrage but will always remain intensely engaged with the idea of talking to you.

Of course, you will still not eliminate rejection from your life in doing this...

Even still...

**This is still the superior way to act. Why?**

- 1) It prevents wasting time.
- 2) When you're acting according to your true intentions in that very second, you are **always** going to have fun, **by definition.**
- 3) All women are attracted to this sort of behaviour. They may not always rationally like what you've just said or done but you can tell via tone of voice, body language, expressions, that she's intrigued and attracted.
- 4) **It prevents her manipulating you.**
- 5) It automatically passes you in all congruence tests.

Number 4 is the true game-changer though.

**Inner Game prevents you from being manipulated**

When I approach women while fearlessly displaying my intentions clearly and honestly, it prevents anyway for her to manipulate me. How? Manipulation is a two-way street. When I try to be a gentleman and become friends with her first before stating my interest, or even if I'm more forward than that, and say to her "Can I buy you a drink?" I am creating a covert contract of sorts. I don't want to buy her a drink. I don't want to be her friend. I actually want to talk and flirt with her, I'm just hoping to manipulate her chance of reciprocating by the promise of a drink or first maintaining a long friendship. Women are masters of manipulation and usually subconsciously, they realize what you're doing and use it as leverage over you. They realize that they're in control. And they use it to waste your time and shit-test you because they know that you're invested in them staying around.
So, instead of saying "Can I buy you a drink?", follow your intention, whatever it is. This is something only you can tell, and it requires present moment awareness. Lets say, my intention is to practice my approach game. In this case, I would literally go up to her and say "Hi, can I practice flirting with you for 10 seconds? I'm following this guide online on how to pick up chicks."

It will work. Trust me. As long as you're true to and self-assured of your intentions, your behaviour will be attractive no matter what you say. And there is no way she can manipulate you based off of that. Its just so straight-forward. No wiggle room for her to operate. You will get what you're truly seeking or you won't.

**What they mean when they say Rejection is a Good Thing**

Even if you don't get what you want... even in that case, why worry? What's the worst she could say? "No"? So what. You saved your time from someone who was never going to fulfill your intentions anyway and you had fun. On to the next item in your intentions. If I'm really rooted in present moment awareness, I might perceive I want to keep playing. So I might say, "OK, so its a no. But can I practice my negotiation tactics with you instead?".

I realize many of you even reading that line will experience fear of awkwardness: "this will never work" "it needs to be more clever" "it needs to be less clever" "women have blown me off for much less". You have not yet seen the world from the eyes of a man with frame. Nothing will redpill you more than the night and day difference in how women behave in front of a dominant man they like vs someone else.

Most of the time, you'll get intense engagement with the woman you connect with, both while you're there and promises to meet up in future (which they actually look forward to and are much easier to arrange because you never think "Must wait 3.4584 days to call her. Must write 0.45x the number of words as she does and 0.33x the number of "I love you's". Instead, you are always acting and speaking according to what you want. You don't even consider whether your formulas are OK or not.) In my experience, even women who aren't interested in sex or dating, even they'll still go along with you because your behaviour is so fun. In which case, just enjoy the present moment.

If she's the type who's persistently bitchy (which can happen), that behaviour will just naturally put you off (if it doesn't, your self-respect is a bigger problem), and following your intentions will lead you to next her like you wouldn't believe (like you're a millionaire rapper or something. It just flows out when you're genuinely not interested anymore)... rather than the teary breakups us Nice Guys are used to. "Onto other better, more promising prospects", you'll instead think.

What's more, you will never feel bad about her turning away because when a woman turns your true intentions down rather than wastes your underground tunnel-like efforts on manipulation, there will be no resentment. You will know that you weren't compatible on a deep level and it will genuinely be a mutual and amicable parting. It never feels like regret. Nor does it feel like rejection. Its a genuinely satisfied feeling, of you having fulfilled your intentions. And over time, as you expose more and more of your repressed feelings, desires, thoughts, interests, behaviours to the light of day... you'll naturally learn more about yourself and how to best make yourself happy. And find women who fit best with that.

As you make acting according to your god-given male sexual instincts a habit, you'll find yourself connecting with women you didn't even realize you were flirting with. There are more hot women in
your city than you know what to do with.

**Naturally strong frame**

I almost forgot to mention, being fearlessly true to your intentions automatically passes you in the most common form of shit-tests a woman will give a man approaching her; the congruence test. Since you're already acting according to your intentions, and have already overcome your fear in order to do so, that's easy. You are already congruent.

Men who are fearful often fall into women's frame because they have no frame of their own. There is no real meaning or substance in their words as they're often just saying what might get them laid. So its easy to distract them. High value men's words are genuinely rooted in their intentions, which they're invested in, they naturally won't get distracted.

**Why does this work?**

Just like a woman naturally grows an attractive body and naturally knows girl game, you also know male game. Right now, this very minute. You don't need to learn someone else's routine. Just unleash what instincts you already have. *Your instincts know how to flirt better than your rational, egoic mind.* Though I've phrased it as "say your intentions honestly", I do think that is just a gateway to learning to unleash your naturally attractive masculine sexual behaviour and impulses over time. Why doesn't this happen more often? It does. A lot of the times you clicked with women, this was happening. Your healthy male sexuality. For most of us, fear and socialization creates a huge ego and prevents it. For me personally, fear from a life-time of bullying and other family troubles removed any confidence to assert my real desires.

I also don't think male sexual behaviour is encouraged in civilized society in the same way as low-risk female sexual behaviour. But trust me, you were born with those instincts just like women were. It's just that not every man can actually act on those high-risk instincts. Fear inhibits vulnerable behaviour. There may be evolutionary reasons, I don't really know.

As Mark Manson wrote in his book 'Models' (paraphrased) women can smell your intentions. As long as your intentions are alright, the rest will follow, including the honest vulnerability that women find attractive.

**Assumptions**

Do pay attention to the things that create your fearful behaviours, which is wrong assumptions and terribly negative self-talk. Just stop self-talk altogether if possible. Don't think about past or future, only present. Do not assume women are playing games. Don't assume women will say no. The key is present moment awareness, and just observing what you want to do and naturally allowing yourself to do it. Don't think about whether something is weak or OK or not. Get to making mistakes. You will hone that over time. Its very important to start.

One key thing to stop doing is to analyze women's words. Fearful men only react to interest women show, rather than act on their own interest. In order to judge if a woman's interested or not, they constantly try to rationally analyse or see meaning in women's words. There is none. For her, words
are a fluid trap. The same set of words can be turned into an innuendo by a high-status man and she'll go along with it, (in the comments I told the story of a woman who called me "like her big brother". I used this to kiss her on the cheeks. Later on, she went along with it, and had me pick her up and "take her home") OR turned into a clear display of disinterest to a Nice Guy, and she'll be astonished he didn't get the hint. (speaking generally ofc)

**Further reading**

Acting is always better than reading, but if you want, here are some recommendations. What I learned is all from men greater than me.

**The Book of Pook** (Pook is a great example of a guy who unleashed game from within, i.e. game he already knew. In the book, Pook claims to help you unleash a "Promethean fire inside you" which greatly resonated with me)

**The Power of Now** (this book is about present moment awareness. it's message of letting go of ego greatly strengthened my frame, This book is truly a key in making this practically happen in the real world. It helped me understand my inner state, as well as manage my fears)

**One Key Step to Not Giving a Fuck** (My favourite TRP sidebar post, all about letting go of ego, which is the source of fear)

**How to get laid like a warlord** (The all-time top TRP post. Very Good and somewhat similar concept, though wildly different approach. I also agree that tests are good for you, but I don't think you especially need to work hard to pass them. A good response to a shit-test is to dismiss her authority to test you in the first place which comes naturally when you're not fearful.)

**No More Mr Nice Guy** (all about unlearning Nice Guy tendencies, which is basically just repressing your desires and creating covert contracts)

**Starting Strength** (There is no alternative to lifting. Lifting somehow naturally unleashes your natural male behaviours. It moulds your attitude into fearless behaviours very effectively)

**Mind Illuminated: A Complete Meditation Guide** (meditation helps. A year-long practice will do wonders for your sense of peace, happiness and ability to remain a master of your reactions.)
“I have no purpose, no job, no friends, am a 25 y-o virgin, play videos games and masturbate compulsively. What should I do?”

1096 upvotes | February 8, 2020 | by Malvorado | Link | Reddit Link

We see those pop up once a few times every day. Enters a guy, with nothing to live nor stand for, who after stumbling upon TRP, sees a glimmer of hope appear at the top left corner of his endless array of darkness. For the first time in their lives, they acknowledge this opportunity. This chance that, with no fear of judgment of others guessing who he is, he can get this massive rant of himself off his chest to a community that seems to be able to empathize with him.

He presents himself, *inserts the glory days of high school* before asking TRP how to get himself out of his shithole.

And lo and behold! He gets presented with some solutions.

Only, *those solutions don’t apply to him.*


He rationalizes every single suggestion away, believing he’s some special kind of snowflake, before taking his cock out and starting to furiously jerk to pictures of his high school crush. That glimmer of light seemed nice in theory, but he decided to look the other way.

*Sigh.*

Let’s establish one fact. You’re not special. Not your ethnicity, not your height, not even your experiences. You don’t deserve special treatment, regardless of your circumstances. More importantly, you don’t deserve our sympathy nor our respect.

And no, this ain’t personal. No one knows you here. All we know is that you’ve been a lazy fuck delaying your problems to the point where, for a split moment, even your own indifferent mind couldn’t handle it anymore. You’ve been living your life with the wrong mindset and approaching your issues from the wrong perspective. You're specifically asking because you greatly lack something within yourself.

Either admit it or get the fuck out.

We’re on the same page now? Okay, I’m going to use whatever’s left of your attention span to give you a crash course on the rationale behind our “out-of-your-paycheck” questions:

**Foods & Glutes**

*You must keep yourself healthy.* Your body is most the immediate component you have control over. While applying for a job and getting an interview might still end in you getting your application rejected, every single food you eat and every single rep you do at the gym has a *direct* contribution to your health. The difference is there, whether you notice it or not. And it compounds. In your current shithole where you don’t have any control of your life besides your orgasms, you’ll feel a significant
bliss of seeing for yourself that you CAN have control over more than just the menial things in your life. If you don’t see any results after a 3-month period of doing this consistently, then you can personally come tell me that I spewed bullshit. See you never.

The Books

The world can be categorized through two perspectives: a place of meaning and a place of things. Mindless religious bigots will see the world through the 1st lens while scientists who publish endless studies must present them through the 2nd lens. Optimally, a wise person will correctly assess the things within his environment to derive meaning, and to act accordingly.

Your life has no meaning, and on top of that, you don’t understand shit. But the more your read, the more you will understand what is. Asktrp increasingly harbors a cesspool of faggots who don’t understand or can’t accept what factually is. That’s because they don’t read. For starters, here’s a neat list of books I highly recommend: TRM – by Tomassi, TSAONGAF – by Manson, NMMNG – by Glover, and EIF – by Manson. Dishing out $50 is certainly worth the knowledge these books can bring.

Oh and sidebar.

GTFO

Get a job flipping burgers. Attend a conference on veganism. Whatever it may be, just get out of your home. There’s an unspoken effect of “coupling” things that lead to undesired outcomes.

What this means is: circumstances and desire are a delinquent duo. In this case, I’m talking about staying home and wanting to jack off. If you’re in front of your computer, and suddenly have an impulse to jerk off for the 5th time today, you’ll be able to access porn and fuck your hand in a matter of milliseconds. This same concept applies to consumers who walk into a shop and “impulsively” buy shit. Or that guy who shoots another on whim during an argument because he had a gun in his back pocket. Or even bitches who go to the club and “let shit happen”.

By removing the circumstance, aka getting out of the house, you remove one of the two main factors leading to plausibly deniable actions.

“Victims” of plausible deniability are simply little bitches who can’t take responsibility.

So, are you going to stay the little bitch you are while thinking you’re entitled to billionaires’ tax money, believing it will solve anything? Or do you want the Title’s labels wiped off of you through a display of your own strength?
Don't do easy dopamines
1095 upvotes | June 17, 2018 | by M_Hamza | Link | Reddit Link

This topic has been posted to death, but it worth it
What is dopamine? It's a neurotransmitter used to reward your good behavior (IDGAF about its other uses now).
Imagine a caveman wandering around all day for food and finally hunted a beast, his body will experience a dopamine rush rewarding him happy for his hard work.
His brain also register what he just did in 'fruitful work' category so he will do this again & again.
So what you do?
You play games, you watch porn, listen to music, drink, eat junk food ...Why? So you can get a dopamine rush that the poor caveman spend all the day working hard to get(let alone risking his life). You're stealing his hard work.
So should we care about a now-dead caveman?
No, but listen, when you did these things you instantly reward yourself for doing almost nothing (easy dopamine), so now you don’t need to work hard to get anywhere in your life. It's all here, a click away from you, why bother?!
Why ask that girl out when I can watch perfectbody girls on porn sites, or just tease some on social media.
Why invest in yourself or go to gym/ build social skills when you can dress like the world CEO in GTA
Remember the brain is not good at differentiating between real and virtual.
And that's when all started to fuck up.
We have no motivation to do right things that get you somewhere in real life, you feel down all the time, actually activities that were once interesting and engaging are now lame and dull because you are now desensitized, it's the reason why addicts crave more ‘easy dopamines’, even these become not enough to get the thrill, so they crave more intense forms of it.
Can you live with only easy dopamine? Yes you can, but unless this is your role model, it’s not the best idea.
What can you do?
Don’t escape. Fix your current situation and do something now (even the slightest) on the path to what you really want to be in life, don’t go the easy short term way, always choose what benefits you in the long term.
Go a week free from all these artificial pleasures, replace them with productive activities, want to play game? read a book instead. want to go on social media? Go out and socialize instead. Try to force yourself on this for a couple of days, with no “easy dopamine” at all, I promise, your brain will reset its natural state, you become more social, confident, basically you get reward doing what you find hard and tedious now.
Try to make the boring work rewarding by any means, look, willpower is not enough, yet. At least it’s not for one whose entire life revolves around ‘EDs', you still need dopamine anyway, so let’s take
studying as example, you can make it more rewarding by making flashcards, you turn them to find that your answer is right => feel rewarded, or by explaining what you just studied to friend or family, they understand it => you feel rewarded, you make a to-do list and physically check every item you finish => you get rewarded => your brain is happy. It’s just a hack to trick your brain to release that necessary chemical to make you love and continue the work. You get the idea, apply it on every aspect of your life you want to develop. After a while, your brain needs no hacks anymore, it gets used to the work.

Want to show how science proved what I said, but just trust me.
Men learn from their mistakes. Wise men learn from the mistakes of others. Here's my biggest mistakes, hopefully you can avoid them.

I'm grateful for the internet to be able to share knowledge like this to men all around the world. Let's begin.

Women

u/VasiliyZaitzev said it best: Think horizontally, not vertically.

I was always a vertical thinker. I'd get a crush on a girl and obsess over her, literally thinking about her day and night, cuddling my pillow thinking about her lol.

Do you think that got me the girl?

When I started implementing this advice and spreading my attention out to many different women at once, I learnt that for men it's always a numbers game.

If you're not putting yourself out there in front of 5+ girls at once, you're on a dangerous path to short-term oneitis.

It was a hard pill to swallow but lets be honest...

Girls are the masters at this.

It's almost like they don't even realise they are doing it, but glance over at her whilst she goes onto any social media and you'll see an entire screen of unopened messages from guys.

When I started speaking to more girls at once I felt like I was way more desired. And as soon as it didn't work out with one, no worries, I have another couple that I'm interested in.

Women distracting me from my mission was a big mistake, but it's not their fault.

It's mine.

I'd get the girl and then get comfortable.

"No need to be shredded anymore right?" I'd think whilst eating junk food with her.

"Going out clubbing and pulling girls isn't that fun anymore" Whilst we'd stay in and watch shitty movies all night.

It took me far too long to realise that overinvesting your time in her actually makes her less attracted to you and of course, you worsen things for your Future Self.

And here's the thing... If you're spending all your time with her, you're obviously doing things that normal girls do. Which usually means staying in, eating junk, watching shit on the tv and scrolling through your phone.

Not sexualising her was a big mistake that I made. I stopped making this mistake and this one change alone started my casual sex lifestyle.
Guess who she's having sex with? The guy who sexualises her.
And so I'd believe that good girl stereotype and frame the girl in that way. Obviously that didn't work. I thank the red pill and all the posters and commenters who normalized this new mindset.
It's literally common sense - If you want to have sex with a woman, act like it. Stop speaking to her like she's your friend, dumbass.

Finally the big mistake I've made with women is not walking away when the time was right. I've always been pretty bad at rejecting others. With every girl I dated, there was a point where I knew that it would be best to end things. But I didn't act on that. I stayed with her, perhaps out of scarcity, perhaps out of the fear of that breakup feeling that hurts.
I wasted years of life like this. Please do not make this mistake. When you know it's time, take action and leave. There is going to be a Day 1 of moving on. Day 1 could be today, or it could be in 9 months from now. Don't make your Future Self go through that shit just because you don't want to experience the breakup today.

Drugs
I began smoking weed everyday at the start of 2019 and didn't stop until May 2020. What a waste of time. Looking back I'm grateful for this because I've been able to learn from it and help others in the same situation. But the amount of negative thoughts I went through, feeling like a loser, binge eating when I had the munchies and ruining my physique... It's a dangerous drug that slowly fucks your life and worse of all weed is deemed as a very safe, no consequences drug. It's so widely available.
B-b-b-b-but I know this one guy who's ultra productive and makes $20,000 per month and he smokes all the time!!!
Shut up dumbass
When you smoke weed you're taking your Future Self's fulfilment for your instant gratification. A terrible investment.
If you're reading this right now and thinking "Fuck this guys talking about me, I think weed's ruining my life" The best advice is that you have to completely change your environment. Trying to make a significant change in your life without changing your environment will likely not result in any positive changes and you'll just get fed up. Your environment and especially who you spend time with is influencing your smoking habits. Make drastic changes if you want drastic results.

I've done some stupid, risky shit on drugs. I almost got sent to a Croatian prison lol.

Video games
I spent thousands of hours levelling up in the virtual world, even making money in the virtual world. It's insane that I didn't invest that time in real life. Real life achievements feel 100x better than anything in a game, it's just that it's uncomfortable to delay gratification. It's tough to work hard in real life because you feel the burn of the muscle soreness, or the fatigue of your fried brain cells after working on your business. But avoiding this discomfort is the plague for young men.
Video games manipulate men. They simulate the same kind of achievements, brotherhood and ranks
that we wish to acquire in real life.

Video games are insanely similar to drugs. You build up a tolerance. You literally get withdrawal symptoms. Your friends who share the substance with you are not really your friends - As soon as the substance is gone, they aren't around.

When you quit video games you barely speak to the same people anymore, just like when you quit the drug you used to take together.

When I quit video games I became instantly more lonely. There's a transition period where you really have to grind in real life to make it worth it. All the time you spent levelling up in video games made real life worse. Now you must endure the trials and tribulations of facing your lack of success IRL without the comfort of being behind a screen. It's worth it.

**Health**

I'm a dumbass.

I listened to the advice the fitness Youtubers kept giving me - "All calories are the same bro just eat whatever you want, as long as you're at the right calories you're ok!"

And so I ate junk food everyday. I binge ate very often.

But when you're getting most of your calories from processed junk you're messing up your health and you won't feel it until it's too late.

Your lifts in the gym won't progress as much when you're eating for pleasure compared to eating for nutrition.

One of the best changes I ever made was eating for nutrition. I haven't binge ate in over 9 months which is a unreal achievement for me.

My mental health was always pretty bad. I've had anxiety for a long time without even knowing. It was such a suboptimal way to live.

Eventually I did something great - I sat down and researched my mental health symptoms. Now I knew what I was dealing with. Then I learnt how to reduce anxiety - Mostly meditation. And so I started meditating every day since May 2020. I've missed just a handful of days from then, my anxiety has dropped considerably and my happiness has skyrocketed.

I hope you boys can avoid the mistakes I made.

If you would prefer to watch rather than read, here's a 50+ minute video of me explaining all these mistakes and a few more about money and self improvement (as well as telling you the Croatia drug story). Watch with this link now: [https://youtu.be/sJ_EnQVEeIc](https://youtu.be/sJ_EnQVEeIc)
This goes for anyone visiting us because of this bullshit of an article. Ask yourselves "why am I here?" In my opinion it's because the author is either an idiot, or outright lied to you. I'm leaning towards the latter because everyone knows the men's rights subreddit is over here --> /r/MensRights

My thinking is that the author committed what's known as Yellow Journalism and tried to write a hit piece on the men's rights movement. This isn't the first time this has happened pointing to TRP and holding it up as something it's not. Now in all fairness we do have our own threads on the subject now and then, which can be searched on by the "men's rights" flair.

If you wish to post in this subreddit, first you must have an account in good standing that's been around for a while, so no non-attributable throwaway accounts, and you must first read the sidebar, which I've made a guided tour of for newbies who want to know what we're really about.

We thank you for boosting our traffic and adding to our readership, but post in good faith or you will be banned. This is your one and final warning to behave.
It's been a crazy past two months for me. I have been busier than ever, balancing making money and having a healthy personal life. I had a very enlightening experience some time back, and whilst it's taken me longer than I thought it would to find enough time to sit down and share it here, I also think the amount of removal has granted me an additional bit of insight. So, here it is.

I've been doing a lot of consultancy work lately, as part of padding my income. It is actually in line with my degree, and has been more enjoyable than I thought it would be. I was consulting for one throughout April, which meant working at their offices. Now, I follow one of TRP's basic tenets, which is to never dip my pen in the company ink, even if the company just happens to be a temporary one. I have been making a consistent effort to widen my network and good relations, so any potential disturbance in the form of a bitter lover is the last thing I need.

April is, of course, where Easter falls, which means valuable days lost to a bank holiday. With this in mind, I spent the first half of the month busting my ass to try and get as much work done to ameliorate the days that would be lost to the holiday. The organisation I was consulting for of course recognised this as well, and decided to hire temporary support staff to oil the process along. This is where the fun began.

They hired two additional consultants to help with the work. One of them was a girl I went to varsity with, and had had a fling with before I met my current LTR. We had simply fallen out of contact, though we had hooked up once or twice when we bumped into each other. It had been over a year since we'd last spoken though. I thought very little of it when she came on board; I was grateful for the help, and this would at least save me time on getting accustomed to new co-workers.

We worked well together for the first two or so weeks. She is an industrious one, with a sharp eye for detail, and her contribution really helped move things along. Neither of us even mentioned our previous liaisons, which I took as a sign of her having moved on. An overheard conversation mentioning a fiance confirmed this for me. Bully, I thought. On with the plot.

Fast forward to the last day before Easter. It's late and everyone else has gone home except for me, the former FWB, and the other consultant guy. Around 8, he goes home to his family, promising to do the work over the holiday. The girl and I both resolve to stay and finish as much as we can before heading home. She promises to drop me off if we finish too late.

We work well for another hour or so, before deciding to take a break. During the break, we have our first real conversation since starting work together. Turns out she's been engaged to this guy for about nine months now ( which, according to my timeline means he proposed after a few months, or, more likely, he was already in the picture during our trysts--fun times). She says he's great, and she's really looking forward to the the wedding and all that. Now, if you have been around women enough, you learn how to read them easily enough. I can tell shes holding something back, and I shoot her with a casual "You sure?" She hesitates, but eventually spills that she's not sure whether she's ready to be someone's wife and all entails. She tells me that she still wants to have fun and maybe wait until thirty. Says she's got a bit of "unfinished business" she has to take care of, too. That last bit is delivered as she's leaning against the boardroom table, giving that look girls from the movies always
shoot when they're trying and failing at being subtle about wanting you. You know the one.

The conversation steers to me and I inform her that I'm still with my LTR. She is amazed at this, cause I never seemed like the type, or "maybe it was just her". I shrug, and tell her it's no big deal. She asks if I still make time for fun on the side, and I shrug again, because I'm really not enjoying this conversation. I tell her she's gonna have to find out for herself, and settle back into work. In hindsight, I really shouldn't have said this, because I'm 99% sure this was what gave her encouragement.

We grind out the work for over another hour, before we're both satisfied enough with the work to be able to leave it for Easter. I tell her to get ready as I go to the bathroom to freshen up before we leave. I get back to the boardroom, and she hasn't put on her coat or grabbed her stuff or anything. Instead, she's sitting on the boardroom table right by my stuff, feet on one of the chairs, texting on her phone. I don't need to tell you what this means(If I do, then please, get more experience with women.) I go to get my stuff and she tells me we can't leave yet because she has to pick up a friend from somewhere and it'll be a few more minutes. Another moment of hindsight: I really should've just called an Uber at this point, but my brain was so fried it just didn't occur to me. Instead, I just sit down, lean back, and close my eyes. I start dozing off a little, till I'm woken up by a sensation running up up my leg. Our girl is sticking her toes up, tracing up the outside of my thigh. She says she's though about me a lot, and that us working together brought back a lot of feelings she didn't realise she still had. She wonders if we can have some more of our old fun. (We had a lot of public sex back when we hooked up regularly.) I tell her that's probably a bad idea, given where we are. She tells me that that's what makes it more fun. She moves to come and sit right in front of me, leaving no real room for interpretation. My mind is going through all the possible scenarios here. Truth is, I'm too tired to really have clear thoughts. I do know that I have zero interest in having sex with this girl, regardless of the context. But I need to steer this so it doesn't seem like I'm rejecting her. I bring up her fiance and she says that I was a round before he was, and 'first come first served' (huh?). I bring up that it's a bad idea, and she mentions how we used to do this all the time. I realise I'm making no progress here and excuse myself again, telling her I just need to freshen up again. I try to regain composure in the bathroom, and head back to the boardroom. She has a couple of her shirt buttons undone at the top now. Subtle

Me: Look, this really isn't a good idea. Her: I know, which is what makes it fun.

She gets up and slides right up to my face on her tiptoes. She tries to kiss my neck, and I gently slide away (benefits of being tall).

Me: We're both in commited relationships. You're getting married, for fuck's sake. Her: Let me worry about that.

She slides up to me again, and runs her hands up my obliques and lats. She whispers something about how I've been putting in more work in the gym, and she can't wait to see it all. At this point, I abandon all diplomacy and tell her straight up that I don't want to sleep with her. Ho boy.

She recoils, look of disbelief in her face. She asks if I think she's not pretty anymore. I don't answer, because that is a classic little bit of bait. My silence just seems to anger her, as it does for all women. She goes on a freaking tirade. Calls me all sorts of names. Accuses me of lying about having a girlfriend, and says that she never wanted to believe the rumours about me being gay back in college, but I'm probably getting "plugged in the butt like a fucking daffy." She spits out some more choice words about me. Tells me that she only ever slept with me because she just wanted to find out what it
was like to be with a golliwog, but I couldn't ever satisfy her because I have a tiny dick anyways. She tells me to go fuck myself with my little dick. grabs her stuff, and storms out. I'm left standing there, a sort of numbness over me. What on earth just happened? I gather myself enough to call an Uber, and I'm home in about an hour. I'm so tired I just go straight to sleep. Aftermath: She acted normal after the holidays, kept everything strictly professional. Avoided me like I was the black plague; left after the assignment ended. I didn't take time to really reflect on what happened until life became less hectic. This girl is the epitome of an open-minded, liberal person. Always in support of equal rights for women and minorities and all that. And yet, all it took was simple rejection from a guy in a relationship for her to sink to calling me the most offensive names available--the basic equivalent of nigger--and accuse me of being gay. She was so riled up about me not wanting to sleep with her that she turned into an incredibly ugly person in a matter of minutes. Rejection was such a novel experience that she couldn't even process it in any rational form. And they say we're the ones who don't take being told 'no' very well.
This week a 29-year-old aviation bag thrower stole an empty commercial plane, performed a barrel roll before crashing in an apparent suicide. Audio traffic of his conversation with flight control reveals a young man frustrated with the world, but surprisingly relatable to all of us.

Richard Skyking Russel was married, well-liked by his colleagues, and was passionate about aviation and travelling the world.

Many men express a lack of purpose, where one has no choice but to serve the machine and be extracted for their worth before they are discarded. No personal achievement. No fulfilment. No feeling of even being alive. We all suffer under the crushing weight of industrialised life

We are all Richard.

If only for a brief, beautiful moment, Richard truly lived as a free man, living Man's oldest dream, completely, utterly free.

It's important for men to identify our disposable nature in this society, and take mitigated risks towards pursuing our passions.

Find small challenges that can be achieved through discipline and concurrently pursue broader life passions that change one's circumstances. If you are not moving forward, you are moving backwards.

**Lessons Learned:**

Pursue your passions above all else.

Live a life worth living.

Keep a journal.

Lift. Healthy body, healthy mind.

Talk to your friends, ask if they're okay.

If you're feeling the call of the void, speak to someone, be it a friend, a colleague, a moderator here.

*Blue skies and tailwinds, Skyking.*
TL/DR: Emma Watson spends time campaigning for social justice, and is one of the most prominent faces of the new generation of feminists. Right now she is employed by the UN as the "Women Goodwill Ambassador". Because of the panama papers we have learnt that she is employing the same financial tricks used by the neoliberal elite that is not paying their fair share of taxes and bleeding societies dry. This reinforces the red pill principle of how SJWs don't actually care about the social welfare of the masses, their true interest is in maximizing their power/influence, and they will hide behind causes while doing this.

I literally cackled with glee when the notification flashed across my phone: Emma Watson had been named in the Panama Papers leak. For those who haven't been following, the Panama Papers are a massive data leak that showed how some of the richest people/corporations in the world hide their money in off-shore companies based in Panama, often using these entities to reduce their tax burden or launder money.

This leak is so big it's going to take a year+ for us to figure out who is all in it. So far, major figures have been implicated e.g. David Cameron's father, Putin, the King of Saudi Arabia etc. Today we learnt that Emma Watson owns her London apartment through an off-shore company created by the same Panamanian law firm that helped many of the global elite to launder money/avoid taxes.

Now, offshore companies are not illegal per se. However, this is because the world's powerful write the rules to not make them illegal. If the masses truly understood the big picture and had control the legislative process, these entities would be regulated way tighter than they are now, possibly banned. You do not get one of these entities unless you are trying to hide some sort of information about your money.

One of the big issues in our world today is wealth inequality. Worse than gender inequality I would say, because, if SJWs want more gender equality, then fixing wealth inequality will go along way to help. Money is literally being vacuumed to the top, and social programs are not being sponsored. For decades, people have been cheating societies by being able to use community owned resources, while not paying the appropriate fee that maintains those resources. Of course, the working schmucks (upper middle class and below) are left with the bill.

It is amazing that somebody who runs around preaching to us about social justice, and how we have to be better etc., employs the same oppressive techniques used by the supposed patriarchy that she is supposedly pushing back against.

This is her explanation. Tell me if it passes the sniff test:

UK companies are required to publicly publish details of their shareholders and therefore do not give her the necessary anonymity required to protect her personal safety, which has been jeopardised in the past owing to such information being publicly available

Oh, so your only way of protecting your anonymity just so happens to be buying a company from Panamanians that are world renowned for their money laundering and tax evasion expertise. Totally makes sense.

Lessons learned: It's always about power.
News Story: http://archive.is/22505

**Edit:** Wowzers! I clearly struck a nerve here! I am happy that we could get some discussion going. I appreciate that 150K of people are not going to perfectly align on political views. A diversity of viewpoints is a good thing. Putting the ideological differences aside, the key takeaway here is that Emma Watson is a hypocrite who advocates for big government for her social justice agenda, while at the same time hiding her money from said big government. Rarely do SJWs get caught out in such a way.

**Edit 2** The feminist defenses have started to come out. General argument: "She did good for women, so the author doesn't care about her potential tax issues." I wonder if this defense would work for a man in the same situation.
Time's precious. How long do you think you've got? Not much at all. 3800 weeks / 900 months / 27000 days. And they're are gonna fly faster than you think.

TL DR : If you're able to read this, you really don't have much time left. Of that, your best years won't even last that long. The future is earned.

https://understandinguncertainty.org/why-life-expectancy-misleading-summary-survival

Look at that graph. As a man, you're most likely to die by the age of 86. Let's go nature's way and assume you hit puberty by the age of 12-13 (which is when nature expected you to start manning up, and you start doing stuff on your own. Till then we can forgive you for being dependent). **Do the math and you've got just 27,028 days remaining from the age of 12, including leap years, give and take a few. That's just 900 months. Or 3681 weeks.**

EDIT : For those who like hours, the number is 648,672 hours. Take it as ~ 649,000 h if it makes you feel better. This way you can REALLY see your time fly

If you were thinking you had a million hours or more to live, sorry, it's not even 700,000 hours - it's in fact short of that by nearly 6 years! I didn't put that up on the title as I thought it sounds like a lot, but it really isn't. **If you were paid $24 a day, $2 every hour, to work for 12 hours every single day till you die, you'll get to that number. That's how small it is.**

When I change my unit of time for a life lived from years to days or weeks or hours, it totally changes my perspective. Putting this up on a countdown timer or an app that counts the days to / since a particular date, you can see for yourself how much time you lose everyday, and how rapidly. When you see how quickly a day flies, you'll respect how small these numbers are. Days fly, and then it's Sunday again. Then it's the first of the month. Wait, didn't we just celebrate my birthday last year? Oh yeah...

And you WILL find your days and weeks absolutely blasting by when you're binging in pleasure addictions - the internet (ESPECIALLY the internet), porn, masturbation, video games, unproductive time, social media, your smartphone, busy for just filling time. Before long, it's already midnight, and there's a tiny little voice in your head that asks you, "So what all DID you achieve today?"....

In contrast, one minute is an eternity in the world of racing - 1 second is huge - because they respect the clock like no one else on earth. The clock is objective, but our value of time as an experience can be changed. **The more you respect your time, the more time you've got.**

I'm turning 30 in a year and a half, and in a way it means where I stand, over a third of my life is gone - not one second, one minute, one hour, one millisecond of that, not one calorie of wasted energy is gonna come back.

Every minute you spent on unproductive shit that felt pleasurable but made you depressed at the end of the day because you look back and realize you didn't make a damn piece of progress? Not one second is gonna come back. You'll never be 18 and feel immortal again. I think back to vacation days in college where after the exams, I'd binge watch shows and realize it was 2 a.m., go to bed, get no good sleep, spend the next day at half strength -- **well, it's been 10 goddamn years since then. 3652**
days, 88000 hours.

If the 10,000 hour rule was correct, and I only spent half of my 24 hours working and sleeping 8 hours a day, I could have mastered 4 different domains by now since my 18th birthday and almost half way through a 5th. But did I?

That depression is your inner soul trying to warn you to evolve. Our brains evolved to treat pleasure like white sugar (i.e. extremely scarce) and body fat. Even an 80:20 split of your time assuming you're awake for 16-17 hours means over 3 hours of pleasure - TV, internet, porn, games, wasted gossip - daily. The amount of pleasure we're bombarded with daily is way too much for our minds these days -- we could go without any of this and we really wouldn't need any more. It's made our brains obese and sick, just like our bodies. **Pleasure is sweet poison.** It's the root of all modern unproductivity, and the loss of all your time, energy and value.

Wanna lift, spend time with your loved ones, read, improve your SMV, travel the world, learn new skills, game girls, raise kids, make money, create opportunities for yourself, do yoga, build an empire, become a monk, whatever? Quit pleasure. Get productive. Get out of the internet and those smartphone apps - they're making us autistic. I am sorry to say that when I look back, I was most productive only in the gym where no BS was entertained - they do not allow phones inside for a reason. **But pain (growing, healthy pain) and hard work felt so good when you were done and the results were there to show.**

Say I only saved Sunday for enjoyment - even if I worked my ass off rest of the week and was 100% productive for all the 16-17 hours I was awake, that's still an 85:15 split between productivity and pleasure. In reality, no one's 100% productive all the time, not even 75% of the time.

Why? Because we've got finite energy - physical (the body), mental (the mind), emotional (the heart), spiritual (the motivation, the beliefs, the why). If we need to manage our time well, we must manage these energies better. **The absolute best thing one can do for one's happiness, is to keep one's energies high.**

*Side Note : Some of my most unproductive and lethargic days ever, as a teenager was when I fapped too much. Yes. There was one time where I went without it or the internet for a week and got good sleep, and I was getting up before sunrise fresh as a rose. Of course, after that the sex drive just got too high...*

Pleasure ain't the purpose of life - we've got 1000x more pleasures than any of our ancestors ever did - my grandparents didn't see electricity until 1950. And with all these pleasures, I can't smile like my 1 year old niece who has no idea how to binge on netflix or Youtube.

Look at kids, naturally confident, don't know what failure is yet, and happier than adults who've got more pleasure than at any point in history. **Happiness is already within.**

Then the purpose of a man's life is simply - **becoming the best version of himself.**

The biggest drive underneath it all is the drive to evolve, be better than yesterday at some level - physical, mental, emotional, spiritual.

I realized this when the world labelled me 'low value' for the first time in my life, when I lost attraction, when my ex hated me with every fiber of her being, and got divorced - the shit hit me like a freight train at 100 mph when people with less than a quarter my ability mocked the old beta me as 'not even half a man' - and I wasn't even a slacker. Yeah I made all the BP mistakes (that's another story), but I also realized that I had fallen into unproductivity hell at some point in my life and that
was by far the most burning problem.

But somewhere along the way, the pleasures of the world tempted me, and while I did make progress, made a decent amount of money, worked for 6 years since leaving college, I also made a few wrong choices about which way my life should go, and I became unproductive enough that when I look at the guy in the mirror, I see the chasm between what he could really do and where he ended up. It's no longer belief when you feel it like someone stabbed you on the inside.

**If you really wanna be happy and fulfilled in life, you need to feel proud of the guy in the mirror.** I don't recall who said that Life's biggest regret is to look back, and see it wasted - but I felt it. I look back today, I'm not at all happy. And I wasn't even that unsuccessful compared to a lot of people, but still I was a laughing stock. The thing is - does your conscience respect you?

Yeah, I believe in karma that I'll have to answer for and I believe in my next life, that what I do in this life decides what my next life will be - now I'm not debating if this is true or not. But there's a reason for that. **It keeps me grounded. It makes me respect the life I've got now.** 10 years ago, when I told myself I live only once, it made me a hedonist, doing low value stuff and binging on pleasure addictions (especially the internet) - many others around me at that age believed everything ends in the grave and were in quite a hurry to get there, with pleasure. :)

Well, beta me learned a very harsh lesson down the road on what respect means to a man - the universe rubbed it in my face in a way I'll never forget. My spirituality was fucked up - fixing it was the best and first thing I needed to do for myself.

I told myself that if I kept going down this route, I ain't getting this opportunity next time, not even in this life. I've got to earn my future, whether this life, or the next. Beliefs are our programming, whether they're true or not, our beliefs dictate everything we do.

**At 28, I'm not nearly old, and yet if I live till 86, I have only 21000 days before I will most likely be dead (if modern lifestyle or an unfortunate event hasn't killed me sooner). That's just 3000 weeks, or 700 months or almost exactly 500,000 hours.**

**UPDATE :** Since I wrote this article, about 3 of those hours are already gone and counting, so I don't even have 500,000 hours left. I just passed a milestone then. I have 499,999 hours remaining. **That feeling when you see that 5 change to 4. NOOO!**

86 is above average in my family - only my great grandma really managed to hit it. If I don't quit low value activities that don't make me better than yesterday, there's no chance I'll have this energy when I'm 70 and still have 16 more years to go.

In conclusion - as one of the veterans wrote :
https://illimitablemen.com/2016/04/26/the-sanctity-of-time/

I don't have a minute to lose, never did. Or a calorie to waste. Neither does anyone else.

My goals await.

PS : I reposted as I wasn't happy with the title. Sorry guys.

**Edit :** For people who're wondering, if I started from age 0, it would be close to 31,100 days, 4490 weeks, 1050 months and about 754000 hours. But for 12 of those years, you'll be a kid and I assume your parents are there for you and you have a normal childhood. This is not to deny the importance of a strong foundation in childhood, it's a critical stage where you observe life and people and learn the most. Many prodigies have started earlier than 12. **Still, you only have just over 1000 months, about 750,000 hours and not even 4500 weeks to live.**
If you have kids, keep that in mind, but make sure they get a good childhood and eventually see the truth.
This is How You Should Escalate (most do it wrong!)

PRELIMINARY
Clickbait title is a joke, I spend way too much time thinking of titles that don't even matter.
Escalation is not my strongest point in game... it is my game. Having gotten very good at it, I barely do anything else. The rest is all icing on the cake; so long as you can already open, are attractive and have a vaguely presentable house, etc, etc. The other stuff I've been over before so go and read that if you are weak there. Escalation comes after these, not before. If you're only good at escalation you are what is called a 'sex offender' so make sure you start improving yourself before you try something like this.

I’m assuming this will be used for one-night stands and the like so I’m writing for that. If you’re using this during the day, just move slower but do the same things. The fundamentals are unchanged, I used ONS’s because I can write it out as one interaction. Obviously meet-ups add extra steps, I’ll go over those later. These are the fundamentals of escalation.

MAIN
The key to good escalation is gradually ramping the sexual tension. Everything is about building it up, making it palpable and letting it be the force which drives the interaction. Touch is great, but it isn’t the king as commonly thought. The most important point is to always build that sexual tension, even if that means not touching the girl.

The first thing you want to do is never break the sexual tension when you open. You don’t want to walk up and make the girl think with a logical question like “Who lies more, midgets or ethnics?” You want a low-to-no context opener, something that doesn’t add pressure. The pressure should be coming from the sexual tension, anything in addition to that can cause too much and blow the whole thing up.

Secondly, it is good to establish touch from the outset. The quicker you start touching them, the quicker you know if they’re interested or out for other reasons. It also stops it from becoming awkward later and will make them more bold in touching you. Just a hand on the waist, a hug or something similar is fine. Keep it basic. You don’t need 10000 advanced kino techniques and secret PUA ‘incidental undercover seduction sequences’ or whatever is the rage now. Mostly anything is fine- the exception being aggressive stuff- because timing is the main thing. The ‘wrong’ touch is more often due to being too early or late to fit the moment. It’s all about reading that vibe and slowly- or more accurately, gradually- increasing the level of intimacy.

Last, after you open hold strong eye contact and wait for them to reply. This is big: a huge part of creating sexual tension is just waiting for the girl to reply instead of trying to crush silence with witty banter. You want the girl to be giggling and saying “What? Why are you staring at me?” or some such. It’s a thin line from here to “Why is this creep staring at me?” but it isn’t hard to learn where it is. To give an idea, you want to be looking away from eye-contact with a girl 2/10 times and staring her down 8/10.

Note please that you will usually have to do 60%+ of the talking for the first few minutes. I've found there is a general correlation between how hot the girl is and how much you'll have to over-talk to start, but it hooks the same and they end up speaking ~80% after a few minutes. I've heard Krauser
call it "the Russian minute" because apparently Russian girls lord it, but that doesn't jibe with my experience. I've found if I don't approach overly focused or zoned-out looking girls I just don't get this as much.

In Order of Importance:

- Proximity. Nothing beats proximity. Gradually ‘floating’ towards the girl; or pulling her towards you will do all the work. If ONE thing is responsible for my success it would just be being closer to the girls. If ever 1v1ing for a girl and the l33t Am0g tactix don't work good, just be closer to her. If there is a group of guy friends who want to take her away, just be closer to her (and befriend another girl). You can literally turn your back on the competition if you’re the one in her face. Plus it turns girls on immensely, for a lot of reasons that should be common sense here.

- Eye contact. You want to be the centre of her world; at least for tonight. You want her to be guessing about what you’re thinking, because here is the thing: She will know in terms of raw intuition exactly what you’re doing. She will know you want to fuck her and you’re acting this way to turn her on. But 99.99% of guys can’t keep a secret for shit and even worse can’t keep their cool while sexual tension builds. Just not breaking it puts you ahead of all of them. Holding eye contact and saying “nothing, just thinking about my cat” or LITERALLY ANYTHING but mentioning that elephant in the room is game.

Sticky eyes: When you must break eye contact, try to do so as slowly as possible. You look away, but it takes 2-3 seconds to not be eye-to-eye anymore. You start turning your head first, letting your eyes linger and then slowly moving them away. This will melt girls. It makes them feel incredibly desired and I’ve had girls comment that this was the reason they fucked me. It also serves to build tension without risking creepy as much, because you aren’t just staring at bitches like an axe murderer sizing up their neck. The writer I heard it from referred to it as having honey connecting your eyes, so it makes them move slowly apart.

- Voice. You want to be talking low most of the time. When you open speak up, but start to talk quieter and more intimately as soon as possible. Your voice gives you control over the tempo of the interaction. Occasionally you’ll want to spike it. Sometimes it’s right to do that before you pull them by excitedly talking about the after-party. Other times you’ll need to entertain her friend for a minute so she knows you’re not a psycho. On the other hand, it is very strong in louder bars with a quiet area to start whispering into her ear and turn your ear for her to do the same. A whispered conversation is super-sexy (seriously try it: feels awesome) as long as your breath is good. Buy some fucking mints, don’t screw this up because whispering is boss and you should probably be doing it more.

- Touch. I put this late because I think the importance of touch is exaggerated. It is very important, don’t get me wrong, but focusing on it first is a bad idea. It is what touch does for the interaction, not the touch itself, that matters. Basically you just want to be maintaining proximity, gradually getting closer to the girl and letting your touch grow naturally off that. At first it might be occasional light brushes of her arms and body. Then you might be sitting next to each other and you pull her legs over yours. Then your arm is around her…. Etc. You are gradually growing closer physically so of course touch comes off that. Proximity is the basis of escalation partly because it is the foundation for touch.

- Pacing. This is kind of a nebulous concept and really you need experience to gauge this. Keep the above in mind first, work on them, then over time you will start to see sometimes you can shift up a gear and escalate fast whereas other times you need to go slower than usual. It also changes as you go along. For example, beginners should try to open every girl and kiss any girl who likes them. For
intermediates and advanced, I would say only open interested girls and don’t kiss the girl in public. In my experience, it offers a release of sexual tension to the girl and takes away the sense of urgency that drives her to needing to fuck you. Instead she has a nice little ending for her story of the night, she goes home with your number and you go home with your hand. The point where I used to think “I should kiss her now” is where I say “It’s hot in here, let’s go for a walk.”

Escalating to the Pull

Getting the girl home is pretty simple. Usually I two step it: I’ll make an excuse to leave the bar/event and then try to figure out her logistics. At this stage I’ll decide whether to pull home, go for a public pull or go to her place. Sometimes you realize here that it’s a lost cause but that’s pretty rare and you learn to avoid those girls very quickly- they usually respond well to everything up to kissing, but always try to be the first to disengage, hesitate to leave with you and aren't comfortable with sexual touch, like ass-grabbing etc.

Say something like “Let’s get out of here, the music is too loud to talk.” A lot of the time she’ll bring up friends, just say “Let’s go tell them we’re going for a walk.” She just wants you to take responsibility and let her friends know she is safe with you. It’s often a good idea to take one of the friends numbers here- make a joke about chicks phones always dying from Facebook or something. This sets their minds at ease and if you say this before they bring up excuses why she can’t go, they usually won’t. You’re also subtly saying “I do this a lot, don’t worry she’s in good hands” without seeming like an asshole. The more often you can slyly communicate this the better, though overtly saying “I get so much pussy I’m drowning” will backfire.

Determine where you are pulling: ask her what her plans are for the rest of tonight. She might be staying with a friend and therefore you have an hour to have sex in public. She might have work early; you can go to her house but have to be quick. No matter where you will pull, walk somewhere semi-private, start hooking up passionately and then suddenly stop. Say “Do you want to come see my (macaroni art collection)?” IE some excuse to go to your house. Or walk past a potential sex-location and say “Hey, let’s go explore that golf course.” I obviously don’t know where you will be having sex in public, so you should figure out your own here. Where I live most of the good bars and clubs are in suburbs, so I generally go for golf courses, football fields and the like. I’ve done construction sites a few times, once a hospital (didn’t know, accidentally), a few schools, a national monument… just anything nearby, secluded and with an allure. Don’t obsess over the perfect location, the girl doesn’t give a fuck. I vividly remember one of my first public pulls being up a staircase of a condemned building at university where the maths students could see us They had a second-story view of me pounding this girl from behind. I said “We have an audience” and she said “I don’t care, let them watch.” This has been repeated multiple times with about as much paraphrasing as I just used. For the most part girls don’t seem to care about being seen having sex because the moment has taken over. What she cares about is being seen in the lead-up to that sex, so you just should be in private enough for the foreplay to be secret. Weird but true, at least in my experience.

If you want to see the girl again after public sex, the best thing to do is either walk her back to her friends and hang out for a bit or get her home safely. You should be maintaining a conspiratorial vibe, never break it and hi-five your bros afterwards. Just smirk now and again, maybe make a few jokes like “Yeah, we just went and played some golf.” Everyone knows so don’t be crude, that just makes you seem like this isn’t something you’re used to. You want her to wonder how often this happens for you, while you want to present the ‘wow how crazy that this happened’ face to her. She
should have suspicions you’re a player, not have you telling her that or seeming like you genuinely
don’t get this very often.

When you take a girl to your house, make sure you have it fairly presentable. I’ve said this to death
so I won’t go over it again. Putting in even 5% extra effort here is immense by the way: Having a
candle, some nice music or a stuffed animal is often the difference between her letting loose and her
feeling uncomfortable. The main goal is to make her comfortable so definitely do these things.

*Actually do the thing you said you would do.* Don't drop the game yet. It becomes a conspiracy, she
knows you didn't bring her back to see your etch-n-sketch self portrait, but you haven't made a move
yet and you're actually showing it to her... Usually the girl starts just complimenting whatever you
show her and lots of touch as you talk about sock-puppets is enough.

When you're hooking up, just make out and stay relaxed. Maybe grope her tits and ass if she's cool
with that. Then hold her neck for a bit, pull her hair a little, trace circles on her thighs/stomach,
breathe into her ear/neck ('oohs' = cold, 'ahhs' = hot)... eventually you'll do something and the response
is *more* than before. That's when you flick the switch and start going for sex. Start kissing hard,
squeezing and pulling apart her ass cheeks, grinding into her, biting or choking *softly* etc. Put her
hand on your dick, start teasing her pussy and eventually she will start pulling your dick towards her
pussy. She is telling you to put it in. Do so.

The above is how the vast majority of bedtime shenanigans go these days. I wish I could have seen
that paragraph in 2011 and known what I actually had to do to go from the clothes on kissing on the
bed to the clothes off penetration stage.

Also if you want ideas for new things to do that turn girls on and get them to *need you*, ask them.
They're usually pretty open about it because they enjoy being turned on. I wish I started doing that
earlier as well.

**Summary**

To rehash escalation is thus:

1. Don’t make her overtly uncomfortable, don’t rock the boat.
2. Do make her feel ‘on edge’ by ramping up the sexual tension.

It honestly is more about not fucking up then it is doing anything in particular right. Time and
proximity will do all the work for you, she will fill in the blanks to turn herself on. Just talk the
minimum amount, you should listen intently to her and keep getting closer. I say “don’t talk much”
because the less you say, the less chance you can say the wrong thing. Again- that is more important.
This will work if you give it time, just give yourself that time.
You can't sidebar and monk mode your way to success - eventually you have to step out into the real world. And the real world is not as easy as it seems. A guide on how to make the transition.

I know when I first found TRP, its been over 4 years. 4 years ago I was still in the early phases of it all. I was making a move to another state over a thousand miles away to start a new job and life. It was the perfect time for me to go monk mode. Having been a total blue pilled beta for the first 26 years of my life, TRP made a lot of sense to me right off the bat because I finally was able to figure out where I was going wrong all those years.

Background

For about 3 months all I did was go monk mode. I read the sidebar multiple times and basically had it memorized. I also read all the top posts here on TRP. I read all the manosphere blogs, memorized the most common shit tests and the best retorts to them. I internalized all the core principles and the way to do things. I thought when I finally got out there, it would be easy. Why shouldn't it be? I did all my homework and all my reading. Applying it should be a piece of cake.

You will fail

Just going to put it out there. When you first go out in the real world to apply your newly learned red pill knowledge, tactics, strategy and game, you are going to fail. Expect it. Don't go out there assuming you are going to hit it out of the park and bang multiple women right off the bat. Mistakes will be made. I just got into the saltwater fish tank hobby. I had watched videos, read articles and done my research for years before jumping in. I thought things would go smoothly, but damn I am 2 months in and I still make mistakes, even rookie mistakes, what seems like every day. It's easy to get discouraged when you inevitably fail at first, but learn from your mistakes. Trial and error is the only way you will improve. You aren't going to be Chad right off the bat.

Game Speed vs. Practice Speed

Sometime in the Summer of 2014 is when I finally put my foot in the water. I went out with friends at work. I didn't shit where I eat so I tried to game the friends of their friends. It wasn't a complete disaster but it was apparent quickly that this shit was going to be a lot harder than I thought it was going to be. The thing that jumped out to me the most was how quickly everything happens. It
reminds me of when I played football in college and we would always hear about practice speed vs. game speed.

An opponent we played every year was Air Force. They ran a unique gimmick offense that was one thing to practice for, but in games they ran it and executed it a hell of a lot faster. It was one thing to defend it in practice, it was another thing to defend it in the game.

Same thing with gaming in real life. It's one thing to read about scenarios and play through imaginary scenarios in your head. It's another thing to do it for real. The speed at which everything happens is extremely fast and its tough for a newbie to keep up. This is why actual real world experience is far more important than monk mode and reading. A lot of people say that the sidebar and top posts and reading material is high school and real world is college. Wrong. The side bar and top posts are pre school and the real world begins at kindergarten. You are just beginning and its a damn long way to go.

Shit tests aren't served up on a tee

So you have read numerous articles, blog posts and such about shit tests, you know all the common ones and the comebacks to them. That's great and all, you will encounter them. But the thing is, they aren't phrased exactly as they are in the posts you read. When going through scenarios in your head about being shit tested, you always pass them with flying colors because you are able to frame it in your head and frame the exact situation. Real life is different. Shit tests come when you least expect it, and are not always easy to spot. To this day, there are still times I go back to a conversation I had with a girl and realize something she said was a shit test and I was unable to realize it at the time. The common shit tests only make up a small fraction of actual shit tests you get. So if you think you will be able to beat them by memorizing the common ones, you are wrong. That's another reason why real world experience is so vital - so you can calibrate your shit test detector. Women will shit test you in so many ways, from so many angles, in so many styles, and at first it will be hard to recognize them all. Combine this with the above section, about game speed vs. practice speed, and you will quickly realize its not as easy as it seems. Real world experience, men. It's vital. Experience is needed to adapt to the speed of how quickly things happen and the infinite number of directions things will go.

Expect the unexpected

Gaming doesn't follow a script. It's not like you go meet a girl, you talk, you pass her shit tests, you escalate, you fuck. It's not a cookie cutter process that has a predetermined flow chart. There will be speed bumps, detours, obstacles. Adaptability is another reason why real world experience is so important - you have to be able to change your strategy and approach and adapt based on events that have already occurred. This is one thing that threw me off when I was still raw - I always envisioned things unfolding in a certain process and order, and never knew what to do with myself when things went off script. Learning how to improvise or change strategies in the middle of gaming a girl is a skill that will only be obtained by real world experience with trial and error.
With that being said....

There are 2 shit tests I get from damn near every girl who has ever been into me and who I have slept with. You will get these from women who are into you at some point, and you have to be prepared for them. If you get them, it is most likely a good thing. It means there is a good chance she is open to you.

- Do you have a girlfriend?
- Are you a virgin / how many girls have you slept with?

Agree & Amplify is the only way you should be answering these two questions.

There is a third shit test that is very common but those two are in a different tier in terms of frequency. That 3rd shit test is "I have a boyfriend". Ignore or A&A.

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Slow Down

This isn't a race. Once you get the hang of things your natural instincts will be to go rapid fire and swat down all her shit tests and run game like a machine gun. This will make you seem a bit too fake, too eager, and out of control. This leads to a loss of frame. Slow down. Take a step back, take a deep breath and pace yourself. Don't answer her questions and don't pass her shit tests right away. Let a second or two pass before opening your mouth. Leave her hanging. The pregnant pause is a great tool in your arsenal. The pregnant pause is when you start talking, pause, and then resume. Don't sound like an auctioneer. The more in control you are with your words, the more you will be in frame.

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Eye Contact and Body Language is half the battle

You can lose the game before you even open your mouth. Naturally when you open up to women, especially if you are new at this, you are going to get nervous. Your heart rate will jump, you will want to breathe faster, you will not be able to control the pitch and tone of your voice as well, you will be inclined to not make eye contact, and you will be tense. Women are very in tune to a man and will be able to sense all of that. You need to learn how to rein it in. Take a deep breath or two, gain your control and composure. As I said above, take it slow. Slow down. Get a hold of yourself. As time goes on and you get better at outcome independence it will be easier. But you need to train yourself. The best way to gain control is to maintain firm eye contact. Look her in the eye. Make her be the first one to look away, not you. Take up space with your body. If you are sitting down, spread your legs. Put your chest out and make sure your shoulders aren't slopped and collapsed inward. Take deep breaths and relax yourself before speaking.
Resist the Temptation

When reading on sidebar material and internalizing it all, and then playing through imaginary scenarios in your head, it's easy to tell yourself you aren't going to resort to blue pilled tactics, behaviors, and responses. But the real world is different.

dr_warlock had a good post last week titled Beware the Beta Bait that goes into detail about this that I think is required reading.

It will be very tempting to open up and tell too much about yourself. It will be very tempting to play the role of comforter. It will be very tempting to play the role of emotional tampon. It will be very tempting to play the role of white knight/helper. It will be very tempting to divulge information about yourself like your job, income, and other details best left kept to yourself. It will be very tempting to say too much. You will think "Well this girl is different" or "This situation calls for it" but you have to stay focused and not diverge from the red pilled way of going about things. I can make an entire book of times I made an exception and it ended up costing me. I still make the mistake today.

Less is More

Too many men think they need to talk themselves up. Remember - you can't talk your way into attraction. You can't negotiate it. Opening up to girls and diverging all this info about you in an attempt to show her how awesome you are will not make her any more wet. All it can do is dry her. The 2/3 rule exists for a reason. I see so many posts on AskTRP asking why she doesn't want a 2nd date, and a common theme in those posts are that on Date #1 they went somewhere and "talked for hours".

You need to let yourself and your frame do the talking. Say what needs to be said, in as little words as possible, and then leave it at that. Don't say more than you need to say to get your overall message/point across. Everything you say must have a purpose, and your purpose is advancing your end goal of fucking her. If it's not going to advance that goal, chances are you should think twice before saying it.

On the Hook

Eventually, after trial and error and failures, you will do things right and get far enough with a woman to where you know you have her on the hook and she is into you and all you need to do is close the deal. Fishermen, when they have a fish on the hook, ramp up the intensity and battle the fish all the way until he has it in the boat.

When you have a woman on the hook, you have to do it a bit differently. Your natural urge will be to have a sense of urgency, ramp up the intensity so you can get her in bed. This will lead to a loss of frame, make you look too eager and thirsty and out of control. I know the first time I hooked a girl, I
got way too excited and that excitement became external. She flaked. It's like a game of poker - you have to maintain a poker face. When you have a good hand in poker, if you aren't careful you will give away via your body language and facial expressions that you have a good hand. You must keep that shit to yourself. You have to maintain plausible deniability and keep your interest and excitement hidden. The possibility of you flaking has to be in her mind. Ramp up the intensity, but in a way that appears like you are calm and in control and outcome independent. Do not show your hand. Reel her in without her knowing she is being reeled in. This is where your sidebar reading about kino comes into play.

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**Kino takes practice**

Like with everything else, its one thing to read about kino and how to do it properly, its another thing to actually do it. The more you do it, the more natural it becomes, and you will find what works for women, and what doesn't. The overall number one key of kino is to make it appear spontaneous, natural and smooth, not forced, abrupt, and pre-planned. Where or how you touch her does not matter as much as timing. Yet another reason real world experience is so vital.

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**You must maintain plausible deniability until you stick your dick inside of her.**

Do not drop plausible deniability until you are balls deep in her. Period. Even though you know the road will eventually end at sex, even though she knows it, you do not mention it. If she mentions it, fine, but play it cool. Do not show your hand. Period. There have been multiple times in my experience where a girl flat out told me she wanted to fuck me, and I was like "OK, lets do it" and eventually she flaked out once her LMR/ASD shield went up. Watch what they do, not what they say. Until your dick is inside of her, you can not ever let your intentions be known. Invite her over but don't give her a reason. If she asks why say its to show her your <insert thing here>, for me its my fish tank. The second she knows your true intentions, chances are its over. It's one thing for her to assume your intentions, which is in your favor. But if she knows them you are more than likely screwed.

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**Take it even slower once you are in the location you want to fuck.**

Most guys here will end up fucking at your place or her place. Either way is fine. I've done both. Your natural urge once you are at your final destination is to escalate the fuck out of everything, rip your clothes off and fuck. No. Like I stated above, plausible deniability must be in play until the very end.
Chances are once you are alone with a girl that the hormones are raging and you will be extremely horny and dying to get things going. You must fight this and instead take a step back. Patience and timing is key. Being too urgent, too eager, will backfire.

For example, when I have a girl in my apartment, I don't go straight for the bedroom. I turn on the lights, check my mail, turn on the TV, act like she isn't even there. Trust me, this won't kill the mood. You already have her on the hook, you don't need to go for the reel in right away. Show her around. Pour her a drink. Watch some TV. Show her things. I am not saying do this for hours, but you need to let enough time pass to where plausible deniability can set in. You have to stay in control.

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**Escalate slowly**

From there its best to slowly escalate to set the tone and vibe. Once you have set the mood, you can escalate faster with more intensity. Read her body language and emotions. Chances are she is horny and it won't take much, but you still have to be restrained and in control.

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**There will be resistance**

No matter how into you she is, no matter how down to fuck she is, almost always she will put up a fight and resist before allowing you to fuck her. This is normal. Watch what she does, not what she says. LMR/ASD is always your final obstacle. The best way I handle it is to ignore, withdraw the intensity a little bit, then slowly ramp back up. Chances are you will get further along this time. LMR/ASD isn't a one and done thing either, there is a good chance you will have to burst through it several times before you gain entry to her vagina. Stay the course and be patient. You will know when she truly isn't interested and sex isn't happening. She will let you know, it will be clear, and it won't be a question. If this does happen, do not push further. You don't want to get hit with a rape accusation. Best to play it safe.

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**Unleash your inner animal and fuck her hard**

Once the clothes come off and you know you have burst through the LMR/ASD its go time. I know my biggest fear when I started was that I would be disappointing in bed and sex would be awkward. It's natural to think this when you are inexperienced. Even if you are inexperienced, the best thing you can do is take total control and dominate her. Don't go too far to where assault and battery and rape charges will be imminent, but dominate her sexually like a man within bounds. Move her around with force, control her, make her do what you want her to do. Call her names. Slap her on the ass. Grab her tits. Have your way with her. Don't take it slow. This isn't a romantic comedy where the sex is slow and calm and smooth. If you go hard, then it won't matter how long you last or how good you are. Going hard will mask mistakes you make until you can get more experienced. I am not saying lasting long isn't important, but going hard can override the disappointment in other areas.
Take the proper precautions

By this point your biggest enemy is rape accusations. If you have security cameras at home, its best to have them going during your encounter. If you have ways of recording your encounters, do it, whether it be video or just voice. It doesn't hurt to send a text message afterward telling her you had a good time and if she does the same you can use that. Wrap up for any sex you have. Make sure your condoms are fully disposed of.

Avoid the Oneitis Trap

The first few successful sexual encounters you have will have you itching to do it all over again. The chemicals released during sex will cause you to want to bond with whoever you fucked, especially if it was good and she is hot. Feelings will arise for these women. The one thing you can't do is get attached to them. If you want to LTR them, you have to make them prove it over time, and not just because you and her had a good fuck. You have to fight your instincts here. A successful sexual encounter should be followed up with casting your net wider and expanding your options, not zeroing in on that girl you just fucked. One rule I gave myself is to never fuck the same girl twice in a row. Fuck at least one other girl before you go back to another one.

Despite my TRP reading and knowledge, the first girl I banged after swallowing the pill I got oneitis for. And I got jealous when she banged another dude. A bit too jealous and it took me about a month to snap out of it. Don't make the same mistake I did. The road doesn't end once you get a lay. It's just beginning. You have to continue to cultivate relationships with new women.

If its just one plate, is it really spinning plates?

From my experience, its not spinning plates unless you have multiple plates. If I ever had just one plate, it felt more like a pseudo-girlfriend than a plate. It's best to spin multiple plates instead of just one. For me I don't make a girl a plate unless I can make another girl a plate too. Options and abundance really is the key to success here and having two or more plates is infinitely superior to having just one. My experience speaks directly to this.

Uncharted Territory: LTR

This is an area outside of my expertise, as I have not dabbled in an LTR since swallowing the pill. There are desires to do so, but I have always resisted. An LTR for me would require extreme vetting, the right girl and the right situation. You shouldn't have to look for an LTR, the right LTR should fall in your lap without having to really try. If you have to find an LTR, you will always settle and make
I see so many guys here on TRP and AskTRP who are so quick to jump into LTRs. I believe this is rooted in a severe lack of abundance and they feel the need to LTR the first girl they have success with. Why? You are far better off being extremely patient and playing the field. Get experience. Bang a bunch of different women and see what you like and don't like. How will you know what woman will be right for you in terms of an LTR if you have limited experience playing the field? It would be like buying a house after just going to one open house. Yeah the house might work for you and be a good one, maybe even great, but is it the best you can do? That is the core of LTR patience. Is she the best you can do? How would you know if you didn't fully explore your options?

TLDR

- The sidebar, the manosphere, the blogs, the articles, the top posts, they are starting points. You will not become a successful Chad simply by reading them and then going out there. Success is cultivated by a lot of real world experience.
- Until you actually get out there, you will have no idea what is coming. The speed and variety of the shit thrown at you from women is something you can not prepare yourself for other than actually immersing yourself in the fire from the front line and learning from your mistakes and experiences.
- Shit tests are not served up on a tee. You will be shit tested in many different ways and not even realize it. Learn how to recognize shit tests quickly and respond to them quickly. There are far too many ways women will shit test you for you to be able to memorize a list of them and the common retorts to them. You can only master shit tests via real world experience.
- When gaming women you have to remain in total control. Lack of control = lack of frame. Control must be maintained via speech, body language, eye contact and facial expressions.
- Less is more. Say what needs to be said and keep it at that, and your frame will do the rest of the talking.
- Never ever ever reveal your hand(intentions) to a woman. Plausible Deniability must be maintained at all times until your dick is actually inside of her.
- The best way to compensate for a lack of sexual experience or fear of disappointing her in the bedroom is to fuck her hard like an animal and dominate her.
- The temptation of oneitis WILL set in when you succeed in fucking a woman. You have to do everything in your power to resist the temptations. It is imperative to maintain options at all times.
- Don't be so desperate and quick to LTR a woman. Play the field, you owe it to yourself. An LTR has to work for you and fit for you, not the other way around. Too many men compromise on LTRs by finding one that sucks the least rather than works best for them.
Bad things will always happen to you. Use adversity as motivation to succeed, not an excuse to self destruct

1086 upvotes | August 4, 2018 | by ebaymasochist | Link | Reddit Link

We see it everywhere around us.

"It's been a hard day. I'll just have a few drinks, sit on the couch and watch tv."

"I have no energy to cook something that sticks with my diet plan. It's a good day to order a pizza and skip the gym"

"My girlfriend dumped me. Probably my fault. I should quit self improvement and take a 3 month depression vacation from my life"

And we all know that group of people who will be there for us when we're down. They're always available to wallow in each other's misery.

Self destructive people always find an excuse for bad behavior. They put their goals on the back burner and lower their standards every opportunity they are given. I'm sure there's some scientific explanation of why stress lowers our inhibitions and creates cravings for carbs, alcohol and nicotine, among others. The dopamine hit from binge watching television. That doesn't matter because we can control these actions. If you really want the best out of life, you need to create structure in your life that fights this effectively. You are supposed to be working towards your goals, not living like a drug addict seeking instant gratification.

The cells in your body give exactly zero fucks about excuses. They just do their job of processing whatever shit you decided to feed them. If you are feeding them protein and vitamins, they will grow muscle. If you are feeding them garbage, they will build a garbage body for you. The human body is like a car. A car that needs premium gas to run properly. Would you try to explain to your car that you were upset one day, got drunk and took a piss in the gas tank? No it's fucking stupid. Stop making excuses for doing the same thing to your body. You can't go out and buy a new body when it breaks down.

Your mind is no different. Stop feeding it garbage. The effects are not something you can pick and choose. Neural pathways are formed and reinforced without your consent. The subconscious mind will fuck you indefinitely. You may be fully aware of what you should be doing but can't stop.

Every time something shitty happens to you, use it as motivation to become even stronger. Don't give in to the voice in your head that says "It's ok, just one little fuck up today.. Everyone will understand.. You earned this" <- Most dangerous part.. You EARNED it. You earned the right to mistreat yourself, to set yourself back.. Instead of working on your education or your business or whatever you really want to do, you "earned" the right to sit on the couch with crumbs on your beard watching someone else live life? Ok, just remember what you earned, when three months from now you have not accomplished your goals.. And remind yourself how it's okay because a lot of other people do it too...

Every bum on the street is not there because they lacked talent or intelligence or ambition. The local bar is full of regulars who had dreams and goals. If you ask them, they will assure you that they still do. Something happened to them and they used it as an excuse to reward/punish themselves with cheap highs or needed to kill the pain instead of facing things head on. Over time the habits take over.
If you think there is some huge gap between them and you, you're mistaken. It's small choices that separate losers from average, and average from winners. It's a series of seemingly insignificant decisions that add up over time. They sneak up on us in the span of years. Do you really fucking want it? We all say we do, we all want that next level lifestyle. Then life throws a curve ball and it can either be an opportunity to rise to the occasion and prove yourself worthy of what you want or justification for why you lost. This does not mean never enjoy life. Or never take a break. The point is to be aware of temptation and Decide to make better choices that are in your long term best interest so you have something to show for your trouble, in spite of your problems, instead of another sad story.
Lost my virginity. Thank you TheRedPill

TL;DR: I finally popped my cherry at the old age of 29 after years upon years of self improvement, eating healthy, working out, and building up confidence and becoming more assertive. It is thanks to the advice of this subreddit and the material that you guys have recommended.

I grew up in a Chinese immigrant family that prioritised academic success above all else. As I got older (middle school/high school) I was interested in having a girlfriend by my mother was dead set against it as it would distract from my academic performance. My mother was also physically and emotionally abusive. I was never taught to love myself and I grew up with zero self-esteem. This was worsened by getting bullied.

Suffice to say, I did manage to go to a good University. It was also a University that was known for being a matchmaker. "You'll find your spouse here" they said. But I had no social skills. I didn't know how to talk to girls. The girls I kept asking out kept flaking out on me or preferred to be friends. I suppose on top of my lack of confidence and social acumen, I was also fat and unhealthy.

Fast forward a few years later. I started to notice a pattern in all the women who took advantage of me. My abusive mother, my close female friend who had gone down the path of radical feminism, the girl who constantly kicked me in high school.

They saw me as worthless and saw fit to treat me like trash. I contemplated suicide seriously at one point, and my family intervened, but negatively. They didn't tell me how much I meant to them, but how much of a bastard I was for even thinking of doing it.

One day, I decided that I would not tolerate it a day longer. I decided to stand up for myself and put myself first.

There was so much pent up aggression and anger. And the media does make a habit of telling young men like you and me that it's never OK to be angry. At that point, I no longer cared. You can't force someone into a corner and not expect him to start fighting ferociously for his life.

So that's what I did. I started going to the gym. I cut ties with friends who did not contribute to my self-esteem and who were a negative influence (and I enforced a no-female friend policy as well, as most of them were negative). I started reading material that was constructive, such as Mark Manson's Models, The Rational Male, No Mr. Nice Guy (amazing book for anyone starting out), and the 48 Laws of Power. I forged more meaningful friendships. I started putting my foot down more, allowing myself to not be so nice to those who weren't deserving of it.

Most of all, I decided to start believing in myself. If I didn't, who would?

The results did not come instantly. I was still getting flaked on and rejected. A girl who I felt like I had an intense connection found love somewhere else. People my age were beginning to get married.

But I persevered. I kept going to the gym, pushing myself to run faster and lift heavier. I stopped eating junk food as often and started gravitating towards healthy food that I liked. I stopped seeing people who put me down and started hanging out with emotionally supportive (but still able to constructively criticise) friends. No matter what, I was going to keep calm and carry on.

2019 was a very sad year for me. It was the year most of my friends turned 30. Most of the girls I
liked were born in the late 80s and by the standards of this sub, already smacked into the Wall. Moreover, while I'm happy for him, my brother got married, and so have a few of my friends, making me wonder if the human race is truly going to abandon me.

But I kept going. And as fortune would have it, I met a nice, smiling girl one day. I gave no fucks at all, started being handsy with her, taking charge. I ended up kissing her and she kissed back passionately. Before I knew it, we were back at my flat and not only did I pop my cherry, I managed to do something that most people couldn't do: make my first time special.

I didn't have sex before, but I did some research into how to please a woman, and I performed so well she wasn't really convinced that I was really losing my virginity to her.

But here I am, writing this post. I don't know if there's any logical value, but I hope this inspires anyone reading this to persevere on this path. If you're feeling down, depressed that no one likes you, or you're reading some dumb article on Salon about how virgins like you are dangerous and toxic to women and society, just remember: there are many like you out there and by taking life in your own hands, you are doing both yourself and society a favour.

But if you had to take any piece of advice from this post, I will say this: put yourself first. Learn to love yourself and accept who you are. Of course, that doesn't mean rest on your laurels and being narcissistic about your imperfections like the so-called Body Positivity Model, but understand that if you can't love yourself, you won't be able to love anybody else.

But above all, I want to thank this subreddit from the bottom of my heart. This group gets so much shit for being "toxic" or "misogynistic" and being labelled the "alt-right of gender politics". But in reality? You haven't just done young men a massive favour, you've done right by the young women who have benefitted from these improved young men.

I would have been a pathetic, angry incel had it not been for you guys. I probably would have done something very harmful, either to myself or to someone else and it terrifies me to the core even thinking about that. So thank you TheRedPill, you've saved my life, and I hope you'll continue saving more lives.

I made this account because I can't really be seen publicly endorsing this subreddit, and I might be deleting this throwaway soon. But I just wanted to express my gratitude and hope others will feel inspired by this story

EDIT: Post was automatically removed because I linked to this subreddit, which apparently isn't allowed. Hope this amended post is OK
Being A People-Pleaser: what it actually means, and how to rid yourself of this disgusting condition

1084 upvotes | April 18, 2018 | by Derek1382 | Link | Reddit Link

If you've ever read even the milder self-help/personal development texts, you've certainly come across the notion of the people-pleaser: the person who fucks himself over in the attempt to make everyone around them happy.

I'm here to disabuse you of the notion that the issue is that simple and superficial. People who consciously strive to please everyone have a very easy problem to fix, simply requiring conscious effort in the opposite direction. But that's a pretty rare situation.

The far more common case is that of the subconscious people-pleaser: someone who's always trying to please, appease or put-at-ease those around himself, and doesn't even realize that he's doing it. Let me tell you about this unfortunate character.

Our people-pleaser is someone who started out with good emotional intelligence. It may seem counterintuitive, but the people-pleaser is actually someone that can read people very well: where they fuck up is in what they do with that information.

Your typical people-pleaser grew up, whether by innate predisposition or learned skill, with a strong ability to read other people's expressions, tones of voice, gestures and so on. He could, especially, tell when people were attentive or distracted, engaged or bored, happy or angry.

Crucially, the people-pleaser learns to use this ability to adjust his own behavior in order to always elicit a happy response in his interlocutors. He doesn't do it because he's a dumb indoctrinated beta or some other catastrophic issue; he does it because we all naturally want to elicit a positive social response, and the people pleaser learned that he could do it by reading others and modifying his behavior accordingly.

The people-pleaser is not necessarily a whipped beta. In fact, strangely enough, he can also be a brash asshole. But what's important is that his behavior is constantly informed by his reading of his audience's reaction, and he modifies his behavior to elicit a positive response. The brash asshole people-pleaser will always seek to shock and entertain his audience with his asshole antics; he doesn't do it for his own amusement, and if he doesn't get the desired reaction then he's very much not happy.

The most important thing that you can understand about people-pleasers is to not expect them to be a stereotype. They come in all shapes and sizes, in all forms of behavior, and the only constants are, once again: strong ability to read others and automatic tendency to adjust their own behavior to elicit a desired positive response.

If you want to figure out whether you are a people-pleaser, ask yourself: am I constantly scanning others to see how they react to my behavior? am I very sensitive to this? do I constantly, and often without thinking, change my behavior so as to elicit a different reaction?

Of course, we all engage in this behavior to a point. The ability to read others and adjust our behavior
accordingly is fundamental in a social species. But the people-pleaser overdoes it: he's **constantly** adapting himself to the world, to a great and self-harming excess.

There are two key things that people-pleaser doesn't realize. The first is that **other people's reactions are not fully determined by what we do.** If I'm telling a story and someone yawns, it might be because the story is boring (this is what the people-pleaser would automatically assume), but it might also be because that person is sleep-deprived, because he has something else on his mind, because he's a halfwit with the attention span of a goldfish, and so on.

The healthy way to handle this situation, a way that would not even occur to the people-pleaser, is to take the yawner's action as *one of* the inputs in your evaluation of the situation. If you judge that the story is good, if other people seem engaged, if the moment doesn't seem inappropriate, then it's likely that the yawner is yawning for their own reasons, which are none of your concern. The people-pleaser would, instead, make it his concern, and try to change his behavior accordingly.

The second thing the people-pleaser doesn't realize is that **sometimes you need to make other people feel bad** (or not-good). Other people aren't entitled to you laboring to always make them feel good. They simply aren't. Even when it's in your power to appease them, sometimes you just ought not to.

This thought would be completely alien to the people-pleaser, because he tries to appease others automatically, without thinking. If he sees someone that appears angry, upset or otherwise not happy, he automatically endavors to make them so. **Even when he purposefully makes people mad,** the people-pleaser is actually doing it to then achieve a happy state: the people-pleaser can be someone who teases, roasts, pranks, but he's only happy if the other person is a good sport and has fun with it.

The healthy way to approach this is, instead, to realize that other people's emotions aren't any more right than our own. If someone has their panties in a bunch over something, it's not your job to un-bunch them. If they are unreasonably upset with you over something, then it's their problem to deal with their unreasonableness. Always appeasing people will only teach them to be more unreasonable, if anything.

If you think you might be a people-pleaser, then Dr Derek prescribes you this therapy:

- **notice** how you change your behavior in response to your reading of others' reactions
- **consciously** tell yourself that you ought not to change your behavior, because the reaction is not necessarily due to your behavior, nor is it necessarily a reasonable reaction
- **decide** if your behavior needs changing; err on the side of not changing, because your natural inclination (you're a people-pleaser after all) would be to alter it

You won't cure yourself immediately, but even in the first few days you'll make impressive, noticeable improvement. You'll feel far less burdened by the constant labor of people-pleasing, your interactions will become more genuine and, even though you might initially elicit some surprised negative reactions in people who are used to your people-pleasing, you'll then have a far more effective social and relationship life than before.

(Incidentally, this is a great part of why the "adopt a DGAF attitude" mantra works: people-pleasers
take it on faith that they should stop striving to please people, which helps them overcome their natural tendencies. The problem is that they don’t understand, notice nor counteract the subconscious mechanism that made them act as people-pleasers, so inevitably their people-pleasing sneaks back in somewhere. Hence why DGAF is only a stepping stone towards actually building solid frame.)
Private Facebook group of women married to deployed soldiers is infiltrated, shit storm ensue.

1084 upvotes | September 9, 2016 | by warracer | Link | Reddit Link

Here's the link: Shitstorm Im not good at writing in english, so I'll keep this short. Somebody found a Facebook group called "Mommy wars" which is private and has about 23'000 members. The person gets accepted and first thing he see is women who wants "support" on cheating on their husband while he's away. They reply with stupidities like "he left its his fault" or "spread those legs girl, it doesn't matter if he isn't on the same land mass". Absolutely disgusting, while you're out there fighting for their freedom you get cucked by these sub human being you called your wife at one point... As always AWALT, don't wife fuck material and keep your eyes open at all time.
A distant acquaintance of mine has recently broken up with her boyfriend, intending for him to chase her. She expected to have him begging for her back so that she could feel justified in having some fun before returning to him. Now, this guy is no slouch. He was active combat in the military for a few years, he puts my deadlifts to shame, he likely doesn't have time for this bullshit, so he's not exactly what I'd call beta. His response to her "I think we need to be done," was basically "OK, bye."

Cue the hamster. I've never witnessed this much hamstering first hand. She is absolutely obsessing over him, saying she loved him so much, apologizing over text, yelling about him ignoring her... It's quite the show. Here's a sampling of the hamstering gold I overheard from this girl during a big group hang out the other day:

"Well, obviously, we're going to get back together. He totally misses me." "Does he look like his eyes are red in that picture? Do you think he was crying last night?" "Did he fucking block me? Why won't he respond to my texts!?" "I just, like, need to have a threesome or something really crazy." (Then, 5 minutes later:) "I don't think I'm gonna have sex for a while. I probably won't even masturbate." "I dunno. I think I'm just going to move on." "I think we are supposed to be together but we just jumped in too soon so, like, we're on break." "Well, [some military guy she Facebook stalks] is pretty hot so maybe I'll date him instead." "Well, [beta orbiter] is nice and all but he's just... I dunno, he's just kind of gay. He sounds so gay. He'd be gay in another life." "I think I need to go back to my home town for a few weeks and find myself." "Why the fuck is he on Tinder!?"

Some of her friends, who I know better than I, confirm that he is all she can think about, and the only thing she talks about. She's always texting someone about him, or checking her social networks, or somehow obsessing... this guy consumes her thoughts.

You'd think, after all this time, I would stop being amazed at how true all this TRP shit is. But it always ends up being so goddamn true.

**TL;DR:** Girl breaks up with boyfriend. Boyfriend says "OK, bye" instead of fighting for her. Her world is suddenly consumed by him. TRP is real.
Young men who come here to create value in their lives, please stop smoking weed.

1083 upvotes | August 20, 2017 | by rp614 | Link | Reddit Link

I aim this mostly at college students. I started smoking weed early in high school, and stopped completely near the end of my sophomore year of college. Currently going into my senior year. I have by no means achieved the levels of success that I want from practicing TRP philosophy, but I have come to see how much more productive and fulfilling life is without weed. I know you may smoke and still be very in shape, very productive, good grades, and good game with women. However looking back I can see ways that this shit took hold of my life at various points. You get complacent, you schedule your day around when/if you can smoke. Weed drove me to bad bouts of anxiety that made achieving my goals a monumental struggle. I have tried many kinds of drugs, but weed is so dangerous because it is so easy.

I know some people here view alcohol in the same regard, and I understand. I do drink on some weekends. But for the majority of the people, that is the norm. Plus sometimes not drinking can lead to social suicide, no matter how much you want to try and deny it. Excluding alcoholics, no one can go to work drunk, go to the gym drunk, have any kind of productive day drunk. But many people fall into the mindset that they can "easily" do all of these things high. And that's because you can easily get away with these things high. "Get away with". We aren't looking to just "get away with" things here, we are looking to take life on at full force and make the most of what we do.

After a year of reflecting on my drug use, I have seen how much time it wastes. Weed becomes your hobby. Weed becomes your sleep aide. Weed takes your money, because you always feel the need to have some with you. I know life is about compromises, and sometimes we just need to relieve stress and enjoy it. Yet I know so, so many people who started out with this mindset and then the "once in a while" turns into every single day.

Please young people, as someone who used to be a pothead, weed brings no value into your life. I cannot speak for people older than me, but I imagine they may say the same, but I would like to see some opinions.

edit: grammar
While you're talking to her about TRP, I'm fucking her in the ass

1082 upvotes | August 17, 2017 | by tr0n_cat | Link | Reddit Link

Here's a quick anecdote that I hope drives the point home to a specific man lurking this sub who hasn't gotten the fucking point yet.

I met up with a 7.5-8 I met online for a second date. While we were talking, Reddit came up and she mentions a male friend she has who won't shut up about this thing called "The Red Pill."

I laugh. What a bunch of nut jobs, I say.

"I know, right? He's so bitter. He says women are sluts until they turn 30 and then they want nice guys. He keeps trying to show this Red Pill stuff to me."

"Sounds like they're just angry at women," I reply, "but at the same time they're probably just a bunch of harmless virgins in fedoras. Who can blame them." All the while I'm maintaining frame, somewhat indifferent to the whole topic and keeping game strong. I pivot on the "virgin" point and move the conversation in a more sexual direction. An hour later we're fucking at her apartment.

We fucked again last night and I even put it in her ass. I hope you're reading this, whoever you are. I'm not trying to rub your face in it. I'm trying to help you understand the difference between talk and action. Don't just read RP theory. Don't sit around waiting for Chad status to come fall into your lap. And for FUCK'S SAKE, don't cry like a bitch to women you're orbiting and try to educate them to RP truths.
My Insane 3 Year Journey - From Short Hardcase Asian to Slayer

1082 upvotes | September 3, 2019 | by Loreing | Link | Reddit Link

Let's start at the very beginning. I was a kissless virgin all throughout High School and College due to doing nothing but playing video games like WoW and League of Legends all day. Once I graduated, I spent about 2 years wasting time playing video games and trying my best to hold down a job before snapping and deciding enough is enough and that I need to make changes in order to not end up a 30 year old kissless virgin or 40 years old and beyond... I started out by losing a massive amount of weight through rigorous diet and exercise. Keto diet combined with stronglifts 5x5 with one cheat day a week was the magic pill for me. The pounds came right off.

To give you an idea of where I stood at the time, here is a brief summary of my advantages and disadvantages when I started to approach girls and trying to apply the pickup stuff I read about online.

**Disadvantages:** Short, Below Average Face, Poor social skills, Asian Race, Overbearing Parents, Lived at home so no pull location

**Advantages:** Decently high paying job, extreme levels of persistence beyond what is mentally healthy (What I mean by this is I feel it's totally normal if someone where to give up after approaching 100 girls and getting blown off by every single one, but to me, it just motivates me and lights a fire in my soul to keep going and going until I get the results I'm looking for)

I started posting on RedPill asking anyone in shouting range for advice because it was clear that whatever I was doing was not working. Looking back at some of these threads, I can now laugh at how stupidly aggressive and retarded I was.

It took me 300 approached to get my first lay, 300! I set up 10 dates with absolutely no results, the one lay I had came from a random club girl that I pulled home the same night.

After finally moving to my own place, I thought that I would be able to skyrocket my results by having the ability to pull girls back to my place instead of restricting myself to only going to their place. Little did I know that 2000 approaches later, and I would only have 2 more lays. This was getting beyond ridiculous. 2000 approaches to get 3 lays? In what Universe is that remotely a good trade? A normal person would have just accepted that maybe he's just not good looking enough or smooth to succeed but like I stated before, this really didn't bother me too much and I kept digging for solutions wherever I could find, including RedPill, and various other online forums and groups.

Year 2 consisted of me struggling hard, approaching girl after girl with extremely low success rates that never got much better. I even paid 3 grand for an RSD bootcamp and while it was great listening to Owen talk and talk, it turned out to be all hype. My game stayed more or less the exact same, while my excitement factor went up 5X. So instead of going out every weekend and failing like normal, I would go out every weekend super pumped up with energy levels way beyond normal and still fail. This was where even I started to get discouraged a bit. Hard not to feel like a loser when you dropped 3 grand on a bootcamp that was supposed to fix your sticking points but didn't actually do shit.

In year 3, I finally had my big breakthrough. Everything I was learning started to come together and I got to a level that I didn't think was possible, even in my wildest imagination. I've fucked hot girls from every race, from gorgeous blonde twitch streamers, to smoking hot latinas, cute Asians, exotic
African women. I got to the point that if I decided to go out, no matter what, I would never leave empty handed. I would always go home with a woman. If you look at my growth chart, it would be almost no results in the beginning 2 years followed by an explosion of results in the final 6 months. I finally settled down with a blonde girl that I've been with for over half a year now and couldn't be happier. She cooks mean dishes and I don't think we've even had one verbal argument throughout our relationship, we just click.

Here are my biggest takeaways from my 3 year journey for all you future slayers and pickup artists in the making:

1. **Do not post your dates or listen to any advice on RedPill** - Occasionally, you will get good comments from people that know what they're doing but let's face it, you're asking for advice because you suck with women and if you suck, you have very little way of distinguishing good advice from shitty advice. There is so much feel good mindset advice out there that sounds amazing but does not deliver results in practice. Don't get me wrong, RedPill is amazing when it comes to personal development advice. Lifting is awesome, Spinning plates is awesome. Just don't post your field reports here and expect to be able to tell what's good advice from an actual slayer from shitty advice from a newbie like yourself.

2. **Make sure your looks, fashion, hairstyle, and accessories are as maxed out as they possibly can be**. Maybe if you're a naturally tall and handsome white or black guy, you can get away with just putting on a white t shirt and jeans but as a short Asian, trust me, everything adds up and you CANNOT AFFORD to have bad fashion or hairstyle. Maximizing looks is unbelievably important and will help you convert the girls that would normally autoreject you immediately upon approach. Get some blazers and trendy jeans from Zara. Get a fake rolex watch. Get a nice white guy haircut (especially important for Asians. I never see Asians with fobby haircuts doing well with other races. Get a pompadour fade and slay with every race of girls). If you're short, elevator shoes are a must. Even one inch of height makes such a big difference, you have no idea. I would recommend this as the starting point for every aspiring PUA. If you're fat, go on a keto diet and lose the pounds. If you're short, get elevator shoes.

3. **It's not what you say, it's how you say it and how you look while you're saying it** - This is one of the biggest takeaways from my entire 3 year journey. As a beginner, it's only natural to see Pickup as a game of who can come up with the wittiest lines and comebacks. The newbie often focuses all his efforts on coming up with the perfect line for everything the girl says, which is completely wrong. The vast majority of issues in game would be solved by simply maxing out looks and perfecting TONALITY and BODY LANGUAGE. This is extremely hard to explain on text but the basic idea is that women don't really give a fuck what you say. How they determine if they like you or not is based primarily on what kind of vibe you give off. The vibe you give off is almost completely determined by your vocal TONALITY and BODY LANGUAGE. Some of the biggest mistakes of vocal tonality are not talking loud enough and talking too fast. I can almost guarantee that your results would go up a lot overnight by simply being conscious of talking 2X louder, 2X slower, and with a deeper more masculine pitch. Take your cell phone and record what you say to the girl in the bathroom mirror. Pay close attention to any nervous ticks in your facial expressions. When you first listen to your recordings you will be shocked at how bad they are. You think you sound confident but when you hear the
recording, you'll see that you're talking so fast, in such a high pitched voice, and so quietly that the girl can barely understand what you're saying. No wonder you're getting rejected by so many right off the bat! Body language must be as straight as possible. Stand up against a straight wall at home and make sure your back, neck, and the back of your head are perfectly lined up in a straight line with the wall. It will feel awkward at first compared to your hunchback stance that you're used to, but soon it will feel more natural and trust me, it makes a world of difference to women. Girls can also tell if you suddenly straighten up before approaching them. Make sure you have straight and confident posture throughout your entire day, not just right before approaching girls. The easiest way to correct this is with a video camera and tripod stand. Record yourself going up and say what you'd normally say to a girl. Make sure that everything regarding your tonality and body language are perfect. Like I said, maybe if you're a tall good looking guy, you can get away with shitty tonality but as a hardcase short Asian, EVERYTHING has to be perfect.

4. **Practice your eye contact and use indirect observational openers** - It took me a very long time to realize that direct openers do not work unless you are good looking. I get the value of direct openers, they save time and energy on both parties when you go up and say "Hey, I thought you were really adorable and I wanted to say Hi, My name is Loreing". Direct openers are more masculine and establish a man to woman frame from the beginning, if you are conventionally attractive, then by all means stop being a pussy and go direct! The problem is that unless you're conventionally good looking, the girl has NO IDEA who you are. In her head, a random ugly dude just approached her in the street. The natural thing to do is reject you. Of course there are exceptions but the easiest way to go 2000 approaches and only 3 lays is to use Direct Openers. A much better opener is "Excuse me real quick, I have a question. I was on my way to [Starbucks or any other location]. Would you mind helping me out?" When she responds, say "Thanks so much, by the way, I just noticed something about you. You have this [positive and happy vibe / any other fashion or vibe observation]. The important thing is to make sure your eye contact is ABSOLUTELY ON POINT. Focus on one eye and one eye only and make sure your eyes are laser focused on that one eye. The difference between proper laser eye contact and indirect openers and direct "I think you're adorable" openers is night and day. You will get blown out of MUCH LESS SETS, and the girl will at least hear what you have to say. You will still fail with a lot of them because you don't click but at least you won't get autorejected anymore. You will get better and better at making accurate observations and there is nothing like an accurate observation to kick off a conversation on the right foot. As long as your EYE CONTACT, tonality and body language are on point, you don't have to do much crazy game stuff. Just be natural, see if there's a connection. If there is, escalate and try to go for an instadate or grab a number. Not rocket science.

5. **Do not take any courses or even watch any videos from RSD** - It will get you pumped up and hyped up to give them money but in terms of actual results, you'd be far better off buying a video camera with a tripod stand and taping your body language or buying an audio recorder and recording your approaches in field and METICULOUSLY pulling everything apart until it's perfect. Just about the only thing I agree with them on is that using canned pickup lines is not as good as using a more natural style of game. Other than that, it's mostly hype.

6. **You do not have to Go Monk Mode** - There is no reason you cannot advance in your professional career and succeed with women. You do not have to sacrifice game in order to climb in your career or vice versa. There is more than enough time in the day to get good at
both and you'll find that they reinforce each other. As you improve your lifestyle, your game goes up and vice versa. As your game goes up, your ability to make social connections with the people at work that matter for your long term career go up. Game and work naturally reinforce each other. No reason to go monk mode and spend years only working on yourself.

These are my observations about game from over 3 years of experience. I started out getting almost no results and constantly getting blown out of every set I approached. I ended up being able to get a girl in bed pretty much whenever I go out. My last recommendation is that you don't use the knowledge I just laid out to hurt women or manipulate them into doing things they don't want to do. Girls are people too. It's incredibly easy to get cynical and jaded after getting rejected by everyone you approach when you go out but if you keep plugging away at your weaknesses, you will solve them one by one until you become good. You will never get good by blaming women. You only get good by criticizing and working on yourself. The first time you hear yourself talk and see the way your body language comes off, I guarantee it will become abundantly clear why women autoreject your creepy ass when you approach.
Liking Sex Doesn't Make A Woman A Slut; No Self Control Does.

1078 upvotes | April 22, 2016 | by TheeRyanGrey | Link | Reddit Link

I don't like being a contrarian, but I try and exist as a moderation for the extreme nature of what we do here. It's a shit job, I get trolled and yelled at by both sides---Blue pill trolls who don't like my traditional conservativism and Red pill Fanatics who want anger and vitriol at women to be the norm---but I feel it's necessary.

I say that because lately there's been a lot of success around here sexually and then men blaming it on women being sluts. This is wrong for a multitude of reasons but I'm here for the most important of them.

1.Blaming others for your success is worse than blaming others for your failures. It removes all responsibility and credit for one's hard work, a cruelty and vulgarity beyond measure.

She fucked you because you're awesome, because you demonstrated your worth and value and made sure she felt she could do no better. It wasn't fate or destiny or(god forbid!) luck, these are just words women and children attach to things they can't possibly comprehend because the world has agency over them.

2.Women like to have sex. Duh. It's the first lesson a red pill man learns. Women are capable of multiple orgasms and when combined with hypergamy, makes them capable of endless sexual desire. This does not make every woman a slut. I've slept with women fresh off their first high school boyfriend, 1 count on their belt, and after 3 weeks with me they're willing to accomodate any of my sexual desires.

Return to #1. I'm awesome. I'm confident in my wants and desires and because women garner happiness from pleasing men they deem worthy, they do things I like doing.

3.Self Control is the single most attractive trait in women. period. It is the single most important quality for you to weed out during dates and hang outs. Self control.

See if she orders another slice of cake. See if she can maintain a diet and workout. Give her chances to escape her self control. It doesn't matter how long it takes for you to feel satisfied, do it.

What a slut is, is a woman without self control. It's not that a woman sucks a man's dick, it's that she sucked his dick when she didn't want to, she just couldn't control herself.

I used to not believe it, thought all women were liars, but then I saw it for myself; I saw a woman who genuinely didn't want to fuck me, but I was on my A Game, I was on the perfect blend of molly and scotch and coke, I felt like God and acted like his father.

She shit test me like no woman before, she wanted so badly to prove I wasn't better than her man, that she could knock me off my pedestal, but she couldn't. I pitched a perfect game and there was nothing she could do about it.

I can say for 100% certainty she didn't want to fuck me when the night started. She didn't come out looking to fuck anyone. Her problem was that she didn't have enough self control.

Self control is the basis if loyalty and honor, which, as we've discussed, are male traits. Fathers exist to teach these lessons to their sons and daughters----which is why I also warn men to only date
women after you've met her dad and sized him up.

You as a man must demonstrate these traits to the world for it has no clue what they are without such examples. A lot of men are lazy, they want to be men but don't want to put in the work it takes. They don't want to have to be the oak that people lean on for support.

And guess what? That's ok. You don't have to be a man in 2016. You can join rappers and hipsters and lesbians and just be well crafted facsimiles of them, caricatures of what men are supposed to be based on television and movies.

Just don't get mad and vent about how women aren't women anymore. It makes you look feminine.
Your struggle and pain? Women neither understand nor give much of a fuck.

1073 upvotes | October 2, 2015 | by IllimitableMan | Link | Reddit Link

Got a bunch of requests to make a comment of mine in another thread into a post, so here it is.

Some men are prone to thinking "if women could just understand, they'd work with us." No. Just no. Stop. That's wishful thinking. Women will never work with us, because what they want and what we want are similar but different. The way we think, the way we want to do things, the fact women want to constantly fight you for control whilst secretly subconsciously hoping they don't win means we're in a perpetual state of war. (war = maxim 6)

In the "men aren't taught to be attracted, women are born into it" thread the OP sounds a little purple pill. Don't get me wrong there's a lot of gold in there, but because he's trying to logic a girl there's a lot of "meet me halfway here" sentiment in his explanation and she doesn't budge a fucking inch. This is testament to the notion women see any attempt at male self-improvement that may possibly undermine their monopoly on social power as nothing but a threat to be thwarted.

**Women don't want a work in progress they want a winner, the work in progress is ugly, the rage, the insecurity - all of it - bitches aren't cut out for that.** TRP is like a machine shop where cars are in pieces being assembled/repainted and whatever, and bitches just be like "I don't want to see that, they're ugly, show me a shiny lambo, that car probably doesn't even start!" Women want the product with the perfect presentation and to be completely ignorant of the underlying layers that go into creating it.

TRP is a fucking hospital for fucked up guys. And guys aren't even allowed to be fucked up, are they? Society fucks men up, they try to do something about it by utilising TRP, and apparently that's a bad thing too. Everything they do is wrong. Bitches come here, pass judgement and then act like they know shit. These women are fucking clueless and their snooping enlightens them not one iota. Where we see progress and catharsis, they are just revolted and trying to get in our heads. Not so they can help us, but in some petty female attempt to outsmart our knowledge of their biology/psych (again, IM MAXIM 6.) A futile endeavour, but there you go.

They don't even try to understand "the WHY" behind TRP. They are just filled with discomfort and suspicion at the thought of men coming together to discuss women and society in the very way that they do. Women do not like the idea of male autonomy, women always want to be in the picture, having a say and influencing men. Men specialise in influencing the world whilst women specialise in influencing men, that's always the way it's been, whether it's been through feminism or using her looks/submission to charm a man into commitment (that's RPW.)

TRP is one of very few places where women have NO POWER WHATSOEVER. And they fucking hate that. No power, lots of "work in progress men" that aren't currently at a "fuckable level," unspoken societal mechanics out in the open being plainly spoken, this shit offends and fucks with them. They can't understand. They can't care. They're not in that fucking world. **They're not men so they don't understand the struggle, the grind, the sweat that takes to become a man worth a fuck.**
Plus there's the little double standard that's it's fine for her to artificially enhance her SMV, but if you don't "grow up that way," and instead have to consciously try to fix yourself, you're clearly a damaged tryhard rather than a natural and you belong in the beta box society has already assigned you. Women like to stereotype men as bitch boys and fuck boys and they're very black and white about that. They don't want to see any crossover, the mere concept fucks with them epically.

Truth is, women would be happier if men got their balls back and started leading again but they've been brainwashed too and just aren't cognisant of it. It's a huge mind fuck that women are constantly try to feminise men and feed them disinformation that fucks up their chances, but will eagerly fuck any guy who ignores all of that and knows what it takes to be an effective, dominant and successful man. Which is all any man here really wants to be.

The worst thing you can do is show the enemy your play book and trust them to empathise or get on board.

Women are not your friends, but neither are they your competition. They are not your equals, they are your prey. You hunt, and if you know what you're doing, you snag one. You lead the relationship, if you fuck up, there is no relationship. There is no equality and no understanding, there is simply you being a leader picking/attracting/maintaining a relationship with a woman of your choosing. That's it.

People like to think they can use TRP to get a girl and then "just be themselves" but the reality is, the "gaming" (manipulating) never stops. And women will never stop manipulating you, testing you to make sure you're strong/better than them. That's just the way it is.

You all need to accept this instead of hoping otherwise.

If women gave a remote shit about men, life from a man's viewpoint or even helping men, feminism wouldn't be a thing. Open your eyes. We're on our own with this. Woman on TRP will never empathise with us, they are just here to enhance their own manipulation. Women have an edge and they don't want men to take that away from them.

Lucky for them, even a woman knowing about TRP doesn't stop TRP working on her. It's all human behaviour. Women like what they like, they are who they are and they're attracted to what they're attracted to. But we don't need them having any meaningful presence here.

Bitches don't belong in the locker room and they know it that's why they lurk. Women having any say or presence within TRP will be the death of it, just as it was with the seduction sub, askmen, and all the other previous male spaces that women took over.

All relationships are war, yeah I know that sounds fucked up but just think about it. If it wasn't this thing you had to win and dominate, you wouldn't need TRP because bitches would work with you and not against you. Truth be told, the irony is, bitches only work with you when you're winning - which means dominating life AND them. But they will try to jostle you for power, and if you give in, you sign your own death sentence. Heed me.
Hello RP.

Today I wanted to speak to you all of the big difference I’ve noticed from how people have been treating me lately after I started reading more on human anatomy, biomechanics, and muscular imbalances.

Being 20 years old and almost 3 years into lifting, I've made much progress. My numbers on the PFTs are getting great in terms of push-ups, pull-ups, and so on and also my lifts are progressing fairly well in terms of relative strength if I do say so myself.

However, I started really getting interested in actual biomechanics and reading online about human movement, posture, and others things of that sort. Through this reading online and self-evaluation, I came to the conclusion that I had an **internal rotation of the shoulders** due to an imbalance of my back muscles and chest muscles, a **forward head posture** issue, and an **anterior pelvic tilt** that also through everything even further off balance.

Biomechanics can get pretty complicated, and I am no chiropractor nor a kinesiologist but I believe we can save ourselves a few couple hundred bucks by looking into these issues ourselves and stretching and workout on these issues.

So first off, I started looking into **forward head posture**, which you can get a quick glimpse of [here](http://thewellnessbank.com/wp-content/uploads/2014/12/Forward-Head-Posture.jpg) and also [here](https://modernchiropractic.files.wordpress.com/2015/06/head-weight-posture.jpg).

If you would like a full article on the subject of forward head posture, you can read [here](http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=54612).

Next time you're out just look around. Most people from looking down at their phones all day, sitting around on their computers, or watching TV and looking down at desks have developed this problem.

Some YouTube videos on the subject that helped me out in fixing it:

[Fix Ugly Forward Head Posture] (https://www.youtube.com/watch?v=htuCUJmfswd)

[Corrective Exercise for Forward Head Posture and Upper Crossed Syndrome] (https://www.youtube.com/watch?v=JA3O0NVb-sk)

Doing the stretches from this video made me feel like a damn new man, around the 7 minute mark the stretches begin... [Fixing Forward Head Posture] (https://www.youtube.com/watch?v=UvTakqZ-9WU)

Now, for the **internal rotation of the shoulders**. For a long time I thought deadlifts and weighted pull-ups were enough for back, and I half assed the rowing movements and never did barbell rows. I got to the point where I was getting compliments on my back being shredded and was benching twice my bodyweight, but the stabilizing muscles that pull the shoulders back were too weak and resulted in me having a bad posture. Strong front delts, weak rear delts=bad. You look submissive when you're hunched over and kind of like a little chimpanzee more than a strong man. A lot of people simply tell you to try and roll your shoulders back, but this often dismisses the actual underlying problem and gives you a quick fix. We have to put conscious effort into strengthening the weak muscles and fixing the muscular imbalances compromising our structural integrity.
I started incorporating rows and learning to do the movement properly, instead of just throwing weight around and pulling the barbell to my stomach without proper muscle contraction. Instead of thinking of your hands pulling a barbell to your stomach with barbell rows or any rows, think of your elbows touching behind your back. Don't forget to retract your shoulders and squeeze as you do. Check this video out: [7 Dumbest Barbell Bent Over Row mistakes](https://www.youtube.com/watch?v=WkmlAp776Bk)

In this Athlean-X video, he has a good point of not simply pulling your shoulders back, but thinking of your sternum as a glass of water. Thinking of your chest as like an empty space, like a microwave, and thinking of keeping it straight up so that no water spills is a much better cue. Keeping the sternum upright will lead to your shoulders naturally rolling back so that your thumbs point straight ahead of you.

[Perfect Posture in 5 steps](https://www.youtube.com/watch?v=TQqgf8kB6R8)

Great, now we're looking good!

Our last little issue: **anterior pelvic tilt.**

Here are some quick pictures to give you an idea of what it is: [example 1](http://www.somastruct.com/wp-content/uploads/2012/07/anterior-pelvic-tilt.jpg) and [example 2](http://dannykennedyfitness.com/wp-content/uploads/2016/04/Anterior-Pelvic-Tilt.jpg)

This definitely isn't an optimal position, it causes your but to stick out, along with your stomach and gives you a very awkward look. This is also very common.

Here's a good article explaining the whole issue and its causes with some videos of corrective exercises and stretches you can do. [4 Great Exercises for Correcting Anterior Pelvic Tilt](http://www.somastruct.com/4-great-exercises-for-correcting-anterior-pelvic-tilt/)

Alright RP, these are some common muscular imbalances and issues people have with posture. When I fixed these on myself, I had people constantly telling me I look buff as hell and that I beefed up out of nowhere. In reality, all I did is change my posture and fix some underlying issues. Quick fixes of just being told to tuck your chin in and pull your shoulders back often aren't enough, and with the complexity of the anatomical network one can find himself feeling very confused as to what to do. Luckily, we have the internet and sites like YouTube to guide us.

After fixing this, I noticed people treat me a lot differently. I believe it's that difference between feeling really confident inside and also being able to portray it with a powerful, strong way of carrying yourself that signals good health, strength, and confidence. I'm getting a lot more looks from people in the gym and approaches by girls.

I hope this has been a great help to you all and will take the necessary steps to correcting these issues to not only prevent injuries or degenerative issues down the road, but be able to portray the attractive, strong, masculine figure that you all are.

**Edit: March 20, 2017:**

Some of you guys have been messaging me on further ideas for the forward head posture issue, I came across a good page with a few corrective exercises and ways to strengthen certain muscles, which you can check out [here](http://posturedirect.com/forward-head-posture-correction/). Another good page is [this one](http://www.lumobodytech.com/blog/how-to-prevent-and-correct-forward-head-posture/). Some of you may benefit from learning to sit properly at your desk jobs by observing [proper desk posture](http://www.lumobodytech.com/blog/how-to-prevent-and-correct-forward-head-posture/)
(http://share.upmc.com/wp-content/uploads/2014/05/CRS412054-posture-illustration_v5.jpg) and preventing [this position]
(http://neurohealthchiro.com.au/wp-content/uploads/2015/12/bad-posture-guy-desk-300x190.jpg) which may have lead to you guys having developed forward head posture.

Also, take a look at proper ways of holding your [smartphone and browsing]
(http://cbsnews2.cbsistatic.com/hub/i/2014/11/21/d1309389-7734-48be-b321-74a530368141/43a07381556f4e85746147fe16136542/bad-posture-620w.jpg), some of you guys do this for hours at a time so it is worth a look. You may have to hold it a little higher and rely on using your eyes more, so it will feel a bit awkward at first but remember it's worth it, for your spine's sake. Otherwise, sitting like [this guy]
(http://i2.cdn.cnn.com/cnnnext/dam/assets/120919070215-text-neck-forward-head-posture-story-top.jpg) for extended times is going to wreak havoc on your neck (as you may be doing right now). If that doesn't put it in perspective, [check this out]

Remember, we may be correcting years of bad postural habits. Depending on how progressed your issues were, it may take a little more persistence and work through muscle releases and development of underdeveloped muscles. The key is to be consistent with it and be patient, and the proper posture will start coming to you. Constantly checking yourself throughout the day and getting in proper posture when you catch yourself slouching our tilting down or staring really low at your phone is a must, but it will become natural to you eventually. Best of luck.
Here's a whole mess of relevant quotes from Patrice O'Neal's Black Phillip Show.

I spent a couple weeks listening to the show and typing this up. Had some free time.
This was only from a couple episodes.

You got to understand, this is not her fault. What women do when they pressure you to marry them is not their fault. That’s what the fuck they do. So you have to dismiss what she wants, dismiss that whole thing where she wants to get married, because that’s what she wants to do anyway. But them saying they want to get married is like me saying I want to eat or wake up and look at something. That’s what that marriage thing is to them. What you have to do is reestablish your shit. One thing you have to do is you have to be able to take an “L”. Not afraid to take a loss to get your point across. So when she gives you that marriage ultimatum, if you look like you’re sweating, and you’re blinking, and you’re nervous about her leaving, she will take advantage of that.

Stop having negotiations with women. Stop trying to give her things to make her happy so that she lets you go out to fuckin hunt and let you go out to drink. You have to say “look sweetie, this is how it is” and you have to be ready for her to walk out of your life.

One thing women need from you that if you don’t give them they fuckin flap around like a fish out of water, is emotions. If she goes “I gotta get married! And I don’t want you to go hunting!” You go “Oh sweetie we’re not gonna get married for a while, I don’t know when. And I’m going hunting right now. I’ll see you later. You don’t have to be here if you don’t want” And kiss her on the check and be really cold because now her emotions have to eat on themselves.

She’s not walking out of your life unless you’re crushed. They never walk out if you’re indifferent on the couch. If you go “goodbye, nice talking to you, I love you but you have to live your life” That bitch will not take a step. Trust me.

(Advice given in response to a caller who says his wife only fucks him once a year) Nothing helps a marriage more than cheating. Nothing makes it easier. When you’re cheating there’s nothing she could say that would upset you after you get home. You have to say to yourself “you can’t love a woman, like a woman loves you. You can’t give energy to her the same way she gives energy to you. You can’t go booby-bear, you can’t hold her hand because she’s holding yours. It’s a distance thing. Stay gone for a couple of days, have other things to do besides worry about how much she loves you and you love her. You gotta get a life. You don’t have a life if you’re worried about going to a bachelor party and cheating.

They don’t want what they can have. And right now I think she has you.
Most loser women, all they have to barter is their pussy. They don’t have anything else. Men have so many other things to barter when it comes to the sex game, and the relationship game. If you’re an ugly motherfucker with a hunchback and you walking with some type of swagger, everybody could be laughing and going “look at this hunchback motherfucker” but a woman might go “how could this motherfucker with a hunchback look like he should be fuckin’ me?” There are other things that make us attractive to women. Initially there’s only one thing that makes women attractive to us, and that’s fucking them. And then it builds from there. But they like us more than fucking us on the front end. We like to fuck them on the front end and then go “wow, she’s kind of cool” on the back end. So basically, you gotta understand that when you’re meeting these women, essentially, they’re losers. She has to get something out of her pussy, she has to get dinner, she has to get a movie. How can she function if she doesn’t get something out of what she has? Our bodies are not as important to us as their bodies are. So when you’re taking her out to dinner and spending time with her, you gotta understand that that’s her way of fucking you. If you take her out 5 times, she fucked you 5 times. And you haven’t fucked her yet. So basically what you’re doing is driving down a one way street, behind this bitch. And you can’t pass her. So if you find yourself getting stuck behind a chick on a one way road, you turn off the first available exit, and you get the fuck off that road. You can’t let a woman whore out your time.

She’s going to try and gradually take your manhood by small steps and before you know it you’re sitting in the shoe store carrying her bags. You gotta first decide what you want out of this and if what you want is sex, then that has to be obvious. And if that’s not what she wants, fine, there will be somebody else.

Fundamentally, it’s the nature of women to bitch you up. That always happens; the degree may be different from woman to woman, but it’s all about bitchin you up. And it’s organic. You cannot be angry at how they do it with such ease. It’s like brushing your teeth. Your manhood is constantly under siege, and you can’t be mad at them. It’s like being mad at a fuckin snake for biting you. If you got a rattlesnake in your hand and you’re like “this rattlesnake is the shit” and it bites you, you can’t be mad at the motherfucker. You just have to go “shit, it’s a snake”.

Women have no skills to get what they want, so they hope what they want just kind of walks in. What gives you the balls to sit and wait for Mr. Right? What skills do you have to get Mr. Right?

You have to take away what she wants (emotions) until you get what you want (sex)

She’s only powerful if you let her be powerful.

The amount of time it takes for her to pussy you up is the amount of time she sticks around to enjoy you being a pussy. And then she’s going to leave you.
(In response to a man calling in claiming his wife wants him to be a stay at home husband) All a woman has in this world is that her man is cool. For the sake of your marriage, do not get put in a position where she thinks you aint cool. If she can’t look at you like “my man is the shit” then your marriage is over. How can you look at him like he’s the shit if he’s a stay at home fuckin’ dad?

My girl said the other day “can you get off that pimp shit for once?” I go “if I do bitch, then what?” You need an opening to fag me up. Don’t let her fag you up.

A woman wants to be protected by her man, and if she can punk you up, how are you going to protect her against another man? She’s always looking to upgrade the protection.

Do the whole dating thing once or twice at the most. Because you don’t wanna do what other motherfuckers don’t do. You don’t wanna be taking her out and other motherfuckers just fuck her in the mouth on the first date. You take her out on 1-2 dates, and then you start pushing up on her. If she don’t wanna give you no pussy, you don’t go “fuck you” this and that. You always love em’ and leave em’. Just give her a kiss on the cheek, pet her on the head and say “thank you sweetie, but I don’t feel comfortable going out with you 2, 3, 4 times because I’m a viral young man who needs to fuck. I wanna be spending my time fucking you, not trying to fuck you. I know I want you now, do you want me?” You gotta make her ante up.

A happy man means a happy woman; it trickles down from the man. A happy woman doesn’t mean shit. She doesn’t know how to be happy outside of how a man makes her feel. If a motherfucker is sitting there playing Xbox 360 and you say “I’m not gonna bother this motherfucker at all”. He could be on there for 8 hours and I’m just gonna exist in my own place for 8 hours until he wants to exist with me, you just earned yourself 8 hours of happy. That motherfucker would be like “sweetie, what do you need me to do? Cause you left me alone for that 8 hours I wanted to be left alone for.” You were selling me what I wanted to buy. I wanted to buy some Xbox 360 time and you gave it to me, so you know what? I’m going to figure out how to make you happy. I’m gonna tune into you now instead of tuning out because you tried to force me to spend time with you, or force me to love you, or force me to talk to you.

You should encourage the whore-ness in every bitch. The reason men don’t like women is because of what you put us through for pussy. The fact is, you could fuck me now but you’re not, just because of the “unwritten rule” of not fucking on the first date. If a chick says she doesn’t know me before we fuck, you don’t know me any better if we talk for a year.

Pussy is only valuable to whoever is fucking it at the time

Any woman is going to push your boundaries until you stop her

Women hate being in charge. They don’t wanna win, they want a winner. And that’s what women
test constantly, is this nigga the winner that I think he is? So you come at us and try to make us losers. And what a loser is, is a guy that lets a woman make his happiness. If you look at any woman who’s in charge, she’s not happy. She thinks she has to be mean to be the boss, she’s copying what she sees bosses do. Women don’t want to run shit, it makes them miserable. They want a man who runs shit so she can go “that’s my man”.

I’m not going to bite my tongue, I’m going to tell you how I feel. Ok sweetie, I’m not going to take you out on another date. I’ve been on three dates with you. I know I want to fuck you, I don’t know if you want to fuck me, but I already know I want to fuck you. If you don’t wanna fuck me, figure it out, but were not going on anymore food excursions so I can do something for you and you’re not doing shit for me. The more you make me wait, the less it’s worth.

Women want to look at a guy and believe that he will lead them where they need to go. But they’re gonna test him like he’s a weak ass second mate.

If I’m the king of the castle and I marry a useless bitch, do you know what she becomes? The queen. She becomes the highest level that a woman’s title can be, in the world. Just by marrying me. I make you the best you can be. Now, if a queen marries a motherfucker that ain’t shit, what does he become? He’s the motherfucker who ain’t shit who married the queen.

Guys, the only thing you really have to deal with is the threat of rejection on the front end. If I see you on the street and I go “hey what’s up” and you go “I don't like you”, all you had to do was deal with that. And once you apply that to yourself you can go “you know what, I'm just gonna stick fly paper everywhere and see what sticks.”

Here’s the problem, I have to be a good lover, have decent money, have decent clothes, be funny, I gotta be happy. I gotta be everything, for your vagina. Now where the resentment comes in is now you look at me, like I’m supposed to love you like you love me, and you’ve don’t nothing loveable. Why should I love you because I’m loveable?

Let’s boil it back down to pussy. Let’s say we had something that women were after every second of the day. What if God has cursed us or blessed us, and every guy had 10 G’s in his pocket every day. And every day women were out there going “hello” and in our minds, were going “man this bitch is just after my 10,000 dollars” Now, just because she’s after our 10,000 dollars, does that make you special? Cause she’s chasing your 10 G’s? And here’s the thing about my 10,000 dollars, I’m better than my 10,000 dollars. Bitches are not bigger than their pussy.

You’re gonna love him before he loves you, because he’s showing you the best of him. You’re not showing the best of you before he gets pussy. Before he gets pussy, it’s him auditioning for pussy, so you’re getting the best of a guy. You’re gonna love him first.
Women are looking for a General they are comfortable fighting for. They’re looking for a guy they can believe in. Women really want to have no job, they want to support a man that they believe in.

Remember, a happy man is a happy everybody in his life.

Women have no skill to get what they want. You survey the land and go “he’s nice” and your skill is to stand there and go “I’ll get his attention so that he comes over with his skills.” Because you have no skills to get a man. Your skill is your beauty. You don’t know how to get a dude. You don’t choose a guy, a guy chooses you and you choose to go “yes”.
Serena Williams has a meltdown at the US Open - and the rest was expected

1071 upvotes | September 9, 2018 | by SKRedPill | Link | Reddit Link

TL:DR - The hamster quickly reframed the issue from on-court coaching and code violations into a woman's victim issue, totally throwing out the rulebook. Talk of sollipsism and shaming tactics!

Tennis is one of the best sports you can watch if you want to know what great champions are made of. A lot of masculine lessons can be learnt from it - mental strength, dealing with one emergency after another, what to do when things don't go your way, how to live right on the limit of controlled power and intensity, what separates the greatest from the merely very good, and more. The mind of a player is palpable in a match. It's an individual sport, so you're responsible and can't blame anyone else.

A peculiar thing about tennis is that, even the tiniest percentages in performance make for a very significant difference as seen on court, matches have been lost where the first player had match points and couldn't close it out, and the 2nd fought back. Close matches can be separated by as little as 1 point in 150, and the best players do that extra part consistently better than others.

So tennis is in fact one of the best sports to highlight the differences between men and women, where the 15-20% difference between men's and women's at peak performance (we're comparing the best of both, not the median or mode, otherwise that gap would be a lot bigger) can put them in 2 other universes of performance. Just watch John Isner serving at less than full power against WTA players as an example.

So for a change, I watch the US Open women's final yesterday. Half way through, Serena's coach is accused of coaching during play and the umpire Carlos Ramos gives her a code violation for receiving coaching during the match (her coach actually admitted to it btw and hamstered that 'everyone does it' - so this wasn't just pulled out of the umpire's ass). Later on she got another penalty for racket abuse as well and finally a 3rd one that cost her a game for yet another spat. As per the rules, a second violation gives you a point penalty and a 3rd consecutive one gives a game penalty. A 4th (which didn't happen) is disqualification from the match.

Just open up Youtube and see for yourself what happened after the 2nd penalty.

She went nuclear, basically accused the chair umpire of insulting her character (projection), calling him sexist, a liar, a thief, partial to men doing worse things (nope, I've been watching men's tennis, and even Nick Kyrgios isn't this bad, and yes men do get penalized).

She makes it into an issue of her being a woman and being black and what not, threatens the umpire that she'll ruin his career and that he owes her an apology. Eventually when everything failed, she starts the waterworks - makes it all about discrimination and victimhood (the ego loves victimhood, it's the hamster's best weapon), that she's a mother and has a daughter, wow. And when it was all over she claimed that she'll continue fighting for equality.

"I just feel like the fact that I have to go through this is just an example for the next person that has emotions, and that want to express themselves, and want to be a strong woman. They're going to be allowed to do that because of today," Williams said. “Maybe it didn’t work out for me, but it’s going to work out for the next person.” -- that's what the issue of on court coaching finally got re-framed
She also melted down in 2009 after the umpire gave her a double fault for stepping over the line while serving, and was disqualified for threatening the line judge.

Men usually argue with line calls, late challenges, time violations on serve, medical timeouts, illogical decisions and things related to the game. Usually men smash rackets (like Baghdatis, Dimitrov, Safin, and Paire smashed all their spare rackets and forfeited - and for some reason it actually becomes hilarious when overdone).

Women however, always make it about them (sollipsism) and their victim cards.

You know what's worse than this? Check out the twitter reactions. Google highlights these in my search results specifically. The hamsters are unbelievable.

"... Serena Williams didn't have a meltdown. She defended her honor on one of the grandest stages in a sport she's dominated for her entire adult life that continually disrespects her. Don't reduce her justified frustration to sexist behavioral stereotypes ...
"

"... (2/2) When a woman is emotional, she’s “hysterical” and she’s penalized for it. When a man does the same, he’s “outspoken” & and there are no repercussions. Thank you, @serenawilliams, for calling out this double standard. More voices are needed to do the same...
"

"...The hypocrisy of the umpire to penalize @serenawilliams in a sport that celebrated the antics of John McEnroe and Ilie Nastace is a blatant display of sexism #usopen..." - seriously just how does this shit pass muster?

McEnroe has been disqualified from matches and penalized numerous times. David Nalbandian was disqualified for kicking a line judge (unintentionally yes, but he apologized). Even Federer has been booed for breaking a racket. Andy Murray has melted down a lot until 2016, and he's been plastered for it. Djokovic would have nearly been disqualified from the French open in 2016 (which he eventually won) as his racket came within inches of hitting a line judge. The thing is that the men are aware enough not to get 3 code violations (which results in a game loss).

The worst meltdown I've ever seen was when Victor Troicki went mental over whether or not the ball fell on the line (and even there it wasn't as personal - there was no Hawkeye and it turned out he was right). Safin holds a world record, having smashed nearly a thousand rackets (it sounds funny now though). Hot head Fabio Fognini was kicked out of the US open in 2017 with a $24,000 fine for verbally abusing an umpire (a woman in fact), and lost all his prize money (over $72000) and points as well, and was hit with a 2 grand slam ban (ouch!) - but he apologized later and accepted he'd behaved unacceptably. Nadal is one player who never melts down - he hasn't even broken a racket till date.

However, regardless of what google says, at least Youtube commenters have more sense. The thing here however, is that google search results are becoming biased now. As if the media wasn't enough.

Meanwhile, Osaka, the winner, was reduced to tears at the end despite having won her first grand slam. Well, she's Japanese and shows conventional femininity. The crowd didn't treat her well, and she's not a Djokovic that she can just shrug it off with stoicism.

The umpire, Carlos Ramos, who's officiated both the men's and women's matches at all 4 grand slams, kept frame throughout, didn't say much about it, but admitted he stayed indoors for a few days for his own safety. And he didn't get a shred support from anyone, zero. Well, now they've apologized to him, but the whole apology thing was 'hush-hush', behind closed doors, nowhere near
the publicity level of the comments made to him.
So typical isn't it...AWALT! The umpire argued with a strong independent woman, and the result was spectacular.

And the man got absolutely no support nor sympathy, was called names regardless of his standing and was essentially left to fend for himself. Even the apology wasn't made in public.

And before we say double standards, it takes 3 code violations in a row to be docked a game penalty. If this wasn't Serena's 3rd violation in a row, it wouldn't have happened. So much for rules. Once emotions are involved, women throw out the rule book.

It also serves to prove a point that I first came across in a "A billion wicked thoughts". Women with higher testosterone can often act more masculine and outdo other women, but this also turns them into AWALT on steroids, boosting all their feminine behaviours as well. The result is volatile. I have an aunt who I swear must belong to this category. It's like that girl inside is bottled up and comes out explosively.

And the worst part about tennis isn't even this incident. It's the fact that women get equal pay for playing 3 set matches matches that are shorter than the entire 4th set between Dominic Thiem and Rafael Nadal in the quarterfinal. In fact if I was being truly fair, I say that the fact women don't play 5 set matches means you never see the legendary battles and comebacks that you see in men's tennis, which are on a whole other category of epic and that's the real problem with women's tennis - there are no epic matches. The days of Graf's generation are long gone. Even technically the men are far superior to the women right now as well.

Maria Sharapova or Billie Jean King came up with a shit test that men also need to play only 3 sets in Grand Slams when asked about it, and it doesn't take a genius to understand that this would completely pull down the sport and make grand slams irrelevant. I think BJK even claimed that the AO final between Djokovic and Nadal took a year off their careers -- well, they're still playing at the top. That is what female egalitarianism does to societies in the long run.

I don't hate women players -- I just wanted to point out that AWALT is an inescapable reality despite what an egalitarian society popularly likes to believe in, if anything, in today's climate it's gotten worse. This incident became a good example of what happens when you start arguing with a woman - the issue of on court coaching aside, it very quickly veered off that, descended into shaming tactics, got real personal and another reason to claim victimhood, sexism, etc. And it's very good mileage for the media. This instant ability to reframe an event into victimhood is an excellent tactic, one that totally took the focus away from being a sporting event and into a women's issue and also totally took the focus away from her opponent, who won.

In consolation, there's the men's final between Djokovic and Del Potro tomorrow, and I am sure I will not be disappointed.

EDIT : And it was an excellent final - that 2nd set was longer than the entire women's final! Djokovic is back, and now he's on par with Pete Sampras. He's equivalent to playing against a wall on the other side now that can also attack, with inhuman flexibility and defense - but I wonder when the crowd will ever start to like him.

The only problem with that match? My SJW friend (a girl) posts about Del Potro crying and says "It's ok for men to cry" ... and a bunch of guys totally approve, one even admitting how he's mastered the waterworks. I wrote "Bullcrap" - no reply yet. Society now has gone beyond 'feminine correct' -- it
now believes that feminine expressions are the only ones in existence at all.

EDIT: As it turns out, the statistics reveal a completely different story altogether - men players are penalized 3 times as much as women, and outnumber women 8x in the racket smashing department, but in the coaching department, women are penalized twice as much!


That's more proof of the reality of RP human behaviour right there.

PS: Guys, Serena Williams' husband is the co-founder of reddit... just hope this doesn't get TRP shut down.
NEWSFLASH: 45% of white women with COLLEGE DEGREES voted for Trump.

1069 upvotes | November 12, 2016 | by momomotorboat | Link | Reddit Link

**Summary:** a significant number of white women voted for Trump, to the surprise of everybody but us.

**Body:**

45% of white female voters who earned a college degree voted for Trump (plus 62% of white women without). Read about it in the Washington Post [here](#).

_The article is ok, with some conjecture here and there, but many of the conclusions should surprise none of us._

This is directly from the population of "basic bitches", the easily triggered feminists who deride the "patriarchy" and find all things male as oppressive, sexist and wrong. But let an Alpha walk on the scene, and boom, the tone changes.

This is the guy who's shamelessly treated women like objects, has owned the Miss America pageant and was recorded saying he'd grab women by the genitals. Let a weak man say any of this, and imagine the kind of firestorm.

**Lessons learned:** How many should I list? Feels over reals, AWALT, etc. If women hated men and the "patriarchy" as much as the world leads you to believe, no chance in hell he's getting 45% of the white female college degree vote.

Be strong, hold frame. Obviously we can't all get his level of fame, money and power, which totally helps him. But If he was meek, apologetic and beta, he'd still be getting roasted alive.

Women don't hate chauvinists and "jerks". Those are only shit tests. What they hate, what they will destroy, is weakness.

EDIT: I don't want to make it a race thing, either. I'm staying specific to the facts of the article. What I'm getting at is that this same demographic produces a large number SJW's with vitriol for the "patriarchy" and the oppressive white male. But let a dominant Alpha arrive, who actually does so many of the things that the men they complain about do, and look at the outcome. Did they vote for the college degree holding woman? Nope. A strong man showed up, and they got the tingles. So he got their votes.
After the whole week of staying up late, working late in the night, battling with formatting hell and typos, I have finally finished compiling all the information from the sidebar into one e-book. Like every new user, I was too, guilty of procrastinating and not studying the sidebar material. One of the things that turned me off was that the sidebar material was all over the place: different blogs, websites, fonts, color schemes (I took care of that now by making this e-book). I just couldn't concentrate. The length of the posts didn't help too.

But the way I see it now, you have nothing to do here, if you are not prepared to sit, read and study the sidebar. If you're not prepared to read hundreds of pages of eye-opening material - your loss. There has been big drop in the quality of the posts (this is throw-away account, I've been here for a year or so) lately. What I would suggest to everyone is to sit and start reading the sidebar again (or especially for the first time!). Sometimes you just need to return back to the basics. It's a really long read, but it's also worth it! After all, this is the best red pill knowledge that is out there and you may read just the sidebar and nothing else ever again on this sub, if you want.

So, click on the link. Download the sidebar an start reading it, I've done my job.

PDF Link: https://infotomb.com/7udz0.pdf

EPUB Link:
http://www.fileconvoy.com/dfl.php?id=g302d6245d6dd59999708084965c2903ef32d456 (thanks to /u/Bibosas for the formatting)

MOBI Link:
http://www.fileconvoy.com/dfl.php?id=g302d6245d6dd59999708084965c2903ef32d456 (thanks to /u/Bibosas for the formatting)
[Meta] SJWs are reportedly working with admins to develop a stricter "no harassment" policy at Reddit. We should have an action plan in place for when TRP is banned

1068 upvotes | February 3, 2015 | by WaynesCotting | Link | Reddit Link

According to r/undelete a Reddit co-founder and other members of Reddit are working to develop a site-wide approach to address what they define as harassment and non-civil behavior. You don't have to be a genius to know that this includes anything they perceive as anti-women or remotely critical of feminism, liberalism, etc. A feminist power grab will obviously target groups like SRSSucks, MensRights, and TheRedPill. With nearly 100k members I believe the censure of this subreddit is approaching, either with its outright banning or forcing the mods to implement an admin-approved behavioural policy.

I can't link you directly since TRP already suffers under strict rules linking to other parts of the site (hint: we're already second class citizens), so if you want more background information go to r/undelete and r/SRSSucks to see posts about "DiscussTheOpenLetter"

The titles of the posts in question are:

- What is up with r/discusstheopenletter? And why are admins bowing down to sjw demands regarding sitewise hate speech rules. (https://archive.today/raryF)
- Is Reddit about to Digg™ its own grave? Leaked discussion from private sub-reddit showing that Reddit admins, including co-founder u/kn0thing, are meeting with, "experts and activists" and may be looking at limiting site freedoms against people or groups deemed offensive. (https://archive.today/hMusq)

Google Cache searches for r/DiscussTheOpenLetter show that they're referring to things like r/MakeUpAddiction and their recent "you'll be banned if you disagree with us, because that's harassment and body shaming" policies.

My point is that TRP will obviously be targeted, if not by this than by something else that comes along with the winds of politically correct intolerance. We should have an action plan.

- Valuable posts here and the sidebar should be archived. I don't know if there are any efforts to do this.
- An alternative Reddit should be used. I've seen people recommend the following safe-haven from SJWs: https://voat.co/. To date this is the best alternative I've seen, and the format of Reddit is perfect for the type of content we post.
HumanSockPuppet's Guide to Teasing Bitches

1066 upvotes | August 9, 2016 | by HumanSockPuppet | Link | Reddit Link

It's high time we discussed the matter of how to tease bitches. It's no exaggeration to say that teasing is the single most fundamental skill that you must master in your quest to become a pussy wizard of hallowed legend. But doing so can be a daunting task, especially if you lack the talent for wordplay or verbal improvisation that teasing often requires.

Fear not. The Sockpuppet has your back.

The truth is, teasing comes down to a simple formula...one which, once you internalize it, will serve as a solid framework for your practice of wordplay, and transform you into a prodigal panty-moistening predator.

The aim of this guide is to teach you this formula at its most fundamental level. From there, you will be able to add your own flairs and flourishes, developing a style that is truly your own.

Disclaimers

1) There's more to seduction than just teasing.

This guide will cover the verbal aspects of sexual escalation through teasing. But teasing, while certainly important, is not sufficient to get a bitch in bed. You must combine it with the other seduction essentials (such as kino, comfort-building, venue-changing, isolation, etc.) in order to bring home the lay. If all you do is tease and joke, then you're nothing more than a performing monkey, a clown.

Work on all of the fundamentals together, and combine them with teasing to effect solid game.

2) Teasing is best used on girls who don't already feel like they know you.

We all know that bitches have a dualistic mating strategy: they want the Jerkboy Alpha Sperm Donor to squirt a strong baby inside them, and they want a Dependable Beta Money Dispenser to foot the bill for their IKEA nesting instincts. The goal of teasing is to make girls rapidly identify you as the Sperm Donor so you can rustle their beef curtains ASAP. However, this is much harder to accomplish if the bitch has already mentally put you into the Beta category.

You should take this guide as a tutorial on how to quickly escalate towards sex with NEW bitches, or with bitches who haven't seen you in a long time (effectively giving you a clean slate to rebuild your identity). Of course, you could be a fag and use this on your long-time oneitis if you really wanted to - just don't be surprised when she becomes indignant with your sudden attempt to change categories, and the shit tests and shaming start raining down with biblical fury.

3) The hotter you are, the hotter the bitches you can successfully tease.

Sexual escalation from square-one means that first impressions reign supreme. Since humans use visual cues (fitness, fashion, posture, grooming) to make quick judgments, bitches will respond better to teasing if you look good. The higher your SMV, the higher quality of bitches you will permitted to target. The limit comes when she thinks she's better than you. If she thinks she's above you when you when you drop your line, your words will hit a stonewall bitchface - you'll see it. This is a cue that
you need to aim for lower targets for now and work on raising your SMV.
That's not to say that all bitches have the correct measure of their own SMV. Bitches can be broken.
From time to time you'll run into bitches who are so self-entitled that no one short of George Clooney
through a cocaine haze would have a chance. Don't get discouraged if you throw out a practice tease
and some lower-level bitch shuts you down. It just means that turbocunt is overestimating herself
(pretty common, especially in the West), and you can happily move on to a more well-adjusted
prospect. Don't take this shit personally.

4) Never backpedal from a tease.
When you've spent your entire life treating bitches like Fabergé eggs, teasing and negging them may
make you feel uncomfortable. You may feel a twinging instinct to smooth off your sick burn with a
"just kidding" or some other man-boobed apology.
Do not fucking do this.
A strong man teases a bitch because she's in HIS domain, and he'll do as he likes. And a bitch is okay
with being teased by a man she's attracted to because she believes in his power, and his playful
repartee is all the assurance she needs to know he's on her side.
Don't ruin your powerplay by checking if she's okay. Women aren't THAT fragile, you fucking
sexist. Administer your clam slam with the knowledge that your bitch will be grateful that you're in
charge.

The Fundamentals of Teasing

Principle 1: Speak to women as though they are children - because emotionally, they are.
This should resonate with those of you who work with kids, have kids of your own, grew up with
younger siblings, or interact with the kids of your family/friends.
When you speak to a child, they'll typically respond in one of two ways: either they'll grow
increasingly excited and engaged, or they'll suddenly disengage into flat-out boredom. The two
responses are so dramatic that it's impossible not to see it in their faces and body language. An
interested child will smile, face you, fidget, bounce, paw at you, ask you an avalanche of follow up
questions, etc. A bored child's expression will become flat, their bodies will droop, their eyes will
immediately begin searching for something else to stimulate them, or they'll mutter an
unceremonious "...oh" and straight-up walk away from you.
The way a child reacts to your words depends entirely on how you choose to speak with them and
answer their questions. If you give them a long-winded fact-filled tirade that eliminates all mystery,
they'll get bored. If you entice them with a vague but dramatic image that stimulates their
imagination, they'll become captivated and animated.
Why is this?
Well, it's not because kids don't want their questions answered. It's because they have short attention
spans and a burning desire to play and learn. Children want to examine new ideas via their
iminations, because fantasy is much more compelling than facts. Facts are the provenance of
reality, of responsibility, of adulthood. They're not ready for that now. They want to fill in the unknown gaps with the spectacular.

The same is true of grown women. They have the same small passions and cravings for fantasy that children have - girls just want to have fun. Whether you believe the evopsych explanation for this or not is irrelevant, because you can speak to women as though they are children and observe first-hand that they respond identically to children.

This is why understanding children is a gateway to understanding women. If you can get good at holding the interest of kids, then you're just a short trip away from holding the same power over bitches. There's nothing that dries a vagina faster than a bland deluge of data, and there's nothing that moistens a vagina faster than a vague riposte that lingers on the edge of plausible reality and leans toward exciting fantasy.

Execution: When you're in seduction mode, don't talk to a bitch in pure information as if she were an adult. Instead, tantalize her the way you would a child. Be vague whenever you can, and leave the task of filling in the details to her imagination. She'll always make your stories bigger in her own mind than you could possibly accomplish as a boring fact-slinging braggart.

Principle 2: Use targeted disqualification to create tension and move in the direction of sex.

"Push-pull". It's a term that is nearly as old as the seduction industry itself. It's a classic tactic that builds sexual tension, sets fires to a woman's loins, and fills her little head with more questions than she could ever hope to untangle while on an emotional high. "Does he like me? What is he thinking? Am I winning him over? What's that feeling? Is this love? Oh my god, did I wet myself?"

Teasing is the foundation for creating a frame of push-pull.

A good tease should have several elements:

1) A good tease is an accusation.

Imagine you're a hotshot lawyer, and you're cross-examining this bitch. You've got no evidence against her, just a gut feeling that she's up to no good. If you want to bring this case home, you need to stir up her feelings and get a rise out of her so she admits her crime to the courtroom in a fit of passion. This is the frame of mind you want to adopt when teasing - remorseless, relentless, and in pursuit of righteous lulz.

2) The accusation should be something that is obviously false.

The implausibility of the accusation is what distinguishes a tease from a real criticism.

Example: If you try to tease a gymnast chick by accusing her of being clumsy, she might think you're leveling a serious criticism against her. Clumsiness is a real concern for someone in her trade. Your tease will come off as a mean-spirited exchange of facts. That will make you seem like a hostile, boring sperg with more interest in data than sex.

Instead, accuse the gymnast of being an obvious exhibitionist for enjoying those tight leotards a little tooooooo much. Or ask her if spending so much time off the ground technically makes her an "airhead", cuz airheads make the worst girlfriends.

When it's clear the accusation isn't serious, that's the signal to her that you're inviting her to play. And by starting the game with her IMMEDIATELY on the defensive, you've established that she wins
only when she has successfully qualified herself to you. You are both judge and prize.

3) The accusation should be something that, if true, disqualifies her from being a sex partner or girlfriend.

This is the push in the push-pull dynamic. An effective push makes a girl believe (if only superficially) that something she wants is getting farther away, and she must give chase if she ever hopes to have it. Girls want to have sex with and be the girlfriends/wives of dominant attractive men, so your push should disqualify her from these two things.

- Tell the whore carrying an armload of Coach, Louis Vuitton, Jimmy Choo, Tory Burch, and Yves Saint-Laurent shopping bags that you could obviously NEVER trust her to balance your joint bank account.
- Tell the slut who's begging for attention in the short skirt that her comprehensive discourse on anarcho-syndicated commune economics is too controversial for you to ever consider sleeping with her.
- Tell the well-read, smarmy, pseudo-intellectual classical-lit booknerd bitch that she could learn a thing or two from reading the sex tips column in Cosmo - and no cheating with Cliff Notes.

Bitches know that sex is the only real tool they have for keeping a man's attention. Tangled deep within their personal labyrinth of insecurities, they all KNOW this. That's why the less urgently you seem to push towards sex, the more confused and intrigued she will be. In the mind of a woman, confusion and intrigue are sexual hydrazine primed to send your dickrocket on a tour of her inner rings.

4) Be aware of your surroundings to avoid pre-emptively activating her defenses.

Regular people (i.e. people who don't come to the Red Pill for fucking dating advice like we losers) know instinctively that when a man sexually teases a woman, he wants to see her naked. This will backfire on you if you try to make a move in mixed company. "Mother hens", friends of hers that you haven't yet won over, boyfriends, and jealous beta orbiters will move to throw a wrench in your carnal designs, and they'll do it with a vulgarity that's nigh impossible to recover from gracefully - a punishment for your presumptuous gaffe.

If you are in such mixed company and you find yourself with a tantalizing opportunity to neg a bitch, dial back your tease to something NON-SEXUAL in nature. The other rules for negging still apply, but cutting out the sex angle will give you a measure of plausible deniability from interceptors, yet still provide you with the superiority and DGAF position you need when the time comes for the real sexual escalation. Save your sexy negs for when the group is comfortable with you, or when you've isolated the bitch.

5) Turn a successful tease into a long game.

There are two common signs that your tease has struck gold:

1. The bitch will respond with frantic amused denial as she tries (in her delighted disorientation) to ease you into a frame less tingle-inducing.
2. The bitch will respond with keen purposeful escalation, agreeing and amplifying your accusations in the clear direction of mutual seduction.

If it's case number 1, you'll be captain of this mission from start to finish, so take charge and steer it.
If it's case number 2, then your fucking job is done already. Move to isolation when the time is right and shoot your abortion into her.

Either way, once you land a successful tease, you needn't go digging for more unless the bitch needs some more warming. If that's the case, make your next tease related somehow to the first, and compound her two medium sized "flaws" into one big disqualifying whopper.

Then, take whatever invented character flaw you've disqualified her for and turn it into a running gag that you reintroduce throughout your interactions with her. Let it become a private in-joke between you and her, a shared experience around which you can stir up memories of good feelings and build a deepening comfort which is critical for seduction.

**Execution:** Make your teases patently-absurd accusations that disqualify her from ever being your lover or girlfriend. You initialize the game (fun), you set the frame with her as the pursuer (you are judge and prize), you create a push-pull dynamic to keep her reeling and feeling (drama), you keep the subject on sex (as a preamble to later events in the evening, provided she impresses you), and you make your intentions clear as day (no creep, all stud).

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**Teasing in the Larger Context**

So, now you know the lowdown of how to tease bitches. With enough practice, you'll mix these principles into your own persona to create a surefire strategy for priming new lays.

But like many aspects of the Red Pill, teasing isn't all about giggling girls and early-morning underwear hunting. It has greater significance when you consider it in a larger context.

Teasing is a type of qualification. It's a strategy for enforcing your standards on women as a way of judging and filtering them. It's not the only way to enforce your standards, merely the method of choice when dealing with women specifically.

There are other, special methods for qualifying and categorizing men, depending on what function they will have in your life. **The same frame of mind that you use to filter bitches will also aid you in filtering friends, allies, business partners, and even competitors.** A strong, responsible man pursues happiness through thoughtful, critical choices of his social connections.

Take some time and think about the ways in which you qualify and categorize new potential friends. What makes a man a good friend? Or a good business partner? What makes a man trustworthy or untrustworthy? Could you break down your filtering process for men, the way I've done for bitches here today? In what ways do you presently enforce your standards? In what ways could you stand to improve?

These are all important questions for you to consider in the long term, because sustainable happiness depends on your ability to filter a good social network.

But that's the long term. For now, take the night off. Go forth, and let your teasing stir a chorus of giggles audible in the Halls of Vajhalla, where the brave may slay forever.
A Beginner's Guide to Meditation

1065 upvotes | November 14, 2017 | by [deleted] | Link | Reddit Link

Introduction

Meditation—just like reading or exercising, it’s something we’ve all been told we should be doing regularly.

You will often hear people giving blanket prescriptions for daily meditation without providing any compelling reasons to do so, accompanied by some shoddy write-up about “focusing on the breath.” While their advice isn’t wrong, it is repeated ad nauseam and doesn’t help beginners who are unsure of how to begin.

In this post, I will attempt to cover as many bases as I can in regards to the what, the why, and the how of meditation.

Why Meditate?

1) Changes in neural composition

When we meditate consistently, we actually change the composition of our brains.

Over an 8 week period, participants in a study of mindfulness meditation showed:

- Increased gray matter in the left hippocampus (information retention).
- Increases in gray matter of the the posterior cingulate cortex (willpower and meta-cognition).
- Increased gray matter in the temporo-parietal junction (empathy and compassion).
- Decreased gray matter in the amygdala (stress, anxiety, fear, and anger).

These changes in brain composition pay huge dividends in increasing mental function in the mentioned areas while reducing our proclivity towards negative emotions.

2) Emotional detachment

Consistent meditation helps you develop the skill of detaching from your emotions.

No, this doesn’t mean becoming an emotionless robot. It means freedom.

Freedom not to be driven this way and that by pain, pleasure, desire, or loss.

As you begin to pay closer attention to the thoughts that go through your head, you start to realize when it’s your emotions that control you, rather than you controlling them.

Our minds override our rational thinking with negative feelings of fear, jealousy, desire, loneliness, and anger.

With meditation we suddenly have the power to choose whether these emotions have any effect on us.
3) Inner peace

As you get deeper and deeper into a meditative state, you become overwhelmed with a radiating sensation of peace that flows through your body—the peace of being.

By bringing your consciousness to the present moment, you will feel a deep sense of tranquility that carries over into your everyday life.

Marcus Aurelius said it best:

> For nowhere either with more quiet or more freedom from trouble does a man retire than into his own soul, particularly when he has within him such thoughts that by looking into them he is immediately in perfect tranquility; and I affirm that tranquility is nothing else than the good ordering of the mind.

4) Freedom from anxiety and depression

Two elements must therefore be rooted out once for all—the fear of future suffering, and the recollection of past suffering; the latter no longer concerns me, and the former concerns me not yet.

-Letters from a Stoic, Seneca

Depression comes from what you have already endured.

Anxiety stems from the uncertainty of what you are about to endure.

When you are truly in the present moment, it is impossible to feel any regret about the past or anxiety about the future.

As you develop a steady practice of sitting meditation, you will find yourself naturally transitioning into this peaceful state whenever you start to feel the onset of negative emotions.

5) Discipline and self-control

Meditation makes us more aware of the thoughts that take hold of us.

When we are tempted to indulge in instant-gratification activities, the mental awareness gained from meditation cuts through your mind’s bullshit rationalizations for cheap pleasure.

In addition to helping you avoid sabotaging your capacity for willpower with toxic activities, meditation trains your discipline.

**It takes an iron will to meditate every single day.**

Let’s face it: sitting for 10-20 minutes doing nothing but being present and aware of your thoughts and emotions is hard.

To make matters worse, there is no quantifiable measure of progress per session like there is for something like losing weight or getting stronger.

In other words, **there is next to no gratification when you complete your session.**

This leaves many people thinking they did something wrong or worse yet, turns them off of meditation altogether.

Sticking to an unshakable habit of meditation for weeks before seeing any obvious results will train your discipline like nothing else.
How to Meditate

Position
Positioning in meditation is all about maintaining an optimal balance between comfort and alertness.

1) Body
No, you don’t need to sit in full-lotus position to meditate.
Some people like to sit with their legs crossed on the floor.
Others like to sit in a Japanese seiza position.
It’s up to you.
Anything that’s comfortable enough for you to be relaxed and not too comfortable that you start dozing off works.
Personally, I like to sit in a chair.
Somewhere between laying down and standing would probably work best.

2) Hands
Up to you.
I like to place the back of my right hand on top of the palm of my left, thumbs touching.
This helps me maintain a bit more alertness than I would if I just let them hang freely.
Really anything works as long as you’re not clenching your fists or sitting on them.

3) Posture
Upright is better but if it’s too uncomfortable, lean against a wall or backrest.

4) Diaphragm
Relax and stick that Buddha belly out with every breath.

5) Mouth
Tongue suctioned to the roof of your mouth.
Teeth gently touching or slightly apart.
Lips relaxed, mouth closed.

6) Eyes
It’s up to you.
I like to keep mine closed and relaxed most of the time.
For some, keeping their eyes closed causes too much sleepiness.
Meditating with open eyes is perfectly fine.
Meditation

Optional: Deep Breathing

Sometimes if you’re feeling a little restless or anxious, a few minutes of deep breathing will help ground you and bring your heart rate down.

I like to do the 4-7-8 technique.

Inhale for 4 seconds.

Hold it in for 7 seconds.

Exhale for 8 seconds.

Rinse and repeat.

1) Begin by breathing

The goal here is to become aware of the breath.

Feel each breath coming in and out.

Use the technique that Buddhist monk, Thich Nhat Hanh lays out in his book, *The Heart of the Buddha’s Teaching*:

"Repeat with each breath:

In, out

Deep, slow

Calm, ease

Smile, release

Present moment, wonderful moment"

Don’t try to control your breath, just observe it.

Become aware of the unconsciousness that breathing is.

You will lose your focus and get lost in thought.

Simply become aware of the fact that you are thinking and return to the breath again.

This is the essence of meditation.

2) Feel the body

Shift your awareness to your body.

Try to feel each body part all the way from your toes to the top of your head.

Is it hot, cold, tense, painful?

Feel the force of gravity working to push you into the ground.

Feel the weight of the air above your head.

After you do this for a while you will start to feel your body as a separate entity rather than just being inside it.

If at anytime your focus drifts away to your thoughts, simply become aware and return to sensing the
body.

3) Embrace any emotions that arise

If at any point you feel any sort of emotion arising, shift all of your attention on it rather than ignoring it or hoping it’ll go away.

Feel the way your body responds. Does your heart start beating faster? Do your muscles tense up?

Shower the feeling with mindfulness. Try to understand how it manifests itself, learn to recognize it, and become aware of what thought caused it.

4) Shift your consciousness to the present

By now you should be feeling pretty grounded and aware.

Try to shift your consciousness to the present moment.

Some people like to open their eyes for this.

What sounds can you hear around you? The ticking of a clock? Distant cars?
What does your mouth taste like? What can you feel touching your body? The ground? Your clothes?

If you open your eyes, what colors do you see?

Keep these sorts of questions in mind.

Become hyper-aware of your surroundings and do your best to be.

Daily Practice

If you are new to meditation, start with 5-10 minutes a day.

Increase to 15-20 minutes once you start to get the hang of it.

Use a simple timer with an alarm and try to meditate around the same time every day if possible.

Sometimes you’ll have amazing sessions and you’ll feel like a zen god, sometimes your mind will feel like a hyperactive monkey.

Most times will be nothing special so don’t go in with any lofty expectations.

Go into it like you would a workout: try your best, do your time, just don’t give up if it’s not going well or spend any time dwelling on it.

Go out and start meditating today.

Until next time,

TMM

http://www.themillennialmonk.com/beginners-guide-meditation/
28/198lb/5'11" sorry for the long post

Long time lurker, first poster. A little history: I’m 28 and I’ve been with my wife for over 8 years now and for as long as I can remember I have been over 300lb and, in a dead-end job. When you are morbidly obese and are filling your body every day with so much sugar and carbohydrates I suspect it alters the balance between testosterone levels and oestrogen levels. As well as that I was ashamed of the rolls of fat and man boobs.

I started university in 2010, graduated in 2013, and started my first job a few months later. I was the only male worker on an entire floor of 60+ people and after a few weeks in the new job I was systematically targeted by the majority of the women on my team. I hit an all-time low and suffered from a bout of depression. I left after 3 months and started working in a minimum paid post. Words cannot describe how sick and ashamed it makes me feel looking back. I’m not angry at them. I am angry at how pathetic I was.

I actually remember the exact moment that the lightbulb in my head turned on. Two years ago I went to Amsterdam for my stag. It was amazing and it remains my Mecca to this day. Like every tourist who goes to Amsterdam I visited the red-light district. I have no interest in using prostitutes for sex however I find the whole red-light district interesting.

What struck me the most about the women wasn’t their massive boobs, tight bodies or sexy outfits. It was their eyes. How they looked you up and down. How they were filled with this ravenous desire, even if it was more for the money in your pocket. I giggled like a little schoolgirl when I passed the first window.

It’s hard to explain to people, but when you live a lifetime of obesity you never experience people looking at you like that. You never experience people looking at you at all really. People don’t want to look at you. You feel invisible. It was at that moment I decided I was sick and tired of being invisible. At that moment it felt like I had been hit by a bus.

As soon as I returned from Amsterdam I started running- if you could call it that. It took me 4 months to complete a 5km jog and even then I still walked half of it. After another 4 months I managed to finish my first 10km jog, again still walking half of it. I had also started dieting and religiously counting calories on my fitness pal. I lost more than 50lb in three months and my sex appetite had suddenly gone up, my wife was more than happy.

I was still 250lb however, my life was slowly getting better. The more weight I lost the more confidence and cockiness I gained. I started a new job- one that needed a degree. It was only part-time and although I shared an office with one other person I had my own computer and desk. I kept running and dieting. I lost another 20lb in two months and had gone from morbidly obese, to obese to overweight. I neglected lifting. It would have been useless between 220lb to 300lb. I continued to drop more and more weight. I started applying for fulltime jobs at the top end of my career ladder. I attended interview after interview, failing them had stopped bothering me. I had developed an IDGAF attitude- even though I had yet to come across this subreddit.

Eventually I was successful and I was offered a fulltime post in a job with my own office and my own fucking name on the door. I was now at 200lb. Even though I was in the overweight category I...
had developed a substantial amount of muscle. I don’t know the science, and I hadn’t been lifting but maybe running around with 300lb builds a lot of muscle.

When I started my new post I was a different person and people were treating me differently. Women were actively going out of their way to help me. They were bringing me cups of tea and coffee telling me how skilled I was even though I was only two weeks in the door. I was no longer invisible. It was like living life on easy mode. Three months ago I hit the GYM with SL5X5 and started building some decent muscle-especially in chest. My man boobs had disappeared and I started dressing to impress. Now I regularly catch girls looking at me. d. Last week I went out with some work colleagues, most of them women and for the first time in my life my wife was terrified that something would happen.

I can’t say that I thank this subreddit. I changed my life around long before arriving here but I can honestly say that this is probably the most accurate sub in terms of understanding women and how to be successful at life. The worst thing I find about this sub is the toxic posts which come up every now again from angry men after a breakup/ divorce. I can see why they are angry, but personally I find little to be learned from these posts apart from “arrgh, don’t ever get married. I hate all women etc etc!”

What I will say is that there are some real gems of information to be found in this sub. What I like about TRP is that TRP psychology and TRP discourse is cutting to the fucking bone. That is what psychology is supposed to be...accurate and based on observation. We live in a world which is dangerously dominated by the PC brigade and feminists who run around screaming at the top of their lungs without any due respect given to observation or analysis. After this journey I feel confident in saying that 100% of people in life are vain. Looks matter. Lifting and Exercising matters. A good body matters. IDGAF attitude matters. You want to do well? Follow the advice on this sub, I’m just sorry I didn’t arrive here five years ago when I needed to learn about this the most.

TLDR: prostitute looked at me, lost 100lb and counting.
My fucking head hurts. This ain't fucking Cryptos

1062 upvotes | June 26, 2018 | by Rian_Stone | Link | Reddit Link

This sub is a laboratory, a locker room. The *take a penny, leave a penny* dish for men. Help a fallen chad when he's down, help a Guy get up, guide a poor kid out of his self imposed hell of dry-dicks... *chinese have a lot of hells*

So I say this as my penny into the dish.

Get out of your fucking head

It's been a problem all the way back to the Mystery days on BBS networks. Mental Masturbation they called it, a nod to the idea of a guy jerking off because he isn't getting laid. You do it, yes you, the guy who is getting mad, or has all kinds of justifications why it's required. I'm specifically talking to you.

Get out of your fucking head. I'll bet you think you have some grand plan, and just that one piece of the puzzle and everything will fall into your lap, right?

I was that guy, when I was 10. We would till a field every few years, turn the soil. Brought up a lot of rocks, so I spent many summers picking rocks out of hundreds of acres of fields. I had some great plan to efficiently move as little as possible and move rocks. It was convoluted, and I could speak at length to my cleverness.

I remember my stepfather grabbing me by the scruff of the neck one day and giving me a shake. And you know what? I get it, I wasn't clever, I was lazy. I noticed in all these wise plans, the one commonality was, it involved some reason I wasn't needing to pick up a rock and put it in the bucket of the tractor.

You're not picking up rocks, you're coming up with reasons not to. Know why you're so convinced that you need to reduce risk when gaming chicks? Because you're weak. I don't mean mentally, I mean physically. I'm convinced that testosterone increases your ability to accept and enjoy risk. the reason you don't, is because you have too little of it. the more you want to 'monk mode' MGTOW, sex doll, or 'observe the human condition' the more you're bullshitting yourself into avoiding risk. so a quick solution, lift, eat, and lift some more. I'm serious. You need to beat that woman-like risk aversion out of your body. I'm talking about lifting until you're sore all day. Lift until that walk back to your car makes you dread.

Know who doesn't sweat the small stuff? A guy who is too sore to move. Know who doesn't stress about a cold approach? A guy who is on the way to the gym/mountain and has no time to care.

this sub cannot quash it in you, there's too many chodes who want to jerk each other off, so you'll always find friends. There's too many to ban, and they keep coming back anyways. It's all on you.

If you're worried about fucking up, don't. you will fuck up, you'll fuck up a lot. You'll come off as creepy on occasion, you'll have a shitty workout program, you're 1rm numbers will be embarassing. Not caring isn't meant to be a coping strategy, it's meant to avoid sweating the small details.

This shit?

This shit?
This shit?
This shit?
Fuck off, seriously. Quit wasting everyone's time. And if your first thought is to comment on my writing about it without 100% apathy (seriously bro, why you so emotional, why care? Why so angry?) then you can fuck off too. Go waste away somewhere else.
This is as easy as you want to make it.

1. Lift heavy stuff as often as you can
2. eat good food, as much (or little) as you can so you aren't a skinny/fat fuck
3. talk to women as often as it comes up. expect nothing, take every opportunity.
4. **After you fuck up,** I repeat **After you fuck up**... then do the navel gazing and sort out why you did, and how to stop doing it.
5. Stop bullshitting yourself
Turn off those damn screen. Go to fucking sleep.

1061 upvotes | September 23, 2018 | by flashcash12 | Link | Reddit Link

You look over at the clock and its 3 AM. You hopped into bed at 11 PM to go to bed but pulled out your laptop and phone and spent the next 4 hours mindlessly surfing the internet on social media, YouTube and Netflix. This is a big common occurrence for a lot of us in high school, college and young professionals.

So, you turn off the lights at 3 AM, and try to fall asleep. If you’re a good sleeper and tired, you’re out instantly. If you’re like me, the average person, it’ll take you a while to fall asleep. Thoughts will be racing through your head; what happens in the next episode, what’s the next YouTube video about and when will I get another notification. Eventually you wake up the next morning early if you have to go to work, or late and miss class but will feel like shit regardless.

Studies show that screens are one of the most addicting things in the world. The average American watches almost 3 hours of TV every day. 3 hours! Don’t be the average American. Did you know that apps were designed so that when you pulled down the screen to refresh for notifications, it was supposed to mimic a slot machine? I have found myself subconsciously refreshing my email constantly while waiting for one. We all have. Technology has also been linked to the astonishing rise in ADHD, depression and anxiety among young people. And we wonder why the decline in society especially among men has been happening this past generation cycle.

So how does it link to sleep? When using electronics, the screen mimics blue light. Blue light is supposed to help regulate your circadian rhythm and sleep cycles. However, the exposure to blue light past certain hours causes your body to become confused and push your natural cycle back. This is called delayed sleep phase. A disorder predicted to affect over 50% of this current young generation.

The lack of sleep or later cycle sleep has been linked to many health issues. One of the biggest TRP advocates is lifting. Yet a long list of people won’t make any progress in the gym. One of my friends (Tom) recently came to me and asked why he wasn’t making any progress and plateaued. I asked him

1. Are you lifting consistently. Yes
2. Are you eating the proper food and hitting macros. Yes, for the most part
3. Are you getting a quality 8 hours of sleep every night? Well, I get 6-8 hours but go to bed at 2-3 AM.

This is where Tom failed. He was getting 8 hours of sleep but it wasn’t quality. Your body naturally releases HGH from the hours of 11 pm – 5 am. During this time your body rebuilds muscle growth and regenerates the cells and brain. This means you should be asleep during this time. I suffer from rosacea so when I don’t sleep well my skin turns red and I get heavy eyes. Not a good look. A shit circadian rhythm also throws off the natural production melatonin, testosterone and cortisol, hormones that regulate mood, muscle growth and weight. Based on body type, poor sleep can cause severe weight loss or weight gain. This will impact your overall life.

Down the line serious health issues occur. The main case of premature death is poor sleep. This is because it increases the risk of heart disease, cancer, accidents, the list could go on.
Next time you have a paper or report due in the morning and it’s 10 pm, just go to bed. Procrastination happens, I procrastinate and produce some of my best work. At night your body has a false sense of confidence, you waste time for a few hours and then realize it’s 1 am and start burning the midnight oil. You finish the report at 4 am and get to bed. Instead you could go to bed at 10, wake up at 5 and churn through the report in 90 minutes because the false sense of confidence isn’t there and you have lots of energy flowing through you from a good night’s sleep.

There will be nights where you are out late. There is nothing wrong with going out with friends and having a good time. Be selective with how you spend your nights. How many nights have you had where you don’t want to go out but do and have a crappy time. Or how many times where you say one more episode and next thing you know you finished the season and it’s 4 am. You curse at yourself saying what a waste I have shit to do tomorrow. Be mindful of your time and how it’s used. Don’t be a mindless zombie trudging through life with terrible posture, dead eyes/face and their head buried in their phone like the average chump I see on campus every day. If you can develop this habit, you’ll learn to value the nights you do got out and maximize the amount of fun you have.

A good early night sleep for the next day will help with overall clarity, mood, confidence, strength and sex drive. The most successful people in the world go to bed early and wake up early. They discovered one of the big keys to life. It isn’t secret or hidden. It is well known. People are too dependent on technology to follow it. Don’t listen to the stupid BuzzFeed or Deadspin garbage that tells you it’s good to stay up. Sure, you can sleep when your dead, but you’ll also die early and have a long list of problems while you’re alive. You know from this post the reasons to go to bed early and wake up with an early start of the day. Set the example and don’t be like everyone else. Turn off those screens, wind down and hit the sheets.

Edit: I put this together quickly on a plane and I will be away for the next couple of days or so. Let me know in comments if you find any errors or have any questions.

Second edit: 3 my mom taught me lessons in life

1. Don’t be like everyone else. I used to detest this until I realized 99% of people are losers who will detract you from goals. So many “friends” have called me a pussy for not wanting to go out and for going to bed early. So don’t be like everyone else.

2. An hour of sleep between 10-12 is considered 2 hours.

3. Nothing good happens after midnight. Her words the night I turned 21; bars become sausage fests, guys become aggressive and violent because they can’t get laid, crime significantly rises and DUls/accidents quadruple. This is gold standard in CA.

Also assuming people mentioning the blue light blockers or night modes, sure they block out blue light by your brain (not 100%) and still being stimulated by what’s on the screen. When this occurs it’s hard to put things away.
Struggling with building habits? Try this.

1058 upvotes | July 11, 2018 | by realrickbrewer | Link | Reddit Link

**TL;DR:** -- Read the post you lazy fuck, it isn’t that long.

Most of the people visit this sub to learn how to get better with girls, but for me this sub is about becoming better as a man. To improve as a man, you need to start actually doing stuff instead of mentally masturbating on the internet. You need to build yourself up as a man, and you need habits to do that. For some people, a habit can be built through sheer willpower, but for some people that are used to the “high-dopamine, short attention span, play Fortnite everyday” type of lifestyle, it is difficult. There is a way to make building habits enjoyable. People normally look at a way too large goal and will start off extremely dedicated, but when they notice they aren’t making progress as fast as they would like to, they quit. This is very common among the New-Year’s resolution goals.

**Set smaller goals**

The secret behind building habits is **setting smaller goals**. Want to learn how to meditate for 30 minutes every day? Start out with meditating for 1 minute a day for a week, then 2, then 5, etcetera. Building habits isn’t about reaching your end goal immediately, it is about engraining doing that one thing you want to achieve every day.

Now, for some people, setting smaller goals will be enough to actually start achieving something, but there is a tool that you can use to actually feel good during the process as well. It is **the tool that got me from a lazy gamer to meditating every day for a year straight**. I will explain how it works and what you need.

**The technique**

**All you need is a piece of paper and a pen.** That’s right. For the price of less than a buck you can build a lifelong habit. You grab a piece of paper and write down the habit you want to build. Let’s grab lifting as an example. You write down ‘Lifting’ in the middle of the piece of paper and write the benefits of consistently lifting around it. **It should look something like this.** You can add as many benefits as you want, I like to keep going until I really feel passion for learning the habit. When you have done this, flip the paper and make 49 squares on the piece of paper, **like this**. You can add as many benefits as you want, I like to keep going until I really feel passion for learning the habit. When you have done this, flip the paper and make 49 squares on the piece of paper, **like this**. Now, the one thing that will transform this piece of paper and feel-good bullshit is **doing** the thing you want to achieve. With lifting for example, every time you hit the gym, you draw a big, fat, satisfying cross in one of the boxes. Let’s say you want to hit the gym 5-times a week, that means you must at least have 5 x’es per row. You must NEVER miss a session if you actually want to build the habit. The only exception is if you either break your whole body or if you fucking die. Let’s say you pussy out and actually miss a cross. Well, you don’t stop going. You continue your journey like it never happened. Make sure to keep the train going, because if you start skipping workouts, it won’t work. **Here’s an example of a filled out card.** Every X will remind you of a step closer to your goal.

If there is a day where you really don’t feel like doing it, flip the card and read every benefit you’re doing it for. The energy will start rushing through you and you will do it nevertheless.
This whole technique is called the x\text-emphasis\text-superscript-effect\text-superscript\text-superscript\text-superscript and it helped me implement a couple of habits into my life, such as meditation. This isn’t a magic trick or a shortcut, it will just make the journey more enjoyable. You won’t believe the satisfaction when you have a card full of crosses. You can do multiple cards at a time, but I advise to start out with just one so you don’t overwhelm yourself. Give it a try, but don’t expect magic. In the end, you have to do it yourself.

Now get to work
You will never be ready.
1057 upvotes | March 22, 2019 | by 4nt43us | Link | Reddit Link

As I have gotten older I have learned a valuable lesson. If you are waiting to be ready before doing something you may never end up trying that thing. This goes for approaching women, applying for that job, applying for that degree, showing up to that interview, starting that new hobby. I missed out on so many opportunities during my 20's because I was waiting until I was 'ready'.

The real truth is that you will never be 100% ready. Accept this. Remember this. Do not let this stop you from doing that thing you want to do. Ever. The moment I realized this my life changed.

If you are waiting until you are 180lbs 8% shredded to start approaching women you will miss out on so many opportunities on learning and even hooking up and finding someone you like. If you are waiting on your job to settle before starting your new business idea you might never start your business. If you are waiting until you have more experience before applying for a new job you might miss out on the job of a lifetime.

Successful people in this world know this. They don't wait for opportunities to come, they just go out and do and opportunities come to them. Winners take the leap when they are not ready, fall flat on their face, keep getting up until they win.

Real 'alpha' men are not afraid to make mistakes, they are not afraid to take calculated risks, and learn from experience not from reading about other people's experiences. They guy who sits there, reads 100 hours of redpill before he decides to approach women will lose out 100% of the time vs the guy who spends 10 hours reading and 90 hours going out their and doing. The first guy is waiting until he is 'ready' the second guy knows he will never be ready and best teacher is experience.

TLDR: Make calculated risks. Realise in life, no matter how old you get, no matter how many books you read, how many push ups you do, you will never be 100% ready.
Things My Father Taught Me: Advice for guys raised by single moms

1056 upvotes | June 7, 2017 | by VasiliyZaitzev | Link | Reddit Link

So in various conversations on TRP, guys raised by single mom's have mentioned that they'd like a list of lessons that father's teach. Here are a dozen that I put down on paper (or electrons) some from my dad, some from other dads, etc.

Best of luck to everyone.

Believe in Yourself. In order to reach your goals, you have to believe you can accomplish them. Don’t worry, there will be plenty of people around to tell you that you can’t do something. Those people are talking based on their own limitations, not yours.

Take risks. It’s ok to make mistakes. Learning from mistakes is important. Push yourself. Dare to do great things. And if you fail, get up, dust yourself off, and get back at it. Don’t play it safe all the time. Columbus wouldn’t have found America if he never left the harbor.

Face your problems. Call them by their names. Learn to solve them yourself. That’s what brave people do.

Life is tough. You are going to be knocked down more times than you can count. It’s not the number of times you get knocked down that matters. What matters is that you get back up, and keep fighting for what you believe in.

Work Hard. Work hard, and rest afterwards. Be responsible. If you do a half-assed job of something, expect to get called out for it. A lot of people miss out on opportunity because when opportunity knocks on your door, very often it’s dressed in overalls and looks like “Work”.

Always get the other guy’s side of things. There are two sides to every story, and while those sides can be “Right” and “Wrong” that’s not often completely the case. When you’re wrong, admit it. If you owe someone an apology, make it and mean it.

Make Your Own Decisions. Just because someone is more educated than you are, doesn’t mean they know what’s best for you. If you make mistakes, let them be YOUR OWN mistakes, not someone else’s.

Loyalty is Not a Character Flaw. People remember who was still their friend when things got rough. Hold on to those people, and shred the assholes.

Keep your word. Once you break it, it’s broken forever. The day will come when you need the benefit of the doubt, and if you have a strong reputation for honesty and integrity, you will get it.

Respect is earned. It’s earned through keeping your word, and doing what you said you’d do. You can’t buy character, and money is a shit way to keep score.

Don’t Quit. Winners win; losers whine.

Never Put That First Cigarette in your mouth Then you will never have a problem.
This week I accomplished my dream of bringing my trolling to national television. If it wasn't for the Red Pill, and its culture of shitlord excellence my dream would never have become a reality. For the past two years you guys were by my side critiquing, encouraging and helping me grow from cultural critic to Black Knight Juggernaut. I've had the unique opportunity of speaking with many of you face to face and learning from your experiences.

When the producers of *Full Frontal with Samantha Bee* contacted me to be part of their show, I immediately recognized it for what it was: a trap. Samantha Bee has been tearing people down on television for the past twelve years. Having watched the *Daily Show* I knew that gotcha questions and deceptive editing were par for the course. I also knew that without preparation I would end up a casualty like Peter Schiff.

However, I had a weapon of my own: The Red Pill. I leveraged the contacts I had gained from my fitness consultations. I contacted marketers, advertisers and speech coaches to help me develop a strategy for surviving the ambush. The consensus was that I should speak in short powerful sound bites, so that my words wouldn't fall victim to deceptive editing. I was advised to keep a calm neutral demeanor, ignore her bait and that the best defense is a good offense. My mentors imitated Samantha's persona so that I could practice going up against it. I knew that I only had one shot, one opportunity, to seize everything I ever wanted, which I why I practiced until I felt confident.

On the show, with the cameras rolling and the microphones on, I recognized that the other guests were unprepared. They were enthusiastic to be on television and didn't think how their words would be used against them. Samantha Bee had a two part strategy. She had a script of loaded trap question and reframed the conversation in her favor with snarky responses. My strategy was to avoid her traps and use *agree and amplify* to turn her snark against her. Samantha was ready to tear down Trump supporters but nothing could prepare her for Red Pill Superstar GayLubeOil.

There are times in life when you have a shot at winning big by playing a stacked game. Maybe its a nailing television appearance. Maybe its negotiating a promotion. Maybe its winning a divorce. Or maybe its just pulling hypergamous sluts off Tinder. The Red Pill is an invaluable resource that can help you accomplish any of these noble tasks. It is a collection of the experiences of 140 thousand men. There will always be someone here to help you. You just have to find them.

Support your favorite Troll, grab an *Alpha shirt* or *Juicy tank*
Follow me on *TRP.RED* or *Twitter*
Or just PM me for fitness advice
20 and lost? Advice from an old guy.

I'm old, wealthy and have a lot of kinky sex.

Which means I got pretty good at translating womanese. Seeing the patterns in the code.

Been here on TRP/MRP for 2 1/2-3 years, Didn't even comment for a year... I was learning. Reading. Seeing what theories matched up with my real life experiences. Putting it all together.

TRP is an extended release capsule... you can't crush it up and snort it.

Wish I had this resource when I was 20.

So, if you're 20.....beginners guide to life...

If you are here and willing to do the work, you'll be drowning in pussy.

The best advice I can give you is put your own oxygen mask on first. That means putting yourself first. If you don't you become part of the problem, not the solution.

Nobody is going to hand you an amazing life. You have to do it.

You are a man. The world will try to twist you to accomplish their goals instead of your own. Recognize this, do the things that YOU want to do.

Develop your frame. Be aware of the intrusion attempts. Everybody wants something.

Lift. My submitted history has a long post on the benefits of lifting. It's not just about getting jacked. But it kind of is. But not really...Just read it and get your ass to the gym.

Get your career and finances sorted out, and start saving. This is KEY. It's a true shame there is no standard education about becoming a financially secure adult all through school - should be a HS course like math. Compound interest means the sooner you start saving, the sooner you'll be a millionaire. 10% of your income. You won't miss it.

Use this resource. Absorb it. Yeah, it's big and fragmented and full of conflicting information, but you need to realize the sub is trying to describe complex intersexual dynamics - not an easy task when everybody wants a shortcut.

This sub IS the shortcut. Don't look for the cheat codes, there are none and a lot of what you read you need to go practise/tweakmodify to match your individual life. Make the effort in real life.

Consider your sources. The vast majority of guys here are just getting started or are angry at something. Watch for flaired members' posts, check post history, and realize that points and upvotes here mean NOTHING (since the vast majority of voters don't know TRP yet, they vote with their opinions, not their knowledge). Opinions are common, everybody has one and you never need to defend an opinion. Knowledge, you need to work for that, and you will need to defend your base. Few have knowledge.

That's why you see pandering feel good posts upvoted to the moon, but zero flaired comments in the massive "attaboy!" comment section. See if the EC's agree. Otherwise realize there are a lot of blind here who are unwittingly leading more blind, often in the wrong direction.

When it comes down to it, this place just describes the tools necessary to build what you want to build. Your job is to choose the right tools.

Without a man or a plan the best toolbox in the world is useless. If you don't practice with the tools
on a regular basis, they get rusty and your skills diminish.
Finally, you're young. You're BOUND to fuck up. You'll fuck up multiple times and in multiple ways. That's expected. What is not tolerable about these fuckups is if you don't learn from those mistakes. To the point where your mindset should be..

"There is no lose, you win or you learn."

How bad do you want the life you want?
Nice guy over on the dating advice sub respects the shit out of his date and doesn't understand why she ends up grinding on another guy in the club

1054 upvotes | January 29, 2018 | by CutLiver | Link | Reddit Link

The original post is at the top of the dating advice sub right now.
I don't think I've ever seen a more perfect example of how a nice guy thinks and how little he understands women.

The date started out well enough for him from the sound of things. They're out getting drinks, she's flirting with him, and when he suggests dropping off his car so that they can drink more she asks to leave her jacket and purse at his place. He gets excited because in his mind it means she's going to spend the night with him. Sounds like everything is going swimmingly. And then his blue-pill tendencies kick in and he drops this bomb:

"In an effort to try to feel the situation out (and also an effort to be a decent human being) I told her that if she needed a place to crash, she could sleep at my place without me trying to have sex with her."

So much respect. She must be dripping wet with all the respect he's showing her. What a great guy, right?

He continues on:

"She thanked me and said her legs weren't shaved so it wasn't going to happen anyways and I explained to her that I don't sleep with people for the first time when they are drunk anyways."

Totally understandable. A woman isn't just going to go out of her way and shave her legs before a night out drinking with a new guy. And what kind of monster would have some drinks with a woman then expect to possibly have sex at the end of the night? Only sexual predators, of course.

At least this guy's the life of the party though. Maybe his fun personality will make up for his niceness.

"We had a drink, got in the uber and started making our way downtown. (insert piano music here) Here is where things start to go downhill. I HATE busy bars and clubs. My idea of a good time is drinking a couple bottles of wine at home with a friend or two. Clubs are just loud. You can't talk to anyone and you can't do anything other than having strangers sweat all over you. I didn't tell her this of-course because she loved bars packed with people."

Ok, maybe not...

"As she drank more, she began spending more and more time on her snapchat. This is another thing that bothers me. A few snaps would have been fine but it quickly became a constant thing. And they weren't snaps of us, they were just snaps of her."

As if that wasn't enough to tip this guy off, here's the best part:

"At this point we were only half way through our scheduled bars for the night so after what
felt like hours I asked her if she was ready for the next bar but she said she wanted to stay at that club for the rest of the night but I was free to leave and meet up with her again later. She was my date for the night, so of course I opted to not split up. I probably should have though because before long this big guy with a square head walked up to me and asked if she was my girlfriend. I foolishly said 'no' and he proceeded to grab her by the waist and began grinding on her. She was totally into it. So at this point, I didn't want to be the jealous date that breaks it up and I sure as hell couldn't dance with her from the front anymore so I just stood there, dumbstruck, and watched them 'dance'. I swayed back and forth with the music so as to not be the only person standing still on the dance floor."

Not only does he stay when she's already told him to leave in a nice way, he awkwardly "dances" while his date is grinding up on Chad. But that's ok... He puts up with it because he doesn't want to look jealous. That is, until another guy comes up and reminds him of what's taking place right in-front of him:

"I couldn't tell if she liked it or not. A guy came up next to me and asked 'isn't that your girl?' This snapped me out of my panicked trance and pushed me into action. I put an arm around her waist and locked eyes with squarehead. He backed down and quickly disappeared into the crowd. She seemed disappointed but, to be completely honest, I don't know how she felt about the situation."

It's always a good idea to make sure other guys know she's yours, especially on a first date. Obviously she'll be all over him and eager to make sweet tender love after that display of bravery.

"We danced for a while then left because it was bar close. We silently rode an Uber back to my place at which point she informed me that her roommate had called her another Uber to get home. She took her stuff, said she had a lot of fun, then left. I sat on the couch and had another drink, emotionally exhausted"

Alright, alright, in all seriousness. This is a bummer for the guy, and he made a lot of mistakes. He didn't treat her like a lover; he took sex off the table when she was clearly a little into him because he wanted to look like he respected her; he stayed at the club when she tried to get rid of him; he stood by while she was grinding up on another guy right in-front of him; and he got jealous and claimed her as his own when he sensed the date slipping away. A lot of guys have had moments like this. The movies tells us this is how we should act if we want to get the girl, but as we all know, life isn't a movie. At least this guy learned a valuable lesson, right?

..."I don't know what lesson to take from this or how to interpret the meaning of it but I thought I would get it off of my chest and share it with you guys. I hope I don't come across as too negative or entitled. Thanks for reading this huge mess."

God dammit.
Guys, here's my honest, real life, own experience advice to you. I'm not a writer or good with words. I'm just another grown man with some childhood issues trying to get them fixed, like most of you here.

Stop reading red pill material, completely.

Read the sidebar, Rollo's book, the top 10 articles of all time on this subreddit and everything on Woujo's blog (really, read everything this guy has ever written, you might as well read only what he has to say and you'd still be good, he knows his shit).

Internalize everything. Get a pen/paper and take notes while reading. Write out some main ideas you get from each article/book. And then re-read all those main ideas you wrote, weekly, to remind yourself of them in case you start slipping.

That's it. Now completely forget about TRP. Stop visiting this subreddit. Stop reading and asking questions on askTRP.

All you're doing past this point is called mental masturbation. It'll fuck you up. Trust me. You'll start becoming paranoid of anything a girl does. Don't go down this rabbit hole.

Most of you are nice guys and you'll become obnoxious assholes trying to fake alpha. Been there done that.

Every interaction you'll have with a girl, won't be natural... in your head, after doing a certain thing, all you're gonna hear will be "was I beta or alpha for doing this? I think this was alpha enough for her to think this of me" etc etc, because you have too much theory and not that much experience.

Just read enough so that you can understand the evolutionary/biological/social mating mechanisms between men and women. Accept them deep down to the marrow of your bones, since they are true, rational, and these mechanisms don't give a fuck about you and they'll still be the same and indirectly have influence over you, even if you don't want to admit it.

I write all this because I've been there and done that. Got with a girl, started reading too much into everything she was doing, due to excess of theory, became paranoid, then came back to TRP community to try and find a solution to my paranoia and insecurity.

Fell into this loophole, like everything had to be perfect. I started categorizing everything in my head related to this girl, as either beta or alpha. Did something... was that alpha like the guys on askTRP write? Said something... fuck I think that was beta considering that article I just read last night.

Forgot to be my own man and have my own opinions and stances. But most importantly, learned my lesson.

TL/DR: Read TRP foundation books and articles. Take the good stuff (there's a lot of bad stuff in here, don't be blind). Internalize it. Get the fuck out of here and start living your life.


**Indicators Of Interest Suck - This Is The Real Way To Tell If A Girl Likes You**

1049 upvotes | August 4, 2018 | by Aghayden | Link | Reddit Link

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**Women will rarely tell you they’re attracted to you. Instead, they show interest through their actions.**

One of the most common things a girl tells me before I bring her home with me is, "We're not having sex tonight." I've heard this at least ten times. Every time I heard that phrase, I ended up getting laid.

If I took what these women said literally, I never would have invited them back to my place (why waste my time?) But I knew they were interested in me, not because of what these women said, but because of how they acted. **Indicators of Interest**

Women will show their interest in a variety of ways. They will:

- Make strong eye contact with you.
- Ask you questions (instead of making you carry the conversation).
- Touch you.
- Laugh at your jokes (even when they aren’t that funny).

Knowing the above list of indicators of interest is useful, right?

Well, actually, relying on indicators of interest can handicap you’re dating life. Every girl is different: one girl might show interest by making strong eye contact, but another might show interest by shyly looking away.

Some of the women who I've brought home from bars or clubs didn’t make strong eye contact, they didn’t ask me a lot of questions, and they didn’t even touch me (until we were in a room together). If I relied on indicators of interest, I would never have brought her back to my hotel room.

So, if you can’t accurately tell whether a girl likes you based on what she says, and you can’t tell based on how she acts, how the fuck are you supposed to tell if a girl likes you?

**Compliance.** The best way to determine whether a girl likes you is to give her the opportunity to either reject or accept your advances.

The shy girls from the above examples didn’t give me many indicators of interest, but when I asked these women to dance with me, they agreed. When I invited them back to my place to get a drink, they agreed.

If a girl is interested in hooking up with you, it’s very likely she will give you compliance when you attempt to move the interaction forward.

Here are the most important ways a girl will show compliance:

- She sticks around while you’re talking to her (as opposed to making an excuse to leave the interaction).
- She accepts your touch.
- If you invite her to go somewhere with you, she agrees (I.E. to go to another area of a club or back to your place).
- When you lean in for a kiss, she responds enthusiastically.

As a rule of thumb, a girl who likes you will comply to the above requests because she wants the interaction to lead towards sex.

Of course, compliance only works within the bounds of common sense. If you invite a girl back to your place five minutes after meeting her, she’ll probably say no. If you make a large request too
soon, you might not get compliance even if a girl is attracted to you.

**How To “Test” Compliance**

In the early 2000’s, pickup artists taught elaborate methods of getting compliance called, “compliance ladders,” and although the theory behind them is solid, they’re too complicated to be practical. I’ve created a simplified system for using compliance to determine whether a girl is interested in you below:

1. **When You’ve Just met: She Stays**

If you approach a girl and she doesn’t like you, she will most likely find an excuse to leave the interaction within the first few minutes. She’ll need to “Use the restroom” or “Go find her friends.”

To be fair, a girl might stay and talk to you even if she’s not attracted to you. You can’t be 100% certain if a girl likes you within the first few minutes of meeting her. This is partly because she’s not 100% sure if she likes you, either. As a rule of thumb, if a girl doesn’t make an excuse to run to the hills– you’ve got a chance.

The most common mistake guys make in this stage of an interaction is that they don’t ask for further compliance (this is sometimes referred to the 30-minute conversation to nowhere). Even if a girl likes you, it’s unlikely she’s going to make the first move. You must take responsibility and lead the interaction in the direction you want it to go – that’s why step 2 of this system is so important.

2. **10 minutes into the interaction: She Follows Your Lead**

If you offer your hand and say, “Let’s go get some fresh air for a minute,” a girl who likes you will most likely take your hand and go with you.

Asking a girl to move to another area with you is a great way to determine if a girl is interested in you because it’s subtle. You’re not telling the girl she’s beautiful or asking her on a date, you’re simply moving to another area with her – this technique allows you to find out if a girl is interested you without showing your hand (and giving away your power).

If a girl complies to this type of request, there’s roughly a 90% chance she’s interested in you. Women rarely leave their friends to hang out with a guy they don’t like – and why would they?

To be clear, if a girl rejects your request to move to another area, it doesn’t necessarily mean she isn’t interested. It’s important for some girls to stay with their friends – they won’t leave the group even for a guy they like.

If you’re relatively inexperienced with meeting women, you should just move on if a girl declines your request to go to another area of the club/campus/mall with you. You don’t want to waste time with a girl who’s probably not interested (and there are plenty of other women you can meet who will be interested).

If a girl you like rejects your request to move to another area, your best bet is to continue the conversation for a couple minutes before grabbing her number to set up a date with her later. That way, if it turns out she did like you, you won’t be missing an opportunity (but you also won’t be wasting your whole night talking to the wrong girl if it turns out she didn’t like you).
3. 1 hour into the interaction: She Enters Your Home

If a girl is following your lead from one area to another, and she stays in conversation with you for about an hour, the next step is to bring her home with you.

If a girl you just met agrees to hang out with you in the privacy of your home, you can be fairly confident that she likes you. You can invite a girl back to your place any number of ways, my go to is simply to say,

“Hey, it’s too loud here, let’s go somewhere we can have a real conversation.”

Some other lines I’ve used to pull include:

-“Rock Band after-party, let’s go!” - “You haven’t seen X movie?!? You need to see it, it’s amazing. Let’s go, right now.” - “Let’s get pizza!” (The pizza is in my freezer)

You don’t need a great reason to bring a girl to your place, you just need an excuse that isn’t “let’s fuck” (saying that puts too much pressure on the girl). If a girl is interested in hooking up with you, she will agree to go to your place for whatever silly reason you come up with.

To be fair, a girl who likes you might refuse to go home with you. Some girls just don’t do one-night stands: they might be religious or abstinent. Other times, a girl can’t go home with you because she has somewhere to be early in the morning or she has to sleep in the same room as her friends.

If a girl won’t go home with you, you have two options:

You can stick in the interaction until the end of the night and go to her place at the end of the night. Before doing so, ask yourself the question, “What would happen if she and I were alone in a room together?” If the answer is, “We’d tear each other’s clothes off,” then, going with her has a good chance of leading to sex.

To go with her, ask, “What area of town are you headed to?” Reply to whatever her answer is with, “Oh, I’m near there, we should split an uber.” If she’s unenthusiastic, then she’s probably not that into you, but if she says something along the lines of, “Yeah, that sounds like a great idea!” Then you can go with her at the end of the night.

When you’re in the Uber with her, you need to create an excuse to enter her house. The easiest way to do this is to simply ask if you can use her restroom while you wait for another Uber to your place.

When you’re in her house, one thing should lead to another. You’ll both forget that you were “waiting for your Uber”.

If you’re thinking, “This sounds creepy,” well, it is creepy if she’s not into you. However, if she is attracted to you, you’re creating a logical excuse to do what you both want to do.

You can’t tell a girl, “Oh, you have to go home with your friends? Can I come along so we can fuck when you get home?” That wouldn’t be relatable, so, if you want to go home with her, you have to create a situation where it makes sense for you to do so. Again, you should only do this if you’re confident that it’s on between the two of you, otherwise, go with option 2.

If you invite a girl back to your place and she declines, sometimes the best option is to make plans to go on a date with her later and to then go meet other people. Say something like, “It’s been cool talking to you, we should get coffee sometime.”

When a girl rejects your invitation to go home with you, it’s often not that she’s rejecting you, she just can’t go home with you at that particular moment. That’s why you should always make plans to hang out with the girl later in this type of situation.
4. In the Bedroom: She Has A Good Time

Once a girl is in your house (or you’re in hers), the last form of compliance you want to get is, well, sex.

Start by giving the girl an excuse to hang out in your room. For example, you could say “Have you seen Arrested Development?” (or any show/movie). If she hasn’t seen it, say, “Oh, you have to see it, let me show you.” Then bring her to your room and put the show on.

Sit on your bed, and she’ll most likely follow suit. If she doesn’t, say something like, “You can take a seat.” I’ve never once had a girl say no to this request. (If a girl responds negatively to this, it’s a sign that she wasn't attracted to you in the first place, which is something you can work on: https://redpilltheory.com/2018/03/31/how-to-be-an-attractive-man/.)

When she gets in bed with you, you can start watching the show and physically escalate at your own pace. The vast majority of the time, when a girl gets into bed with a guy, she knows something sexual is about to happen. (Obviously, if she does give resistance, respect her wishes and stop what you’re doing.)

If you are nervous about kissing a girl in your bed, you can make it a bit easier by first saying, “Close your eyes for a second,” then, when she closes her eyes, lean in for the kiss.

When you’re new to having a girl in your bed, it’ll probably be a nerve-wracking experience. The first time I had a girl back at my place she massaged my entire body head to toe, but I was so nervous that I said, “Well, I’m getting tired, we should get some sleep.”

When we woke up in the morning, she said, “Well, that’s not what I was expecting,” before heading out. I never saw her again.

It was awkward. It was frustrating. But the next time I was in a similar situation I gathered my courage and leaned in to kiss the girl (and one thing lead to another). So, bringing a girl home might be uncomfortable at first, but if you want an abundant dating life it’s a necessary step.

The only way to get over your nerves is to put yourself in the situation that makes you nervous (having a girl in your bed) repeatedly until you get comfortable with it. I know, it’s hard work getting multiple attractive women in your bed (http://www.returnofkings.com/173558/2-reasons-why-you-should-always-try-to-sleep-with-a-girl-on-the-first-date), but it’ll pay off.

Wrapping Up Indicators of Interest Suck

Those are the four key points of compliance in any interaction with a woman:

- She Doesn’t Leave - She agrees to follow your lead from one area to the other. - She’s willing to go home with you. - Sex.

It’s far more practical to focus on whether a girl is giving you compliance than to focus on whether she’s giving you indicators of interest.

Thinking about whether a girl is giving you indicators of interest (I.E. “Is she making strong eye contact? “What’s her body language saying?”) doesn’t directly lead the interaction towards sex.

Testing for compliance, however, helps you sense whether a girl likes you while simultaneously leading the interaction towards sex.

Looking for signs that a girl likes you can also backfire because it’s a defensive strategy. When
you’re looking for signs that a girl likes you, the fundamental assumption is that she doesn’t like you unless she’s giving you certain signs. This can lead you to falsely assume a girl isn’t attracted to you when she actually is.

Furthermore, we interpret indicators of interest through the filter of our emotions. If we don’t feel confident in our attractiveness to women, we’re likely to be ultra-sensitive to signs that a girl doesn’t like us while ignoring the signs that she does like us. If, for example, a girl doesn’t make strong eye contact with you, you might think it’s a sign that she’s not interested, but it might actually be a sign that she is interested, she’s just too nervous to hold strong eye contact.

Indicators of interest are unreliable, by following the above compliance-based system, you will be able to consistently move interactions towards sex with the girls who like you. Yes, you may get rejected sometimes when moving an interaction forward. But remember, not trying to move an interaction forward is getting rejected by default.

Follow the system for getting compliance laid out in this article and your dating success will skyrocket.

I’m going out every night and I just started posting my adventures (approaches, make outs, leading, etc.) on Snapchat. You can follow me there if you'd like, my username is: AveryGHayden

Footnotes:
1: To be clear, if a girl says she doesn’t want to have sex when you’re in bed with her, you need to back off.
I've avoided teaching about this, because learning to spin plates is more important. But now the subject has come up, and people are talking about it.

Here are the Basics. Not a comprehensive guide, not even a primer. Simply the absolute minimum you need, to avoid shooting yourself in the foot.

**What is an LTR?**

If we read the single most important piece of Redpill literature ever, /u/humansockpuppet's Bitch Management Hierarchy, we learn that there are four level of sexual intimacy with a woman.

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

The Guide itself touches on the distinctions, but focuses on when and why to promote. Of a clear explanation of what the difference is, we turn to the Cliff's Notes, which makes it clear that:

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

So, an LTR is a sexual partner you have voluntarily allowed yourself to become emotionally attached to.

That's it.
That's all.

It doesn't mean monogamy, necessarily. (Don't give that away unless you want to, and never for free.) It doesn't mean promises made to her, or publicly announced status, or cohabitation, or investment of material resources (all of these are also gifts if you choose to give them).

It just means you emotionally invest in her.

This has additional benefits, and carries additional risks.

**What are the benefits?**

Men may be the gatekeepers of emotional connection, but this does not mean they derive no joy from it. Just as women, who are the gatekeepers of sex, still crave and enjoy sex, men can and do feel real affection for the right sort of woman, and will actively want to do so.

Most of you, this already makes sense to. If it doesn't, and you are still asking "why?", then this urge
is weak or non-existent in you. Stop reading and go spin plates.

What is the major risk?

When we invest money in a business enterprise, we risk losing that money. When we emotionally invest in a woman, we risk losing that investment.

If the idea of losing this girl doesn't bother you to some degree, then you have an FWB, not an LTR. Thus, you lose the total outcome independence that you would have with a plate.

The effects of this are easy to imagine.

How do I capture the benefits while minimizing the risks?

Simple.

First, invest wisely. The Bitch Management Hierarchy deals very comprehensively with how to do this.

Second, actively manage your investment.

This means abandoning your strategy of indifference for a strategy of control.

You no longer get to not care if she stays or goes. You no longer get to say that "she's not yours, it's just your turn". These are tactics of indifference. If you are invested, you are axiomatically not indifferent. Investment and indifference are opposites of each other.

You must actively control your woman to prevent things from going pear-shaped. It's not just your turn. She is yours, and you damn well better be able to enforce that.

This principle is why Chad gets turned into a bitch by his LTR, and divorceraped by his wife. "Naturals" have only indifference game, and no control game.

"But Whiiissssssper, it's heeeeeeereeeeeeer job to secure commitment! I'm just supposed to be attractive, and any effort to keep her is BETA! YOU are talking like a BETA right now! The Vanguard are getting WEAK! (I'm terrified of being a beta. Someone please hold me.)"

Yes, it is her job to secure commitment, and keep it. But since when can a woman do a job without a man to tell her what to do?

She does the work to keep the LTR. You control her so she does the right work.

Your control of your woman rests upon three pillars:

- **Attraction**
  You must, at all times, keep her believing that you are it. That you are the best thing she could possibly get, and if she doesn't hold onto you, it's all downhill for the rest of her life. She must mate-guard herself whenever she is capable. This means that unless she is being strong-armed, you shouldn't have to step in.

- **Obedience**
  You must instill her in the expectation that her job is to do what you say, when you say it, because you say it. She must explicitly and consciously accept her role as the subordinate in the relationship. This is easy to do if you start early. (Read some porn written by women, they
touch themselves to this stuff.) Be sure not to let obedience stop at the bedroom door, use the habits she gets into there to give her instructions in her daily life. Use compliance tests frequently. Explicitly punish her for minor misbehaviours.

- Non-Entitlement
  You must make sure she regards anything you give her as a gift given on a whim, not a normal aspect of your relationship that she is now entitled to. Gifts (generally small and inexpensive as a rule) should happen when you feel like it, not on Christmas, her birthday, Valentine's day, etc. Never respond to "I love you" with "I love you, too". Give her attention and pets as a reward for good behaviour, not as a pattern or habit. If she ever approaches you in a fashion that comes off as demanding, never give her what she wants.

*She should always be working to keep you, and to keep you happy.*

*You should always be giving her clear and unambiguous guidance on what is expected of her.*

**If I'm not outcome independent, what do I do if it goes bad and my control strategy doesn't work?**

He who cannot cast away a treasure at need is in chains.

While you must be invested, you must also be willing to write off a bad investment and cut your losses. Major misbehaviours (cheating, deception, ultimatums, deliberate disrespect, etc) must always result in a hard next. There is no "saving the relationship". If a relationship ever needs "saving" rather than a minor course correction, it's already a write-off.

It is important to keep your game strong, so you can get back into it as soon as possible after you write off a bad one.

**I like relationships better than spinning plates. How do I get one?**

You don't.

If a woman who practices reciprocity is a unicorn (because unicorns don't fucking exist), then a feminine, submissive woman who is willing to work is a "snow leopard", an animal that exists, but is so rare that if you see one, odds are it will already be captured and in someone else's zoo.

*Don't hunt snow leopards.* It's a waste of your time. Simply be prepared to recognize one if you see it, and know what to do with one when you recognize it.

*Just as girls have no control over whether you are sex-worthy, you have no control over whether the girls you meet are relationship-worthy.*

Plan accordingly.
The Red Pill App

1047 upvotes | June 12, 2017 | by GayLubeOil | Link | Reddit Link

As many of you know last April, the chief strategist behind The_Donald CisWhiteMalestrom was doxxed. However most don't know why or how it happened. So have a seat on papa GaylubeOil's thick muscular quads and let him tell you a story.

The reason The_Donald became the largest Trump community on the internet is because it utilized a Red Pill publicity strategy and was run by Red Pill Endorsed Contributors. The basic premise is that the left is far more numerous on Reddit and has more time to bitch about stupid shit. So the fastest way to grow a community is to write something deliberately provocative and make sure lefties hear about it. Then when lefties show up to virtue signal about your thought crimes, provoke them further by banning them and telling them to choke on your semen. Pretty soon lefties will tell other lefties about the injustice creating a positive feedback loop of publicity. Eventually Righties will hear about it and join your community.

This strategy worked really well and The_Donald subsequently grew so big that it began to challenge the Left's monopoly on political discourse on Reddit. The first strike was when The_Donald called out r news and r Politics for censoring blood drive information after the Orlando shooting. While the Left loves claiming moral superiority there is nothing moral about censoring blood drive information after one of the largest terrorist attacks in American history. This was such a blow to the narrative that the admins had no choice but to shut down the entire discussion and manually remove threads themselves.

However the admin's heavy handed tactics allowed CisWhiteMalestrom to create an Us vs Them dynamic between his userbase and the Admins further driving The_Donalds growth. The admins had no choice but to dethrone an effective leader and hope for someone less aggressive. CisWhiteMalestrom personal information was leaked to SJWs who immediately began placing threatening phone calls to his entire family including his pregnant sister.

The admins can and do read your private messages, modify your comments and collude with their SJW allies to create leadership transitions. In fact they recently tried this with the Red Pill but were unsuccessful.

For this reason we are building a secure communication platform who's servers will not be housed in SJW Cuck Shacks. Communication and the exchange of ideas is the basis for all power, which is why we can no longer afford to allow Aids Skrillex and Trigglypuff to rifle through your personal messages. Our goal is to create a secure platform that will allow our members to form private groups and eventually coordinate in person meetups.

Features Include:

- iPhone and Android chat apps.
- Online browser chat interface.
- Private groups similar to facebook but with privacy and anonymity as the default.
- Specialized features for vetting members and preventing infiltration.

In order to accomplish our objectives we either need a team of Alpha programers to volunteer their
time and talents or half a Bitcoin to buy the necessary scripts.

Send programer volunteer inquiries to: redpillschool@trp.red

Send Bitcoin donations to: 1NeqAW41zBf1ujMzNMAZVuhRmkpB8CQL2X

Thanks for your help. May your erections be strong. May your list of accomplishments be long. May you have ample opportunity to get the friction on.

**Edit:** Since Red Pill men are probably some of the least altruistic people on earth and aren't the best donators. I'm launching a Hercules Tanktop Fundraiser to upgrade our community infrastructure.
As many of you know I GayLubeOil have long been a cog in the Red Pill hate machine. Since 2013 I have been writing articles promoting toxic masculinity, fat shaming, transphobia, and sometimes even psychological manipulation. Well guys, its literally 2017 and that has to stop. I understand that I am literally a fucking white male and that I have a lot of privilege to check and reparations to hand out, but change has to start somewhere. I know that I can't take back what I've done, but I can at least try to fix it. Today on April 1st 2017, I am going to be the change I want to see in the world, because after all change starts with me.

**Women are Wonderful**: The only thing that you need to know about women is that they are all wonderful. When I say all women I mean all women, especially the ones with penises, after all its the current year. The only way a man should ever interact with a woman is through praise and admiration. A man should never risk damaging a woman's self esteem. How can a woman be strong and independent, when internet trolls are constantly triggering her? A woman should never be disparaged even joking. Men need to accept women for who they are without judgement. What's that honey muffin? You sucked off a dude on the subway? I respect your decision. Let's put another sticker on the board. Five stickers and you can have an ice cream party.

**Women and Men are Equal**: Women are just as emotionally and physically strong as men. Anything that suggests otherwise is sexist. Pull up bars? Sexist. Flight Simulators? Sexist. Spacial Reasoning, Logic, Math? All incredibly Fucking Sexist. Women can play any game just as well as men. The game might need to be changed to be less sexist, but men and women are definitely equal 100%.

**Men are the Problem**: Remember when I said that women are equal to men. Forget that you shitlord. Women are more equal. According to my role model and spiritual guide Hillary Clinton: women are the primary victims of war, and as someone who came under sniper fire in Bosnia, she should know. Everything wrong with the world is the exclusive fault of men. Women deserve credit for all that is good, even if they didn't create it themselves, they inspired it.

**Rape is Like Very Serious**: There is nothing more serious than rape and when I say rape I once again mean all rape. Internet Rape, Imaginary Rape, I Changed My Mind Rape, its all rape. Rape is rape! A woman shouldn't have to drag a mattress around Columbia University to remind everyone that literally begging to get fucked in the ass does not constitute consent. According to Andrea Dworkin all heterosexual sex is rape and its about time that university policies change to reflect this fact. Please note because it is literally 2017 Middle Eastern Refuges forcefully grabbing and inserting their penises into European Women is no longer considered rape, its cultural enrichment. That kind of rape is highly exaggerated, completely made up and probably the women's fault for not embracing diversity fast enough. It is literally 2017.
You are everything that's wrong with your life

1046 upvotes | March 5, 2017 | by WhorehouseVet | Link | Reddit Link

Are you poor? It's all your fault.
Are you living paycheck to paycheck? It's all your fault.
Are you working in a dead end job? It's all your fault.
Are you fat? It's all your fault.
Are you skinny? It's all your fault.
Are you too tired from work to hit the gym? It's all your fault.
Are you bad at making conversation? It's all your fault.
Are you lonely after breakup/moving away/new job? It's all your fault.
Are you (insert whatever excuses). **YES, it's all your fault.**

Unless you were born with some form of physical disability or mental retardation, everything that's currently wrong with your life is your fault. Does it make you feel better? Of course not, but does it mean you can make changes? Hell yeah, motherfucker.

Are you poor? Go back to school to upgrade yourself.
Are you living paycheck to paycheck? Learn to save your money and stop buying useless toys.
Are you working in a dead end job? Go back to school to upgrade yourself.
Are you fat? Put down the fork, and go lift.
Are you skinny? Lift and eat.
Are you too tired from work to hit the gym? Stop spending hours on Netflix/video games/porn.
Are you bad at making conversation? Watch standups and learn how to banter.
Are you lonely after breakup/moving away/new job? Go out there and meet people.

We are men, and us men have the burden of performance; sitting at home and blaming the world is the domain of women and beta faggots. Instead of wallowing in your own misery, ask yourself this, "what can I do today to better myself?" Find your answer, then go out there and do it.

"Ah, but a man's reach should exceed his grasp, Or what's a heaven for?" - Robert Browning

Edit: typo
Jury rules against dad trying to save his 7-year-old from gender ‘transition’

1044 upvotes | October 22, 2019 | by redpillschool | Link | Reddit Link

Going to an event where you don't know anyone [FR]

1044 upvotes | October 4, 2016 | by [deleted] | Link | Reddit Link

I had posted this in another post on askTRP and it was suggested to me to make it a post on its own. Maybe a couple of you can get some value from it. I'm going to keep it short(ish) and sweet with some examples.

I was invited to a wedding as the date of the maid of honor and I didn't know one other person at the wedding. I knew my date but I didn't see her for 90% of it because she was part of the bridal party. She literally text me the next day and said I was the life of the party and the grooms whole family was talking about me and my dance moves. Here's my field report:

Talk to everyone. I actually made a post about this a little while back if you're interested check it out. I was late to the wedding because of getting out of work late. I found people who were also late. Right away I asked them if they were there for the same wedding. They said they were and the conversation continued from there. We had to stand apart from the actually wedding given the way it was all set up. I continued to talk to these people and told them I only knew the MOH and no one else so I deemed them my new friends.

I suck at tying ties so I asked the one guy if he knew how to tie it and could tie mine because his was done well. He did it for me, we exchanged names and small talk. So now I have connected with like 5 people already. Wedding ends and we go inside. I wait in the cocktail line. I'm talk to the people in front and in back of me. Don't be afraid to listen in on people's convos and if you can add something just jump in. (Obviously don't do it if it's personal) but I think the people in front of me were talking about Casinos or something and I just go "are you talking about casinos?" They said lol yes. Ive done quite a bit of gambling and love playing craps so jumped in and joined the convo. It may seem weird or rude but if you can related to people they will really like you in the long run.

Next I find my seat at the table. I don't know anyone. I introduce myself to everyone and ask them about themselves. I find a dude at the table I'm with and tell him come get a drink/food with me. In line we chat and end up having some good laughs and a lot in common. He's now my boy for the night. So at this point I have formed a pretty good social circle of people. Through out the night when I see people I met in the beginning of the night I'll talk to them. Ask them what they're drinking or how the nights going, and shoot the shit.

By this point my date shows up I'm talking to 2 girls at my table and then I start talking to her. I have a buzz by now and am ready to dance. This is my fucking go to move man. And it works. Dance with older ladies. The grandmas who are just sitting. The divorced milfs. They want to have fun. And they love when a young stud drags them to dance. The woman will also think you're awesome for getting people to join the fun. This will make people like you. And flock around you, be in your own world and bring people into it.

At this point I have 3 chicks who are interested in me. One who is practically obsessing she's telling everyone she wants to fuck me and they are telling me. My date even says to me. "I've never seen a guy have chicks fighting over him like this" I shrug and take her to dance. She's hot and I want to fuck her so after we dance for a little, I take her outside and we go for a walk to isolate her, make out with her and share a couple laughs. I end up taking her home and fucking the hell out of her, twice that night and once in the morning. My point is you don't even need a date, that could have been any.
of the 3 chicks. Just talk to everyone and have fun while trying to joining everyone else in on the fun.

**Side Note:**

I know someone's going to ask "what exactly did you say to these people" I didn't post that because I hate doing that. That's always the first questions I get. You need to learn to vibe and talk to people naturally to get to this point. I wasn't always like that I was once awkward, and shy. I started talking to everyone, and when I say talk to everyone I don't mean interview type questions. I mean make comments on what's going on around me or the person. That's the best way to start a convo and make it more natural. You have to practice being present. "Is this place always this packed?" "I guess you come here a lot"

Small talk is necessary but only to get to much deeper stuff. Your goal should be to find a common/shared interest(s) with people, be curious about them. Don't just talk for the sake of talking. Talk as if your generally interested in them. Also when you first meet someone talk to them as if you've know them for a while. It'll make them feel more comfortable and you. This takes practice but once you get the hang of it, you'll be able to talk to everyone this way.

I know a lot of guys struggle with conversations and I think a lot has to do with being in your head. I have been all over the place. From being so into my head, To making conversations weird, to vibing, etc. I feel like if I don't put any expectations on a conversation and can manage to be present that's when I have the best interactions.

I'm sure you've had conversations with people where you didn't even think about it. You didn't even realize it was a thing. You were just naturally doing it. You didn't think about a response, an answer, you didn't judge yourself, you just talked. That's the point you want to get with all conversations.

This got me thinking how I achieved this and honesty part of this answer may sound weird. I started to not always talk. No trying to fill the silence with words. I just let it be. I learned to just be present and comfortable. This opened my eyes to a lot of things. That people are really in their head also. They would try to fill the silence. If it was a woman or a beta male. They would get nervous. This would actually put me at ease. Because I knew I can get like that too and there's nothing to be nervous about. I would listen to people, I wouldn't speak so much. Once I got comfortable with this. It allowed me to relax more in conversation. Then when I was more relaxed I became more present. When I'm present that's when the magic happens.

I also stopped asking interview type questions. Like I said I talk about what's going on around me. Do I still ask those questions? Of course but it's just to scratch the surface to a deeper conversation. You want to find common interests. You shouldn't be asking questions for the sake of asking. There should be a purpose behind your interacts.

**Dancing**

If you can't dance that's okay, I used to be stiff and dance like a typical white boy too. PRACTICE. Practice in the mirror. In the car. In the shower. When you're cleaning your place. The key is to let loose, loosen your whole body. And move to the music. Vibe to it. Bend your knees. Slide your feel. Shake your shoulders. Swing your arms. Don't be afraid.

What helped me also was to watch a few intro videos on YouTube. Footwork is everything. Once you learn to dance with your feet you're set.

This was a lot longer than I planned it to be but I hope this helped some of you. Go out there and kick ass.
TL:DR
Go out. Talk to everyone about what's going on around you. Join in on people's conversations. Create your own good time and bring others in on the fun.
Addiction is not holding frame.

So you've quit smoking weed for two weeks. Except when you're with friends. Wicked progress, dude.

If you can't stop smoking weed, boozing, jerking off, overeating, whatever... You're not truly free. That doesn't mean you're a loser. But none of those things improve your life. They just keep you stuck in the same loop you're in right now.

When you were young, you found things that made you happy and pursued them. The dopamine you got from real friends, relationships, sports, and goals was your reward for doing it. Maybe you got your heart broken. Maybe you lost your job. Whatever the reason, you took something that gave you false happiness. And it made you feel good. Real good. So you did it again. And again. For months. Years.

And while you were busy making false happiness, you forgot how to make real happiness. So you have another hit. You stuff your face with flaming hot garbage and jerk off into the bag. You lose another month. You lose another year.

Addiction is dehumanizing. It takes away all motivation to get out and succeed. "Why should I put in all that work when I can just jack off and play video games? They make me happy!" Because it's not happiness. It's an unearned drip of dopamine. It doesn't matter if your Orc is doing high level raids. It's not real. It doesn't matter what starlet is doing VR porn. It's not real. There is no true reward for anything you don't earn. The struggle we go through is what makes success so sweet. That is real.

I challenge each of you. Drop a habit. Level up your own life. It won't be easy. Probably the hardest thing you've ever done. But the rewards are real. And once you learn how to look at your life objectively and overcome your faults THERE IS NOTHING YOU CAN'T ACCOMPLISH. There's a man inside of you that's been beaten down, sedated, and forgotten. But he's still here. You are still here. Let that count for something. Show the world what you're really capable of.

If you don't feel like you can do it on your own, it's ok to seek help. There are a number of resources available to help ending addiction. Find one that works for you. However you go about it is up to you, but take whatever steps you need to get started. Take back your life.
She Said, "We're Not Going To Have Sex," Three Times. You Won't Believe What Happened Next.

There were hundreds of beautiful women in the Vegas Nightclub, Omnia. I scanned the balcony for potential prospects. I approached an attractive blonde girl in a sun dress standing next to her friends and said, “You don’t really look like you belong here.”

She replied, “What do you mean?”

“Well, you don’t look like a party girl. You’re dressed too classy for a Vegas Nightclub.” I continued, “But that’s a good thing. I’m not a party girl, either, so we might just get along.”

She laughed, told me her name was Carly, and started asking me questions about what I do, who I’m with etc. (always a good sign).

As we continued talking, Carly told me she was a published poet and the valedictorian at her high-school (when a girl tries to impress you, it usually means she likes you).

I said, “Who would have thought we’d end up talking about poetry in a nightclub? This has turned out to be interesting.” She agreed, and I continued, “Let’s head to the dance floor for a minute.” I took her hand and brought her to dance with me.

After dancing for about ten minutes, we returned to the balcony and I asked Carly what she was doing later that night. She replied, “Not sure, what about you?” (When a girl says this, it means she wants to hang out with you later.)

After a few more minutes of chatting, I said, “Hey, it’s too loud here, I want to be able to have a real conversation with you. Let’s go back to my hotel and have a drink.” (Credit goes to Russel Brand for this line.)

She replied, “Sure, that sounds like fun. But, I want you to know, we’re not having sex.”

I didn’t acknowledge her comment (because to do so would make it seem like it affected me). I simply said, “Ok, let’s go.”

As we waited for an Uber outside of the club, she said, again, “We’re not having sex tonight.”

I said, “Okay.” and then return the conversation to the previous topic.

We got out of the Uber by my hotel. As we walked towards my room, she said, “We’re not having sex tonight.” I reassured her by saying, “I know,” and we walked into my room.

As I filled my shot glass with Jameson, I said, “You know, I generally don’t like meeting women at clubs because although there’s plenty of beautiful girls there, almost none of them are smart enough to really intrigue me.” “She said I totally agree, I’m actually a sapiophile” (Every girl who knows what the word sapiophile means thinks she is one.)

I continued, “Yeah, so I’m really glad I met you, you’re an exception to the rule.”

I paused to give her a chance to make googly eyes at me. Then, I said, “Yeah, you’re the total opposite of most club girls. Very smart. Not the most attractive, but you know, it’s inner-beauty that matters.”
For a moment she looked dejected, then she said, “Screw you, do you want to get slapped?”
I gave her a sarcastic grin before saying, “I’m just kidding, obviously. You’re not just smart, you’re beautiful too. Stunning. You know that, don’t you?”

Then, I leaned in to kiss her. The kiss quickly escalated into making out, and within a few minutes, she exclaimed, “Are you going to fuck me already, or what?”

After saying, “We’re not going to have sex.” three times, she asks whether I’m going fuck her already. Part of me wanted to give her a lecture about boundaries and honest communication, but a bigger part of me (wink, wink), wanted to fuck her brains out. So, I picked her up from the couch, walked her into my bedroom, and threw her on the bed. What happened next, you can probably imagine.

Key Takeaways:

We’re Not Going to Have Sex

Oftentimes, when a woman says, “We’re not going to have sex,” she’s only saying it because she’s been considering having sex with you. The emotional part of her brain wants a good plowing, but the logical part of her brain is telling her that she shouldn’t have sex with a guy she just met. She verbalizes that she’s not going to sleep with you to relieve herself of cognitive dissonance.

But she wants to fuck you. If she becomes sufficiently aroused (I used all the strategies in this article to arouse her: https://redpilltheory.com/2018/02/27/arouse-girl-youre-even-bedroom/) , her silly logical reason to not have sex with you will fly out the window as quickly as her panties drop to the floor.

On the surface, having a girl tell you, “We’re not going to have sex,” is one of the worst things that she could say (unless you’re a celibate monk, in which case you should probably stop reading this), but in actuality, it’s one of the best things she could say.

Create Sexual Tension with Push-Pull

A pull is anything that makes a girl feel validated (I.E. complimenting her, giving her your attention, or buying her a drink).

A push is anything that makes a girl feel invalidated (I.E. making fun of her, taking away your attention, or refusing a request she makes).

Pulls are important because they show a girl that you like her and want to spend more time with her. But too much pull without any push makes a girl feel like you’re putting her on a pedestal to get something from her. If you regularly compliment a girl and agree with everything she says, she’s going to think you’re spineless. And depending on her personality type, she may even take advantage of you (I.E. letting you buy her things even though she has no interest in sleeping with you).

At the same time, if you constantly make fun of a girl, interrupt her, and are generally dismissive of her, she won’t feel that you see her as anything more than a sex object, and that will make her distrust
Your interactions with women should have a good mixture of push and pull. You compliment her, but you also tease her. You show interest in what she says, but you’re willing to disagree with her. The combination of push and pull creates a dynamic where she enjoys being around you, but she’s not completely sure whether you’re interested in her. This doubt creates sexual tension.

With Carly, I created a strong pull when I told her she was much more intelligent than most women who go to clubs. I turned the pull into a push by telling her, “You’re very smart. Not the most attractive, but you know, it’s inner-beauty that matters.” This riled her up because it took away the validation of the previous compliment.

Then, I flipped it again by telling her she really was beautiful. That’s the basic formula for creating sexual tension. A pull makes a girl feel good, but it also gives away your power in the sense that it lets her know she could “get” you. A push replaces that good feeling with doubt and makes her want to get the good feeling you gave her earlier, back.

I know this sounds manipulative when it’s explained so bluntly, but this is the basic dynamic underlying all good flirting: whether or not you’re aware of it. Push pull is what “naturals” (guys who are good with women without needing to learn about it online) do instinctually.

Most guys who aren’t good with women either pull too much (this is the stereotypical nice guy who bends over backwards for a girl he barely knows), or push too much. But a good interaction needs both push and pull, that’s what makes a woman want to start actively pursuing you, instead of just putting up with your advances. An easy way to make sure not to do too much pull is to adhere by commandment v (https://heartiste.wordpress.com/the-sixteen-commandments-of-poon/), only give her 2/3 of what she gives you - let her do most of the investing in the interaction.

**Capitalize on Good Logistics**

When a girl goes out to a Vegas nightclub with a group of two other female friends, there’s a very good chance she’s out to flirt with guys. If you ask a girl to dance and she doesn’t object by saying something like, “Okay, but I have to tell my friends,” that’s another good sign.

The less attached a girl is to her group of friends, the more likely it is she’s open to going home with a guy that night. When a group of girls are clingy, it often means they plan on going home with each other, not with guys. A great way to find out if a girl is open to the possibility to going home with you is to ask, “What are you doing later tonight?” If she says she isn’t doing anything or asks what you’re doing, it probably means she’s down to go home with you.

When a girl’s logistics are good, capitalize on them – it definitely makes things easier. However, if a girl has bad logistics, you can still make something happen if she really likes you. Logistics are good to be aware of, but bad logistics can usually be overcome.

**Conclusion**

Sometimes when a girl says, “We’re not going to have sex,” what she really means is, “I want to have sex with you, but I don’t want to feel like I’m easy to get into bed.” When it comes to dating, what a woman says, and what she means, are often two very different things.

It can be frustrating when a woman sends mixed signals, but that’s the whole point! If a girl tells you, “We’re not having sex,” and you get visibly upset and reactive, that tells the girl that you’re not very
sure of yourself and that you’re not in control of your emotions – which means you’re probably not a
guy she should be having sex with. If you understand why women test men, those tests will actually
be reassuring to you. When a girl says, “We’re not going to have sex tonight,” you’ll know that in an
hour she’ll be saying, “Are you going to fuck me already, or what?”
I don't really know where to begin. I work as a firefighter for 2 years, got on at 24, now I'm 26 years old. I've seen a lot of bad things happen. I've seen a lot of people die in just 2 years of my career so far. It's one thing to see it on the movies "woah! Look at his head split open!" Or playing video games "dude did you see that thing explode?!" But once you actually see a dead body, watch someone die in your hands.. it kills a part of you.

You come home after trying to cut a man down from a tree because he hung himself, you do your job, knowing he's already dead, you still try, and your family asks you "how was your day?" You respond "today was great! You know the usual."

When you read about male suicide statistics and how suicide is the top 10 killer of men. It's true. I've seen 2 hangings and 1 gun shot wound to the head, all of them were men just from last year.

I probably have PTSD. I haven't spoken to a therapist and I don't want to. I don't talk about these things. You might ask why don't you talk about it? I don't know.. just.. people don't understand, you know? They might judge me, tell me to man up, or say "other people have it worse." Sometimes my mom would tell me "just let it go." I wish it were that easy. I wish I could make the nightmares go away and the aniexty to disappear. She doesn't understand. A lot of people don't.

When you spend 30 mins performing cpr on someone's father. You're doing everything you can, their family is waiting across the street, you know he's dead already but you keep going.. the call is made. You stop. You tell the wife "I'm sorry for your loss..", you see in her eyes how her world is falling apart. You get in the truck, exhausted, take a deep breath, trying to keep your composure together. You see the mother walking her sons over to the house. Lost their father at 40.

We men don't talk about how things don't bother us but they do. Deep within us, a wound bleeds. We eat, drink, do drugs, jerk off to porn. Act out. Fight. Arguments. Just so we don't have to face the guilt within us. It festeres and cuts deeper within our soul until we become a broken shell of a human being. Than... boom.. suicide.

I thought about killing myself a lot the last couple of months. I would stay up all night long, can't sleep, anixety through the roof. Thinking about the people that died, how I'm sorry I couldn't save them, just.. guilty. I was trained to save lives and.. all you can do is do your best.

The Redpill gave me hope that my life will get better. For a long time I thought I was trapped.. that my life would never get better. That I had no control over my life. The nightmares and anxiety would never stop. That I was fucked forever.

Than I realized the only thing I can control is me. I stopped abusing the drugs, stopped drinking to escape, stopped eating junk food, stopped jerking off to porn. I stopped numbing myself. I faced my demons, I faced the truth. The truth is I did everything I could, I did my job, and I should be proud. The next time something bad happens, I wanna be there because I have the experience to help those that need it. I know I'm gonna see worst things further in my career and I wanna be there.

I didn't let the guilt bury me, I didn't let the nightmares haunt me, I didn't let the anixety overwhelm me. I conquered myself. I'm proud of myself.

This is what it means to be a Man. To struggle, to endure, to survive, to fight and win your life!
There's some bad days and there's some good days. Lifting has become my therapy. Nothing is better than to feel the iron around your hands and your muscles swollen after a good workout.

I just wanna say thank you to this community for giving me hope. In a world where men don't have a voice. Thank you for being here. You saved a lot of lives and mine included. I want to contribute to this community and transform my life as an example to all Men, life does get better.
The pre-fuck conversation is one big autism screening test

1040 upvotes | December 15, 2016 | by Archwinger | Link | Reddit Link

The path to getting laid is actually pretty simple when you break it down into its fundamental parts.

1- Look hot. Get yourself some muscles, dress well, have awesome hair. That way, you don’t get shooed away two seconds after walking up.

2- Escalate. Actually say flirtatious things and touch her and gauge her response instead of sitting there chatting like one of her girlfriends.

3- Don’t say loser shit. Loser shit includes being socially awkward, investing in her too much or too early, not having anything interesting to say, and so on.

That’s it. That is how you get laid. Be hot, escalate, don’t be socially awkward.

1 is easy. Well, actually it’s hard work, but there is a very clear and very well-defined path to success for #1. If you eat right, work out, groom, and wear clothes that fit, it’s pretty much impossible to not be good-looking enough to get laid. Unless you’re a grotesque burn victim, 4’6” tall, obviously handicapped in some way, or the like. There is no mystery about how to be better looking. None. Just do the work.

2 is harder, but still easy. You just have to have balls. You have to say and do things that the old you would have been afraid to say and do out of fear of rejection. You have to actually look women in the eye, say things that guys who fuck women say, and touch her, then see what she does. Maybe she rejects you, but that’s why there are 3,499,999,999 more women out there. The first time is hard, but once you just start doing this, it gets easy.

3 is the tough one. A lot of men out there are socially retarded. They say stupid shit to women and think it’s the right shit to say. The reason for this is actually very fundamental: Most men do not understand the purpose of the pre-fuck conversation with a woman.

So many guys approach girls with the best of intentions, then start talking and talking, trying to find some kind of common ground with the woman. Something to talk about. To make a friendly connection. To try to establish some kind of emotional intimacy. To actually chat with her, like you might with your friends. They think that this makes a woman comfortable with them, makes her like them, and makes her more willing to go home and fuck them. And that seems pretty logical, because we’ve spent our whole lives thinking women are supposed to want emotional intimacy before having sex, and women have spent their whole lives convincing themselves that emotional intimacy precedes sex. And it sure would make sense if emotional intimacy preceded sex.

But the huge majority of the time, this type of approach leads to the man thinking he’s hit it off with a girl, but the girl just wanting to be friends. Maybe she gives him her number, but then never responds to his follow-up text or flakes on their next date.

The man failed the test because he didn’t understand the purpose of the test. The pre-fuck conversation is not an attempt to make friends with the woman or establish emotional intimacy. That comes after you’ve been fucking her for awhile. Sex is a prerequisite to love, not the other way around.

The entire point of the pre-fuck conversation is to screen for autism, mental illness, under-confidence, and other sources of poor social skills. The pre-fuck conversation is your chance to flex your social
muscles and demonstrate your social fitness. This is exactly the same way that your actual muscles
demonstrate your physical fitness. A woman does not want to fuck a socially weak man, so she needs
to screen men that pass the appearance test for social fitness. The last thing her subconscious wants is
for her to go home with a hot guy, then find out that he’s weird and socially awkward and she might
be pregnant with autistic loser genes.

Don’t treat the pre-fuck conversation as a friendly chat, because it isn’t. The pre-fuck conversation is
how you present your social fitness, just like your gym body and clothes present your physical
fitness. Most game aficionados will tell you that a pre-fuck interaction with a girl is night-and-day
different than a normal conversation, because you’re not having a conversation. You’re exchanging
demonstrations of social aptitude.

It is deceptive and offensive to women when you chat with them and try to make a friendly
connection, then surprise! You actually wanted to fuck. Don’t talk with women like one of their
girlfriends unless you actually want to be friends. It’s disrespectful. Respect women enough to
actually try to fuck them.

Check out this and other content at The Red Pill’s off-Reddit site. Here's a link.
Study: the more women there are in a certain college discipline, the more politically correct it becomes.

A study found that the most politically correct college disciplines are Psychology, Sociology and English.


The least politically correct college disciplines are Electrical Engineering, Mechanical Engineering and Finance. Thus, the more women there are in a certain area, the more politically correct and liberal it becomes.

Psychology is 75 percent female, while Engineering is 75 percent male.

Another study found that women are more politically correct than men.


In other words, there is correlation between the level of female influence in society and the liberalisation of that society. Some people are wondering why are we so different today than the society in the 50s. Or why is western society more culturally different than some non-western societies?

The answer is: women. As female influence exploded in the 70s and women entered the labour force and politics en masse, they caused society to become more liberal and more politically correct.

Women change culture and the more you increase the influence of women, the more you change the culture of that society in a certain direction. Or vice versa. Men also change culture. The more male influence you have, the more a culture will move to the right. Men cause more conservative and more right wing societies - such as muslim societies or the US from the 50s.

This is how the correlation works: the more women there are in an area, or the more female influence you have, the more liberalism and PC you get.

Sweden: Highest level of feminisation = highest level of liberalism and PC.

USA, 2017: High level of female influence = high level of liberalism and PC.

East Asia (Japan, S. Korea, China), Eastern Europe: Medium level of female influence = medium level of liberalism and PC.

USA 1950: Low level of female influence = low level of liberalism and PC.

Muslim societies: Lowest level of female influence = lowest level of liberalism and PC.

The correlation seems to be very high. So what do you think?
She's just your Girlfriend, she's not your Siamese twin. She's not your partner on a mission to Mars. She doesn't control your oxygen supply. (How to do a LTR.)

1038 upvotes | September 25, 2018 | by whatsthisgarg | Link | Reddit Link

Long-term relationships are can be a great thing. The adoration you can get in a LTR is much more intense than with a casual partner. Ideally, there should be a lot less hassle and a lot more high-quality sex. It doesn't always turn out like that, it seems, because a lot of guys are adopting the wrong model.

How many millions of times have you seen (or been) the guy who gets into what looks like a good LTR, and then gets complacent and neglects the things that made him a fun, attractive person? And then starts overcompensating by spending all his time and energy on the girl, who gets bored and bitchy and then cheats and/or leaves?

This is why all these jerks keep chanting the defeatist cuck mantra *She's not yours, it's just your turn.* If you accept this, you have thrown in the towel. Go ahead and let some little girl decide the terms and when and under what circumstances the relationship continues or ends.

Here's a model for how to avoid that and still garner the benefits of the LTR without the drawbacks:

**ALYAS. Act Like You Are Single.**

Forget all that garbage you read in the usual posts about how to do LTRs: a *humorless list of rules, virtual mate-guarding, and cyber-stalking the woman,* all of which indicates a *pointless investment of time and energy,* which in turn implies an *emotional investment* which itself is a powder-keg of disappointment when the relationship inevitably ends.

**ALYAS: Act Like You Are Single** No that's dumb, we don't need anymore acronyms. But it does roll right off the tongue, doesn't it?

There are very simple reasons for recommending this strategy. First, you maintain attractiveness. It's not a consensus view but my experience has been that women's sexual preferences are stable over time, meaning *what attracted her in the first place will continue to attract her.* Secondly, by acting like you are single you will *create more attraction* via mystery and dread. And third, *it's just fun. That's why you were doing those things when you were single.* Keep doing what you were doing.

For the autists and bloopers, I did not say "Pretend you are single." You can't make phone calls to other girls with her right there. You can't leave her at a bar and go off with some other girl. **Have some human decency.** You can't go home reeking of strange pussy. *Although I have done that.* But you need to be sure you can hit the shower real quick. (Also take charge of your own laundry. Don't be a babyman who expects his mommy/wife to wash his underwear.)
I don't mean this to be necessarily 100% all-in. You will not likely get the benefits of the LTR, which are substantial, by being completely aloof and unavailable. But you can take this as literally as you like, see how much she puts up with it, or wind it back a bit. Whatever works. At a minimum, acting like you are single should be your mindset.

This means don't stop hitting the gym, that's the first thing. But also don't stop doing all those good things you did when you were single. You want to hit the bars or go camping with your buddies, do it. You have solo projects, do them.

And, if you want to spend the entire weekend alone with her fucking like rabbits, getting room service and watching cable, do that; that is something you would do if you were single and you had a woman up for it.

When she asks "I'm going to visit my sister; come with?" you say "Have fun. I've got shit to do here." **This is not a hypothesis that I dreamed up and want to try out. This is how I have lived for decades.** And yes, a quality woman will not only tolerate it, but she prefers it.

A word about ordinary human emotions: there is such a thing as mutual infatuation; it's a wonderful feeling (did not prevent me from fucking other women, though, which is a beautiful inoculation against losing your head). That can turn into what you might experience as love and devotion. I recommend cautiously indulging in it, if the opportunity presents itself, because it's fun. But know that it doesn't last forever.

You can enjoy this without the emotional investment that is so dangerous. You realize that she is actually not special. She is replaceable. You will also most likely notice that you are the one creating all the fun and excitement. She's just along for the ride, and to enhance the experience, as long as she behaves and you're not sick of her. **This is my model for a long-term relationship.**

I will now field questions from the peanut gallery.

**Question:** If you're supposed to Act Like You Are Single, what's the woman there for?

The woman is there to get fucked in the many hundreds of ways that a sexually creative man can think of. And she's there to be fun, pleasant, and interesting, which is possible despite all the rumors. Also, if you want to have kids, the woman is generally required at some point in that process.

**Question:** So you're saying Act Like You Are Single in the early stages of a relationship, but then when it starts looking real, you get serious?

No, that is not what I'm saying. I'm saying Act Like You Are Single while she gets serious. What she does shouldn't affect you, and if she doesn't like it, she can walk.

**Question:** So, Act Like You Are Single through the middle stages of a relationship, but if you decide to move forward and live together, then you start acting like a couple?

No! **Living together is when you need to Act Like You Are Single the most.** You need to get out of the house, stay busy, and create mystery. And if you weren't acting like you were single before
moving in together, you might find it difficult to switch it up after.

Question: Okay, so Act Like You Are Single when you're living together, but then when the kids come along, you have to settle down, right?

Wrong again. Let me tell you just how extreme this can be: Act Like You Are A Single Father. Take the kids, go to the library, go to the park, kick around in the woods, go visit the other kids and their hot moms. When mommy comes home, have dinner, and then it's YOUR time. Do whatever you want, go to your workshop, to your office, leave the house, go to a buddy's house, to the gym, to a bar, go see another woman, whatever. It's that easy.

Question: What if she wants to act like SHE is single?

Not a candidate for a LTR. That is just a woman you are fucking.

Question: How do you keep HER from cheating on you?

You can't stop her. Stop trying, and stop caring.

(Cue up the MGTOW Tabernacle Choir, singing A Mighty Fortress Is Our Cuck. Guys, I don't care, I really don't. You don't have to play, but I have had my fun.)

You can never be absolutely certain, but if you aren't 95% sure that she adores you and is devoted to you, then that relationship will not make it past the one-year mark. And if you're STILL worried about being cheated on: you didn't invest anything in her, did you?

(Cue up the Crab Bucket Chorus, singing Divorce Rape and Half Your Assets Brah! I don't care about that either. Nobody said get married, and if you're worried about the money, NO woman in your life should last longer than a few years, to avoid common-law claims.)

Last question: So, basically Alpha Fucks, on a long-term basis?

Yes. My experience is that women don't really care about money as long as you are a stud, and, as I've said many times, the need for comfort is really way overstated on TRP.

To be protected from the hard edges of life and to have fun is all women really want. If they want more, I really do not care.
Oh, hello there.

I was talking with two of my sisters (early twenties, mid-twenties), and my mom a few minutes ago. Early twenties sister brought up all the sexual scandals being exposed in the news and was speaking through a slightly red-pill tinted lens, which is a big step forward. She basically mentioned how everyone assuming the guy is completely guilty simply because he was accused, is wrong. Bringing back American values, innocent until proven guilty, I like it. Then Mom steps up and leaves her speechless.

"I was talking to Dad about all of this groping/sexual harassment stuff. I used to get groped all the time in bars, but you just push them off, say "Get away from me creep" and get on with your life. I didn't need to make a federal offense out of it. Drunk men are going to try things, wait til you start going to bars, you'll see what I mean. You see people making out all over the place."

Then the fun part

"But how about these women? You don't think they are dressing like that and flaunting everything for no reason. Some girls like that attention, and are trying to put themselves in a position to get groped so they can get a guy arrested, or get money, or whatever."

Sister is speechless, mumbles "Well, I don't really agree with that"

"So these girls are just what, totally innocent and can do no wrong?"

Hopefully not a shitpost. It was funny, thought I'd share.
Critical thinking is perhaps one of the most important skills a man can develop. Your mind has not adapted much over the past 1000 years, and many of its tricks are destructive in our present environment. Here are 4 Cognitive Biases you should be well aware of.

Before you read

This post is an excerpt from a 100 page book I wrote on Self-Mastery called 'Thriving', I plan on putting it up on kindle over the next week, however many of the redpillers have enjoyed my various posts over the past few months. So I am putting up my whole book for FREE only for the next 34 hours, click this link to get it GET THE WHOLE BOOK Otherwise, just enjoy this post.

Heuristics and cognitive biases

If you want to understand the mechanisms of your mind, you must make it a priority to become intimate with its favourite games and tricks.

Heuristics are simply the mental shortcuts that our minds choose to solve a problem. Our minds use shortcuts all the time, after all they are pattern recognition machines. Analysing each situation on a case-by-case basis would be taxing and waste mental resources that could be allocated to more sophisticated tasks. Generally, these heuristics serve us well. But when these heuristics lead to errors in judgement, they are then called ‘cognitive biases’.

In this next section, I will disclose many of the cognitive biases that our minds succumb to frequently. With this knowledge you will be able to discern when you are under the influence of a cognitive bias and regain control over your mind to avoid errors in judgement.

Social proof

Perhaps one of the most powerful biases is social proof. That refers to assuming the actions of others to replicate the correct behaviour. Social proof is herd mentality and it is easy to succumb to this mindset. As a matter of fact, it is a default behaviour of humans. When we are unsure of what to do we often look at others for guidance. In many cases, emulating the actions of others can be of great assistance. For instance, when trying to choose a good restaurant, it is often beneficial to look at the online reviews before deciding.

The problem arises when we rely too heavily on these opinions and put ourselves in danger as a result. I remember being in the engineering computer labs at my university when a fire alarm suddenly went off. One of the engineering students assumed that it was a false alarm and told everyone to “chill out and keep working”.

I did not fall for it, however, everyone else did. I packed my bags and walked out of the room, while everyone else remained in the lab. We found out that there was a fire, and the other students had to be evacuated from the lab by staff a few minutes later.
So why did the other students stay? Was it because of the one guy who insisted that it was all good? Absolutely not. If a few people had stood up as soon as the alarm started ringing, the rest would have made their way out. The class did not follow because I was the only one who left. Their error in judgement was due to social proof.

Would you walk across a road whilst the pedestrian crossing light is still red? Under normal conditions you would wait until the light turned green, and then safely cross the road. What about if a group of people started crossing the road on red? Suddenly you will have the urge to cross too, a desire that did not exist whilst you were alone. The impulse is the one that is derived from social proof and is written in your DNA.

When you were a baby, your first instincts were to emulate others to find your way in the world. This impulse made sense and was very useful as the only reference to how you should coordinate yourself in this strange world. Fast forward a couple of years and you still have the same primordial urges. The only difference is that now you have the capacity to reason and make your own decisions.

On a large scale, social proof has the potential to ruin your life. It can stop you from creating a future that is based on what you want. Instead of developing your own goals and metrics to live by, you look at others for solutions. You look at societal standards and place those as the hallmark of achievement, even if they are not your beliefs.

Social proof is dangerous because the independent thinker who has control of her mind is most anxious when in groups. It is in these circumstances that she pays more attention to her impulses for they may betray her. In groups one is forced to question their decisions with greater scrutiny. Ask yourself,

1. “Would I do this following action if no one was around?”
2. “If I were the only person on Earth would I carry on with this?”

If the answer is no, refrain from doing it. You must not allow social proof to win the battle.

**Confirmation bias**

Another dangerous partiality is the confirmation bias. It occurs when we unconsciously favour existing beliefs and look for supporting evidence, whilst simultaneously omitting what disproves them.

Let us say you believe in the stereotype of Indian men being prominent in the taxi driving industry. Each time you see a man of Indian descent you tell yourself,

“Uh huh! There is another one!”

Yet your mind pays no attention to the countless Caucasian, Asian and African taxi drivers that you have met during your trips around the city.

Perhaps you hold the belief that you have some sort of psychic connection with your sister. You tell your friends that you can always sense when she is about to call you. On the days that you think she will call and she does, the belief is reinforced with strong conviction in your mind. But your mind dismisses the other days when you think about her calling and she does not.

Confirmation bias is perhaps the favourite bias of conspiracy theorists. How many times have you heard stories about an impending Armageddon that never transpired? Whenever doomsday is meant to happen and fails to deliver, conspiracy theorists are quick to ignore the reality and look onwards to
other readings to confirm their beliefs.

Confirmation bias is perhaps the reason for many religious wars. Once someone becomes a zealot for any cause, it is often a fruitless endeavour to try to reason with them. The confirmation bias keeps them close-minded. In their eyes, the amount of evidence supporting their claim is immutable. The error in judgement comes from their unwillingness to collect evidence to the contrary.

If you want to have full reign over your mind, you must not allow it to be swayed by the confirmation bias. You must wage a guerrilla war against your mind and always question your beliefs. A useful template to ensure that you do not fall in the snares of the confirmation bias is the Socratic method. Socratic questioning was popularised by Socrates and it uncovers objective truths. Usually these questions are used in a dialogue with another person, however, you can ask your own questions and answer them. Often when we write things down, and we can see the ideas and beliefs for what they are, it becomes far easier to see logical flaws.

Start with a question that probes your assumption like the Indian taxi driver example.

**Q. So, is it true that most taxi drivers are of Indian descent?**

**A. Yes. Yes, it is!**

Use a question that probes the rational and looks for evidence.

**Q. How many times have you noticed this? Can you give examples?**

**A. All the time. Just the other day I caught a taxi from the cinema and the driver was Indian! I am telling you it always happens.**

Move on to questioning the viewpoint and perspective.

**Q. Is it possible that perhaps there are drivers of other ethnicities?**

**A. Of course there are.**

**Q. Is it possible that you have failed to pay attention to these drivers?**

**A. Maybe that is true.**

Question the viewpoint.

**Q. Perhaps you have trained yourself to pay attention mainly to Indian taxi drivers while omitting other ethnicities? Do you think this could be a reality?**

**A. I suppose that could be true.**

Probe implications.

**Q. Let us assume that what you are saying is correct and most taxi drivers are Indians. Are you saying that other ethnicities are simply not interested and would not drive taxis? Or perhaps there is some conspiracy in which only Indian drivers can be in the taxi business?**

**A. Of course not, that is ridiculous.**

As you can see, our racial-profiling friend would very quickly recognize the errors in his judgement just from going through these simple questions.

“Every man, wherever he goes, is encompassed by a cloud of comforting convictions, which move with him like flies on a summer day.” — Bertrand Russell
Loss aversion

If I gave you $100, you would be happy, right? Okay, let us say instead of giving you $100, I stole $100 from you. You would be pissed! It is understandable. Here is the interesting thing about human psychology. The pleasure you would gain from receiving the money does not amount to the pain you experience from losing the money. We are more wary of losses than potential gains. Studies have shown that losses are twice as powerful a trigger than gains.

How about I offer you a chance to win some money? The rules are very simple. I toss a coin, and if it lands on heads I will give you $200, if it lands on tails you will have to give me $100. Looking at the probabilities, you have a 50% chance of winning or losing, and a 50% chance of doubling your money and losing it. If a computer had to make this decision, it would, but chances are you would not. A gain of $200 would be amazing but losing $100 might not be worth it.

Internet marketers take advantage of loss aversion by offering you 30-day free trials to overcome the resistance of buying that is caused by the bias. No one wants to be ripped off nor lose their money over shitty products, so a 30-day free trial seems safe. However, the free trial is a double-edged sword! Once the customer has the product for 30 days, they develop a sense of ownership. The potential loss of the product far outweighs whatever cost the marketer asks. The customer does not hesitate to stay on the subscription list. So far, we have talked about loss aversion regarding money and items, but it has another insidious role. Loss aversion is a major reason people choose to remain in the status quo.

Imagine you want to start a new diet after doing research online and finding the perfect program for you. Upon reading the guide, you quickly notice that you will be severely restricting your daily calories. You read further, and the diet has you eating broccoli and plain chicken breast. Now you are suffering from cognitive dissonance - a part of you wants to lose weight and the other to keep eating Pop-Tarts and other goodies.

Looking online you notice that other people’s transformations took several months, with some people claiming the diet did not work. You decide to choose the brownies and cookies over the broccoli. The reality of loss (losing the foods that make you comfortable) is far more painful than the potential gain of being fit and healthy.

You are trying to quit smoking and promise yourself to not buy any more packets of cigarettes after finishing what you have. However, your friend buys several for your birthday after you reach the last cigarette. You decide that you will smoke the packets because the threat of loss far outweighs the potential gains of having clean lungs.

As you can see from the previous examples, loss aversion is a very dangerous bias. It limits us from our full potential. The fear of losing what we have for the possibility of an uncertain future is one that is too potent for many to digest. This distress is most likely the result of evolution. Primal man lived in a dangerous world, where losing the little resources he had could potentially have resulted in a swift death. Leaving his familiar small cave in search for a bigger, more ‘bougie’ one may have risked him being mauled by a tiger.

We now live in a world that is very different to that of primal man. It is a world that is far more forgiving. Do not let evolutionary urges of fear dictate your future. Learn to take more risks, especially if it means leaving your circle of comfort. Most our fears of loss are simply limiting.
Availability heuristic

Are you more likely to get killed by a shark or a cow? Looking at yearly statistics of deaths by animals, it looks like cows are deadlier. Yet you fear sharks more than cows. Last time I checked, movies about killer cows do not exist. I have seen ‘Jaws’, but I am still to see ‘Moo’. The availability heuristic is when we put a greater emphasis on the information that is readily available to us in our minds over actual statistics and facts.

Our judgements are often clogged by media and the information we consume daily. After a while, we start to believe that what we hear and see on television is an accurate representation of the world. We fail to investigate much of what we consume with any scrutiny. This heuristic is what leads us to have an irrational fear of flying in planes when we are more likely to be killed walking down the street. The same goes for impending terrorist attacks when we are eight times more likely to be killed by a police officer. However, the availability heuristic is not always negative. For instance, you are not likely to put a fork in an electrical outlet because something tells you it is not a good idea. You probably have never driven 200 kilometres per hour on a freeway in your car. I doubt you would have jumped into a volcano at any point as well. You do not have to experience the outcome of these things because of the collective intelligence of humanity. In some vault in your mind lies the information about the dangers of each of these situations. Information that has kept you safe for many years. But just like any computer, your mind is subject to computational errors. Mistakes that lead to the availability cognitive bias.

A good habit to form is regularly questioning the information that is readily available in your brain. Perform some due diligence from time to time, especially regarding matters that have a direct impact on your life.

Let us say that you have been offered a new job in a new city. Your friends tell you about the various crimes they have seen on the news and warn you about the move. You remember an article you read a few months back on the rising level of crime in that city. Instead of blindly trusting the information your brain serves up, research the crime rate and other important variables. Once you obtain a realistic picture of the situation, you are better suited to make an informed decision on the matter.

I am not asking you to research every possible dangerous situation. If you happen to see a piano dangling by a rope on a street path, trust your brain and avoid the potential hazard. There is no need to go over the probabilities of getting crushed by a piano on a sidewalk. In the event of immediate dangerous situations, the brain is usually right.
A letter to the procrastinator

One of the biggest lies we tell ourselves is that we will do something “tomorrow”, or that we will do it “later”.

The worst case of them all is when we say “someday”, which pretty much translates to “fucking never”.

Here is why you should eradicate these words from your vocabulary.

Each time you use them, you are creating an excuse for yourself.

You make this excuse to remove the imagined pain of doing the thing RIGHT NOW.

You falsely believe that future you will be wiser and more responsible.

Shit! future you is a superhero who will do all the bullshit that you have been piling up over the years no questions asked!

I am here to tell you that future you, might be worse off than current you!

Do these situations below sound familiar?

“Sure, I could join the gym today and start on my new diet.”

*But those Krispy Kreme doughnuts are looking extra sweet today!*

“It’s possible to get a start on my business today, I mean the computer is right there…”

*Fuck that, let’s play some *Fortnite*. *We can do that shit tomorrow!**

“I should call my dad and catch up with him, it’s been a while.”

*Nah, I will call him later, time to torrent some episodes of Big Bang Theory.*

This is the mental dialogue of someone who is doomed to fail in life. If you train yourself to take the easy way out, your mind will no longer take your suggestions seriously.

When it counts, and you MUST accomplish something, you will sabotage yourself. You will be stuck in the deadly feedback-loop of procrastination.

Frustration will be your new best friend as you wonder why you can’t get yourself to accomplish anything worthwhile.

Look, it all begins with your daily choices that literally change your brain.

Have you ever walked through a field of grass and were surprised to see a pathway?

Well, at one point in time there was grass there. Then someone walked through it, creating a small breach in the grass.

Other people continued to follow this path because it had the least resistance.

Over time the grass died and the path that you see today was forged.

Your brain does the same thing with its mental processes and thought patterns. Each time you postpone what can be done today for tomorrow you are reinforcing that thought pattern.

Tragedy strikes when the thought process becomes your automated response, this is when you are truly FUCKED.
So, next time you try postponing something that can be done today, just envision that mental pathway digging itself deeper and deeper into your brain.

Imagine fat, lazy and unaccomplished versions of yourself off at work digging

Look! That crazy fucker over there is using a drill!

He is smiling while doing it too.

Ouch., It hurts just thinking about it.

Instead of saying I will do it “tomorrow”, I challenge you to change the frame.

Ask yourself

“what can I work on today?”

Remember that starting is the biggest issue with procrastination. If you start at least you have created something real, you have planted a seed.

Here is how you should structure the previous examples:

“Sure, I could join the gym today and start on my new diet”

*I will do 10 push-ups right now and prep my meals for the next 3 days.*

“It’s possible to get a start on my business today, I mean the computer is right there…”

*Let me organize a consultation time with a website developer.*

“I should call my dad and catch up with him, it’s been a while.”

*I will call him and tell him that I only have 20 minutes to talk to him for now.*

There is always something that can be done, the key is to start looking for these things. Never postpone what can be done today for tomorrow.

You don’t want to reach the end of your days when there are no more “tomorrows” and regret not having accomplished anything.

Your new word is “TODAY”

Ps. For this asking those is a letter that I sent out to my newsletter. I am Isaac from Therealizedman. I like to share some of my content in this sub from time to time.
Summary: Flirting with women is a concept that is lost on most guys. Let's face it - most men are clueless when it comes to HOW to flirt with women effectively.

So what we're going to discuss today are my three hottest bits of dating advice for men that will expose the mistakes men make when trying to flirt with women.

Flirt mistake 1: Waiting too long to approach or start the conversation.

If there's any dating advice for men that stands the test of time, it's this one. Women are estimating your confidence level based on how long you wait until you approach. The longer it takes, the more interest and attraction she loses for you.

The second she notices you, and knows that you have noticed her, a timer starts in her head. And if you hesitate, that tells her you're not as confident as she wants you to be. And if it takes TOO LONG, she's going to find it creepy that you're looking and not doing something.

So here's my advice for men who want to avoid this mistake:

The second you see an attractive woman, your mind is going to try to stop you from going over to meet her. And there is no logical reason why for this, other than you feel a natural hesitation.

Just get into the habit of walking over within 3 seconds of seeing a woman you want to meet. 1-2-3. Showtime.

You don't need a clever line to get her to talk to you. (In fact, using 'lines' on women often makes them more reluctant to talk.) Say hello and get right to it. Don't try to be smooth.

Flirt mistake 2: Flirting with your mouth instead of your whole body.

Guys often make the mistake of being a bit too direct when they talk with women. The most important thing to recognize about women is that they like "indirectly direct" communication. Meaning that you can flirt-talk with her, but you have to give her "plausible deniability" the whole time you're talking with her.

What is "Plausible deniability"? It's the ability for a woman to deny that she had taken the lead or initiative in flirting or leading you on. She wants to hint to you that she's interested, but she often can't because of the amount of social pressure put on women to not be the pursuer. She also wants to be chased herself, so you want to give her the ability to write her own story about how it all happened.

So here's my dating advice for men who want to avoid this mistake:

Instead of saying things like: "Wow, you sure are beautiful..." or "God must be missing an angel up in heaven...", find ways of communicating your appreciation with your body language.

One of the best ways you can make a woman feel cherished and appreciated is simply to use more eye contact. Just look from eye to eye, and occasionally let your eyes stray down to her lips - or to her hair. This shows that you're taking her in and find her attractive without sounding like a dork.

Just remember that appreciating does not mean "ogling." You can visually appreciate a woman without looking like you're imagining her naked. (Save that for later...)

Flirt mistake 3: Asking for a date instead of just a small "upsell."
This is a frequent mistake guys make. They will go talk to a woman, get things going, and then end it with: "Hey, you want to go out on a date sometime?"

You can see the complete change in her eyes and her expression when he does this.

Asking for the date is a big turn off when it's done too soon. It's like walking onto a used car lot, and after only 2 minutes of small talk, the salesman asks you to come in and fill out the paperwork. Whoah!

Even on the phone, you don't want to jump in too far, too fast. Remember that a man represents a whole bunch of "what ifs" to a woman, and your goal is to not start dancing in the minefield of her anxieties and blow things up.

Instead, the best dating advice for this situation is that you go for the easy "upsell." So here's my dating advice for men who want to avoid this mistake flirting with women:

If you've ever gone to McDonalds, you've been offered an "upsell" at one point or another. You probably heard it like this: "Would you like fries with that?"

It's a brilliant marketing strategy that has increased McDonald's revenues massively. Just by offering a small add-on, we're more likely to agree to it.

Don't ask for the date. Instead, just ask for a quick cup of coffee or tea. A small meeting like this is non-assuming, and will get a much higher acceptance rate from women. They won't see it as threatening, and they'll see it as a legit way to actually get to know you.

PLUS you'll radically reduce the amount of flakes you get. (Most women flake on dates because she just forgets if she was really into you in the first place. She cooled off.)

So there you go. Three of my hottest flirting tips for men that you can put to use RIGHT NOW.

**The Lesson:** Flirting in a nutshell.
Man flees Canada after losing his kids and $1.2 million home, and being forced to pay $4000 a month to his wife. Is labeled a "deadbeat dad" by the media.

1032 upvotes | August 18, 2015 | by [deleted] | Link | Reddit Link

Article in question:
http://www.thestar.com/news/gta/2012/07/01/deadbeat_dad_flees_to_philippines_leaving_four_kids_without_support.html

Summary:
Canadian man gets divorce raped to the point where he simply cannot afford to pay what he has been ordered to. Instead of spending the rest of his life working as a slave to fund his wife's lifestyle, he flees the country, vowing never to return.

Body:
The couple in question got divorced in 2005. In 2008, their case was settled, with the wife receiving sole custody and child support, along with the home that her husband bought them. Both parties signed a contract stating that this was to be the case.

In 2011, not satisfied by the amount of betabux she had been entitled to, she took him back to trial, stating that she "was rushed and pressured and did not read the documents before she signed them. She said she did not understand she was signing away the right to any future spousal support, even if her circumstances changed."

So the house, the kids, and the child support weren't enough. She wanted more money in the form of spousal support on top of that, so she took him back to court and won. Her ex-husband promptly bailed, resulting in beta-shaming in the form of news articles labeling him as a "deadbeat dad″

This isn't a rare case. In Canada, men are routinely ordered to pay more than they can afford in divorce proceedings, and are faced with jail time if they cannot/refuse to pay. Here is actor Dave Foley's account of the same exact thing happening to him.

Lessons Learned:
Never, ever get married. Especially if you live in Canada.
You're not a beta becoming an alpha. You're an alpha recovering from a fucking disease!

1032 upvotes | May 9, 2020 | by zav25 | Link | Reddit Link

Today I had a fucking epiphany.

I've always thought of myself, deep down in my subconscious, as a beta. No matter what I was trying to do, I was a beta, because I was thinking so of myself.

I made some money... still a beta, cause why not? I somehow fucked some girls... still a beta, cause why not? Worked out, dieted, turned my body into a fucking anciet greek sculpture... still a beta in my mind, cause why not?

No matter what I did, I was a beta. No matter how better I got and how much I advanced, I was still a beta and I was to remain a beta, whatever great achievement I might've had.

**Because I was brainwashed into it!**

This my simple epiphany. We are brainwashed by the society to think very lowly of ourselves, the government wants us as manipulable as possible, so they instill these thoughts in us ever since we're kids.

We, as men, we naturally are alphas, thanks to our biology, thanks to our dick, balls and endocrine system and thanks to our anatomy, we're BUILT BY NATURE to conquer, or at least to relentlessly try to conquer as best as possible.

There's not one single motherfucker out there, who's a natural born beta, there isn't such a thing.

Think of it this way: you start out as an alpha by nature the moment you're born, and your anatomy is there to confirm it. Then, with each passing day, society, friends, family, the government, the massmedia, social media, start fucking with you, a little here, a little there while you're growing up, instilling certain retarded, against your nature thoughts in your brain, which don't benefit you, but benefits them, until you forget your true, masculine, animalistic, conquering nature, thus, you become a little puppet.

This is why you always feel an interior conflict, this is why usually you feel anxiety and depression. You KNOW who you are, deep down. You very well know what the fuck you feel like doing and saying, there's a little voice and instinct in your head that you feel like you should follow because it's gonna turn out good. But just before starting to follow that instinct, you start thinking... "but what if he thinks I'm a weirdo cause I didn't laugh at his joke? Better start fake laughing", "but what if she thinks that I'm not a good boy that she can trust, better not tell her how retarded she sounds", that's the voice of your fake beta that has been instilled in you, taking over your natural alpha instincts.

Retarded ideologies which go against rationality and biology: feminism, gay acceptance, veganism, fat acceptance.

Cheap pleasures such as: 24/7 pornography, junk food, sugar, on demand pointless entertainment (netflix, youtube, tik tok).

Stupid bandaids: anti-depressive pills, pushing any sort of medicine down your throat, getting you addicted to xanax and all that shit.

Mind games: the purposeful lack of certain education, the purposeful miseducation in some areas,
slave 9-5 working making you believe you're a champion, meanwhile you're making some other dude rich.

They want you to be a mindless zombie. "Don't brag, be humble" "Stop judging people" "Accept them for who they are". They want you to have no personality. To be like a falling leaf, floating in whatever direction the wind blows.


You think you're a good man, because you believe in God, you go to work, you get your monthly salary, you fuck your wife and raise your kids, which you do... but you're doing it on their terms. You're not free, you're theirs, until you break out of this mental pattern.

Fuck them. The only way out of the cage is by forming your OWN opinions. You don't like fat people? Good, me neither, fuck them, fat shame them until they lose weight. You don't like hobos? Good, me neither, fuck them, they should go to work and not beg like some losers.

STAND FOR SOMETHING. If you don't stand for something, any fucking thing at all, there's gonna be an empty spot inside you waiting to be filled. It's gonna be filled by something else and someone else, unless YOU FILL IT FOR YOURSELF.

You're not a beta trying to become alpha. You're an alpha recovering from a fucking disease!
CorporateLand: How to Kill it in Your Job Interview

TL;DR: A guy who interviews candidates tells you what he looks for in job interviews, and how not to fuck yours up. Based on the reaction to my last two "CorporateLand" threads, I thought this might be useful for RPMen navigating the interview process.

Related posts in the "CorporateLand" series you may find of interest:
CorporateLand: How to Handle Salary Negotiations.
CorporateLand: A Rat Race Survival Guide For New Rats

Introduction:
So here is my view from the “hire” side of the desk. What I will tell you will have general application, but I work in commodities, so for tech (as an example) somethings will be different, I’m sure. This, like all my articles and posts, is the product of my own, meandering experience and may be worth what you paid for it (free on the internet).

People get fucking weird in job interviews. And I mean interviewers. They ask weird ass fucking questions, posit bizarre scenarios and attach massive over-emphasis to things that they never would in the real world. I’ve never understood why. Probably I should have taken more psych classes.

What to do Before:
Tailor Your Resume to the Company
Don’t overdo it, but tweak it here and there. That said, some people cannot cope with a resume that is not chronological. I have no idea why, but that’s the case.

Research the company. And do more than just go to our homepage. Listen to the last few earnings calls, and read the last few 10-Qs. I mean, don’t bother if you don’t really give a shit about the gig, but nobody does this, so when someone says, “I listened to the last earnings call, and I was impressed/blown away/scared shitless by...”

Research the Interviewer. Many folks are easily accessible online, such as at LinkedIn. That’s fair game. Don’t make it awkward by discussing what a big fan you are of their daughter’s Jr. High soccer team.

Best Days. If you have any input into the weekday chosen for your interview AVOID MONDAYS & FRIDAYS. Mondays everyone is busy as fuck. I have three standing meetings on Mondays. The last gawddam thing I want to do is interview someone. The problem is that HR sits around with their thumbs up their asses all day, every day, so they don’t think about that shit. I’m perfectly fine with Fridays, personally. I like to avoid afternoons, because I come into the office for interviews, and I hate the commute. Other people have checked out completely, so best to avoid. If you can pick a time, shoot for 10am or 2pm. We do all-day interviews, so no need to avoid lunches, because we’re either bringing it in, or taking you to lunch.

Clean up your social media. I don’t give a shit how you spend your free time, what your political views are (mostly; if you’re a freakazoid who can’t shut up about politics, I’m not going to like being around you), or that you pop bottles and get high on the weekend. I’m not going to go looking. You know who is? HR. And they’re petty little fucks.
What to do During:
Show up 15 minutes before, and be prepared.
Be polite to the receptionist. I am friendly with ours, and if you’re a dick to her, she’ll tell me.
Stay calm. Just like with women, think "Abundance Mentality". Maybe you get the gig, maybe you don’t; take your best shot at it and it comes out how it comes out. Learn from the experience. I got out of school during a recession and I went on a shit ton of interviews. It got to the point where I was more relaxed and better prepared than basically every interviewer I met with.
It’s ok if you bring a leather portfolio. Don’t bring a briefcase. You haven’t earned it yet. Have at least 3 - 5 extra copies of your resume with you, as well as a few copies of your references sheet. I doubt anyone will ask, but if they do, you look smooth. Also, sometimes I get sent in to interview people I would not otherwise, and I might not have been given your stats.
Oh, and don’t have a stupid email address. “Huggy-Pooh(at)numbnuts.com” is just not a percentage move. And this seems obvious, but I’ve seen some weird ones. Again, I don’t judge, but HR does.
When we meet, shake my hand. Your handshake should be firm—but please, Jesus, God, DO NOT be one of those guys who feels like he has to try and crush my hand—and dry. It’s ok if you have to surreptitiously wipe your hand on your trousers first. I prefer that to a clammy handshake. Three pumps, no more, and then a clean release.
While this has mostly gone away, there used to be rules for shaking a lady’s hand, which I still observe.¹ I had one woman call me on this in an interview, and I explained my rationale, and she was fine with it. She was a lady lawyer, and I think her icy, black heart actually warmed up, slightly. Still frozen of course, but moved off of zero, Kelvin.
It’s totally ok that you wore a suit. I will be in jeans and a polo, and loafers without socks. On a Monday.² If you express discomfort about it, I will tell you it’s ok to take your suitcoat off, if you want. It’s not a trap; I don’t really give a shit whether you do or not. I’m not inherently a mean guy and a lot of folks are nervous in interviews and I prefer them calm. I also like to put people at ease, so they think “Hey, this guy’s cool! I can tell him anything!” and then either (a) show me they are cool, too (win!) or (b) fuck up by telling me shit they shouldn’t, so I can ding them and not waste my time or theirs.
Try and maintain good eye contact. Not the no-blinking, “yes, I’m a total coke fiend kind” but the normal, good kind. While I do not overtly look for your body language, it will register, subconsciously.
Only accept my offer of water or coffee or whatever if you can drink it without shaking like you have cerebral palsy. Unless you actually have cerebral palsy. Then it’s ok. If you have to use the can, that’s ok, too, but try to do that beforehand. If you’re in an all-day interview, the best time is either at lunch or in between interview sessions. Unless you have explosive diarrhea, in which case I will totally understand, and I will be your blocking back on the way to the restroom, if only so I will be in front of you, and not behind.
We are going to start by talking about what I want to talk about, which is you. I always lead with “Tell me about yourself” because people have no filters these days and they will say stuff they shouldn’t.
Some other tips:
Be honest. If you lie, I will figure it out, and it will sink you, even if we otherwise would have hired
you.

**Be Concise.** I’m on the right side of the desk to tell long stories, where I seem to lose the point, but then tie it all up with an nice bow on top at the end. You’re not. Don’t be abrupt, but don’t make me lose the plot and have to go hunting for it.

**Have examples.** If you tell me you’re awesome, I will want you to prove it. If I ask you to walk me through your resume, be able to do it and also tell me some things/skills/anecdotes that aren’t on your resume, but are relevant.

**Show me that you are employable.** One of the best ways you can do that is to tell me how you would go about doing the job that you are interviewing for. It’s rare that a candidate does this. Usually they’re more passive. When you’re more experienced, you can lay this Awesomeness Grenade down: “**Let me tell you how I would do this job. I’ve done [all/part/something similar to] it before. My skills are portable.**” If you get it right, it’s a total win. Remember, though, people get massive OCD about shit people say in interviews, so you may need to couch it terms of ascertaining the firm’s risk tolerances/corporate culture.

**What to do After:**

Unclench. It’s over. You can relax now. Right after you send a “thank you” letter to everyone you interviewed with. You can print them up, but try to change the middle paragraph at least.

Para 1: “**Thank you for the opportunity to interview with Spacely Sprockets/Perfect Booty Gentleman’s Club/The Strike and Spare....**”

Para 2: “**I enjoyed our discussion of the aerodynamic nature of Sophia Vergara’s tits.**”

Para 3: “**I think I can be an asset to your firm because....**”

**Questions: Like Guns, They Should Be Treated Like They’re Loaded**

**Tell me about yourself.** As I noted, I will ask this as an opener because people offer up info they wouldn’t otherwise. I also do this if I’m coming into the interview cold, which sometimes happens.

**What do you know about our company?** I don’t really give a shit what you know about our company. This is the equivalent of a shit-test. It’s not even difficult. Just visit the fucking website. That said, if you haven’t, I know to ding you because you’re either stupid or lazy. Research Earnings Calls, Quarterly Reports and Blog Posts. That will impress the hell out of me.

**Why should I hire you?** Being able to count off a bunch of reasons with relevant examples is a fucking homerun. [See discussion further down]

**Tell me a joke.** This is a curveball question, designed to see how you handle weirdness, apparently. I was asked this once, and I happened to come up with one off the top of my head and it worked out fine. I wouldn’t do it to a candidate, but some people will, particularly old guys who think they’re way funnier than they actually are.

**Do you want the job?** This is another “old guy” question. They’re trying to see if you will betray a lack of commitment by equivocating.

**Tell me about how you manage projects/time** Maybe you have a better way to do it than I do. I keep a worklist. I used to have a whiteboard and it would go up on that, and later I just kept a file on my PC. Just show me you can manage time and you’re not a fuckhead.

**For “Problem Solving” Questions, Think Out Loud.** This sort of ‘left field’ question (“Fermi problems”) sometimes comes up. “**How many dogs are there in the United States?**” Who the fuck
knows? And how is it relevant? But rather than thinking for 45 seconds and blurting out an answer, say something like, “Well the population is ~300 million, and let’s assume 3 people per household on average. That’s 100 million households and let’s assume that 40% of those households have dogs. So there’s 40 million dogs. But some dog owners have more than one dog, so let’s say 1.8 dogs per household, which gives a figure of 72 million dogs.” I never ask these types of questions but sometimes you get them.

**What is your biggest weakness** Come the fuck on! Do people actually ask this question anymore? And whatever you say, don’t say “I’m a perfectionist.” I would ding you for that. If you use that *“honesty”* joke that’s been floating around recently, I would at least respect you way more. “Redheads” would also be acceptable, but dangerous. So how to answer? Well, lead with a strength, then discuss a weakness. For example, I’m a deal guy. I am good at building rapport, and very good at getting people to do what I want them to do in negotiations. You know what I suck at? Regulatory bullshit. I would rather watch old people fuck, or stay at home chewing aluminum foil and learning about the metric system. So here’s what I say: “I’m a deal guy. I’m very good at getting to agreements. I need to improve on the regulatory side of things. I view the opportunity here as a chance to do just that because...” I can say this, and make it sound believable, because it’s true. And everywhere I would ever possibly work is going to have a Compliance Department, so all I have to do is be smart enough to spot an issue, and walk it over to them.

Incidentally, the Compliance folks where I work love me b/c I set the land-speed record for reporting reportable shit to them. Not because I give a shit, b/c a lot of regs are total bullshit, but b/c I want it to be Not My Problem. Sue me. [In actuality, I’m not really quite that lazy, and I used to know a lot about the FCPA and the UK Bribery Act back when that was important to me. They’re both largely stupid and overreaching, but you know what? Violating them can get you jail time, and I’m allergic to prison, so I comply like a motherfucker and then go back to making deals. And don’t get me started on FATCA, which should be called “FUCKYA” b/c that’s what it’s about.]

**Questions You Should Ask Me:**

**Why should you hire me?** If I haven’t asked you this, this is a KILLER question for you to ask me. The more reasons you can count off on your fingers, the better I will like it. Done correctly, this is a show-stopper. I’ve had interviewers (when I was the candidate) tell me they dug this questions. The next one also.

**What you will close with:** “Based on our discussion today, is there anything about my candidacy that you perceive as a weakness? Is there anything I can provide a fuller discussion of?” Here’s why this question is awesome: either (a) there’s nothing they perceive as a weakness in which case they hear themselves say that, or (b) there is something, and you get to address it, and get your side of the story out. Q: “Tell me why you withdrew for two semesters.” A: “My father died and I had to go run the business for a year, just like Jimmy Stewart in “It’s a Wonderful Life”. The board voted down Mr. Potter, but only if I stayed and ran the Building & Loan.”

**Secrets of the Temple.**

**We will talk about you.** If you show you are fucking weird in any attackable way—bad B.O., picked your nose in front of one of us, something else douchey—it will be discussed. So best behavior, and use your indoor voice.

**Sometimes, I try to hire women.** I really do. And not just the hot ones with big tits. And by “try” I mean on a ‘straight-up’ basis, but they manage to fuck-up the interviews at alarming rates. And when
we find one we can make an offer to, they can’t make up their fucking minds. This happens no matter what. In one instance, the woman in question was, literally, the last person in her department at a company that had just filed for bankruptcy. Not only is the writing on the wall, it’s on the floor and the ceiling and it’s in LARGE FUCKING PRINT. She couldn’t’ put it together. /shrug

Another one actually had the temerity to ask us to keep the job open for her for six months. Six months? I understand if you’ve got a couple of other interviews you’re going on, but Six.Fucking.Months? Sorry, princess, we’re not going to hold the job for you while you shop for a better offer. Oh, and you know who is hardest on women candidates? Other women. As I mentioned in a different “CorporateLand” post, I had to drop into HR to pick up a copy of the interview schedule for a candidate and the HR chicks went off on the woman’s choice of shoes for the interview. Like I would possibly give a shit.

I Really Care About Two Things: First, can you do the fucking job, or am I going to have to continuously correct your stupid mistakes? Second, are you going to be a team player, or a whiny bitch? We don’t need to be best buds, but I need to be able to count on your to do your job, and not be a tool.

I go with my gut. My instincts are finely-tuned. I trust them. My armor bears the scars of many an internecine war, and I am a goddamn survivor. I am the fucking honey badger of CorporateLand, only without the gay guy doing a voiceover of my daily activities. Once, I was the only person out of 10 or 12 who dinged a guy. I didn’t like him. I mean he seemed nice enough, but there was something about him. Anyway, for whatever reason, the head of HR wanted to plow the road for him, and she offered me the ‘chance’ to change my vote to a ‘yes’. I declined. Four months later we fired him for trying to punch out two vice presidents at a party. In fairness, we also fired two other guys for being drunk and disorderly, but they didn’t show up at work the next day—still drunk—to continue the fight. That’s got to be a tough one to explain to your wife and in-laws later.

If You Are an SJW, I Will NEVER Fucking Hire You. Not much to worry about in TRP, but I mention it anyways. The last thing I want is to have to listen to some twat drone on about her political views. We have an intern like that, and I can barely stand her. She has this idea that she is entitled to be included in every conversation everyone has and we’re supposed to gape in wonder at her stupid ideas. Ugh. Anyway, this is why I love “Gender Studies” or “Oppression Studies” degrees. They are Big Giant Fucking Signs that say, “Don’t Hire Me! I’m a Fucking Loser!” I don’t care if you are a double Ivy with an M.A. in French from Stanford besides, if I get the slightest whiff that you are an SJW, I will ding you. I will find a way to do it surreptitiously if I have to, but you will never darken my door again. Happily, SJWs have stupid degrees and experience that is off-point, so it’s not difficult. Also, they’re more likely, in my estimation, to sue the firm b/c they got their widdle feewings hurt somehow b/c they overheard guys talking about pussy, or they never got promoted because they suck at their job, etc.

Good luck and the floor is open for questions.

1 Rules for Shaking a Female Interviewer’s Hand. This is an ‘old school’ rule, and most modern businesswomen aren’t going to mind, however, I always wait for the woman to extend her hand. Why? Back in the olden days of covered wagons, or at least back before color TV, the thought was that if you offered your hand to a lady to shake, she might not want to shake your hand. That would put her in the uncomfortable position of either an unwanted touch—women were previously thought
to be delicate flowers, during both the Victorian and Reagan Eras—or of refusing, and looking like a cunt and/or embarrassing you. So I wait. And when she puts out her hand first, I am also clued in to whether she’s offering the dainty lady-shake (palm parallel to the floor and I gently take her fingers) or the standard ‘man-shake’.

My traders once decided that the measure of value one had to the firm was how badly one abuses the dress code, and I won. I also don’t bother to show up at the office. /shrugs


Not in a “fuck somebody over for no reason” way, but in a “Keep the firm the fuck out of trouble” way.
You're not unlucky, You're just Lazy

1031 upvotes | June 1, 2018 | by KeffirLime | Link | Reddit Link

Recently I’ve begun to notice an alarming trend. The rise of the male hamster. A little rodent that runs around chewing away at any rationale, and shits out little excuses as to why things aren’t going the way you want.

Females get away with not holding themselves to a particular standard, because they don’t have to, their biology doesn’t dictate it. It’s often not directly linked to their success in the sexual market. A women can fail at almost anything and blame pretty much everyone and everything for it, but, because she has a great pair of tits and her ass is borderline splitting her jeans, she’s absolved. She remains at the top of her sexual Hierarchy.

Men on the other hand do not escape with such a privilege. A man’s place in the Sexual hierarchy is directly linked to his successes and failures. His status matters. What he has to offer matters. The male hamster becomes a really dangerous little fucker when men start holding themselves to a feminine standard. When they start spawning every excuse in the book to justify their failures.

I’m going to tell you A tale of 3 friends:

**Friend 1** - Friend one is a great looking guy, he’s well built, has a decent paying job, lives in a nice apartment. You’d say he’s in the top 1% of mate selection, here’s the catch, he hardly ever gets a whiff of pussy. And when he does he settles for Moby Dicks little cousin. One could call him Captain Ahab. He claims his struggles with women are because he’s not wealthy, not a male model, Isn’t a famous IG celebrity.

**Friend 2** – Friend two is a bit different. He’s an overweight middle aged man, face like a pug, if you saw him in the street you’d probably expect him to collect your garbage. Friend two, however, needs a pair of armbands when he goes out, because he quite literally drowns in it. He came from a poor background but is now very wealthy, and a well-known member of society, He’s built up an events company from scratch in his younger years that brings down some of the biggest names in electronic music.

**Friend 3** - Friend three is the one I find most interesting. He’s very similar to friend one, good looking, well built, earns less than no.1, but is improving every year, He stays in a shittier apartment. Friend 3 is charming, could sell ice to eskimos, and is driven, he’s constantly improving, I believe in a few years’ time he will be very successful. Friend 3 takes home girls like a Hugh Hefner slumber party. He’s plated multiple models, and could take a fresh cut of fillet home every week if he so desired.

Now you’re probably wondering what the difference between these fellows is apart from the obvious, and I’ll drop you a hint, 2 of them own their shit, make the most of their situation, and one of them sits around all day pissing into the wind about every reason why he’s not where he wants to be.

You have two options in life, you can be a log in the ocean getting crashed around, merciless to the tides around you. Blame your finances, or genetics, or the fact that your mom never packed lunch for you. Or you can build a boat, use the tools at your disposal to build a highly functional, bad ass machine. Then you can plot your journey, navigate the seas and the weathers to get wherever the fuck you want to be.
Israeli feminists helped kill a bill that could charge women for rape of men because - get this - they're worried about false rape claims.

1031 upvotes | December 8, 2014 | by brotherjustincrowe | Link | Reddit Link


Here I thought one of the reasons Orthodox Judaism has persisted for so long as a relatively unchanging culture and tradition was due to strictly proscribed gender roles. Guess we can cross Tel Aviv off the travel list.
Man works himself to death for his family, still treated like a shit.

1030 upvotes | July 11, 2017 | by Kldarkness | Link | Reddit Link

Literally!

This is the type of treatment men can expect in society these days. This man worked 16hrs a day, 7 days a week, to provide for his family. Instead of being appreciated, he was relegated to the COUCH. His wife felt he was working too hard. Never home! So one day he comes home, not to a hot meal, or a loving family, but a bitch wife that gives him even more stress.

Feels before reals in action!

She even stated in the interview that he worked this hard just to take them to Disneyland every year. The article isn't about the man at all, in the end. It's all about how the wife feels about the argument they had before she went to bed, how horrible she feels that her last words to him were in anger. Instead of talking about the dangers of over working, or how men are constantly stressed, it's all about her.

It's actually disgusting. Even in death, it'll all be about "her".

Let this be your wake up call, if you haven't swallowed the pill just yet.

You will never earn 'her' appreciation. Work for yourself, and your future! Every dollar you spend, is time spent. Don't waste your time, or money, on others. Be the best version of you that you can be, and make sure that you're the one profiting from it.

Thanks to /u/RedPilledGodEmperor for sourcing this:

This chick is now FUCKING the dead husband's brother.


Complete outrage. It's kinda obvious that some type of fuckery was involved.
I have written below my most valuable lesson in the Game and what seems to happen to all DJ's sooner or later.

There's a popular concept in PUA/Redpill that women are AWALT, without any exceptions. However, life tells a different story for most of us DJs. You eventually come across a girl who is different from all the rest. You want to keep her because you objectively note her high value and the way she makes you feel (mind-blowing sex, great company, chemistry, great shared experiences/memories, intellectual/spiritual/emotional connection etc).

This Good Woman comes into your life. You didn't necessarily plan on it. You were just doing your own thing, spinning plates and leading a free existence.

Months go by and you realise you've been spending a lot of time with this One girl. She has made it so easy for you. She arrives at your door every day with her eyes sparkling. She is besotted with you. Your other plates start to dissolve into the background and you fall into a bubble with your "good woman" - you enter co-dependency and Oneitis. You don't even notice it at first. It's usually a slow process to reach a point of "needing" her in your life. This happens through spending all of your time with her and isolating yourself from your options. You are now in scarcity. You have naively fallen under the feminine spell of your Good Woman.

Because you're a player and you know you could bang other women, you may feel frustrated from time-to-time that this "good woman", through her feminine magic, has isolated you from your options. However, you accept the isolation because you have fallen in love with her and the thought and fear of losing her eventually eclipses your will to act on your desires for other women. You have allowed this isolation to take place because nearly all men have one fatal weakness - an addiction to feminine affection that far exceeds our addiction to sex. The love and devotion of a Good Woman is the most powerful feeling a man can experience. You become her superhero and she worships you, you become her God.

Soon, you begin to notice this Oneitis is weakening you. You feel lazy and complacent, intoxicated by your woman like a junkie languishing in an opium den. You begin to make concessions to your woman. She has pacified you. To regain power and your sense of self you may temporarily act on your desires for variety and cheat with other women. All this does is serve to remind you of how special your Oneitis is. You go back to her, after cheating, feeling even more affection and love. She is none the wiser and is also intoxicated by your subliminal indecisiveness. You are her caged animal. She senses it. She doesn't fully own your soul yet, but she will soon.

She slowly but surely dissolves your masculine fortress and she becomes a part of you. A part of your identity. You are in serious trouble now. You can't leave her. You need her. She has become essential to your world.

You project your Oneitis onto her and assume, naturally, that she has Oneitis for you too. This is where the unravelling begins. The balance of power begins to subtly shift. She senses that you "need" her. Her subconscious starts to question your true worth - "Why does this man need me? I'm just a little girl, lost and scared, and this man is relying on me for his validation. He is so nice to me. Why??"
She begins to subtly shit test you. Little things like passive non-compliance. You fail a few of these tests. You lose your temper with her. She then starts to shit test more, desperate to see if you are a man who doesn't react to her feminine capriciousness. After failing more tests, she begins to build a new subconscious image of you. You are now a weak man in her eyes.

Then the distancing starts. A woman's true power comes from the giving and withdrawal of affection. It will be subtle at first. She will begin to express desires to do things outside of the relationship. She's no longer fulfilled by your presence in her life alone. The challenge of taming the savage bull is gone because you are always there and she senses your devotion to her. You are no longer her bull.

During the distancing process she may ask to go travelling somewhere, to go out on the town, to visit new places, to build more friendship circles. Alongside this, she will start to criticise you subtly, then openly. Little things at first. It might be as simple as telling you to take your shoes off at the front door (little compliance tests). She will start engaging less with your opinions and points of view. She will start questioning your masculine opinions and expressing scepticism. She has started to rebel against you and lose faith in your leadership. Her admiration for you as a man is starting to fall.

If you are a good lover, then you can confuse this process for her because the sex is still great. You can make her come easily. She loves your sex, but her emotional/intellectual connection to you is waning alongside of this. Great sex is an excellent bonding tool, but it is not enough if your woman also senses that you've fallen deeply in love with her. Her hindbrain can't be satisfied with this display of weakness and neediness. She senses your misguided male idealised Love and your failure to recognise her hypergamous, opportunistic feminine Love. She only loved you because she saw you as Above Her. She now feels she is your equal, or better than you. She can't control her inner disgust as this becomes realised. How can you be her best option if you need her so much? This must mean she can do better, and she starts to see the green grass on the other side of the fence. A rich, emerald sparkling shade of green. Your relationship has become a muddy paddock.

When your relationship has entered this dynamic where she KNOWS you love her idealistically, then the relationship is fragile. You may be able to maintain this dynamic for years, but your relationship is terminally vulnerable to outside influences:

- She meets an alpha at work who gives her tingles.
- Her single friends start to tempt her towards "muhhhh freedom" and "YOLO Independent Womanhood".
- She starts building a life and support networks away from you (this will become her go-to when she leaves you).
- She starts spending nights with friends, family. She has stopped mate guarding you. You find yourself at home, while she is out. You begin to wonder what she's up to and waiting for her call.

Then, one day, a fight happens. You are frustrated with her rebellion. She's not the woman she used to be anymore. You make a power move and try to pull her into line - maybe you even instigate a fake break-up to scare her. She goes to her friends and tells them what a controlling and abusive boyfriend you are. They empower her to block you and cut you off. This was too easy for her.

The woman and the relationship that you've invested months and years in is gone in the blink of an eye. Seemingly overnight she has flicked her mental switch and has re-written you as a Nobody. Briffault's Law comes into play - your only value is how you're making your woman feel in that moment. Your history together and your past investment in her is not taken into consideration. She is a creature of "The Moment." No history, only the Now. Women are slaves to their present emotional state.
You are shocked by her strength and her ice coldness. She withdraws and disappears. Often she will be unreachable - either she's blocked you on all devices, or she is unresponsive to your calls and messages. Maybe she will communicate with you, but she's cold as a corpse. Your attempts at re-attraction fail dismally and your self esteem plummets. This was a woman who was once your Love Slave, and now she won't even talk to you. This is the hardest experience a proud man will ever face. Some men never recover from this ego-shattering experience. Your mind tortures you with imagined scenarios of how you could have acted differently. With the benefit of hindsight, you see the relationship's decline with clearer eyes (something your proud ego was previously preventing you from seeing while you still had her - "She'll never leave me").

The dreaded "If Only" - If only you'd intervened earlier when she started distancing. If only you'd followed the rules and distanced even more when she began the distancing process. Why did you pursue her and try to negotiate attraction like a needy beta? You know better than this! How could you have been so stupid? You KNEW the rules, but you were lost in Oneitis and you thought the rules didn't apply to you - "This girl is different"-Syndrome.

You live with the regret. You broke the rules of attraction. You lost her. This is the archetypal story of Man in his journey of Idealised Love and Oneitis. This is the darkest shade of the Redpill.
The Red Pill now illegal in New Zealand.

1026 upvotes | July 1, 2015 | by redpillschool | Link | Reddit Link

Feminism has long maintained that men's interests are entirely and always misogyny, and now we can see the long-game play out.

New Zealand just passed a bill that would make sexist comments online a punishable offense:

After it passed by a 116-to-5 vote in New Zealand's parliament, Gareth Hughes, one of the four Greens MPs to vote against the bill, said it was overly broad and “risks limiting our freedom of expression”.

NZ Labour said it was “wedged” by the NZ government: while some of the bill was “worthy of discussion” the law has “deeply worrying” elements.

The bill covers posts that are racist, sexist, or show religious intolerance, along with hassling people over disability or sexual orientation.

Wouldn't be so bad in principle, if we didn't have a social movement hellbent on labelling all of men's interests "sexist."

And here we have it, just another shining example of women trying to invade and colonize a male space. Rollo has a piece on this very thing, if you haven't read it yet, I recommend you do.

(The irony here is palpable: linking a voice for men automatically deleted my post and I have had to manually reapprove it because reddit has already banned the use of the website- for nothing more than being a male space)

What are the implications for reddit and TheRedPill? Well it's not good news, if Reddit wants to operate in New Zealand (which they probably will if they don't already)...

There's a safe harbour provision for Web sites, and here's where the free speech arises. A platform like Facebook or Twitter (if they bothered) can opt into the safe harbour – but only if they agree to remove allegedly offending material either on-demand or within the bill's 48-hour grace period.

Wait, what's this? In order to operate in New Zealand and comply with their laws, they need to agree to basically give feminists carte blanche on a delete button for anything they find distasteful.

Anybody who wishes to defend feminism as simply an equal-rights movement will need some seriously creative gymnastics to skirt around this issue. Even if you could feasibly say that feminists had nothing to do with the law that passed or it's enforcement, there is little you can do to speak against the fact that it is feminism, and feminism alone, that has been on the war path to making sure men's issues, and any form of men speaking with each other without female approval, are inherently misogyny.

I'm curious to see how this plays out. The fact is, as men, a lot of us already knew the feeling of having no belonging and no place for men's interests in the 90s. The internet was a life saver for many of us. If this takes place, you can be sure that men aren't going to roll over and take it again.

Don't believe the lies that feminists tell, that they aren't for censorship or that they're for equality.
This will have real impacts and will interfere with the rights of men, and men alone.
Last week Funsize showed up at my door crying.

Apparently, her aunt, who she was quite close to, even lived with for a year, had unexpectedly died. An accident of some kind.

As she proceeded to soak my shirt, I thought about how this is one of the most difficult trials for men who have not had the "red pill". Tears used as a weapon are bad enough for them, but genuine tears can be worse still. **Men instinctively know that we are to women as women are to children**, and so they feel responsible to do *something*, but they don't know what.

I knew what to do, of course.

I didn't say anything. I simply held onto her, let her cry, and didn't show any emotion myself (which was easy, because I felt none). After a little while, I gently pried her off me, got up, walked to my closet, and changed my shirt, then resumed my former position. "It was wet.", I said with a half smile.

"But what if I cry again?"

"Then I will eventually run out of shirts."

She began to giggle uncontrollably.

Men who are not in the know will try to cheer women up. This accomplishes nothing; it only focuses them on their grief and makes them more upset. It makes them insecure because it shows your weakness and neediness... you *need* to make her smile right away. You *need* to fix things. You regard her emotional upsets as a dark and terrible catastrophe you must "fix", rather than just the child being a child again.

Girls derive emotional comfort from masculine presence and masculine stability, not from flailing attempts to fix things.

Shut up. Be visibly calm. Be visibly patient. Act like it's no big deal.

Girls' emotions are far stronger and more volatile than yours (as anyone who has ever screwed up a post-cycle knows). They are scared of them. What they need from you is for you to be stable and not get sucked into the madness.

After a little while, she asked my permission to fly back to Texas for the funeral, which I gave, and if could accompany her, which I refused.

"Standard travel rules apply."

"Yes, sir."

And that was that.

**Control game** is the game you play when you can no longer hide your emotional investment, and pretending to would simply appear as weakness.

The first rule of control game is that you must be visibly stable and in control of yourself. That which
moves her, must not move you.
Good news: no one gives a shit about you.

1018 upvotes | November 7, 2017 | by Whisper | Link | Reddit Link

Sometimes a very simple observation can make all the difference.

It wasn't complicated for some dude to observe that gym embarrassment is stupid, because no one is watching you, but that post rocketed up because it's true, and it's important.

So important that we need to talk more about it.

Many of you, many of everyone, are being held back from doing what you want to do by fear of what other people will think.

Hammer this through your tiny brains:

- If you do something that might invite ridicule or hatred, probably no one is watching.
- If they are watching, they probably don't care.
- If they do care, they probably won't say or do anything.
- If they do say or do something, it probably won't stick if you don't act ashamed or apologetic.
- If it does stick, it will only stick until the next shiny object distracts them.

Humans are fantastically unobservant, and fantastically uncaring, because everyone is absorbed in their own lives. The universe is a flood of information, 99.999999999999999999999...% of it is irrelevant to us, and our brains must filter it ruthlessly for us to function at all. Every stupid thing you do, every time you fail, everyone moment that you remember and cringe... no one else remembers it. They just don't care enough.

Don't believe me? Think of a friend, fellow student, or co-worker who you see almost every day. What colour shirt was he wearing yesterday?

Yeah, you have no idea.

Still don't believe me? Go to work or school with your shirt on inside-out, with the seams showing. Watch how long it is before someone notices, if anyone ever does. If someone does point it out, look down, shrug, and go "Meh. Oops.", and go right back to what you were doing. Note how fast business as usual resumes.

No one cares if you screw up, not unless you have enemies who are waiting for you to screw up (and you're not Donald Trump or /u/redpillschool, so you don't).

Get this through your head: Publicity is hard. It is almost impossible to get people to care, even when you are putting forth your best efforts to publicize and make them care. The constant scrutiny you are afraid of doesn't exist.

No one is watching.

No one is watching.

No one is watching.

Go do what you were afraid to do.
How to beat Addictions (Gaming, Porn, Smoking) - The Story of a Man who turned his life around
1018 upvotes | June 24, 2017 | by Inchado | Link | Reddit Link

Background:
Two years ago, I was a college skinny beta failing grades left and right and playing videogames for hours daily.
Today, I’m 2 years into lifting, I have a great GPA in a STEM course and I’ve platted several women this last year.
If there’s a single thing I can attribute my newfound success to it would be the way I managed to beat my addictions and how that process shaped me into a man.

Life as an Addicted Beta:
Try to picture what the life of a skinny beta these days looks like in your mind. Chances are that would have been me.
The average 5’11” white guy who spends hours playing League of Legends, taking a few breaks to masturbate to niche porn, failing college, eating shit and smoking his lungs away.
My life was a loop of short-term pleasure and long-term failures. When you’re addicted to something, nothing in life seems interesting besides that thing you’re addicted to. In my mind I wasn’t even addicted, I just assumed that’s how life was.
Everything is boring as fuck and uninteresting besides videogames. I distinctly remember thinking how shitty the lives of past generations must have been without the true joy of life: gaming.

Turning Point:
After being stuck in that loop for a couple of years, I realized that I hadn’t achieved anything during all that time. I didn’t have any memories and experiences to share. I got older, that’s it. I hadn’t become a better man.
On top of that I was failing college, I was getting depressed, anxious, sleep deprived and I was eating like shit. That day I realized I needed to change my life.

Change the Setting
The way I beat every single one of my addictions was by “changing the setting”. Instead of beating addictions by relying on motivation, guilt or shame, like I had tried and failed before, I created new habits that replaced the old ones.
The first and MOST important habit I decided to create was LIFTING. I replaced gaming afternoon sessions with lifting. I joined a gym that was quite far away from my place, which meant I had to take public transportation to get there.
This meant I spent around 4 hours the entire gym session and the trip back and forth combined.
These were 4 hours that I wasn’t gaming. These were 4 hours in which I was creating the foundations of new habits and simultaneously destroying the old ones.
This is the KEY to beating addictions. If you expect to beat an addiction by remaining in the same environment where that addictive habit lies, you’re going to FAIL.
I had tried to stop gaming multiple times before, but I could never follow through.
You have to physically take yourself out of that environment and most importantly replace it with a new one where you’re creating a new and exciting habit.

Become obsessed with this new habit that you're creating and run with it.
Overtime, my gaming addiction was completely gone. And it all happened almost effortlessly. I no longer wanted to play video-games. I wanted to lift, to listen to podcasts on my way to the gym, to measure my weight and to notice the changes I was seeing in my physique.

I wanted to deadlift while listening to a new metalcore track, seeing the shoulder and chest pump I got after a push workout and to improve my lifts.
I've beaten other addictions like smoking and porn by applying this method. Try it for yourself. I'm planning to share the story of how I turned my life completely around if the community enjoys this post, including field reports on my experiences with women, guides on how to ace college and to remain disciplined, my experiences with networking and developing frame.

**TL;DR:** College skinny beta addicted to videogames turns his life around by beating his addictions. To beat an addiction, you need to change the setting. Remove yourself from the environment where that addiction exists and replace it with a new one where you create better habits. Lift, motherfuckers.
Innocent men now can be ordered to inform police of sex they have 24 hours before it happens or face 5 years in jail (UK)

1018 upvotes | January 24, 2016 | by CHAD_J_THUNDERCOCK | Link | Reddit Link

A man cleared of raping a woman has been ordered to give police 24 hours' notice before he has sex. The man, in his 40s, who cannot be named for legal reasons, was acquitted in 2015 at a retrial after claiming the alleged victim had consented.

An interim sexual risk order, initially imposed in December, has been extended for four months by magistrates in York.

It requires the man disclose any planned sexual activity to the police or face up to five years in prison. The order - which was drawn up by magistrates in Northallerton, North Yorkshire, and extended in York - reads: "You must disclose the details of any female including her name, address and date of birth.

This limits his ability to have sex without giving some form of commitment to a woman and finding out more about her. It will be especially difficult for him to find out things like her address and date of birth. The man is 40 so how many women will openly talk about their exact age?

Obviously any one night stands or flings are out of the question. And hopefully any girlfriend he has does not wake him up to a surprise sunday blowjob.

"You must do this at least 24 hours prior to any sexual activity taking place."

It also contains restrictions on his use of the internet and mobile phone devices and requires him to inform officers of any change of address.

We don't know what exactly this entails but it might be to do with watching porn?

A further court hearing in May will decide whether the interim order should be made into a full order, which has a minimum duration of two years and can last indefinitely.

Its legal to create a lifelong sentence limiting your sexual freedom, even if you have committed no crimes.

The female instinct to force men into commitment before having sex is slowly being written into law, and this is a major first step. You will need a bit of commitment before many women 30+ are going to tell you their date of birth

Sexual risk orders were introduced in England and Wales in March last year and can be applied to any individual who the police believe poses a risk of sexual harm, even if
they have never been convicted of a crime.

But at the same time we are told all men pose a risk of sexual harm, and all men need to receive educational courses about rape culture. No politician is going to side with chauvanists.

First night lays from tinder/clubs/bars can be made punishable by 5 years in jail - all a spiteful ex girlfriend has to do is accuse you of drunk/rough sex to the police without evidence and get you an 'interim sexual risk order'...
The ultimate proof you need on lifting - The 59 year old man I met at the gym.

1017 upvotes | June 5, 2018 | by Rares5555 | Link | Reddit Link

I have had an eye-opening experience this past week at my local gym, and I thought I should share it with all of you motherfuckers that still skip your gym days.

It’s 7 PM, and I go to my gym for a workout. I feel a bit tired, but I have to get those reps in.

I walk into the gym and I see the most well-built guy there. Big back, huge arms and forearms, built legs, tight skin all over his body, an all around top 10% physique on a 5’10” frame (we’re the same height). He seems new to me, and I know pretty much all the regulars there, so I go up to him and shake his hand. Really energetic, with a big smile on his face.

As I warm up, I start chatting him up. He tells me he’s on a business trip and had to hit the gym. Very lighthearted conversation, super humble yet confident. I smelled he was an alpha just by the way he presented himself (and helped the young chicks there that were drooling over him, in between barbell rowing 180lbs)

As I finish my dumbbell rows, I think “bro, the dude looks jacked and also natural. I wonder for how long has he been working out”. So I go up to him and ask:

“Sir, I wanted to ask you. How long have you been working out?”

He looks at me with a big smile and says:

“Son, I can’t remember that clearly. But I can tell you how old I am. 59”

My jaw dropped as he started laughing. The fucking dude looks 40, and looks better than 99% of the 20, 30 and 40 year-olds. And he’s almost fucking 60! I congratulated him on his level of fitness and we both got back to working out.

After we both finished our workouts, we talked a bit more about diet and fitness, but the conclusion is this:

If this dude, who can easily be a grandfather, has built such an impressive body his whole life, you should too. There’s no excuse about it.

Also, let it be a lesson to you that if you take care of your body while young, it’ll end up taking care of you later on. Stop saying that you’re not 8’5’ with a titanium jawline and start talking to the Iron. Lifting and being active is literally your well of longevity and attraction (of course, among other attractive traits).

Once again. As said hundreds of times here:

FUCKING LIFT.

Or don’t, and let others reap the benefits.
Since I've been studying personality disorders for a long time (especially Cluster B, C and NOS), I thought I'd give you guys some guidelines to avoid the trap of female narcissism, which is purposefully being enabled by the retards who rule this sick Western shit show. So let's get into this shit.

#1. She Serves You a List of What She Wants in a Man

When women give you lists of what they want in a partner, they usually do it because they’re trying to appeal to your desire to impress them. They’re trying to mold your behaviour into something that accommodates them, setting the terms for the relationship and warning you that if you don’t try to please them by fitting into the box they’ve carved out for you, your chances of sleeping or entering a committed relationship with them are already forfeit.

Don’t fall for the manipulation; if she tells you that she doesn’t like men who spend their evenings in front of the TV whereas that happens to be something you do, the right thing to do is to tell her you’ll probably not be a good fit, and be on your way; not compromise by saying that you’ll reduce the time you spend watching it for her, or lie by saying that it’s something you don’t do.

#2. “I’ve Been Hurt in Relationships Before”

When someone tells you they’ve been hurt in relationships before, they’re essentially trying to solidify the relationship with you before it’s even started. They’re trying to prevent abandonment through guilt and threats (see below), as they’re terrified of reexperiencing the abandonment they suffered at the hands of previous partners (which actually started in early childhood with their emotionally unavailable fathers).

It’s a way to tell you two things:

- if you leave me, that makes you a horrible person (guilting you into staying),
- if you leave me, I’ll make a scene and potentially ruin your life (threatening/punishing you for abandoning them).

Healthy people don’t make others responsible for their feelings and previous breakups, so take it as a sign that she might be unstable.

#3. She Has an Entitled Attitude

This might be one of several things; a result of the feminist programming that tells women that they’re entitled to male servitude, an inferiority complex that stems from an inability to compete with men, or a bloated ego deriving from the heaps of attention she gets from hundreds of thirsty men on social media and elsewhere, especially if she’s above average-looking.

If she expects you to pay for a date and scolds you if you don’t, set an immediate boundary and make sure not to give in to her demands.
#4. She Dumps Her Emotional Baggage on You

I’ve dated girls with verbal diarrhea so bad you couldn’t put a lid on it if dinosaurs started falling out of the sky. They couldn’t stop japping about how bad they were treated by their previous boyfriends, what assholes their fathers were, and how unfair the world was to them from the day they were born. I get that these thoughts need to be processed, but remember that your date is not supposed to be your therapist. If she doesn’t have anyone else to talk to about these things or if the compulsion to share them takes the shape of a freight train that can’t be stopped, she probably has unresolved issues of some kind that you shouldn’t attempt to solve (as this will become your entire relationship dynamic if you start enabling it).

#5. She Has a Bad Relationship with Her Father

If you take one thing from this post, let it be that a woman’s damaged relationship with her father is almost certain to translate to a damaged relationship with you. Whatever relationship dynamic she had with her parent of the opposite sex growing up, she’ll seek to reproduce with the men in her life; meaning, that if the only way she managed to get dad’s attention as a child was to give him the silent treatment, then that’s what she’ll do to you to get yours. Also, I can guarantee that if she has any type of resentment towards her father, she’ll project that resentment onto you as well.

**Bad relationship with dad = get the fuck out of there.**

#6. She’s a Feminist

An absolute no-no in this day and age; telling you that she’s a feminist is the equivalent of confessing that she secretly despises men and thinks everything with a penis is sexist. Women who claim to be feminists have been indoctrinated by the system to believe that they’re victims of an evil patriarchy that seeks to keep them in the kitchen at all costs; they’re hostile and competitive in nature, which negates any chance of having a polarized relationship with them. In addition to that, note that a lot of narcissistic females tend to gravitate towards feminism because it gives them an opportunity to get back at their abusive fathers/partners; an unacceptable substitute for personal development work, as it’s nothing short of obliterating the potential for healthy male-female relationships on a societal level.

#7. She Has No Sense of Humor

A therapist I’ve been following for years now talks about overseriousness as a sign of enmeshment; an emotional stiffness that results from unaddressed childhood wounds that are likely to make a relationship with her difficult. Overseriousness is often comorbid with high levels of reactivity, catastrophizing, and something that’s called operational thinking (lack of colour in one’s narration). Bear in mind that I’m not talking about situation-appropriate seriousness here; cracking jokes at a funeral probably isn’t what you want to be looking for in a woman either. What I’m talking about, in a nutshell, is emotional repression, and an inability to let loose.
#8. Love-Bombing, i.e. Too Much, Too Soon

Even though fears of abandonment don’t necessarily translate to narcissism, they always translate to unmet childhood needs, which themselves lead to what’s called attachment trauma, and pair-bonding difficulties in adulthood.

Healthy women will take their time to find out if you’re compatible with them, whereas women with fears of abandonment will try to solidify the relationship with you as fast as possible (by offering sex, most of the time). That neediness goes back, once again, to their dysfunctional relationship with their father. Do not compromise. Avoid.

#9. She’s Vague About Her Past

There’s a difference between secrecy and personal boundaries. Some people are intrusive, which is why it’s important to not just divulge any information you’re being asked about without questioning the person’s motives. On the other hand, a symptom of mature adults is that they own their past experiences; they’re not afraid to live up to their mistakes, or talk about past relationships/events in a mature way, even painful ones.

This is not to be mistaken with point number 2, in which I made a case that some women tried to solidify relationships with you by talking about their hurtful experiences with men, basically asking you to take responsibility for how they’ll feel if you leave them. I’m simply talking about an open, honest conversation about the past here.

Also, the discussion should arise because you asked her, not because she spontaneously decided to tell you about it.

#10. She’s Passive-Aggressive

Direct communication is a trademark of emotional maturity. Conversely, an inability to ask for what you want directly and nagging the living hell out of someone because they couldn’t tell that you wanted them to pick the yellow curtain instead of the blue one, is a trademark of arrested development and possibly, narcissistic behaviour. Other passive-aggressive behaviours include:

- she can’t confront you directly about something you did or said to her that she didn’t like, and takes small jabs at you in order to “get back at you”.
- she drops hints as to what she wants, and gets bitchy when you don’t manage to mind-read her.

Any type of shaming, gaslighting or drama falls into that category as well.

#11. She Gets Defensive When You Shit Test Her

Because they’re naturally wired to find the man with the best possible genes to bear their offspring, women tend to be selective when choosing their partners. Men, on the other hand, are hardwired to spread their genes as widely and frequently as possible without discriminating, meaning that they’re not picky when it comes to procreation.

In today’s gynocentric society, however, it’s extremely important men learn to do just that; shit test women to separate the wheat from the chaff, as making a wrong choice could quite literally cost them
their lives.
My advice is this: when women take small jabs at you to see how you’ll react, mirror the behaviour back at them. You’ll notice that most women can’t stomach the taste of their own medicine at all. Another double-standard that should be exposed, but no one barely ever talks about. Oh, and if they get defensive and start shaming you: say thank you, goodbye.

#12. She Badmouthes Her Ex-Boyfriends

Another characteristic of mature adults, is that they realize that it takes two to tango. In other words, both people have a responsibility in regards to the outcome of a relationship, any relationship, and dumping the entire responsibility of that outcome on the other person signals an inability to introspect and look at one’s own actions. It signals a blind spot, meaning a defense mechanism of which there can be many: blame, responsibility displacement, projection, denial, and many more.

If she badmouthes her ex-boyfriend, not only does that tell you that she’s not the kind of person who takes responsibility for her actions, but also that she’s going to badmouth you once she moves on to the next guy, which is bound to happen at some point.

#13. She Feels the Need to Compete with You (Not Feminine/Submissive in Her Attitude)

Contrary to what society teaches us, men and women are not supposed to be in a pissing contest with one another.

Remember that it’s normal for women to be insecure; if they start acting out, don’t take it as a sign that they’re necessarily narcissists. Many decent women today have been taught that they should be able to do just as well as men in every aspect of work and everyday life, making many of them insecure about not measuring up to their male counterparts. That insecurity is a direct consequence of the system’s feminist indoctrination, and should be able to be quelled if you just sit down and talk it out with them.

Healthy women will be able to be reassured that their inability to compete with you is not a deficiency, but a byproduct of human biology; unhealthy women will tear at your self-esteem to pull you down to their level, then trick themselves into believing that they’re just as able as you are. That’s the women you should avoid.

#14. She Has Addictions

The first thing you should know about addictions, is that they’re usually used as substitutes for needs that can’t be met directly, as well as shame-distraction tools. Even though women from functional families are susceptible to addictions too, addictions are usually reliable indicators that the family unit was damaged on some level. In other words, addicted females most likely had dysfunctional relationships with their fathers, and you know what that means if you’ve read point 5. Typical addictions in today’s females include:

- Alcohol
- Junk Food
- Caffeine
- Tobacco/Weed
Then, if you’re looking for a long-term relationship, it should go without saying that planting your seed in a sick body (and attached to a sick brain) won’t do your son or daughter-to-be any more good than it does you.

### #15. She’s Glued to Her Fucking Smart Phone

Staying on the topic of addiction, there are few things in today’s women that make me want to facepalm myself more than them being glued to their stupid phones all the time.

Trying to have a conversation with females whose brains have literally fused with their mobile devices is like trying to talk to a toddler riddled with OCD, ADD and Parkinson’s at the same time. It’s like trying to talk to Malcolm McDowell in that CO torture scene.

She’s not going to hear you, and even if she does, she’ll have forgotten all about it by the time you take your next breath.

If she doesn’t value your presence enough to keep that stupid thing away for a couple of hours, or if she’s so addicted that she simply can’t do it without experiencing some kind of withdrawal symptoms, give her the boot asap.

### #16. Piercings and Tattoos

What goes for polluting the inside of her body, goes for the outside as well. Tattoos can signal one of four things:

- she’s hiding herself because she’s afraid of intimacy (red flag).
- she’s promiscuous (red flag).
- she seeks male attention to fill an inner void (red flag).
- she’s following a trend.

Unless you can determine for a fact that she was young and naive when she decided to modify her body, consider maybe keeping her around for a quick lay every now and then, but never, ever choose to put a ring on it.

### #17. She’s Trapped in Victim Mentality

Even though I understand that an environment can be toxic and hold you back from achieving certain results, I also understand that toxic environments can be moved away from.

If you hear a woman blame her environment for being unjust to females (which is extremely rare in Western society, where anything from schools to workplaces is designed to accommodate women), all the while choosing to stay in said environment, that probably tells you she’s either looking for a pity party, or a free handout.

### #18. Responsibility is Her Kryptonite

Finishing this list with a reminder more than anything else, just remember that women have every
incentive not to be responsible in today’s world; not only are they hardwired to avoid being too direct (as they can’t confront like men do), but they’re also conditioned, in this particular environment, to put the blame on men instead of owning up to their mistakes.

- It’s the girl that doesn’t show up on a date and blames you for not sending her a reminder that the date was happening.
- It’s the girl that cheats and accuses you of making her do it, as though her mind and body were controlled by someone or something outside of herself.

It’s the girls that haven’t grown up despite being 20, 30, 40 years of age, which is becoming more and more prevalent in the gynocentric West. Do not negotiate with them; see them for what they are, meaning adult children, and move on.

*Edit: Formatting.*
Girl is in a relationship with a wealthy alpha that maintains impeccable frame and doesn’t put up with her shit tests. She feels neglected and hurt (hamstering ensues)

1015 upvotes | October 26, 2015 | by yamato403 | Link | Reddit Link

EDIT 1:
I'm glad that I finally stopped lurking and started to contribute to TRP. There have been very insightful comments and analyses in this discussion. Just shows us once again how vital TRP is to help us examine the pitfalls and obstacles a man faces in today's society, how to avoid and conquer them, all whilst becoming the best possible version of ourselves.

EDIT 2:
I have added the third and (so it seems) final update to this hamster saga below. Feel free to check it out.

EDIT 3:
I just saw that I got a "PM" from a user that has registered his account roughly 9 hours ago, telling me some new "intel" about this post and claiming he's 99,9% sure it's his GF that started these posts. He said

I cant post at the moment due to my novelty account but Id be glad to share some more insight into this and answer eventual questions.

I'm not sure what to make of this but if anyone wants me to pursue this further or refer him to them, just tell me and I'll bite.

Here's the original post (archive.is/first) and here’s second (archive.is/second) and here's the third and final one (archive.is/third)

tl;dr Wealthy alpha has a LTR that feels neglected (financially & emotionally) because her boyfriend lives life on his own terms and demonstrates impeccable frame during her shit tests. She complains about his “lone wolf attitude” on the hamster sub and the shitshow begins

BODY

he started to tell me that I should know upfront, since many couples in our age bracket don’t discuss these topics, that he does NOT want to have any children EVER, does NOT want to get married EVER and he plans to stay independent with separate flats/bank accounts etc.

So this girl meets a fairly wealthy guy and starts a relationship with him. The guy doesn’t fuck around and tells her what she has to expect and how this relationship will work out. He sets the terms early on – for the girl it is take or leave. Of course we all know she can’t resist and agrees.

Marc does not care what other people think of him, he does not follow gossip or celeb culture or trends in general. He kind of lives in his own world. He has no problem doing things on his own (dinner, sports, going to the theater or museum etc.) and he thoroughly enjoys his solitude.
He’s also the embodiment of a true alpha as she described his attitude here

As you might imagine from this, Marc isn’t the “average” guy and he’s unlike anyone I’ve ever met in my life.

Of course you haven’t, honey. It’s rare that one encounters a true alpha and he was giving you the tingles so hard that you probably couldn’t think straight.

But alas, nobody is perfect, so let’s start to find the things we can nag and complain about.

He has almost no friends, only “acquaintances” as he calls them. When I asked him why he just replied that it’s better to have one or two real friends that would take a bullet for you than a dozen of fake ones. I thought that was weird as I have many friends and enjoy my time with them and I think that having friends is a vital part of a fulfilling life.

Yes, we all know women need a large circle of „friends“ to gossip and for external validation. Suddenly it’s „weird“ when someone likes to have quality over quantity when it comes to relationships. We all know she’s embarrassed in front of her social circle that her BF might comes off as a weirdo or loser.

Well, it turns out my boyfriend is pretty wealthy. I’m not sure what his exact net worth is but it’s certainly in the millions.

Well, isn’t that convenient?

When we went to dinner for the first time together, he told me, after splitting the bill equally, that he’s willing to give me his time but not his money.

Oops, not what you expected? This guy knows the game and is protecting his own assets from the start; smart move.

I immediately found this a bit strange and thought to myself that I’m certainly not a gold digger and can support myself.

Stong, independent (black) women incoming.

And here’s where my problems start. He spends all this ridiculous money on his furniture, flat, clothing and adventure trips but apparently I’m not even worth a dinner?!

How dare he spend his hard earned cash on himself?!!

Don’t get me wrong I’m not a gold digger and while I’m financially not well off, at least I can support myself. Sure I do get presents every Christmas, Birthday, Valentine’s Day from Marc but I feel like I’m not really worth that much to him considering how he spends his money.

Yes what a tight and greedy guy. It should be mandatory law to buy women things they don’t appreciate.

I cannot help to feel like I’m not that important to him considering how he constantly makes decisions without me (vacations, trips), and even refused to pick up the tab when we were dating?

He always knew my biggest dream was to travel to Asia but since I absolutely cannot afford
it at the moment it remains a dream. Turns out he got his sister a 1 month trip to Japan for her 18th birthday. Flight, hotels and everything else covered

Treating his own family and blood to a vacation with all expenses covered, but not his girlfriend makes him an asshole that neglects her feels. Because working towards your own goals is apparently not en-vogue anymore.

As expected the hamsters all side with the poor and neglected girlfriend, reinforcing her beliefs, telling her how her boyfriend is immature, unable to commit to a „serious“ relationship and how ist unnatural not to live together, to marry and have children. Some even go as far as calling him a lunatic, psycho-and sociopath for not putting her first, and above everyone and everything else in his life.

The fact that he was always being upfront with his idea of a relationship and his girlfriend willingly spread her legs for 2 years is completely neglected.

She takes some oft he „advice“ from this sub and confronts (read: bitches about) her boyfriend about these bogus issues of hers.

I got emotional and nearly cried, telling him I need a break and he acts so immature sometimes and doesn’t consider my feelings at all.

As expected this doesn’t end well.

Then Marc told me that he is not the type of guy to wait for anyone to make his mind up about him and that the relationship is best ended on the spot.

Her boyfriend keeps his frame because why wouldn’t he? He’s independent (financially & spiritually) and clearly has internalized abundance mentality.

In the end she feels like a big fuck-up and of course deep down she knows what a mistake she made and that she will likely never find a guy like him again.

What we can learn from this is to never let go of your frame, be your own man, live life on your own terms and fuck what the hivemind thinks about you. As you can see in the comments, if you go against the grain of „traditional expectations“ you will be labelled as psychotic, crazy, immature and dismissed as sad individual with deep psychological issues.
Another Poor Bastard Finds Out His Wife Was a Whore For Everyone But Him

1014 upvotes | June 27, 2016 | by [deleted] | Link | Reddit Link

This is from the relationships sub earlier today. It's a long post that reinforces a number of ideas you'll see here. We see this same exact story, in its basic elements, over and over again, but I'm going to hit the highlights: http://archive.is/ct9D9

After we got married, we moved in together and began our lives. I did my absolute best to be the best husband that I could. I tried my best to not ask her for much help with chores, and assigned them as needed: her taking care of the food issues since she was a better cook, and me taking care of the cleaning throughout the apartment. I kept up with my old "tricks" from my Casanova days and made sure to bring flowers every few days, the occasional dessert touch, surprise dates, and jewelry. I wanted to make my wife know that in our world, she was my queen.

Step 1: He provides a ton of comfort (beta) and no attraction (alpha).

She asked me on our wedding night how many women I had been with, and I told her I had slept with about 8 women for longer periods of time and had a little over ten one night stands. When I asked the same of her, she just laughed it off and said "I'm not as slutty as you." So I set the precedent in my mind that she probably only had sex with one or two guys a handful of times.

Step 2: I've only had sex with a couple of people, tee hee.

We would have sex a few times a week, but it was often me putting in most of the effort and it seemed like she wanted to only try the two most common positions. I asked her about trying new things, such as blow jobs, even butt stuff, but she said all that stuff was dirty and she wasn't as slutty as I was. Instead of being bothered by this, I kept up with myself, focused more on my hobbies and working out, while at the same time doting on my wife and treating her like my queen.

Step 3: Boring sex, indicative of her lack of attraction, and the guy trying to nice guy harder.

Over the last year, she has put on about 20 pounds. I never bring it up, but that is just one sign she isn't putting as equal an effort as I am to be attractive to one another. She isn't putting in the same effort as I am, as in my past relationships where girlfriends would at the very least give me baked goods, or something to show their appreciation of me.

Step 4: She gains weight and shows him repeatedly that she doesn't give a fuck.

Then our hero finds a GoPro folder on her computer hard drive by pure chance while buying her a new fucking computer:

I opened it up, and I saw about 50 videos. I was curious, and opened the first one, and she was holding the camera looking at it with a man standing beside her. They were giggling, and she called him "bar pick up #3". She set the camera down, and they proceeded to have foreplay and then sex. Everything that she didn't do with me, she was doing with this man,
from blow jobs to anal, the whole nine yards. It hurt me inside. I went through all the videos, and counted 27 different men in total.

Step 5: Video evidence is found of her being a total fucking whore before she got with him.

I confronted my wife with the videos, and she had a breakdown. At first, she accused me of snooping and digging into her private life, but I retorted that I'm her husband and was doing my job to fix her computer. I thought to surprise her with a new computer and jewelry on our anniversary to hopefully open her eyes to how much I am willing to do for her and maybe spice up our sex life. I said I understood why she wasn't willing to try something new because she was probably burntout from all the bar pick ups and coffee meetups she had in the past.


Also note he was trying to improve his sex life by increasing beta above and beyond the huge amount he was already laying down, which obviously got nowhere.

I was so frustrated, so I slept on the couch. In the following week, I didn't try to initiate sex. I felt cheated and betrayed. My wife tried a few times, saying she will "try and remember" how to give blow jobs and do butt stuff, but I just told her I needed some time to think about all this. She even started bringing up how "we need to start thinking about children".

Step 7: She tries to control him with sex and jumps on the we need to have kids shit right away to try to lock him down.

What should I do? I really want to work on our relationship, but I just feel so betrayed. I don't feel attracted to my wife anymore, at first it was partially because because of the weight gain, but now it is more so knowing she lied to me about her sex life and how far she was willing to go with strangers instead of with me, her husband. I feel like I put so much, and am still putting in so much effort into our relationship on my part (keeping fit, showing her my love and keeping things interesting with different dates, and giving her gifts of appreciation) and she is not putting in any effort.

Step 8: Our hero is at the critical moment where he either figures shit out or gets pulled back into the bullshit.

I PM'd the guy and sent him to https://therationalmale.com/2013/12/03/saving-the-best/, which is basically the same situation, so maybe he can see the light. We'll see.

Monster Edit: Holy fucking shit. So I PM'd the guy like I said above, and he replied back with this: http://i.imgur.com/GkZBiJu.png

I didn't want to say it on there, but I actually follow the red pill religiously. That was what kept me on track to strive to be attractive. But alas, I fell trap for my mom's ploy and had to resort to being married. Thanks for the reference, brother. I appreciate the consideration.

HO-LY FUCK-ING SHIT. Are you fucking kidding me?

Monster Edit #2: Apparently he saw this thread, and it seems that the replies woke him up:

Hey thanks for the analysis. It really put things in perspective and just jolted me. I am going back to the house soon, took an early day at work. I am packing all my things, and moving them to my cousin's house till I figure shit out. I should have known to play my dread game
harder and stay aloof instead of making myself available for her. Before finding those videos this past weekend, I thought she was your innocent girl type, but AWALT. I see everything is tried and true, it just sucks that its probably going to cost me half my assets. Thank goodness we don't have joint bank accounts (or is she going to divorce rape me there too?). Despite following all the advice here, I succumbed and have suffered the consequences HARD. Not too late for me to pick up my life and move on.

I suggested he make backups of the videos to keep as much leverage as possible and do whatever he can to protect himself while moving forward. He replied:

I actually made three different backups, and a 4th in case she is following this on reddit. [list of places backed up]. The 4th is going to be my personal computer. I am literally at the house, packing my stuff now, getting ready to get out. I am going to tell her I will reveal the videos if she doesn't leave quietly and try to steal my money or my house. Thanks again for all the help brother. I was lost before, but now I am found.

This is pretty nuts, and I wish him the best of luck.
Maximize your appearance before trying to become the Gandalf of social skills.

1013 upvotes | July 6, 2017 | by kennytrp | Link | Reddit Link

I'd bet my left nut most people here think reaching savant-tiers of social wizardry is the key to female attention. It sort of reminds me of a self-help forum where deep, analytical theories are being spouted left and right and taking action is delayed for better times.

Women are not so intricate and complex as you portray them. You don't need an opener that stimulates some latent biological urge and you don't need to break them down to micro-expressions and tonal shifts.

You want to get laid?

First of all, upgrade your wardrobe. Follow some Streetfashion accounts on Instagram and imitate their style. Put your own flair on it, but adhere to color schemes and don't wear baggy clothes. It's 2017, looking like you came straight out of a 90s rap video ain't gon' cut it - and FYI, I'm a huge rap fan.

The importance of clothes is often overlooked. Depending on the clothes I wear, I can go from looking like an absolute fucking bum to looking fresher than a fashion week in Paris.

Get a nice haircut that fits your head shape. Hair and clothes will make up 80% of your looks as a male. Extremely few, IF ANY, men look good with an oily Russian fringe haircut, a dirty wife-beater and oversized pants.

For reference: Look at any pussy-wetting actors who transform from jaw-droppingly handsome hunks to ugly ass bums from role to role.

Check out hairstyles on Instagram, Pinterest or go to some male hair advice forums on the internet.

Clear up your skin, get accutane if your face looks like a field of Pompeii volcanoes mid-eruption. Go to some skincare sub on Reddit for more information.

Invest in some physical accessories like bracelets, a nice watch and clean shoes. Also, stay fresh by showering daily, invest in some decent shampoo, some nice brand of perfume, a nail-clipper and some razor blades/electric shaver and maybe whiten your teeth if you've bathed them in coffee and cigarette smoke the past decade. Go to the gym. You don't have to look like Jeff Seid or Big Ramy. Just work out three times a week and eat accordingly.

Not that easy, huh? Analyzing and speculating won't give you a nice haircut and a fresh wardrobe. But I can promise you that if you maxed out your physical appearance this week, you'd get laid far more than any sleight-of-hand, psychological hocus-pocus.

If you're not gonna be the most genetically gifted man in the room, at least be the freshest man in the room. Everything else will fall into place. Dress nicely and look your best, get more attention from women, more attention from women equals more experience and experience with a tinge of common sense is all you need. No fucking opener in the world is going to net you any significant results if you look like Gollum, trust me.

Wanting to use psychological hocus pocus to manipulate womens' brain matter and biological urges is a bitter man's fantasy. It borders on the insane. Get that notion out of your head because it ain't
happening.

If you can't get laid regularly with 6-8s by maximizing your appearance in the manner stated above, then you probably have autism or suffer from severe social anxiety, because literally all you have to do is act like a normal person and show some interest. For 8+? Still maximize your appearance but also work on your charm, smile a lot, be inviting to all kinds of people and proceed to expand your social circle.
A whole bunch of brilliant posts that didn't make it to the sidebar

1012 upvotes | September 7, 2014 | by [deleted] | Link | Reddit Link

So this sub has been gaining a lot of new subscribers lately so I reckon there's a bunch of newbies lurking about. While the sidebar is great and does a good job of providing you some of the basic groundwork that TRP works on, you might have missed some of the better posts if you only recently joined.

Here are the ones that really hit me the hardest that I saved when I was bingereading TRP material, as well as some recent ones.

http://www.redditlog.com/snapshots/985049 The five stages of The Red Pill
http://www.redditlog.com/snapshots/977901 Men are not happy
http://www.redditlog.com/snapshots/977917 You are disposable. The world does not care about you.
http://www.redditlog.com/snapshots/977945 6 Harsh Truths That Will Make You a Better Person
http://www.redditlog.com/snapshots/977949 She's going to get away with whatever she wants. Accept it. Stop caring.
http://www.redditlog.com/snapshots/977953 Don't Be Like Bruce
http://www.redditlog.com/snapshots/977957 What is The Red Pill and Why does it exist
http://www.redditlog.com/snapshots/977961 Why women love assholes (an alternate view)
http://www.redditlog.com/snapshots/977965 What happens when you drop a bunch of women on an island to fend for themselves?
http://www.redditlog.com/snapshots/977969 Focus on you first. And second. And third. And...blah blah...Worry about women seventh.
http://www.redditlog.com/snapshots/977973 Being controlling is for losers!
http://www.redditlog.com/snapshots/977977 Tits or GTFO
http://www.redditlog.com/snapshots/977981 Be a good person if you want but it won't attract women
http://www.redditlog.com/snapshots/977985 Another take on why TRP is loathed by women: AF/BB has to be a secret.
http://www.redditlog.com/snapshots/977993 The Female Imperative
http://www.redditlog.com/snapshots/978041 The Red Pill is Pro-Woman
http://www.redditlog.com/snapshots/978045 EVERY man must always follow The Rule
http://www.redditlog.com/snapshots/978049 Women want a wedding, not a marriage.
http://www.redditlog.com/snapshots/978061 Be selfish, dismissive, amused, and communicate less -- the keys to success
http://www.redditlog.com/snapshots/978249 There's a petition to get the youtube channel 'simple
pickup' removed because talking to a woman, any woman, is 'street harassment'
http://www.redditlog.com/snapshots/978361 new members, this is fundamental
http://www.redditlog.com/snapshots/978433 She doesn't love you.
http://www.theattractionforums.com/general-discussion/96418-man.html Being a man
http://www.redditlog.com/snapshots/978437 “I’ve been hurt in the past.”
http://www.redditlog.com/snapshots/978441 Refusing the "Gift"
http://www.redditlog.com/snapshots/978445 You're the island, and she's the seagull.
http://www.redditlog.com/snapshots/978449 A woman cannot tell you how you must proceed. She can only tell you what she wants to experience.
Enjoy.
I was informed of something very interesting by a plate yesterday (let's call her Akiko). She was laying in bed and I was rummaging through my fridge for something to eat after having a shower. I didn't feel like spending the afternoon with her - she had been hinting at going to see a movie together (I avoid almost any activity that could be described as a date with my plates once I get them spinning on less they start to fall off then a lunch date or a dinner might happen if me cooking at home isn't enough to stem their sway), I told her I had other plans.

"What plans" she asks.

"I have a meeting with a heavy Iron bar" I responded

..... ..... Silence ..... ..... 

"How about you help me with that secret mission of yours" (it's a joke we share, making her cum from sex) she asks.

.....

"Nagh, I'm not the kind of man to skip his meetings" "ok mister, your loss" she says with optimism.

.....

"You care more about yourself than you do getting pussy" she offers.

It hit me hard hearing her say that, she was right. I do care more about myself than getting laid, and it feels fucking empowering. I drove her home, we made plans to catch up again in a few days time to work more on my mission and parted ways.

- Never negotiate for sex.
- Never concede who you are for her will when it doesn't serve both of you.
- Hold frame, even when you feel there is no need to.
- You are the prize, at all times.
300,000 Subscribers. The Reddit Administration Tacitly Endorses Male Abuse and Denies its Victims

1010 upvotes | September 29, 2018 | by redpillschool | Link | Reddit Link

300,000 Subscribers. The Reddit Administration Tacitly Endorses Male Abuse and Denies its Victims

If you’re reading this, you’re probably already well aware that this week we hit 300,000 subscribers and Reddit Admin decided to “quarantine” /r/TheRedPill subreddit. This means that previous subscribers won’t see posts show up on their home page. New users won’t know we exist. You must type in the address and read an administrator endorsement of their counter-theory to TRP and accept the dangers of reading wrong-think before you can enter. If you try to do this on mobile, it lies and says the subreddit has gone private, inodating the modmail with requests for access so mod duties are effectively shut down because we can no longer attend to our daily mod duties.

It means that we cannot see how many subscribers we have, lest weak minds such as yours be convinced of alternative viewpoints – not based on argument or reason- but instead simply the number of people talking about it.

You’ll notice the Reddit admin team were kind enough to leave us a message on our new splash page and sidebar giving us notice that we presumably were a forum about toxic masculinity, but that they, and only they, are the purveyors of positive masculinity. They then explicitly endorse Stony Brook University Center for the Study of Men and Masculinities whose executive director is Michael Kimmel.

One of Michael Kimmel’s crowning achievements is to try to debunk that men are victims of domestic violence. He goes on to suggest that some evidence is simply false, that female-on-male violence is just different, and that it is men who lose control, women are provoked.

From an interview with Cassie Jaye:

It is not true, […] that there's gender symmetry in domestic violence. That women hit men as much as men hit women.

Go ahead and watch the video- this quote is not out of context. While he doesn’t deny some men are victims, he really doubts the numbers. And the Reddit Admin have just ENDORSED THIS MAN. Whoops.

I’m trying to remember where else I’ve heard hateful people doubting numbers of victims….

There is overwhelming proof that men are victims of domestic violence at least as much as women, if not more. Controlling for all violence, men surpass women as victims entirely, making the distinction of “domestic” misleading when men are by all means the target of the majority all violence and the victims of almost all murders No biggie, Michael Kimmel, it’s an easy oversight to make WHEN YOU HATE MEN.
Reddit tells us that Stony Brook should give us insight into positive masculinity, but Stony’s front page only has one reference to positive masculinity in the fight against domestic violence. And that’s for men to join as allies in preventing violence against women. That’s right men, **FUCK YOU THAT YOU MAKE UP 78% OF MURDER VICTIMS, FUCK YOU THAT YOU MADE UP 59% OF VIOLENT CRIME VICTIMS, FUCK YOU THAT 93% OF WORKPLACE DEATHS ARE MEN** Yes, that’s right. /u/spez thinks that little of you that he wants your masculinity to be defined not by fighting these truths, but by sacrificing yourself to prevent violence against women.

Look, I couldn’t have developed a story that confirms our theories any better than the reddit admin did. We’ve been saying this for a long time. Our society has been trying to define and frame masculinity under their own definitions and terms for a long time.

There is no female analog for the phrase “positive masculinity.” This is because it’s **SEXISM** to frame an entire gender as toxic simply for being until they act to rise above it. But Reddit Admin, you done fucked up and just called men **TOXIC** because they were born that way. I’m sure you can see the irony here since you guys apparently think we’re the sexist ones. But you know what, I think women are born inherently good, just like men. Where does that fit into your theory? (It doesn’t)

We have always taught here to be wary of anybody trying to sell you their framing of masculinity. The only person who gets to choose what it means to them to be their gender is –you.

We focus a lot on what qualities help you with sexual and professional success. And in a way we do frame masculinity to some degree. But we also make it clear that how you use this information is your choice. You define what it is to be a man. You can take the advice here or not, nobody can take away your masculinity. Nobody can tell you you’re not a man. Nobody can tell you that your born sexual characteristics are inherently toxic. And nobody here will prevent you from reading alternative opinions to that.

Well, I mean /u/spez thinks he can. But he really didn’t think much about it before linking. Maybe they made a kickback from it. Or maybe he just asked his phone “okay google how do I become real good man okay thx” and linked the first result. I’d like to think he’s more competent than that. But this move by their admin really makes me wonder.

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Reddit is censoring us. This much we know. A quarantine is a form of censorship. We haven’t broken any rules and they know it. Our crack team of moderators are quick to the draw on any content bordering on against reddit’s TOS. **This censorship is purely ideological.** As is evidenced by their endorsement of Michael Kimmel. They simply do not like what we say.

The Admin really don’t get it, do they? The reason we are growing so massively and gaining so much traction is because we make well-reasoned arguments and defend our points. Censorship, well, that’s basically the antithesis of reasoned discourse. Who did they think they were going to be able to convince with this stunt?

I challenge the admin, /u/spez, or anybody on their team to engage me in courteous, reasoned discussion to defend their assertions and endorsements this week, or to apologize and lift the quarantine. I promise to keep it 100% civil in an all-text debate of ideas with anybody on the reddit administration. I get the feeling nobody is going to be taking me up on this offer. This would be the action of somebody with integrity. I’m sure Michael Kimmel could make an argument that integrity
is part of positive masculinity. /u/spez, you don’t want to be toxic do you?

The fact is, they don’t have a well reasoned argument. They have an ideology and a social programming that makes them feel bad when exposed to ideas they don’t understand and can’t fully disagree with. Censoring us is akin to throwing over the chess board because you were losing and don’t know how to use the pieces.

The official notice from Reddit happened at the exact time the Quarantine took place. The reason for our quarantine is as follows:

In this case the quarantine was applied for the high degree of misogyny present in this subreddit. To be removed from quarantine, you may present an appeal here. The appeal should include a detailed accounting of changes to community moderation practices. (Appropriate changes may vary from community to community and could include techniques such as adding more moderators, replacing certain moderators, creating new rules, employing more aggressive auto-moderation tools, adjusting community styling, etc.) The appeal should also offer evidence of sustained, consistent enforcement of these changes over a period of at least one month, demonstrating meaningful community transformation.

You’ll notice that they do not give specific examples of offending material, or any concrete steps we could take to mitigate this. This is because the phrase misogyny is nebulous and holds a definition only to those who use it. There is no actual definition of misogyny, and therefore no way to defend against it.

Do I hate women? I do not. Do you? I sure would think people who actually hate women probably wouldn’t spend this much time and energy trying to become attractive to women and meeting them. But that’s what you get when words no longer have definitions.

We’ve been accused of an undefined crime, using an unpublished rule book and given a fake set of steps we can take to resolve this problem, all to present a facade of propriety and fairness. I don’t think they’re fooling anybody.

Our Timeline

First of all, I want the community to know we will be appealing this decision. But it’s evident by the setup of the entire event that their private appeals process is a kangaroo court. We will be appealing via Public Letter and we will ensure all response to this will be published. Stay tuned for our appeal.

We will be soft-launching https://Forums.Red posting capabilities over the next week or so, but we will not be locking the forum on reddit. We will be doing this to test stability and new features. Our long-term goal is to stay on Reddit. We are going to do our best to do so, pending administration cooperation.

Notwithstanding, we will be moving forward with an eventual full opening of our trp.red / forums.red platform. We are focused on some major new improvements including the forums, a new tribes feature (for private groups), and more.

We will continue the archival process of /r/TheRedPill, /r/AskTRP, /r/RedPillWomen. We are working our way from top-voteded posts downwards.
If you would like to support our work making this happen and the associated costs, our Patreon is now here.

We also have a bitcoin address for donations. 1Hyyva2G5aCJwNqYToGoCCGATVNMB81zk7

Finally, we are asking moderators of other subs and other reddit members to stand in solidarity with us. Although you may not agree with what we are saying, I believe that we can all unite behind defending free speech and anti-censorship. Because of this we are calling for a massive, reddit-wide boycott, for just 1 hour. November 1st at 4:00pm PDT. Join our petition now

MAKE SURE YOU BOOKMARK AND REGISTER ON OUR OFFREDDIT SITE: https://www.trp.red
Ditch "cold approach" in favor of "learn how to initiate conversations with strangers" without having a goal other than the initiation itself.

1010 upvotes | March 2, 2020 | by _do not read this_ | Link | Reddit Link

**tl;dr:** To get over "approach anxiety", learn how to initiate conversations with people without any other goal to the interaction than the initiation. Practice it. Then approaching the beautiful women will just be a natural part of your already developed habit of just initiating talking to people.

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**Intro**

It's Sunday night and I feel like writing. This post is based on my answer to a question posed a few weeks back in some comments about "how do I learn how to approach strangers?"

As an older dude, going out in public for the sole purpose of looking for cuties then rushing up to them trying to convince them to give me their numbers - "cold approach" - is just unseemly. But I'm an older dude, that's how I roll. Others have great luck with it. But many seem to struggle with the process.

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**The Problem**

I see a lot of posts here and on / ask about either how to cold approach the pretty women (the "cheat code" method); or how the poster has gone out and cold approached x-hundred number of women and totally failed. The way I see it, the problem is that these kinds of "cold approach" exercises give off a vibe of "I'm trying to get laid" and "I'm desperate to get laid." Women sense this - they're good at that.

The problem, then, is that you haven't learned how to sincerely and naturally initiate a conversation with someone. You get butterflies, your palms sweat, your voice chokes in your throat, your eyes get shifty.

Fake - that is to say, insincere - opening lines with the goal of getting a phone number then exiting is an unnatural way of going about meeting your next future ex wife. It will have you unnaturally pushing the conversation toward the number close - your unspoken goal - rather than having a natural end to the convo that may or may not have you deciding to accept her number.

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**The Natural Way to Meet People**

Take this wisdom from my 50+ years of breathing: you have to want to meet and learn about new people, sincerely. I was blessed with an uncle who could talk to anyone - literally he spoke with governors and big-city mayors and men of importance on a daily basis, but would take 20 minutes to discuss the night's sports game with the guy taking the tickets or parking his car. I asked him his secret once and he told me that he just genuinely likes meeting new people. No purpose, no hidden agenda, in talking with people other than that.

This can be learned, because when I was younger, "other people" were just nuisances or there to be exploited. Now I see the wisdom in meeting them, learning about them, getting to know them even if
for a brief 30 second fun chat. I've become that man who can start a conversation with anyone about anything or nothing at all.

But it has taken years of practice before it felt natural and sincere.

What Is this New Theory, Do Not Read This?

It's not a new theory you silly reader. "Approach anxiety" comes from putting too much pressure on the incipient relationship before it's even begun. Gotta get the digits - Gotta get the digits - Gotta get the digits.

I was at a networking event back in [my old city] and some random dude zooms through all the little groups shoving his business card into everyone's hands, then books it out of there. He had learned that if you trade digits, you're succeeding. But did he get the business equivalent of "laid" from those insincere digit exchanges? Of course not, nobody knew anything about him, why would they send him business?

"Cold approach for digits" is an outcome based way of meeting someone, and it requires that stranger to meet the expectations you've created for the relationship, but haven't told them about. And when they don't meet those unspoken expectations that you haven't told them about, you get disappointed. Approach anxiety comes from anticipating that disappointment (also known as rejection) because the number of disappointing outcomes starts to pile up quickly.

What If I Told You Your Success Rate Could Be 100%?

So what to do? Come at it from a different perspective, that is, learn how to initiate conversations. That's it. That's your goal. Don't worry about the digits, don't worry about what you're going to talk about three minutes into the convo, don't worry about just the right moment to ask for the digits. That will happen.

When your goal is to initiate rather than number-close, you win *every single time you initiate*!

Just learn how to initiate. With anyone and everyone. That's an important part of it. Not just the pretties, but the store clerks, the bus driver, the guy taking your ticket as you go into the hockey game, the waitress, the lady standing next to you looking for eggs in the store ("When did buying eggs get so complicated?" and lolz ensue).

Why? Because do this 10,000 times like I have and it becomes second nature. Initiate mini-conversations everywhere, and you'll find yourself doing it without even thinking. Woman I'm going out with now rolls her eyes when she sees me gearing up to initiate - but she loves the social proof that I know someone everywhere we go after years of doing this in my new hometown.

How, Dude?

Glad you asked.

Talk to everybody. Everybody! Even if it's just "have a nice day" to the checkout lady at the supermarket, say something to a stranger every chance you get just to get used to initiating talking to strangers and getting out of your head and past that lump in your throat and that rush of adrenaline that stops you from talking to strangers. Inure your body to it and it will eventually stop happening - you'll train yourself to not react when you're about to initiate.
Learn how to do it in a natural setting; that is to say, in every day affairs. It's normal to talk to the cashier at the grocery about your groceries; it's not normal to run up to a pretty girl at random and start talking (remember that dude rushing around passing out his business card - was that you "cold approaching" last week?). Having some canned chatter that's appropriate to a dozen circumstances is great; even better is if you learn to improv based on your then-present circumstances.

**Here's Some Bullet Points Because People Like Bullet Points**

By "canned chatter" I don't mean a corny opening line that you use on everyone. "Chatter" has to be (a) situationally appropriate, (b) get their attention and interest, and (c) be geared to get a response. All three.

Examples of *initiating* a conversation (and please, *smile* when you say this):

- To a cashier: "I'll bet I'm the [rudest/funniest/best looking] person to come through your line today". This will get you a minute or so of banter.
- To the guy taking your ticket: "I sure hope [our team] can beat [rival team] tonight" (yeah, that simple - you just started a convo with a stranger, man!). This will get you anywhere from a minute to three hours of banter.
- What's your favorite team? If you see someone with a ball cap or shirt with your team's logo on it, smile and say "Go [your team]" and when they smile back, ask about the team - how are they going to be this year, boy they stunk last year, do you think they'll beat [rival] next week, how's the new coach going to work out? Likewise, if someone is wearing your team's rival's logo, smile at them and say "Boo [rival]!" and have the similar conversation.
- Two ladies at the tea shop the other day had the same unusual color shirt on - me, walking past them: "Did you two coordinate outfits to look nice for me today?" Smile! They said some clever response, and we all moved on with our lives.
- To the waitress last night, "Big crowd tonight, huh? You would think the cold would keep people at home." Chatter chatter smile chatter.
- Girl in line behind you at the store wearing yoga pants, "what's your favorite yoga pose?" They *always* answer that one. Tell 'em "that's easy, pick a harder one!"

Talk to men and women, young and old, pretty or ugly. It's all about practice and comfort to desensitize your body from that jolt of anxiety you get right when you formulate the idea to initiate. Learn how to initiate and it will become second nature.

You get the idea - it's not "pickup lines"; it's just having something clever to say to start them talking with you. Talk for a minute then exit the convo.

**But Do Not Read This, How Do I Get The Precious Digits?**

That's for another post. For now, I'll say it again - go out there and practice *initiating* as your goal, not having a stranger fulfil some unspoken requirement you've put on them which then results in multiple "failures". As soon as you open your mouth to instigate some chatter, you've already won, Champ!
Never show weakness. She is not on your side.

1010 upvotes | April 24, 2015 | by Archwinger | Link | Reddit Link

There’s a myth floating around the manosphere about the “good alpha.” A guy who’s hot, charming, successful, interesting, smart, funny, and most important of all, a great leader. Not a fake Red Pill alpha, but a real alpha. A guy who isn’t just out for himself, but a guy who genuinely cares about others, brings others up, and makes others feel good. A perfect-ten human.

These real alphas, who were most often born and raised that way and never needed a creepy internet cult like us to learn how to be men, are admirably human, and the complete opposite of everything we evil Red Pillers teach. They’re not aloof and indifferent – they’re engaging, compassionate, and concerned! They don’t stonewall and tease – they earnestly communicate! They’re not stoic and emotionless – they’re open and honest and their emotions captivate you and make you like them even more! And they’re not perfect – they’re human, but they own their flaws and mistakes and admit them readily, because that’s being a real man.

I’ve actually never met a man like this, but I hear about them all the time. Mostly from women. So many women think they’re dating awesome guys. Six months later, I’m usually told that these guys turn into assholes. Nobody ever seems to say, “I was wrong. I misjudged him. I was stupid and horny and just pretending to see what I wanted to see.” No, it’s always the guy who changed somehow, or who manipulated and tricked that poor girl. She wasn’t wrong, he was. But don’t worry, because she’s already met another guy who’s ten times better than the last one, and he’s a real man, per my paragraph above this one. I’m crossing my fingers for her.

Somehow, the myth of the good alpha has leaked into the manosphere from that flat planet at the center-of-the-universe where women live as all the stars rotate about them. Men, and boys slowly becoming men, right here among us, are advocating the path of righteousness. Being an upstanding mensch, a leader-among-men, a guy who’s honest and in touch with his feelings but still a man, a guy who owns his mistakes and admits his weaknesses, and a man who loves women earnestly and cares about them and isn’t afraid to take a risk on love as long as he has a few standards and isn’t just falling all over any girl who doesn’t slap him. A guy who’s goal is to be a perfect combination of attractive manly characteristics (e.g., alpha), and supportive comfort-building characteristics (e.g., beta), destined for marriage one day when he finds the right woman and can be everything she needs.

Here at The Red Pill, we’re already aware of that guy. We even have a name for him: blue pill.

Here’s the deal: Women are not your enemy. They are not the other team. They are not against you. They are not trying to exploit you or manipulate you. They’re just out for themselves, same as you. Sometimes, being out for themselves is going to run contrary to what you want for yourself. Sometimes, your goals will align, at least a little bit, and it almost feels like you have a teammate. But you don’t. Because you want what you want and she wants what she wants. And if one of you sacrifices what you want that’s not going to make the other person necessarily do the same.

While women aren’t your enemy, they’re definitely not on your side either. They’re not your friends, they’re not your confidants, they’re not your safe havens, they’re not your respite. Not even your wife or girlfriend. She’s not on your side either.

Do you know why women watch Jerry Springer, reality TV, Judge Judy, and whatever the fuck else is out there airing the dregs of humanity, while reading tabloids explaining in graphic detail how
celebrities and the royal family are every bit as fucked up and human as we are? Because people like seeing weakness in others. It makes them feel better about themselves without having to make any effort to actually be better.

When your woman is feeling low, she’ll try to access your “human” side, whether that’s trying to make you angry, trying to make you sad, trying to make you horny, trying to make you apologize or admit something – she wants you to reveal a chink in your armor, because she feels bad about herself and needs you to look more human so she knows she’s still good enough for you. That chink in your armor means she still has some control over you.

It’s a difficult and misleading situation, because she likes to feel that way. It makes her feel good, even happy for a bit. And you care about her, so you want her to feel good and happy for a bit. And you want to open up a little bit for her and let your guard down a bit, because it feels good to be accepted and validated.

But The Red Pill figured out something that you don’t want to accept--The hardest part of this whole thing for you to swallow: Affection is not the same thing as attraction. Women don’t want to fuck weak men, even if they like them. They say they do – hell, just look around Reddit. Reddit is apparently the single largest bastion of special snowflakes in the world. If you take women at their word, Reddit’s chock-full of women with exceptionally high libidos who soak through their panties every five minutes thinking about their skinny, laid back, underachieving, nerdy, overemotional boyfriends that can barely keep up with them sexually.

I’ve never met a woman like this, but I hear about them all the time. Mostly from women. Scroll up to the third paragraph of this post to see what I might think about that.

If you want a friend, make a friend. A guy friend. But if you want a girlfriend who’s eager to please you and wants to fuck your brains out, don’t treat her like a friend, or that’s all she’ll be.

If you want to communicate about real issues, discuss ideas, discuss improving yourself, and talk about how you feel, find a guy friend that you admire and want to learn from.

If you need to cry, lock the door. If you’re injured, disabled, have cancer or a mental illness – that’s between you and your doctor. Hell, join a support group and meet guys.

But when you’re sitting next to a woman you care about, never show weakness. It’s a trap. You’ll make her like you, but you’ll make her fuck me.
Model who accused Real Madrid Player Theo Hernandez of raping her has been arrested for making it up. [Spanish]

1009 upvotes | January 16, 2020 | by notaselfdrivingcar | Link | Reddit Link

https://www.diariosur.es/marbella-estepona/arrestan-modelo-acusada-20200115201548-nt.html
Young Men & The Empathy Gap - "Young male suicide rates have increased 50% since 1994."

So I was reading an article on Psychology Today and was pleasantly surprised to read a rather red pill piece that was very much in line with The Suffering of the Lost Boys piece I wrote a few years back, be it that it's Psychology Today, I was expecting nothing but complete feminist tosh. But then Gad Saad and Roy Baumeister of Florida State have columns on there, so I suppose my preconception was wrong and they at least make a degree of effort to publish articles from psychologists all over the political spectrum. That aside, let's get into the analysis.

Everyone knows a young man who is struggling, either in school or afterward; "failing to launch," with emotional disturbances, in interactions with the opposite sex, or with drug use and gang activities.

He is observing the increase in boys and young men who are emotionally unstable, economically unsuccessful and incompetent with women. Low status males. The outlier here is the men who engage in gang activities, they very may well be emotionally unstable, but many have romantic and economic success. Regardless, they are all symptoms of the same thing - an absence of masculine influence in the lives of young men, an abundance of women in the education system and an epidemic of single motherhood leaving many young boys and men without any access to masculine influence. Gang activity, emotional instability, and an inability to talk to the opposite sex are byproducts of this.

In the animal kingdom, parents pass on their hunting skills to their young. The same concept can be applied to fathers and their boys. On the note of gang activity: many gang members tend to be from single mother households, and form the gang as a way of maintaining a male space to learn masculinity and climb what Peterson would call the dominance hierarchy.

Mass shootings have tripled since 2011, with the majority being carried out by young men, while young male suicide rates have increased 50 percent since 1994.

Here he tries to really emphasise the extreme degree of young male instability. Interestingly, the study he links to to support this statistic defines "young males" as aged 10-24 and the time range measurement for the occurrence of said suicides to be between 1994 and 2012. Suffice to say, at least one 10 year old boy somewhere out there found life so unbearable, he killed himself. Despicable.

Nobody sees investing in boys’ development as “worth it” and as a result boys today are growing up and deciding that it is not worth it for them to invest their time and energy back into their communities. For many, virtual reality has become a safe haven, and in some instances more structured and rewarding than reality. Thus we see the emergence of terms such as hikikomori, diaosi, bamboccioni, and NEETs, along with the rise of movements such as Men Going Their Own Way (MGTOW). Who can blame them for wanting to opt out?

I think MGTOW is the outlier here. A lot of MGTOWs are divorced men who simply cannot find it within themselves to trust a woman again, and have decided to opt out. Sure, there are some young MGTOWs, but I'm not entirely sure they comprise the majority of that RP demographic. Would need
to conduct a survey to see representativeness distributions by age, but he's pretty on point with the other terms. NEETs are "Not in education, employment or training" and the hikkomori is a Japanese phenomenon where people don't leave the family home and start their own lives, but stay at home most of the time in a state of extreme introverted seclusion well into their 30's.

The rotten fruits of feminism have led to boys who are poorly equipped to deal with the world as men, and as such they escape from the difficulties of life by anaesthetising themselves with video games and porn. People often attribute these things as reasons for the rise in male underachievement, however I believe this to be an inversion of cause and effect, and that these things are rather the coping mechanisms of choice for dealing with the difficulties that face the young blue pill beta male, not the cause of those difficulties. The causes are mentioned by Zimbardo in the next paragraph:

Just one out of five elementary and middle school teachers is male, and fatherlessness in America remains above 40 percent. Among boys who do have fathers, the amount of time they spend in one-on-one conversation with their dads is only a fraction of the time they spend in front of a TV or on a computer, where they see men represented as emotionless warriors, hapless dads, or losers who can’t get anything right. In other words, many boys are going from male-absent home environments to male-absent school environments back to male-absent home environments where they then watch toxic male role models on a screen; this begs the question: what kind of future are they supposed to envision for themselves?

He somewhat subtly says boys and young men are failing in life, killing themselves more and engaging in more delinquent behaviour due to a lack of masculine influence in their lives, and that single motherhood has a lot to answer for in this regard.

If you're interested in reading the full article for yourself, you can read it here:


You can read my take on the subject here:

https://illimitablemen.com/2014/05/08/the-suffering-of-the-lost-boys/
Hacking discipline: a neurochemical approach to getting off your lazy ass

1005 upvotes | May 10, 2017 | by G_Petronius | Link | Reddit Link

If you could take a magic pill that made you disciplined, would you?

1 in 3 college kids say "fuck yes". That's the proportion of university students who admit to using stimulants to help study (warning: PDF). Chief among those stimulants is, of course, Adderall.

For the few who've never heard of it, Adderall is an amphetamine-based prescription drug officially used in the treatment of ADHD and narcolepsy, widely employed off-label to aid with concentration and focus. Adderall works by stimulating the release of dopamine and related neurotransmitters. Their effect is to activate the brain's reward system, which is the mechanism responsible for making you want to keep doing whatever it is that you're doing. The reward system is normally activated by actions which we have evolved to instinctual recognize as advantageous: eating, drinking, fucking, taking care of your kids.

Adderall (and amphetamines in general) forces the reward system to activate on command, making you interested in any arbitrary activity. In other words, it hacks your brain chemistry to make you want to perform any arbitrary task, giving you artificial discipline. The effect is potent and general: the task doesn't have to be actually useful or sensible for you to want to do it, on Adderall; amphetamine users could be put to digging a trench and they'd work away at it as if that were the most interesting project they've ever worked at.

Unfortunately, taking amphetamines is not a sustainable alternative to developing real discipline. They have a host of side effects, tend to be addictive and are heavily restricted in most jurisdictions. I do not recommend using them, and avoid them myself. But they do provide us with key insight into how humans operate: on a base, animal level, we act because our neurochemistry tells us to.

The question then becomes: can we hack our neurochemistry to facilitate discipline, without resorting to dangerous drugs? The answer, as is obvious from the title of this thread, is yes, yes we can.

The method is completely outrageous, flying right in the face of TRP orthodoxy, because it's based on your fee-fees: we're going to work with your emotional response to make you hack your own brain chemistry and make you disciplined. It's not that hard, it's not stoic, it doesn't take heroic willpower. Ready? let's go. If you just want the method and don't care about the background, skip the next two sections.

Once in a while, any undisciplined person has a good day. On that day, the undisciplined person manages, by some fortunate alignment of the planets, to not be a lazy asshole and actually do what he should have. At the end of that day, the undisciplined person goes to bed with a smile on his face, an incredible feeling of relief washing over him, and the sad thought in his mind: "if only I could do this every day".

Undisciplined people often fantasize about what their life would be like if they were disciplined. It goes a little like this: they would wake up at an early hour and immediately get out of bed to start their morning. They would do some stretching or workout, take a shower (washing all the nooks and
crannies, even the soles of their feet), shave to perfection, make a good breakfast, get dressed in their best, and stroll out with a smile on their face. They would dedicate themselves to their craft with attention and precision, taking opportunities throughout their day to network and socialize with colleagues, especially over lunch when they would eat a nutritious, healthy meal. On leaving work, they would promptly attend to whichever activity the evening calls for, be that buying groceries, going to the gym or engaging in a hobby, before enjoying the social pastime of the day, be that with friends or a woman. They would go to bed (which they had neatly made in the morning, forgot to mention that) early, guaranteeing them enough sleep to wake up refreshed the next day.

The funny thing is that you can have all of this and it's neither hard nor complicated, provided you know how. I myself have sought after this elusive trick all my life, resorting to draconian time-management and self-motivation measures to deal with my chronic procrastination: pomodoro timers, app lockouts, habit trackers, even a commitment system where I would give money to a trusted person and ask them to forfeit it if I didn't complete an assigned task by a certain time. Every day was a constant struggle against myself to do what I needed to do. So how did I get out?

The answer came to me after a particularly bad day, when I had failed across the board to be a functional human being. I had gotten to bed too late the night before, woken up terribly tired, eaten like shit, been an asocial time waster on the job, and bailed on a social engagement to stay home and read reddit. I had even failed to brush my teeth, and felt in no mood to do anything except wallow in self-pity at my continued struggles with discipline. I had tried every method in the book(s) and I still failed.

A serendipitous thought struck me, a thought so simple as to sound simplistic: "just do it because it makes you feel better". Brush your teeth? go do that, you'll enjoy the freshness and won't feel like a disgusting slob. Make your bed? do it, you'll thank yourself later tonight when you're not fighting with the covers and getting cold because half of them have inexplicably fallen off. Do your evening stretches (I had at least managed to work out, and had long since tried to do regular evening stretches to cut down on next-day soreness), you'll feel much better sleeping and waking up tomorrow. You get the idea.

Surprisingly, this simplistic method worked. I got off my ass, brushed my teeth, made my bed, did my stretches and went to sleep. Of course, all of the advantages that I had foreseen materialized, and I slept far better than I would have otherwise. In the morning, still grasping some tendrils of the idea from the night before, I encouraged myself to go through my proper morning routine (which I typically skipped through in laziness), thinking each time about how much better I would feel for having gone through each step. At work, I dispensed with my array of timers and concentrated how much better I would feel if I didn't have to work through lunch break because I had lazed off during the morning. I found myself finishing my allotted tasks and even completing some leftovers from the previous day, all well before mid-day. And so on during the day... you get the idea.

Awestruck with how such a simple system apparently could work better than the plethora of devices I had previously used, I kept experimenting with it, at the same time doing research on whether anything like this had been tried before. It had indeed, in a sense, been tried in certain psychological studies, where people were induced to visualize their rewards to stimulate them into completing a non-rewarding task; but those results were left there as ink on a page, never developing into a proper method (at least not to my knowledge). So I did my best, refining my observations and experiences
into what I'm presenting to you now.

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**How to hack your reward system**

The key to this method is hacking your reward system to trigger whenever you need it to. On its own, it would only activate at the moment you actually get the reward: not when you're dieting but weeks later when you look at yourself in the mirror, not when you're working but when you've finished and realize you now have guilt-free free time, not when you're crashing doing sets but when you're plowing that tight pussy thanks to all the experience you've accumulated.

We need to **back-shift** your reward response to the moment when you need to act. How? by consciously evoking the feelings of relief, pride, pleasure, self-respect, satisfaction etc of completing the task. Remember earlier, when I talked about how every undisciplined person has a good day once in a while? use that feeling as a reference point. Tell yourself: "do this because you'll feel X" and summon clearly, in your mind and in your body, the specific feeling of reward for that activity.

In my experimentation, there are two main groups of reward-feelings you can use:

- **practical rewards**: the pleasant results of completing an activity, such as the pleasure of company for social activities, the enjoyment of good food for spending time cooking, the freshness of waking up after a good night's sleep, the increased attractiveness and well-being of a healthy body etc
- **inner rewards**: self-respect, relief from not having the task hanging over your head, not feeling like a disgusting fat fuck, pride in having been disciplined, pride in a job well-done etc

My experience suggests that the first category is easier to think of (anyone can immediately see the practical reward of a sensible activity), but harder to concretely evoke and less potent; the second type occurs to you with more difficulty (undisciplined people are rarely used to taking pride in their actions), but once it does it's far more potent in actually stimulating you to action.

That sounds too good to be true

I agree, but that doesn't erase the fact that it works. It's the system I've been living on for the past few months, and it has not only made it much easier psychologically to manage myself, it has led to practical improvements in various areas of my life where I had lagged behind due to low discipline. The theoretical foundation is also sound.

**But it's feel-good bullshit**

No, it isn't. I know why you think it is: it works by manipulating positive feelings. But the key difference is that feel-good bullshit manipulates completely unwarranted positive feelings to make you forget about your shitty situation and convince you everything's fine. Here we do the complete opposite: we start by acknowledging that everything is not fine, that there's a specific course of action that you should take to fix it, and use the knowledge that fixing it will make you feel better to spur you into action. We cut through all the sophistication and high-minded thinking and go straight to your most primitive hindbrain.

This psychological trickery is simply a reinforcement of the natural mechanisms that are the basis of **delayed gratification** behavior. The beaver doesn't build the dam because it knows through rationality
and planning that it will create a useful refuge, but because instinct has programmed it to feel good while building a dam. When a dog performs a difficult series of tricks for you, it's not because he has a complex rational understanding of your psychology and knows you'll reward him, it's because you've conditioned him to feel anticipation and eagerness while he's performing the tricks, which is why he performs them even when there isn't an actual food reward.

We are not so far from these animals, and our problem with discipline stems, in my opinion, largely from the fact that we need to engage in so much more delayed-gratification behavior than we evolved for, in situations we definitely didn't evolve for, with rewards shifted forward in time much further out than we evolved for. But the mechanism is still there, it can still be exploited, and I believe that is precisely what disciplinarian systems do: by dispensing prizes (praise, rewards) and punishments (push-ups, pain, shame), they condition people to associate positive feelings (pride, relief, ambition) with necessary activities, enabling them to perform them in a disciplined manner. What we do here, in the evident absence of disciplinarians doing it for us, is to condition ourselves manually.

There is much more that I would like to say about this topic, but this post is already long enough that I know many people will have skimmed even the parts containing the practical advice. That's not something I know how to fix at this stage; if you're one of those people and have skipped to these lines, then at least go back and read the "How to hack your reward system" paragraph. I suggest you read it all regardless, but if that's not happening then get at least the gist of the method and give it a try; I have strong reason to suspect you'll be surprised at how well it works.
How to meet and bang a girl

1003 upvotes | February 21, 2017 | by Woujo | Link | Reddit Link

Preparation

Be attractive For things you can’t control, make peace with the universe and accept that there are some girls that will just never fuck you because you are an ugly motherfucker. For shit you can control, look in the mirror, be objective, ignore your prejudices and insecurities, and just fucking fix what is wrong with you. If you can’t tell, ask a girl to tell you.

Your goals 1) get her emotionally invested in you (doing things for you, showing you positive body language, talking deeply about herself, being positive, and following you on your journey), 2) lead her around by developing a plan, tell her about it bit by bit, have her come along, change locations 2 or 3 times, end up at your house, 3) get her talking about herself and eventually pushing the interaction, 4) have genuine fun, which means do things you really find fun. If she thinks you’re pretending to have fun just to hang around her, she’ll think you’re corny. Even when you are dancing with her, she should feel like you really enjoy dancing and aren’t just doing it for her.

Your weapons are emotions The only way to break through a girl’s emotional wall is by delivering a strong emotional experience. You want to provide her the full spectrum of emotions: the low emotions (affection, comfort, relaxation, warmth, sexual energy, protection, silliness, authenticity), the high emotions (power, leadership, confidence, dominance, invincibility, weirdness, new experiences, high energy, masculinity), and the transcendent emotions (joy, transcendence, “love” in the abstract sense - don’t say “I love you”). Teasing is fine, but only if done on an underlying framework of positivity, friendliness and warmth. You must also speak intelligently, to overwhelm her thoughts AND emotions.

Strike the right balance Game is like surfing – you must stay at the “lip” of the wave - not too aggressive, not too passive. If you are too emotionally invested, she loses attraction and goes looking elsewhere. If you ignore her too much or act too platonic she thinks you’re not interested and goes looking elsewhere. You need to be slightly less emotionally invested in her the whole time, which means you need to know when to step on the gas and when to tap the brakes. I can’t teach this, it requires practice and the ability to read her.

Stepping on the gas is 1) making deep eye contact, 2) touching (preferably skin to skin), 3) Saying “bond-y” things like “we are the best dancers at this party”, 4) emitting sexual energy (just imagine sexual energy is a magical thing that you can just emit, you will know what I’m talking about), 5) inviting her to the next step in the adventure (“hey, let’s go to bar X after this drink”), 6) talking about deep/personal things. Women are very insecure, so if you don't keep your foot on the gas, her insecurity may make her check out of the interaction. Read her body language to determine if you should keep pressing the gas, but when in doubt, press. If she doesn’t like you, she can leave, or tell you to leave. “Creepiness,” to the extent such a concept exists, is simply emotional overinvestment. Don’t get too invested, and don’t do anything objectively creepy. If she unfairly thinks you’re being creepy, that’s not your problem.

Tapping the brakes is going cold. 1) looking at your phone, 2) breaking eye contact and looking around, 3) talking to other people, 4) doing what you want to do with no thought of what she wants to do, 5) fixating on a song or something else entertaining going on at the venue, 6) bathroom break 7)
becoming unexpressive and silent. You tap the brakes when she taps the brakes – if she taps the brakes a little, you tap much harder, to let her know you make the rules, not her. Generally, you should tap the brakes more with “bitchy” girls, but you need to read correctly.

Even it’s going super well, tap the breaks occasionally to keep her guessing and to give her some breathing room. If you press the gas too hard, you can fix it by doing an emotional reset. For example, if you ask her to come to the next bar and she says no, I’ll say “ok, well I’m going anyway.” I then tap the brakes, do something different for a while, and then totally change the subject to something new. I build up the emotions again and then I say “ok, well I’m leaving now.” If she’s into you, she might follow the second time. If not, you’re chasing a dud.

You should also be ready to bail at any time if she is negative, crazy, or refusing to let you lead (that means she’s not attracted), even its 4 AM and you thought you made it. Don’t let the sunk cost fallacy ruin your night. You must have a video game or book you would be happy to go home to. Never do anything where you have to rely on her to get in, or get a ride home, etc… Don’t do something that you won’t enjoy doing. Sometimes she won’t get emotionally invested – it’s ok, not everyone has to like you – find someone who does

**Come with the following things** Breath mints. Charged phone. Charger if you might need it. Working Uber. Baby pictures - nephew, cousin, whatever. Two, three short stories that are funny, the more self-deprecating the better. A deep story about your perfect day (mine is smoking pot and riding my bike around South Beach listening to Madonna).

**Get emotionally prepared** Read, watch or think about something intellectually and emotionally more important than women and keep these thoughts and feelings in your head when out.

**Talk to 3 girls before you go to your real venue** There is a natural emotional “wall” that exists between people who are strangers. It’s the man’s job to break this wall down, but you need some practice so that your end of the wall is already gone.

**Principles**

**Stay above the fray** Imagine you just got back from partying with supermodels in Miami and these peasants are lucky you are even in their bar. Don’t get mired in petty conversations, stupid chit chat and negativity. Never forget that you are better than everybody there. And don’t forget you have a bulletproof plan to bring her back that works if you would just do it.

**You don’t have to be her dream man** This may not sound very inspirational, but the truth is that every woman is settling. Don’t drive yourself nuts thinking about whether you are good enough for her. Whether she likes you is none of your business. Go in, enjoy the interaction, and if she keeps talking to you, that means she’s fine with you. Think about yourself, not her.

**Disinterested interest** Humans connect on an emotional level and a rational level. Your rational words should show interest and enthusiasm but you must communicate the “emotion” of “I’m just talking to you to be nice, I would maybe rather be somewhere else.” Take the pressure off of her and just allow HER emotions to grow by not getting emotionally invested. And until she emotionally invests, DO NOT STOP YOUR MISSION. She should feel like you might walk away at any moment. Disinterested interest, however, does not mean be low energy or do not escalate – on the contrary, escalate and emit high sexual energy, just make her feel like are not totally emotionally committed.

**Double meaning and plausible deniability** You must constantly escalate, but also use “double
meanings” – words and actions can be interpreted as interest and/or escalation, but also not. This keeps her guessing and gives you plausible deniability in case she feels pressured or indecisive. Say sexual things, but in a way that could possibly interpreted as just a joke. Example: Her: Are you trying to have sex with me? Me: I’m not sure, let’s see whether you mess this up.

Go deep Talk about deep stuff but don’t become her therapist or let her suck you into the vortex of her negativity or craziness. You are the lifeguard standing on the edge of the crazy pool, not another person drowning with her. Shift from silly to serious and back again effortlessly. Silly topics: 1) what’s your DJ name? 2) What super power would you want? 3) Everybody at the bar is secretly a paparazzi there to take pictures of you, but they are just playing it cool. 4) Let’s get drunk and go overthrow an oppressive government in the third world tonight. Serious topics: 1) How you have strong boundaries and don’t let people cross them, 2) How you are independent and do things alone, 3) how you are childlike and “nobody is really an adult”, 4) How you believe love is unconditional and not based on any particular attributes the person has, 5) How you love to live in the moment rather than have material things, 6) How you have a plan for world peace 7) How you love your job/hobby/whatever. Don’t discuss her exes, your exes, any other guy she is dating, or shit you will definitely disagree on. Call her out if she says anything fucked up like “I drink and drive.”

Don’t Don’t ask her for anything. Definitely don’t beg. Don’t let her feel like you are intimidated, awed or obsessed with her femininity or appearance. In fact, make sure any compliment about her appearance is done with extreme disinterested interest. If she does something overtly sexual to throw you off your game, use disinterested interest and double meaning to make her feel like you still may be interested, but the pussy can’t control you. Don’t give her anything she doesn’t deserve. Don’t pay for anything unless she pays for something first or agrees to pay (i.e., she agrees to buy the next round). Don’t let her dictate the conversation, especially if she wants to talk about stupid or boring shit. Don’t agree with her if she says crazy or stupid shit. Don’t validate yourself to her. Don’t brag.

Compliments Only compliment her if she did something actually objectively impressive and you are actually impressed.

The steps

Keep doing shit Motion creates emotion, so always be doing something when you’re out. You’re buying a drink, you’re finding your friend, you’re texting somebody. Women can subconsciously sense when you’re on a mission, and the moment you just stand there dumbly or show that she can throw you off your mission she loses attraction. No matter how hot or famous she is, don’t let her perturb you, change your emotional state, or alter your behavior. Until she gets emotionally invested enough in you, she has to feel like you would rather be doing something else and you are just talking to her to be nice.

Say hi to everyone Make eye contact with everyone. Say hi to every girl you see, with only extreme exceptions (she’s clearly there with a guy, etc…). Wave if she’s far away. The warmer her reaction, the more conducive she is to being approached. But keep doing what you’re doing as you’re saying hi. If you’re going to buy a drink, keep your body in the motion of buying a drink. The worst possible thing that can happen is that she gives you a weird look or looks away, and this usually only happens if she’s there with a guy. No matter how unattractive you are, on a biological level it’s hard to say no to a happy person saying hi to you.

If you’re in a social crowd with people you know, talk to everybody, men and women, so you don’t look like some creeper that just wants pussy. In fact, in a mixed crowd of friends talk to the head
alpha male and then introduce yourself to the girls almost as an afterthought. But eventually introduce yourself to every girl there – it’s only polite.

**Approach** If she shows interest, approach, but keep doing what you’re doing. Sound like a contradiction? It is, but women’s feelings are contradictory. If you’re buying a drink, keep buying the drink as you are “approaching.” Good opening lines: “hey how are you,” “what’s your deal,” “you’re too hot to be here,” “how was your day?” “what brought you out tonight?” Stay warm and keep a big smile: you are a happy retard. Tap into the emotional “tone” of the moment? DJ’s awesome? Say something about it. Funny guy dancing in the corner? Say something about it. Keep it positive unless you can figure out a way to make a negative funny or positive.

**What to talk about?** The beginning conversation is less about the subject matter rather than proving to her you’re not a creep or stalker. Ask her what she’s doing at the bar, give her a compliment, make a joke and then just talk about whatever comes up naturally.

**Eliminate duds as quickly as you can** Who is she there with? Her boyfriend? Eliminate. Is she being negative? Bad mood? Being a jerk? Eliminate. Her friends? Where are they? What’s her plan for the night? If she’s leaving in 10 minutes, eliminate. Wait until it’s appropriate to ask these questions, but you need to know these answers before you waste too much time on her. Also, be careful to not get distracted– many girls, even those who rejected you previously, will suddenly get very friendly if they see you with another girl. If you spend too much time on these girls, you WILL screw it up with your primary mission.

**Take the power position in the conversation** Whoever is more physically comfortable has the power position. If she’s sitting and you’re standing or if you’re contorting your body to talk to her, she’s in the power position. You must absolutely demand (without words) to speak to her face to face, have your own space, and feel comfortable. If you’re sitting, don’t offer her the seat. Take a step back every once in a while to make her feel like she is crowding you, not the other way around. Be calm. Speak slowly. Think before you talk. Don’t get sucked into her emotional vortex.

**Be the opposite of a jealous, controlling, judgmental douchebag** Introduce her to all your friends and anybody else important at the bar. Introduce her to the “alpha male” of the party to show you’re not afraid of him (if she decides to fuck him, she wasn’t that into you in the first place). Be super nice to bouncers, Uber drivers, etc… If she starts being a bitch, give her a serious look and tell her “he’s just doing his job.” Random guy comes over and starts talking to her? Great, he’s now your best friend and you should try to include him in the conversation as much as you can until he freaks out by how nice you’re being and runs away. Talk to all of her friends in 1-1 conversations and compliment them. If one of them is being a bitch, ignore the bitchiness as if it doesn’t exist. Try to read her friends and see how they feel, if one is skeptical focus on him/her the most. If it looks like they will veto you, get her number and bounce.

**Keep escalating emotions** Humans constantly want stronger emotions. If we eat a cookie, next we want 2 cookies. Give someone a bump of cocaine, next they want 2. Etc... If you provide a flat, consistent emotional experience, she will lose interest, so you must provide stronger and stronger emotions. Human emotions are also dynamic. It doesn’t matter that you were tingling her feels at 10:00, you need to bring new tingles at 10:05. When you hit an emotional peak, say something “bond-y” (I’m glad I met you, this is such a fun night, I am so good at finding awesome people) the first time, get her number the second time, go for a kiss when it’s appropriate. Read the situation. The man must dictate the emotional tone, but it also must match her emotions. If you don’t match her
emotions, you won’t connect emotionally, but if you let her dictate the emotional tone, she is controlling the interaction and not you. Your best bet is to show her you can do any emotions she does but bigger, more pure, and more positive. Don’t bring out your weird, edgy or offensive side until she’s bought into you and knows you’re not a creeper. Say real shit to show you’re not putting on a façade (I lose my wallet all the time, etc…).

**Hook her** At some point in the conversation, establish that you guys are “together.” If she’s showing interest, say something like “I’m really glad I met you tonight, we are definitely going to hang out.” Don’t say anything too grand like “you’re my girlfriend now.”. After you hook, you can press the gas harder and tap the brakes more often. Depending on the situation, you may have to hook sooner – if you’re in a big group of girls and/or guys, you need to hook early.

**Take the plane off, fly, and then land it** Women want to fuck but are too afraid of rejection to approach guys or push the interaction, so you have to do it. You must show you are reliable and can pull off the whole process with no weirdness, awkwardness or making her feel shitty. Make her feel like the entire night is planned out and she can just stop thinking and enjoy the ride. Act like you know what you’re doing and that you’re a professional (girls say they hate players but awkward, unconfident guys are worse). Act like you know the game. Act like you don’t need to manipulate or cajole her. Think three steps ahead and have a plan for the whole night. Transition everything smoothly - if you are going to the bathroom, tell her you’ll be back (unless you need to slam the brakes for some reason). Don’t ever let her feel like you abandoned her.

**Back at your place**

If she’s ready to fuck, throw her on the bed and fuck her. If she needs some emotional escalation, put on a movie and cuddle up next to her. Watch enough of the movie to make her think that you might really just want to watch the movie, have some non-sexual conversation, segue to deep, emotional conversations, and then at an emotional peak, kiss her. If she’s into it, stop a few times, keep chatting, and then go for a kiss again. After two or three false starts, start undressing her and/or rubbing her pussy. Sometimes really emotionally damaged girls don’t want to kiss, but will respond if you start rubbing their pussy, so act accordingly.

If she turns you down, confidently acknowledge the situation (I sometimes jokingly say “I’ve never been turned down for sex ever”, etc…), and then do a complete 180 emotionally, changing the subject to something completely non-sex related (hey you wanna watch a cool video on Youtube?). After enough time has passed, escalate the emotions again and then when you hit an emotional peak, try again. If she turns you down 2 or 3 times give up.

If she wants to have a long conversation about whether she should or shouldn’t have sex with you don’t engage. I usually say something pithy and end it at that (“I am not going to judge you and who cares what society thinks.”). If she’s still struggling with it, tell her “I’ll give you some time to think about it” and then go back into a non-sexual, deep conversation, hit an emotional peak, and then go for it again. If she says something like “you do this to a lot of girls” give another pithy response and don’t let her dwell on it (“I am flattered you think girls want to fuck me. Not every girl makes bad decisions like you do.”).

Have your own condoms that are big enough. After you are done, dispose the condom in an environmentally-friendly way, making sure that you don't lose any jizz. Pull out if you think it may have come off.

**She won’t go home with you?**
Get her number. After you leave, text her something later that night like “great to meet you tonight, let’s hang soon!” Two days later, text her about some random thing you guys did or talked about, but don’t ask her out. Two days after that, invite her out but phrase it like this “I am going to be at X place at Y time. Come join.”

**Last word**

All of this writing is useless. It’s all true, in my opinion, but what’s important is being there in the moment and feeling and breathing that energy. You can’t go in with a script. This is all stuff that you need to know but don’t expect it to happen overnight – you need to get caught up in the moment. But at the same time, you need to do what’s right, not necessarily what you feel.

Go to my website: [http://www.woujo.com](http://www.woujo.com)

Follow me on twitter: [http://www.twitter.com/woujo3](http://www.twitter.com/woujo3)
Here, a 14yo girl explained it to you

1002 upvotes | May 15, 2019 | by AreOut | Link | Reddit Link
A List of Approach Invitations

1001 upvotes | July 27, 2017 | by Hector_Castillo | Link | Reddit Link

Saw a really good post put up about looking out for signals, both positive or negative. Wanted to share a few I've noticed over the years.

Maybe these are obvious to you, maybe some will surprise you.

The positive ones I call approach invitations.

The negative signals I call "fuck off."

Recognize either and you'll find a lot more success with approaches, especially during the day.

Remember, women are women and that doesn't change during the day.

Their invitations might even be super obvious but you're not looking for them because your culture has programmed you to think of nighttime venues as the only houses of worship for sex.

**Approach Invitations**

- Looks at you for more than 1.5 seconds. Unless you have something on your face, she is signaling for you to approach or at least that she's interested. In most cases, don't hesitate. Immediately approach. Anything longer than this is the female equivalent of her saying, "I think your penis would look nice in my mouth."

- Looks at you more than once. A quick glance and a lookaway could be ambiguous, but a girl looking at you more than once? Bright green light. Approach. Women are very careful with whom they look at, as they don't want to *actively* draw unwanted attention from losers (though they will dress scampy as a passive strategy for attention, many of it unwanted, and then feign anger when they get it).

- If she's with a group of friends and they suddenly get quiet around you, this is a sign of attraction. They're nervous and submissive around you and you didn't do shit but be you. Introduce yourself.

- If she's with a group of friends and their volume suddenly gets *much* louder than before, this is also a sign of attraction; they're trying to get your attention.

- If she's walking close behind you at a steady pace, it's a yellow light. A girl who doesn't want to be in your presence will either speed past you or slow down so that you walk ahead of her. Look back and see if you can catch her eyes, smile, and hit her with a casual "hello." Sometimes she'll speed up then walk next to you for conversation.

- If she's walking behind you, speeds up to overtake you, but then slows down once she's in front of you, this is a big sign. She wants you to see her, especially her ass. Upgrade to super green light if she walks in front of you after the passover. She really wants you to see her ass. A casual, "Excuse me," into a compliment or introduction works wonders here. A girl did this once and I noticed a back tattoo. Asked her about it and she hooked hard. A few hours later she was swallowing my meat.

- If she's walking parallel with you and maintains your pace. A simple, "Hey, how are you?" suffices, since she's already in your bubble.

- If you're waiting for the walk light, train, bus, etc., and she moves from standing far away from...
you to closer to you, she's interested. Upgrade to super green light if it's immediately after you enter the scene and you notice her notice you.

- If a girl is standing around you and starts to look around aimlessly. Bonus points if she always seems to be interested in the area around you. If you want to be super sure and break your internal Matrix with how obvious women are, let her do it for a while but only watch her through your peripheral vision. You'll see her break the act and go from looking "behind" you to a quick stare at you or even a full check-out. If you want to have fun, catch them in that moment and give her very strong eye contact then open.

- If a girl is in line with you or around you for more than a few seconds and sighs for seemingly no reason, hit her with a, "Having a bad day?" or make a dumb joke about the line. If there's something you can make any comment about in the vicinity, do it, even if it's dumb. The goal is to talk to her and she's verbally shown interest in talking to someone and since you're close it might be you.

- If she's around you and starts to stand on the balls of her feet or arch her back, she's feelin' girly and nervous. Muster your best deep voice and make her purr.

- If she moves her hair away from you and exposes her neck in your direction. Or if she plays with her hair at all, especially while walking towards and passed you on the street. Good video of a blonde chick doing this do Rory Mcilroy on the green. Check the Tube.

- If she looks at you then looks down when you meet her eye, you've got submission. Which is good.

- At somewhere like a grocery store, if she comes into your aisle and takes a strangely long time to survey the wide variety of fucking chicken or whatever aisle you're in, there's a good chance she's waiting for you to talk to her and then give her your chicken.

- If she asks you for directions somewhere, there's a good chance she's interested. Out of all the people on the street, she chose you. This is a yellow light, as she could just be asking for directions, but strike up a conversation and if she stays in it, she's down to clown.

A lot of these windows are quick and you need to act. The hotter they think you are or the more masculine/aggressive she is, the more obvious the signs, but even the most predatory women will get annoyed if you don't pick up on their signals. By being subtle women avoid looking low-quality/thirsty and it also weeds out pussies/clueless chumps. Don't be that guy. Pounce.

Now, just as they give out approach invitations, they also give out their fare share of "fuck off" signals.

**Fuck-Off**

- If she's wearing sunglasses or headphones, this is a passive "fuck-you" to everyone. Only the ballsiest of men will approach anyways. Get in her field of vision and gesture for her to take her headphones out. If you're hot enough, she'll be happy and even give you bonus points for not giving a fuck about the subtle barriers she put up.

- She looks at you and then breaks up contact upwards. She's communicating that she's higher value than you (or at least perceives that you are, which is all that matters to her). If she breaks eye contact to the side, it's a yellow light. Could go either way. Also, if her breakaway is overly dramatic, it's also a yellow-light. Could be genuine disgust or she's trying to play hard to get
She doesn't even make any eye contact with you or look in your direction while walking past you (you coming towards her and her coming towards you).

She randomly "answers" her phone in your presence. This is a big fuck-you, especially if she spotted you checking her out moments prior.

She sees you walking towards her and gets her phone out to text. *Maybe* it's her pretending to look busy/cool, but usually it's a "fuck you."

Resting bitch face. Though, this one is ambiguous most of the time and I particularly like bitchy girls, so I'll approach and even call her out on it.

Doesn't return eye-contact as you pass each other.

While standing around you is turned away from you. If she's interested, she'd usually give you some sort of invitation. Why? Because she noticed you. I promise. Women are hyper-aware of everyone around her. They *have* to be (the male human is both her greatest desire and the greatest potential threat to her safety).

She's walking quickly and determinedly towards her direction.

She's on your side of the street but switches sides as she walks towards you or notices you behind her/in front of her, and still continues to walk in the same direction.

She's next to you on a busy street but then moves and puts a person or several between you and her.

She chooses a spot in the coffee shop far away from you.

There are many more for both categories, but that should suffice to show you the general patterns of interest and disinterest.

However, there is one note that I've found to be really strangely true and has made me question my views on determinism.

If you see a girl and you find yourself getting excited, feel an extreme "pull" towards her, and find her breathtakingly beautiful (see: different from "hot"; that's your dick talking), I'd say there's a 95% chance that she will *love* your approach. Even when I was a newb and didn't really have any of my passive qualities on lock (fitness, fashion, hairstyle, etc), women who I found stunning would always give me really warm responses when I approached. I'd obviously fumble the actual conversation itself and either pass out and dip out too early or fuck up the escalation, but the attraction *was* there. That's not even game, that's straight biological symmetry (pheromones or w/e) or fate, if you're a hard determinist - either way, doesn't matter, it's a pattern that's too frequent to deny, in my experience.

I usually only approach nowadays if I feel that pull to her or if she gives me a signal, because after over 10,000 approaches, shotgun approaching tires me, but sometimes, if I'm the mood, I'll approach regardless of any bad sign, because fuck it why not. Sometimes you'll be surprised.

If you're hitting lots of walls with approaches, you're very likely ignoring "fuck-off"s and not looking out for invitations.

Hope this helps. Mostly applies to day game, but the signals don't change much at night, though they do get both more nuanced *and* more obvious at night.

Hector Castillo
Female blogger unknowingly confirms TRP principles to a tee.

Didn't believe TRP before? Well read here and take it straight from a real girl's blog. This article shows TRP principles so clearly that I honestly would have thought its fake if I didn't look into the rest of the author's blog and her twitter. For context she is 29, single, and desperately wants to settle down; she looks decently attractive for a 29 year old. There was a time where I would have read something like this and felt bad for her; but with the red pills lens on, I just laugh.

I have been single for the past nine months. Before that brief relationship nine months ago, I had been single for about two years. That is a long time to be alone right? I take complete responsibility for that extended period of “singledome.” I was finding a new job and really I was finding myself again. I was not feeling confident or content with my life and I was scrambling to figure that out before I brought anyone else into my life.

2 years alone at your late twenties is so scary as a woman. Sorry I chose to prioritize my career, money, and freedoms over men.

My beeeautiful friend whom I shall call Em, is single as well. She has a far different dating life from mine. No two year treks of singleness for Em. Em hasn’t been lucky in love yet either, but perhaps she is more lucky in love than I am. She does at least meet men she wants to see more than twice. One thing I should mention is that Em isn’t exactly “looking” to meet anyone at this very moment.

Ok Em, ok.

Em is hotter than men and she can still pull chads, I'm kind of jealous.

Being single in your (very) late twenties is hard. A couple of months ago we went to a minor league baseball game, after a lot of rambunctious cheering I received a ball from a player with his phone number. Never one to turn down a baseball player, *wink wink* I text him and we all met up with him and his friends at a nearby bar. The night was long, hilarious and made absolutely no improvement to my love life. This brings me to problem number one of dating in your late twenties.

Turns out the baseball guy just wanted some ass and not to put a ring on my finger. I still fucked him though.

You are no longer 24. Being 24 and being 29 are vastly different. At 24 I was young, naive, full of hope and open to all possibilities. Cute and funny guy with no real job, ehh he’ll get one! At 29 I am cynical, low on patience and know exactly what I want.

At 24 I loved getting pumped by bad boys with no jobs, they even had a ton of tattoos! I loved being obsessed with them and I expected nothing in return; I was getting the tingles hard. Unfortunately I'm 29 now, cynical from being used in my youth, and I know exactly what I want now: financial support and babies.

Problem number two…
You are over meeting men at bars. Remember when you wore tight skirts and four inch heels every night to impress a bunch of men at a bar that were really only trying to sleep with you? Long gone are those days. It’s a win if you fix your hair at 29. Meeting the same intoxicated, over confident bachelors has lost its appeal. Not to mention there is still a crowd of 22 year old girls with tight skirts and perfect contouring at these bars. Who has time to compete with that? You work FULL time at a job you probably hate no less.

Just LOL. Wow....

I remember 24, when I wore my slutty tight short dresses and my fuck-me-heels for a bunch of bad boys and chads so I can get railed hard by the hottest one I could impress. I cant do that anymore :( At 29, its kind of too much effort to even make my hair look good now. While I’d like to pretend that I don't like getting sexually used by hot bad boys anymore, my real issue is that I just cant compete for them anymore with some many hotter younger girls around.

All the education and career I prioritized in my youth ended up landing me a job that I hate anyway. I don't like working, I want a breadwinner.

Problem number three…

You don’t have the energy you did when you were younger. It used to be easy to hit four social events in one weekend. But between work, the gym, sleeping and running errands you are struggling to make it to one now. Being a grown up is no joke! There is so much to get done all the time. You don’t want to spend valuable hours sitting at a restaurant, hoping an attractive man will walk through those doors and sweep you off your feet. You want to know where these men are going to be dang it!

AND SO DO I!

I feel so tired, busy, and "grown up" now, I'm not that girl anymore. I'm so busy, lets be real I'm only keeping up with my gym routine until I snag a provider. Why can't I just sit on my ass and wait for a prince charming to sweep me off my feet ? Fine I know its not gona happen, at least I want to know where and how I can snag a clueless beta.

AND SO DOES EM!

She just doesn’t know it yet.

I believe other women are feeling the way Em and I feel. So, I have decided to help you all out. I am going to do a lot of research and work for you. I have already read too many articles to count today on the best places to meet single men. Good single men. In addition to the research articles I found on the web, I have collected data on places and events good men go to. Basically, I just asked good men. They know where they go better than anyone right?

You think this is just me? I know my peers are feeling this way too when they hit 30s. My hunt for the "good single men" ( read perfect beta chump) is just beginning. Here is a blog to help other women land theirs too.

EDIT: I had her twitter tab still open and decided to scroll all the way. Look at these two gems here
and here. Good luck to your future beta chump!

EDIT2: Someone inboxed me this. This blog is gold, read the description for "the safe bet" she dated while keeping what you read here in mind.

The guys she has dated:

The Safe Bet

This guy isn’t horrible. He is nice, he adores you in fact. And you like him because well, he isn’t a threat. He could never do better than you! Finally, after the beating your ego took with the player and the narcissist you can be the adored one. And no more worrying every time a pretty girl walks in the room. Then over time you will realize this man may meet lots of nice bullet points on your list, but you aren’t that into him and he doesn’t realistically meet your “top tier” qualifications for a husband, you just let him slide on account of the fact that he liked you SO darn much. He’s history.

DON'T BE THIS GUY ^. If TRP wasn't clear to you, it damn well should be now.

The Player

This guy just can’t keep it in his freaking pants. He is charming, too charming, but usually equally stupid. He is hitting on you and your best friend at the same bar, in the same night. Yes, I actually dated this dude(several times). Has little going for himself except that he is a fast talker.

The guy she wants:

Is it weird if I’ve dated these same types more than once? So let me describe what I am looking for in case you know him and aren’t in love with him yourself. He is tall, dark and handsome. Those were a given right? He is a super confident man, that likes to workout, loves to stay in, understands the massive amount of time I have to spend with my mom. Loves God, has a grown up job, wants to have children, doesn’t fit into any of the above mentioned categories. Must be driven in all aspects of his life. Bonuses: he is handy (good with tools) and funny.. actually funny may be a requirement, is my list getting long? Must be able to 1. love my dogs 2. handle a girl with a big mouth and a lot of attitude…my mom, obviously! Fine…its really me with the mouth and the attitude.

EDIT3: Replaced the two blog links with their archive versions in case she deletes them. I want people to learn from this as long as reddit is up.
"If you must break, break into a weapon, not into pieces."

I remember the day like it was yesterday. Filled with idealism, I had clasped my dad's hand and confidently stated that I'd be there for him no matter what. "I'll never give up on you, dad!" He flashed a sad smile, but his eyes were bright.

Fast forward a year later. My dad is completely bed bound. Tube feed, breathing machine, dialysis, we live in a trailer in the armpit of town, we're running out of money, and he's having diarrhea. I am holding the diaper in my gloved, shit stained, hands.

I slumped to the ground, defeated, i muttered through tears: "I'm sorry dad, i just cant do this anymore! I just cant! I'm too weak! This isn't going to work! You're not getting better!" And on and on and on...

He quietly looked on and said "just let me go son, you've done enough. More than enough. You have nothing to prove. Live your life."

It was at this time I remembered the redpill. The single most important lesson I've learned here is that "I can't" really just means "I won't."

It wasn't that I couldn't do it, it was that I didn't want to do it.

My life flashed before my eyes. A life of chasing women. A life of seeking their validation. A life of my mother calling me an idiot. A life of hedonism and nihilism. A life where I would've sold my own father up the river just to be with a girl. A life where I've abandoned friends in their time of need, just for a chance to be with the newest oneitis in my life.

This is the man that my dad will leave behind. The sum total of his memories will be of having a miserable, pathetic wretch of a son who was so desperate for the validation of a woman that he destroyed his own life to get just a taste. A son who would've crawled on broken glass just for a chance at one of these girls. And he couldn't even lift a finger for the only person that was there for him, the only person that was there when everyone else gave up, the only person that loved him unconditionally: his father. The last thing my dad will see is his son sobbing like a child in the corner at the age of 28, covered in sweat and feces.

All the sayings my dad had said over the years, that didn't register at the time, finally came crashing back into my mind.

"Anger is the poison you drink to kill your enemies, son."

"What doesn't kill you makes you stronger, son."

"Anger isn't evil, son. Even God got angry. It is only when you lose control that you will drown in it."

"Anger is a tool. A resource to be utilized. Right now, you're like an out of control fire, burning everything you touch and yourself. All I want you to do is learn to channel it. I want you to go from a fire to a laser. If you must break, break into a weapon, not into pieces. Don't become a slave to your anger. Become the master of it. Your anger isn't evil. It's not your enemy. It's a tool. Its letting you know that something in your life is wrong and needs correction. Anger and the pain that comes with it are your best friends, they're the only thing that will be honest with you."

Then, the inner voice we all possess within ourselves asked me this:
Are you ok with this!? 
are you happy with this!? 
aren't you a man!? 
what happened to all that big talk from before!? 
are you really going to leave things like this!? 
did you forget your promise!? 
the promise you made to yourself!? 
the promise that you'd stand and fight!? 
the promise to destroy your weakness!? 
this is your chance! 
prove to everyone that they were wrong about you! 
but most importantly, prove yourself wrong. Get the fuck up and prove YOURSELF WRONG! 
i could feel the adrenaline rushing through my veins. Despair turned into anger. A righteous fury. For the first time in my life, anger became a friend rather than an enemy. For the first time, i wasn't burning myself up in a fiery rage. 
I grit my teeth, clenched my fists and stood up with my back straight and my head held high. 
"Youre wrong, dad! Im not done. Im not even close to done. This is nothing to me. Im just getting started. Dont count me out. I'm a man, damnit. Im going to show you that, you fucking idiot! Im not going to have your last memories of me be the pathetic display you just witnessed. Now just you watch! Im going to show the world it was wrong to count me out! Im going to show everyone that they dont get the privilege of defining who i am or dictating when im at my limit!"** 
"only i define myself. Only i decide when im done. Only i get to say when ive reached my limit." 
Then I dried my tears and got my ass back to work. 
Whenever you tell yourself you cannot do something, all it really means is that you wont. Just like when you say "things should be" when what you really mean is "i want things to be this way." 
Life isn't fair. But it is fair in its unfairness. Thus life is fair in its unfairness. 
If life isnt fair for you, dont sit around and cry. make it fair, damnit. 
You cannot save anyone if you cannot save yourself first. 
You want to be a hero? Become your own hero. Become your own best friend. Look out for future you. Confide in yourself. Love yourself. Trust yourself. Be happy with yourself. You have everything you need to succeed within yourself. Mother nature gives all of her children the tools they need to secure their own existence in this cruel world. Show yourself that you were wrong. Show yourself that the old you is dead and gone. Be brave and conquer your fear. Dont become a slave to your anger. Use it! Do not waste it! Make all the pain and suffering you've gone through mean something! Make all the sacrifices you've made stand for something! Dont leave this world with a legacy of your weakness. 
Don't give the world the satisfaction. 
be better than you were yesterday. 
if you have to eat shit anyway, make it stand for something.
get angry and burn the weakness out of your soul.

be like fire: keep yourself warm, be responsible for yourself, and clear the ground of the rubbish in your life to make room for bigger and better things. And when challenged, don't be afraid to burn the whole world to the ground to get where you need to go. Make it so that your friends cherish you and your enemies fear, but either way they all respect you.
If you don't have good friends, that needs to be a serious goal before any kind of long term relationship with a woman. They can save your life.

999 upvotes | July 17, 2020 | by ebaymasochist | Link | Reddit Link

This is the forth attempt at making a post talking about something so simple as friendship between men. Every time it went off track because I am still so angry after my recent breakup after five years. Long story short I had great friends before her, I became depressed and anxious before and after my son was born, I expected her to care about my needs much more than I should have, and became a nervous angry wreck of a man and broke my own rules and standards of conduct. Mental illness was a big factor looking back now.

I won't pretend she kept me away from them. She actually encouraged me to see my friends on numerous occasions, but I was too busy to do so, at least I thought. I tend to isolate from friends for long periods of time of depression, and felt embarrassed for my standing in life. It was over the last year I ended up working with a guy who was probably the best friend I ever had. We had some things in common, but a lot of differences, and we could work together for 8 hours, sometimes 13 hours if we had side jobs, and resolve conflicts, help each other out, just get along great. I am an only child and this was when I found out what it's like to have a little brother.

I would feed him red pills about his failed relationship and he would use them to move on. One of my proudest achievements was being the guy he called for over 30 minutes one night when his ex wife was driving him crazy with their divorce, and helping him through that. She was a really crazy one, ended up with an abusive gang member in New York and would call my friend to come rescue her and torture him with the idea of getting back together. He really needed a strong influence to stay away from the pitfalls of that kind of drama. "You should be sooo grateful bro. This is a lesson, and you got out easy. No kids. Nothing to keep you attached to her. You are so lucky, yeah it hurts, but you're going to be okay and now you know the truth about this type of woman."

It was months later when he was back on his feet, dating another girl, and I was the one calling him, overwhelmed with all kinds of shit after my breakup. And he was there to guide me through it. That means the fucking world when you're stuck in your own head and it feels like everything is falling down around you. It's after trying everything else: lifting, running, writing on here, driving around, music, meditation... And you still don't feel okay. You need to talk to someone, man. Someone who has been there before. Your male friends are your most valuable assets in life.

Gym, money, friends, plates, hobbies. There is a real lack of emphasis on friendship and brotherhood on the red pill these days. Alpha wolf is different from lone wolf. Make it easy on yourself. Go out and get some friends who you can respect and trust and build a support system for yourself. Seriously, the benefits of having friends will make a woman so much less important in your life, and we know that is great for your game. The difference between her flaking and you staying home being lonely that night, vs. she flakes so you call your friend and go out to find ten new women to replace her. Or having a full schedule of adventures with your friends for the next week, so you don't have to fake having a full life. Women really don't care if you're learning piano and two new languages Tuesday through Thursday. You might still be forever alone.

If you have a ton of stories involving your friends, it's always easy to have something to talk about.
You can even use them in openers, like wave at a girl and say "oh sorry I thought you were my friend's fuck buddy." That right there is enough to keep her mind moving for ten minutes.

Anyways it's been said here before that your woman can never really be your friend. But you can find friends who really fill the need you have for that kind of support. And I recommend everyone to do so if you do not have that. Go get some friends, or upgrade your friends if they are idiots.
I've seen a lot of posts and questions regarding Social Media on here recently, so I thought I'd give a little insight into my Social Media cleanse and the corresponding results it's had on my life.

I had a fairly decent following (6k) but deleted my account for the following reasons:

I was pissing away time on it. Up to an hour a day, just looking at other peoples lives. Mostly women(I couldn't give a shit about updates on other mens' lives). I'd be scrolling through my feed, looking at women I found attractive, but wasn't fucking, basically orbiting. I never liked or commented on their posts, as they had enough of that going on with half of India's population commenting 'Nice bobs and Vagine' or a horde of 12 yr old's commenting "Suck my dick baby". It became clear to me that this is generally the standard of man that lurks around, liking pictures, validating, showering them with attention when these women have nothing to offer besides their tits and ass. Yet they sit on their Social media throne getting ego muff dives. I was no longer going to be a part of this.

Unless you're a social media Chad, a wealthy man, showing a top 1% lifestyle, and a big following, you're basically the virtual equivalent of an orbiter. No woman ever logged on Instagram and saw Billy, with 12 posts and 152 followers, liking pic number 45 and a timid "Hey" in the DM's and thought wow, this guy seems like a real prospect.

I have gotten some pussy off Instagram before, but weighing up the time investment, and my general disdain with Social Media in general i deleted it.

Fast Forward two weeks and I'm out at a Beach Bar celebrating a friends Birthday. It's Late, things are dying down and i spot an absolute beaut. Tall, Petite, Perky Ass, Fake tits(but well done). A real looker. My mate tells me she's a girl he's seen on Instagram, whips out his phone and shows me. She looks even better in the pictures. Has a 110k strong following.

We were at a table with bottles, this generally seems to attract women like flies to shit, especially high status women. They want high status men, they're not as concerned about your looks as lower HB women. I'm the best looking of our group, so I stood out, and we're making eyes. I hop up and go over and introduce myself, I'm chatty and cheeky in general and make some light conversation. I start turning the conversation more sexual, trying to draw her in. She's fairly receptive to my advances. Music stops bar closes, i'm not quite at the point yet where I feel she'd come home, my phone was dead, so I told her to take my number, I don't think she's too used to this but seemed to like the cockiness that i would ask a "girl of her calibre" to do that. She took it and she went back to her friends, i went back to mine, we all went home. Later that night i recieve a smiley face, so i know she's fairly keen.

I didn't respond that night, i waited until after work the next day. To which she replies "I thought you forgot about me". We text a bit back and forth, she quickly asks what's my Instagram, I said i don't have it, she asks Facebook? nope not that either. I set up a date for later in the week, (told her I'm only available then). She agreed.

We meet up and the chat is flirty, she asks why I don't have Social Media, I told her my life is interesting enough i don't need updates on others. She attempts at some point during the night to show me her Social Media, i decline, i said, "lets stick to the real world for tonight". I think at this
point she was realizing that she wasn't going to gain any favor from me through her Social Media following.

The realm where she was queen and men bent at the knee for her didn't even feature in my life. She was no more to me than any other women i could be on a date with. She was going to have to gain my attention in other ways. Coupled with this she told me she couldn't do her usual social media vetting of me(because obviously i don't have it). This added to the Mystery i had going for me. She didn't know who I was, Who my friends were, What i did for a living, or how i spent my time. Even on the date i was very vague about everything, joking and deflecting when she asked questions.

We were a bottle of wine down and the sexual tension was clear. She was wanting to order a cocktail, and i told her to skip it, We'll rather make them back at my place, I said "I've got a better view anyway"

The rest is History.

Lessons:

- Unless you're showing a great lifestyle, you're just another lurker, follower
- You're wasting valuable time on Social Media that could be used far more constructively
- With HB8-10 woman you can be as jacked, good looking as you want, they're looking for status
- Mystery, maintain it at all costs, her hamster will fill in the blanks
- Stand out, she had built up a huge following on Social Media, but with me this meant nothing, it immediately leveled the playing fields and she had to win over my favor in other ways
- Take time texting her, don't be too available, a woman of this caliber is simply not used to it
Successful people aren't Demi-Gods with insane willpower and incredible productivity skills. They are normal people who understood the importance of the small seemingly insignificant daily disciplines. They understood how these disciplines leveraged with time could make them unstoppable.

The Slight Edge

So what separates those who become successful in life with those who achieve nothing. The answer is in the simple daily decisions we make. Leveraged over time. The answer is the Slight Edge, a concept popularised by Jeff Olson, and his book called ‘The Slight Edge’, (must read btw)

Animated Video Post

Before we die, we would have made millions of decisions throughout our lives. Many of these decisions being seemingly insignificant during the moment; Deciding to go for a jog on a rainy day or sitting at home and watching TV, Reading a self-improvement book or PK’ing some noobs in the wildly, putting yourself out there and approaching girls or fapping to porn at home.

We often believe in the Quantum Leap fallacy, the idea that success happens after huge bursts of willpower or some sort of divine intervention. You have seen it before, the friend who joins the gym for a month and expects to look like Dwayne Johnson. How about your other friend who invested in bitcoin and now patiently waits for his billions?

It’s easy to see why this happens, we live in an instant gratification society. We assume that results should come quickly in everything we do. If we want it, we get it. If you want some food you can hop on Uber Eats and order the burger, if you want entertainment you can hop on YouTube and watch an endless amount of prank channels, if you want a Vinyl wall decal of half an Asian businessmen Amazon can deliver that to you within 3 days. No really, you can buy that shit… It’s got pretty good reviews too. The moral of the story is that our brains have been programmed to expect results fast, it’s even in our movies. You watch Rocky and you can see some bum become a boxing champion within the span of 2 hours. Or for the ladies, they watch that Greys movie and see some average do nothing bitch getting it on with the billionaire guy in a fucking dungeon.

The Truth About Success Isn't Sexy

Well, the truth about achieving things in life is not so sexy, it’s nothing like the Rocky montages. This isn’t a movie. Success stems from the mundane, it stems from the boring choices that you make daily that don’t appear to matter much.

Having one cigarette at a party doesn’t really matter much, it most likely won’t do anything to your body. How about having that one cigarette a few times a week multiplied by a couple of years. Brah, now your lungs are exploding inside your fucking chest like Walter White.

How about making the choice to exercise three times a week, every week? You do it for one week
and not much changes, you are still fatty bomb stick and that double chin is still gerbiling like a
turkey. You leverage those 3 workouts per week over 5 years and you look better than 95% of the
population you might even add a couple of years to your life.
That’s the Slight Edge, every single decision you make regardless of how small it might seem in the
moment when leveraged over time creates your life. You are always moving slightly up and getting
better with time or you are moving down and degenerating.
An easy way to illustrate this is by understanding the 1-degree mistake. In aviation, precision is a
must and if a plane flies 1 degree off course it will miss its target by 92 feet for every mile it flies. If a
plane flies from New York City to Los Angeles and is off track by 1 degree, that plane is going to
end up being 50 miles off course. You need to respect your daily decisions as seriously as a pilot
respects his bearings.

Fat Pizza Bitch

I remember ordering pizza the other day, when I opened the door to grab it I was shocked at what I
saw. The girl delivering the pizza was a girl I went to high school with, the last time I had seen her
was 5 years prior, back when she had an athletic body, fast forward to now and she was as fat as a
walrus. Goddam this bitch was HUGE! I wondered how she let herself go like that. Why would you
intentionally become a walrus?
Then it hit me! Right before high School finished she told me about scoring a job at Pizza Hut.
Clearly, she didn’t get obese overnight, but you multiply all those nights in which she took some left-
over pizzas home and munched on them like the cookie monster munches on cookies leverage those
nights with time and you get an extra 60-100 pounds to her frame.
So, why does this happen?
Look, no one wants to get fat or get lung cancer, but human beings are notoriously myopic. We have
a hard time grasping abstract concepts such as the effects that small actions have when leveraged
over time. It is much easier to grasp the effects of big actions, it’s easy to understand how doing
drugs could ruin your life, but it’s hard to comprehend how the Pepsi you drink every day might have
the same effect on your health in the long run. It’s easy to understand how gambling at a casino can
affect your finances, but it’s harder to understand the long-term effects of your credit card debt or
student loans. Our brains always default to the easy concepts that they can understand, while omitting
things that are slightly complex. Now consider this, the things that will improve our lives are easy to
do:
• Meditating for 15 minutes a day is easy
• Reading a non-fiction book for 20 minutes a day is easy
• Exercising for 30 -40 minutes a day is easy
• Getting 0.1% better at your craft a day is easy
• Saving a little bit of money/ putting some in investments is easy
However, all these things are just as easy not to do. Your biology is against you. Your body wants to
preserve energy for survival. Your body doesn’t know that you are no longer in the stone age, it
doesn’t know that you have goals and aspirations. It doesn’t give a flying fuck about your higher
ideals, so your default mechanism is to resort to the easiest option- not doing anything, staying in bed
and watching videos about ‘$17 fried chicken vs $ 500 fried chicken’, (is anyone else addicted to this
Areas To Focus One

So, what can we do to have the Slight Edge work in our favour? The first thing we can do is to bring more awareness into what we expose ourselves to in our lives. I have four main areas that everyone should focus on:

• Stimuli
• Associations
• Food
• Mission

Stimuli:

You should take some time to consider what type of stimuli you are allowing to seep into your life. I am talking about: The shows you watch, the music you listen to, the websites you visit, the books you read, and anything media based. Consider everything, are these things elevating you? Making you smarter, more aware? Or are you becoming numb, disengaged to life because of these things?

Associations:

The people you hang around with, how do they influence you? Do they make you step up and become the best version of yourself, or do they disempower you? Are they achieving things in their lives and making things happen or are they 1 degree off course and bringing you down for the ride? How about the quality of women you chase? Are they adding value to your life, it worth the stress? Sometimes the people we hang out with are killing us slowly, perhaps it’s time you re-evaluate your circle of friends.

Food:

Yes, yes I know your KFC double down burger is delicious but is eating a burger with two pieces of deep-fried chicken for buns every day really serving you? When was the last time you got your blood-work checked mate! Your cholesterol must be higher than Shaggy from Scooby Doo. You guys do know he was high throughout the whole show right? Pay attention to the things you put into your body daily, if you keep eating and drinking the way you do what would you look like over the next 5, 10, 20 years? Some of you might not even last that long with the shit you are eating.

Mission:

Do you have a mission in your life? Do you want to be an entrepreneur? A doctor? The best league of legends player in Oceania? Consider your daily disciplines, are you doing the small tasks daily that are needed to realize your mission? Will your vision be realized or are you waiting for the quantum leap to happen like in the movies?

The slight edge is real, it’s based on mathematics, it’s so simple and yet we ignore it. It’s time you start paying attention to your daily disciplines. It’s not exciting, but the small things are what build up to shape our destinies. When you look at any success story, don’t be so quick to play the luck card. Investigate and see if the Slight Edge was at play, it usually is, it’s just that no one wants to talk about
it.
There’s A Hidden Supply of Hot Girls All Around You that No One Else is Gaming Effectively

993 upvotes | January 5, 2021 | by ForeverKarlMalone | Link | Reddit Link

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**Intro:**

Well, it’s official. Covid 19 will still be a big part of your life in the first part of 2021...
Which means depending on where you live, still no bars...
Still no clubs, Still no lounges, Still no places you can reliably find hot girls to approach.
And if you've been in the game for a while... then you know that whenever you get out of a long term relationship or even just decide to take a break from game for an extended period of time - your skills deteriorate...
Game is a muscle that needs to be actively exercised or your skills will atrophy... just the way it is. You either use it or lose it.
So does that mean you have to drive to the mall to cold approach 10 girls a day??
DAYGAME MUTHAFUCKA!!!!
Not exactly.
What if I told you there’s a “hidden” supply of hot girls all around you that you can walk up to and game... that just about no one else is approaching effectively?

**Body:**

Have you ever noticed that your eyes automatically move towards hot girls while you’re walking down the street or going about your day to day life?
Sometimes you and the hot girl walk past each other. Sometimes you walk past them from behind, sometimes they pass you if they’re in a hurry.
Point is, have you ever considered that you can actually have a conversation with these girls walking past you every day instead of just staring at them for a brief moment? (And even avoiding eye contact if you’re beta enough lmao)
The only problem is, it’s not that easy to stop a girl that’s on the move... Sure you can approach them, but most of the time they’ll just keep walking... after all, it’s Covid-19... and strangers are dangerous! Sigh...
Meaning you’ll have to chase after them and walk with them like a low value beta.
Don’t believe me? Try it out. Try approaching a girl on the move in 2021 and you’ll see how difficult it is to get them to stop and have a conversation with you, unless you live in a rural area or something...
Until a week ago, I thought that girls on the move were off limits. I mean, they have places to go right? And besides, they all have masks on... they’re probably scared of Covid-19...
And every time I approached them, it only seemed to reinforce that fact. The majority of them didn’t stop when I approached.

They just kept walking... and walking...

And these are girls that seemed open to being approached, not the ones with earphones on lol

Sometimes, I’d follow after them and continue talking to them, walking side by side, but I don’t think a single approach like that worked out.

I mean, I was clearly chasing after her and the girl could see that... she’s not stupid, she knows she’s higher value than you if you chase that hard and follow her around like a dog on a leash...

I tried a bunch of different approach strategies too.

I tried walking up and tapping them on the shoulder. I tried walking up and telling them they’re cute, walking up and talking about something interesting in the environment...

Nothing seemed to work. Everything I did only seemed to reinforce my belief that these girls walking around from place to place were not meant to be approached. They had places to be... people to see...

And that’s when I met Dan: The Salesman from Costco who single handedly taught me that there’s a better way...

If you ever met me, you’d know that I almost never stop when homeless people ask me for money on the street, or salespeople approach me at Costco.

I had the mindset that I don’t have time to deal with that shit.

So looking back, I probably missed out on some cool offers from the Costco reps that I genuinely would have enjoyed. Probably missed out on interesting conversations with homeless people too.

Dan from Costco was different though.

Dan was able to get me to stop and listen to his sales pitch...

(I think it was home delivered water or something)

When it first happened I didn’t even know what hit me. I just sat there and answered question after question about how I pay for water, how much water I drink a month, etc.

I was like, how the fuck did I end up in this sales pitch? This usually never happens...

And then it hit me. Something about Dan’s approach compelled me to physically stop walking and listen to what he had to say.

I waited for him to finish his train of thought and immediately told him what was on my mind. I told him that I almost never stop when salespeople approach me. And I told him I wanted to know how to do exactly what he just did to me.

Dan looked at me like I was autistic. LMAO

I laughed and told him I’m utterly serious. I wanted to know his secret on how he could get people to stop what they’re doing and listen to his sales pitch.

I even offered to buy a 3 months supply of his water delivery service on the spot no questions asked if he was willing to help out.

So there I was jogging back in the middle of Costco and walking towards a very confused Dan again so I could try to figure out exactly what he was doing differently from everyone else.

I noticed several differences immediately.
1. First, he waved to get my attention when I was like 8 yards away. This meant that I noticed him from a distance already.

2. Second, he held out his hand in a stop sign about 4 yards from when I was on top of his sales booth, and delivered his opener. “Excuse me real quick, I have a question. How much are you paying for your water every month?” This meant that I had plenty of time to stop instead of continuing to walk like I usually do.

Do you see how intelligent this kind of approach is?

Usually homeless people just ask for money at the last second when you’re right next to them, making it super easy to just keep walking past them.

Dan, on the other hand, waved to grab my attention from a good distance away, and delivered his opener from 4 yards away, meaning it would be socially weird for me to not stop. He turned the tables.

For all those homeless people on the street, it would take active effort on my part to stop and engage them in conversation.

With Dan, it would take active effort on my part to keep walking.

People LIKE taking the path of least resistance. Myself included. That’s just the way it is.

The funny thing is, Dan himself didn’t even know how brilliant his approach was. He was just doing this shit naturally.

I didn’t care though. He taught me everything I needed to know. So after I paid for a 3 month supply of his water as promised...

I immediately tried this out on a hot girl who was walking into Costco from her car.

Like I said, usually girls on the move are very difficult to stop and have a conversation with, especially during the Pandemic.

But this time, I followed all the steps.

1. I waved at her from 8 yards away and smiled. She smiled back.
2. I held out my hand in a stop sign and opened her indirectly, “excuse me real quick, I was on my way to the XYZ restaurant it’s supposed to be right here but I can’t find it.”
3. Blah blah blah, “oh by the way, you have a creative and artistic vibe. Are you an artist?”

Boom!

I kid you not. Full 20 minute conversation in the Costco Parking lot. Tons of flirting and swapped Instagrams at the end.

I repeated this exact technique on 5 other girls over the past week (making sure they noticed me from a distance, and delivering my opener from 4 yards away with my hand held out.

Every Single One Of The Girls Stopped In Their Tracks. And had a conversation with me.

Already have dates lined with with 2 of them.

Covid-19 made it so the path of least resistance for a hot girl is to keep walking when a stranger approaches them.

But when you simply make sure they notice you as you approach, and give them enough time to stop, They Will Stop Every Time. They won’t know why they stopped, but they’ll stop.
Because it would take active effort on their part to keep walking. And almost everyone takes the path of least resistance.

**Lessons Learned**

If you’re too scared to even approach a girl, then this technique isn’t for you. Learn the basics of daygame first by approaching girls waiting in line or girls standing still that smile at you as you make eye contact with them.

And if you’re too scared of Covid to approach, then by all means continue monk mode. I don’t have anything against men who try to do the right thing to keep others safe.

But if you’ve been at it for a while...

If you’re sick and tired of this lockdown bullshit...

If you want to exercise your daygame skills on women who were previously off limits because they’re walking too quickly, I urge you to use what you learned to immediately get every single girl you approach to at least stop and have a conversation with you.

Nobody else is approaching them in such a calibrated way.

So Why Not You?
Always save your text conversations, record conversations

991 upvotes | July 25, 2018 | by hiddenpleasures123 | Link | Reddit Link

My friend was recently talking to a friend of his sister's on Facebook Messenger. They had planned to hang out. She then started getting really sexual. He ended up telling he wasn't looking for that at first and was no longer interested.(He's bluepill in some ways, hopeless romantic type)

Anyway, she didn't take kindly to rejection(AWALT) and ended up making a fake Facebook account pretending to be him. She messaged herself a bunch of fucked up stuff. Messages including; him begging for sex, him looking like a creep, threats of rape and harm and extremely sexual shit. She screenshots the messages, along with his Facebook profile and makes a post to spread "awareness" about him.

He finds out from his sister and many of his friends via them shaming him. Luckily, he had saved the messages and was able to show him rejecting her. She wasn't able to verify the messages were from his profile either. He cleared the air and his name with everybody. Now she's crying about invasion of privacy for him sharing the messages. She also is claiming he raped her(even though they have never met in person). LOL

Save your messages. Document everything. Record conversations in person with your phone(I always do this). Don't be a victim.

Update: He is deleting his Facebook and is now swallowing TRP.
Your mind seeks comfort. It will trick you into complacency whenever possible. You can rationalize excuses for not chasing what you want, but ultimately your reality is incongruous with your desires. This dissonance will build and inevitably manifest through depression, anxiety, and hopelessness.

Once you're here, it can become very difficult to escape. It can seem like the only way you'll ever become happy is if you have all the things you've ever wanted (multiple plates, attention and validation from girls and friends, etc.) The more hopeless you become, the further you feel you are from ever realistically reaching these goals. Taking a large leap like approaching a random girl or even going on a date from a hopeless state like this can cause gut-wrenching anxiety that makes it feel like you'll never be successful as a man.

The way out of this hole is incredibly simple. You have to fucking climb. It can be an inch at a time, but as long as you're making consistent progress, you can find solace in the fact that you will, by sheer will and inevitability, become a successful man.

There's no better way to suck the joy out of life than to convince yourself that you'll "finally be happy" when you've achieved X. Gaining 30lb of muscle will improve your life immeasurably, sure. Fucking a 9 will be gratifying, yes. But these accomplishments won't make you happy. When you've achieved them, all you'll think about is how they didn't live up to your expectations. This mindset will make you chronically dissatisfied. It will only push you further back into hopelessness. I know because I've been there.

To enjoy life is to enjoy the process. Gratitude changes everything. This may sound like self-help BS, but it's true. When I think back to my most content state, it wasn't mid-orgasm in some random chick. Some of my happiest days have been spent entirely in my own company, eating, lifting, and doing whatever suits me. Be grateful for the fact that you're able-bodied, young, and male. Be grateful for the fact that you have the opportunity to improve yourself physically, mentally, and socially. Be grateful for the fact that you can bring value and laughter into other people's lives. Shit really ain't that serious, dude.

Lift, meditate, and read. Play an instrument. Go for a walk. Pet a cat. In the long term, these are the things that make life worth living – not the attention of some vain 19 year old girl who spends her day on Instagram. Chasing her validation will lead you absolutely nowhere. Sure, the prospect of sex can be exciting. But don't ever confuse that excitement with the promise of happiness.

The truth is, no girl can make you happy. If you're already happy, she can add to your life, sure. But if you feel truly hopeless, a girl's validation can only provide fleeting hope – a hope that will fade when she inevitably loses attraction for the weak, needy version of you.

I'm not gonna profess to be an expert on any of this shit. I'm very early on in this journey myself (I'm only 19 ffs). But I just recently began to pull myself out of a hopeless depression much like what I described, and I thought that someone could benefit from hearing this.

Stay strong boys, and keep climbing.
Proctor & Gamble loses $8 Billion, decides maybe war on men was a bad idea...

990 upvotes | August 6, 2020 | by redpillschool | Link | Reddit Link

http://archive.is/ZTnhK
Don't be a slave

989 upvotes | February 16, 2015 | by Archwinger | Link | Reddit Link

Society and civilization, for all the good they provide, slap us squarely across the face and rape us up the ass with one singularly painful drawback: to be a man in society is to be a slave.

Society’s path for you - for all of us - is clear. To placate us with pornography, sports, alcohol, video games, creature comforts, the illusion of a path to success, the illusion of remuneration for our labors, while extracting maximum productivity from us until the day we die. We trade something priceless, that we will never recover – time – in exchange for something governments around the world have made up – money. We then spend that money on pornography, alcohol, overpriced food, creature comforts, a nice apartment or big suburban home, a fancy car, fancy clothes, cable television, cellular telephones, fake wooden furniture, fifty trips to Bed Bath & Beyond for clutter our wives think is cute, and then we need to get paid again. The endless cycle of sacrificing our very life essence for more of this worthless stuff continues.

The true beneficiaries of our labors? The women and children we support. Feeding yourself is cheap and easy. Feeding a family actually isn’t that hard either. But supporting a wife, one or more children, and all of the stupid shit they think they need? Shit you would never buy if society hadn’t convinced your mentally pliable family that everyone ought to have it? Painful. That diamond engagement ring you got your wife? Four months’ salary – 640 hours of sitting at a desk somewhere if you’re white-collar, or doing something backbreaking if you’re blue-collar. That suburban home? 40-80 hours a month to pay the bank, 95% of that payment being interest on a six-digit loan. You’ll be done paying that off in 30 years. That’s about 60,000 hours of work, give or take. Paying for your kid to be in little league? That’s a few extra hours a month at the office. A bigger chunk if you have to buy some equipment this month. That queen-sized bedroom set with matching dresser, nightstands, and an awesome memory foam mattress your wife loves? There goes an entire month at work, plus all the overtime you put in before Christmas, plus your Christmas bonus. Every trip to Pottery Barn, every time your wife logs into Amazon, 20 bucks here, 50 bucks there – don’t think of that as dollars. Think of that as your time, your sweat, your blood, your very life essence. Every time your wife logs into Amazon, she’s spending dozens of the limited hours of your life in about ten minutes buying birthday presents for her friends’ kids and baby shower gifts for her cousins. You’re working like a slave so that she can win social points within her circle of friends.

And when she’s out with them spending your money on ten-dollar cocktails, she’s badmouthing you. Why does society care about you supporting your family? Because if you didn’t, society would have to foot the bill. And for many people, society does. Your government takes 20-40 percent of that worthless money you sacrifice your life to earn and spends it supporting people who aren’t you. Once a year, they make you do a bunch of paperwork, and if you figure out that you’ve actually given them too much money over the course of the year in the form of an interest-free loan, they give you a chunk of that money back, without interest. You feel like you’ve won the lottery! What a great government!

From the day we’re born, we’re raised by weak-willed, self-important, narcissistic, feminized parents – each generation worse than the last. We’re placed in schools that indoctrinate us into a culture of rules and socialized behaviors, that teach toward standardized tests and focus the entirety of their resources on bringing the dumbasses of the world up to just slightly below average. The slaves-in-
training that rattle their chains are diagnosed with disorders that just a few short decades ago didn’t even exist, and are force-fed mind-altering drugs to curb their disruptive masculine impulses. Not that long ago, disliking school, homework, studying, and sitting still for 8 hours at a time was pretty common for an eight-year-old boy. Now it’s a psychological disorder. Being a boy is a psychological disorder.

By the time we hit puberty, we’ve been taught that sexual impulses are evil, and our only shot at a decent life is to do exactly what we’re told, buckle down, finish school, then spend massive amounts of money (or accrue incredible debt) going to more school, where in the pursuit of a degree, we take a few required courses to learn that nine tenths of us are apparently rapists and that for generations, we have oppressed and enslaved women. Thank God all of us are in that other ten percent. When all that’s said and done, it takes us forever to finally find gainful employment, despite all of our education, and we don’t earn that much more than we would have without it. But we’re happy to have any job so we can finally start buying all of the shit we’ve been told we need, to demonstrate what great providers we’ll make for a family one day.

Because that’s what we’re told our goal in life needs to be. We’ve done it all to prepare ourselves to one day meet a good woman, marry her, have kids, and support a family. If you’re not married and taking care of a family – good care, not just passable care (meaning lots of money, not just adequate money! Only losers have a savings account or save for retirement.) – then you’re not a real man. You’re just a child. What’s that? You don’t make the required minimum salary of $5,000 times your age? Don’t worry. Nowadays, you don’t have to save money until you can afford to buy cars and furniture and televisions. You can just get them now for 29.99 a month here, 59.99 a month there, 74.99 a month there, and pay them off in 5, 10, 20 years. Whatever. You can start saving for retirement a little later, and have that big-screen TV now, right? I mean, surely you won’t be working until the day you die to buy shit for your wife, right?

Meeting the right woman is pretty hard nowadays. Women are waiting a lot longer before getting married, even though they sure do seem to spend a lot of time at bars and clubs and house parties and girls’ nights looking for the right man. And they sure do seem to have a hard time figuring out who’s a good provider versus who’s just good-looking. A lesser man might think they’re just putting off marriage and fucking hot guys until they’re too old and the hot guys don’t want them any more. But that’s an evil line of thinking.

If you expect a woman to like you, spend time with you, maybe even have sex with you, simply because you’re a great guy who treats her well, that’s sexist. You are to approach a woman with your head bowed, and beg for the privilege of picking her up in your fancy car so that she can judge your wealth, then taking her out to eat and to participate in entertaining activities. Only if she finds you sufficiently interesting does she deign to spend further time with you, at your expense. You are to ask for nothing of her and to expect nothing of her. You’re essentially buying her time with no guarantee of sex, kind of like an escort. Deep down, you wonder if that muscular guy from the club she used to date before you had to do all this before he got any.

Eventually, most guys who really want to get married will find someone to support. And even though 50% of marriages don’t last, we all think we’ll be different since we’re serious about marriage. We’re going to take good care of our families. We’re not going to cheat. We’re going to work hard. We’re going to treat our wives and kids like queens and princesses and princes and give them the best life we can, even if it means sacrificing ourselves in the process.
And even though our wives piss all over us and minimize everything we do for them and badmouth us when we’re not around, we’re okay with that. That’s just playful banter. It’s funny. TV sitcoms tell us it’s funny. And if we ever stop raising the bar and stop doing more and more for them, we’re greeted with anger, seething hatred, blazing disrespect, and threats of divorce, so we promise to do better.

And then we’re surprised when we learn that a lower libido in marriage is not, in fact, normal, and that our wives’ libido is quite healthy. At least it is when she’s fucking some loser from her part time job. And that it doesn’t matter how much we gave or how much we loved or everything we sacrificed, or which party cheated on who. She gets the kids, the house, the majority of your assets, and if the court-ordered check you send her every month is a single penny short, you go to jail. So even after your wife leaves you and takes your children, you’re still supporting your family from afar.

But don’t worry. You just didn’t meet the right girl. That one didn’t work out. Don’t be bitter. Marry another one and support her, too. Love’s more important than money anyway, right?
Wife had threesomes, lied to husband about it. He found out and handled it in the most RedPill way.

989 upvotes | March 23, 2015 | by needsomehelp3211 | Link | Reddit Link

TL;DR of original thread: Wife had multiple MMF gangbangs in college, then met a "nice guy" to settle down with afterwards. Didn't mention anything about her past to her husband. He found out through a mutual friend and was shocked.

Well, she updated today. After much reflection, her husband handled the situation by maintaining perfect frame and taking decisive action. I'll let her words speak for themselves:

Basically he feels that he was "conned" (his word) into the marriage, saying that he wouldn't have even dated me, let alone married me, if he'd known what he knows now. His view of me has been irreparably changed and he no longer sees me "as someone worthy of being [his] wife". (quoting him here... fucking prick) Beyond the sexual aspect, he says he no longer trusts me because I "kept something this big" from him our whole relationship. Nothing I could do or say could convince him that these were past mistakes and not reflective of who I am today. He wasn't angry with me, didn't call me a slut or anything like that. Never once raised his voice. Part of me wishes he did, although I can't exactly say why right now. It felt like I was being laid off from a job.

She wanted him to yell and scream like a beta who's not in control of his emotions. She wanted him to display weakness so she'd feel better about herself.

But he didn't. He remained calm, stoic and in control the whole time - causing her to fall into self doubt and confusion. Well played, sir.

My husband owns multiple businesses and wouldn't get married without a prenup. I signed it, honest-to-god thinking we'd never, EVER have to use it. Well, he had the fucking document with him this morning. He said he'd pay off the remainder of my student loans, which he isn't "legally obligated" to do. While I appreciate that, I am going to meet with my lawyer this week and see if the agreement can be challenged in court.

Smart guy to get a prenup before getting married. Notice that the woman STILL wants to challenge it in court. Even after lying to her own spouse about sexual deviancy, even after he agreed to pay off her loans in an act of generosity, her greed can't be fulfilled. She wants more. She wants half his money and his business.

The lesson of this story is twofold. 1) Don't allow your emotions to rule you - rule your emotions instead. Notice how his maintenance of frame led to him having the upper hand in their social interaction. 2) GET A FUCKING prenup. If you absolutely must get married (which is a terrible idea according to most established RedPillers here)... if you absolutely must tie yourself down legally and financially... have a backup plan. Women don't need this, the courts are already stacked in their favor. But we do, because men are the ones who make the money and innovate through business. And therefore men are the ones who are targeted when it comes time to split assets during a divorce.

Bonus quote just posted a few minutes ago:
It's totally a troll post. Reads like a Redpill fantasy. No way a real woman manages to fit every one of their sick stereotypes.

This is the beta's way of coping with reality. Examples of women behaving badly? Must be a RedPill troll! Such an easy explanation for every bit of evidence that we manage to throw at them.
With all the brainwashed feminist bullshit about genders being exactly the same (except for scenarios in which women are better and men are apparently worse) here we have a thoroughly amusing example of just how poorly this perpetuated western world view works in reality.

The USA's own Olympic team for Women's ice hockey... Should do pretty well against the boys, right? When I first heard Milo Yiannopoulos mention this I thought he was joking... Surely they'd do okay? Nope. That's just your brainwashing talking. They got beaten in five separate matches with various High Schools. They used these matches to prepare for the Sochi Winter Olympics last year. Didn't hear about it? I wonder why.

This is also relevant to the idiotic assertions that the Women's UFC champion Rhonda Rousey is "pound for pound" the best fighter, male or female, in the world. This stupidity I have heard repeated to me by a female MMA fighter too... Who presumably should know better. Alas, the potency of feminist truth-distortion is amazing.

Men and women are different in a variety of ways, both physically and mentally. Refusing to educate yourself in these differences limits your effectiveness. Seek to be scientifically correct before being politically correct.

Don't believe the bullshit. Continue to challenge the mainstream thinking to discover the truth. To be your own man you must think your own thoughts. All else is not the path to being a more satisfied man but the path to a ruinous existence.

The report on it:

Thanks to u/cptfizz for giving the source for the Serena Williams tennis example too (a few people keep mentioning it wondering who the guy was): "Karsten Braasch is a German former professional tennis player. His highest ATP singles ranking was World No. 38, which he reached in June 1994. His career-high in doubles was World No. 36, achieved in November 1997. He was well-noted for his service motion and his habit of smoking during changeovers. Braasch competed in a "Battle of the Sexes" contest against Venus Williams and Serena Williams at the 1998 Australian Open when he was ranked 203. A decade and a half older than the sisters, Braasch was described by one journalist as "a man whose training regime centred around a pack of cigarettes and more than a couple bottles of ice cold lager." He nonetheless defeated both sisters, playing a single set against each, beating Serena 6–1 and Venus 6–2.

https://news.google.com/newspapers?nid=1298&dat=19980127&id=kqJjAAAAIBAJ&sjid=mggGAAAAIBAJ&pg=3506,5011601"
A Little Mistake That Cost My Best Friend 5 Years of His Life.

988 upvotes | March 25, 2016 | by IamGale | Link | Reddit Link

Summary: IamGale here, the psych and marketing guy of TRP, I’m going to tell you a very personal story of loss, suffering, and recovery. This is the story of my best friend. He's very close to me and this is his journey. You’re going to learn a lot from this tale.

I first met Nick when he 12 years old. We related on so many levels that we instantly connected. He was shy. He loved drawing, painting those little Warhammer figurines, and played GTA just like me. Since I loved all those things we quickly bonded.

But Nick was a little odd. This story starts when we’re both 16 and at highschool. Despite the fact that he was incredibly tall for his age (6’3) and decently good looking, Nick never really expressed himself at school.

He would just become a chameleon around other people. A wallflower. He never expressed his own opinions because he had crushing low self-esteem and would hate when anyone judging his ideas. So Nick parrotted everyone else. He was a mega follower. At least in school.

**He made me promise to never tell anyone, but Nick led a double life.**

While at school he was on the basketball and football team, but he led a completely different life at home. You could say he followed *Law 38: Think as you like, but behave like others.* But it ate him up inside. All his “friends” shat on the kids who played computer games. So he hid that part of his life, despited that he was a huge gamer! This is where the downwards spiral started. He thought he had to follow the crowd and couldn’t be open about what he wanted to do.

He told me he went to go see a psychiatrist once. They had this conversation:

"Were you happy as a child?"

"I don’t know… I don’t remember being happy."

And we talked about that response. For Nick, it was normal to feel empty. In high school, he started getting into drugs, binge drinking at school, all while never talking to girls. Unfortunately, he developed bad acne and became very self-conscious so Nick became quite the recluse. There were periods where we didn’t talk for months.

But he would tell me when he started new projects and it wasn’t good...

See Nick lived a double life online. He played this computer game called Runescape, a massive online browser multiplayer game.

Runescape became his fix. It was better than weed or drinking for him. He spent literally every minute he could on the game improving his character. And it wasn’t a good influence because he started to get into dark stuff.

**He told me later that he had these schemes of scamming people online. He would hack and sell these Runescape accounts on weird niche forums.**

I only found out later that these weren’t schemes. That he actually went through with it and made money from it.
I was getting scared for Nick. I thought I might lose my best friend to an online video game and to the dark places of the web. I didn’t know how far he would go. He said he wanted to buy stolen credit cards online and order thousands of dollars of stuff from amazon (he pussied out of this one).

When I was at his house, his mom would beg me to help him. She would beg me to get him to stop playing. Nick’s mom had tried everything to stop him. She would take away his computer, cut the internet, stop feeding him, but Nick always managed to get back to gaming.

What’s surprising is Nick never went full Omega. He continued to live this weird double hacker life. He still played basketball and football for the school. He didn’t even like those sports, but Nick really wanted to fit in. And it would help him go to parties.

In an ideal world, I think Nick would have wanted to be a really popular high school kid. But instead, he just got by. He wasn’t great at basketball, but he was tall. He wasn’t great a football, but he was big. He wasn’t great socially, but most people left him alone.

**But things turned around for him.**

I thought Nick was finally going to break free from his anxiety and low self-esteem because of this one event.

After March break, Nick comes over and tells me he just had the best and worst vacation of his life. His family went to a Dominican all-inclusive resort for Christmas and there Nick met two girls. This was very unlike Nick because he was a complete virgin and shy guy before this.

But Nick told me how he hooked up with two girls! With a giant grin on his face, he tells me that he basically fucked a black chick.

We’re still in high school at this point and I was impressed. But Nick was really nervous around girls, so I knew there must have been something more to this story.

**This was the bad part that would eat away at Nick for years to come.**

He told me he hooked up with two girls but that each time the same problem came up. Each time he couldn’t get it up. But he tried so hard and he was so nervous throughout the whole thing.

He told me got a hand job from a girl but he just couldn’t get hard. And then the girl left him there and he just felt so ashamed.

Then on another night, he brought this other young black girl back. She was down to have sex but again--he couldn’t get it up. He told me he went to the washroom looked at himself in the mirror. And started screaming at himself. Just berating himself how he was a fucking loser. He was just getting angry that he couldn’t perform.

I think he thought that he might never get the chance to get laid. He thought the world was going to end in 2012 with the Mayan Calendar and thought he would die a virgin… He was a little too into conspiracy and didn’t have much confidence in himself.

And he was right. Nick wouldn’t get laid again until many years later. But that didn’t stop him from getting onewitis on this dumb girl for the rest of high school.

**Nick started doing bad shit.**

He apparently created a bot net of Runescape characters to make money for him… He continued to scam people online and would buy random shit on eBay with the money he was making.

He even started doing this at school.
He’d offer to write essays for his friends, but secretly he would outsource the whole essay to this outcasted overweight girl.

He started drinking in school. Smoking Weed after school. I thought this was kind of stupid. We had a fight over this that went like this:

"Yo, you need to get drunk for philosophy class, it’s awesome."

"You’re becoming an alcoholic at 16."

"Fuck you, come drink with us."

That’s when I lost touch with Nick. See Nick got some street cred because he would pick up at the liquor store for other kids. Since he had his older brother’s ID and was really tall, he had a high success rate. I felt bad because I was the first guy to pressure him to go pick up.

Nick was scared shitless the first time he did it… But we peer pressured the hell out of him and he went through. He became our guy to pick up, but he took it a little too far. He started picking up all the time.

At this point we kind of lost touch. He got caught up in the outcast crowd and continued to live his double life.

Next time I talked to him was on our Prom bus. Around 20 of us bought a bus to take us to prom.

**Prom was the biggest disaster of his young life. I’ve never seen him cry as much as he did on that night.**

We were on the bus and Nick was going to town with the tequila.

And Nick finished a whole mickey of Tequila before he even got to prom! And like an idiot he left it in his jacket pocket. The security guards caught him, and wouldn’t let him into prom.

He started screaming like a 5-year-old at the security guards. Our principal even came down and just looked at him with the worst shame. After screaming failed, he balled up and cried. Then he vomited and cried some more.

**His mom came to pick him up and apparently he balled the whole way home.**

See Nick’s secret dream was just to be popular and get laid in high school. But by getting barred from prom, this became impossible for him. His dream was shattered. He was shattered physically and mentally.

But the funny thing is Nick didn’t remember anything after getting on the bus. His mom and I had to tell him what happened and I just felt bad for this guy.

After that, we both went to the same University and this trend continued there. Unfortunately for him, his skin got way worse. He developed severe acne and eczema on his face. He wouldn’t leave his room. To make it worse his hairline receded heavily…

**The only thing that made Nick happy was playing that game Runescape**

But then in the summer, they banned him. Apparently they did an investigation into his bot net and scams. They permanently banned all of his accounts.

This crushed Nick more than prom because he spent the last 3 years perfecting all his character. He was more in love with that game than with his life.
He told me there was nothing left to make him happy. It took him a year to get over this, which sounds a little ridiculous but he really created a close connection with this game.

It wasn’t all bad. Nick got into making cool YouTube videos and he soon found his replacement fix. He started making gaming and short goofy films and some of them got really popular on YouTube.

**Nick craved validation and all those views made him happy.**

But because he had really low self-esteem he never read any of the 100s of comments his videos got. I told him he was being ridiculous, but he didn’t listen. One bad comment would overshadow dozens of good ones in his head and so he just never read them. He couldn’t handle it.

You see for years Nick never really lived. He never got the validation he was seeking in real life. He lived under his own self-imposed prison. While a lot of people praised *Law 38: Think as you like, but behave like others*, it crushed him. Other than me he never told anyone about what was really going on his life.

He bottled it up because he was so concerned about what other people thought of him. He had trouble making new friends and would wait until people talked to him. His solution was to always go with the flow and avoid conflict at all cost.

He had the regular desires of a teenager. He wanted to get laid, have lots of friends, make lots of money, but that never really happened for him. He just binged watched TV shows and stayed in.

While he’s not terrible looking, Nick believed he was ugly.

**Apparently when he was younger people said he looked like he had down syndrome and he kept repeating that insult in his head.**

He would take constant pictures of himself to see if it was true. When he got acne and started losing his hair and got glasses… Well, that didn’t help. But there was a glimmer of hope for Nick.

Nick started going on Reddit a lot after he got banned from Runescape. He loved the seddit subreddit because he dreamed of being one of these PUA gods. Of course, that never happened because he hardly approached anyone, but it became his main fantasy.

I told him that he probably need to take care of skin, fitness, first but Nick just liked to fantasize.

Nick became an armchair theorist lurker. For years, he would read this shit and never apply it. And he would just complain about how shitty his life was… It was hard to hang out with him.

**And so all throughout his youth, Nick never really lived.**

It was so sad because his low self-esteem kept him from fulfilling his potential. Luckily, Nick had something that kept him going. He had dreams of impacting millions.

He wanted to create stuff that millions of people would watch, read, consume. He wanted to have an impact, and that dream kept him going during his darkest days.

During the dark days where we would go months without speaking to a girl.

The worst part was that Nick had no one to talked to… He really couldn’t make new male friends and it was sad because he’d just feel empty.

**I remember when Nick had a birthday party for himself. And almost no one showed up.**

He started texting people begging them to come. He was even begging people he wasn’t even friends with to come. I told him, to screw those people and that we could just enjoy the night together.

But in his eyes, he was “unpopular” and the fact that no one came to his party proved that fact to him.
He took a theater class to open up more, but he just couldn’t connect to anyone there. He couldn’t act for shit. He had difficulty showing emotions. He theorized that he had Aspergers (which was bs) because his social life was so shitty.

**But he did make one new friend who made his dick hard**

Nick got his first girlfriend in University! And started having sex for the first time. Man, he was so happy. He was finally living part of his ideal life. He couldn’t believe he had been missing out on this for 18 years… And he got to have sex before the end of Mayan Calendar. But you know what happens to beta guys in relationships. Yea… they get whipped.

Suddenly, he spent all his time with this new girl. She became his life. Her friends became his friends.

**Nick was just an extension of her life.**

I told him to watch out, that he should get his own life and stop glowing over how great his girlfriend was, but he dismissed me. He was happy and he didn’t want to fuck it up. But time fucked it up. Soon Nick would tell me about how his girlfriend wouldn’t have sex with him… He wouldn’t admit this because he still thinks kindly of her, but for months she used him for emotional validation.

He wasted most of his time at University with this girl. It was only until his senior year that Nick really stopped wasting his life.

**He discovered this weird new subreddit and started making radical changes in his life**

In our last year of University, he discovered this new subreddit called TRP. You might have heard of it. He started lifting regularly. Then he started acting more confidently. He started asking for raises at his job. He started demanding more from girls and stopped being a pushover.

He stopped being a beta and broke up with his girlfriend. He started getting plates, and he started making more movies. Some of them started to win awards and got national press coverage.

Nick changed his life when he started hustling and started being honest with himself.

He started listening to Joe Rogan, Tim Ferriss, Mike Cernovich, and hundreds of other amazing male role models that got him motivated to fearlessly go after what he wanted.

**See Nick's mistake was that from 16-21, he was a follower.**

He consumed but hardly created. He mindlessly went with the flow of life.

That mistake cost my friend 5 years of his life. Now years later the guy is a real hustler. He skins is way better and he's in great shape. He's on finasteride and minoxidil for his hair. He’s following his own life, creating his own plan, and lives by his own values. Don't let 5 years go by. I challenge you to live by your own plan right now.

**But I have a secret to tell you:**

**Nick wasn’t my best friend.**

Nick was me.
Girl claims she was raped at knifepoint. Que witch hunt. Turns out the sex was consensual, but guy wouldn't loan her $20 and she missed her curfew so she made the entire story up. Annnd he still has to go to court. If it wasn't for text messages, he'd be doing life in san quentin.

988 upvotes | September 18, 2014 | by [deleted] | [Link] [Reddit Link]
Well gents, this is my first post in this sub. Thought I'd share this story which I figured would end up here anyway.

Girl alleged sexual assault on a guy after he couldn't get it up when she tried to fellate him. Declined a forensic exam and was taken at her word. Dude got expelled a month before graduation because of it.

"There is zero physical evidence that there was ever an assault on this woman. All they had was her word"

These girls have no sense of responsibility. Never give her an opportunity to "blame it on the alcohol", because you only leave yourself open to blame.

I'm sure whiskey dick didn't help his cause either. He couldn't fuck her hard so she used the system which is undoubtedly biased toward women to try and protect her reputation and absolve herself of any guilt for her actions.

And now this kid's life has been derailed for years because of some salty ho, a solipsistic moron with a hurt ego. Truly disgraceful.

Here's a link to Drake's student news article on the matter, which is much more comprehensive and contains links to court documents.
Just Fucking Lift

987 upvotes | April 11, 2018 | by Heathcliff-- | Link | Reddit Link

Just fucking lift already.
The vast majority of your problems will be solved by just doing some form of fucking exercise.
I know a lot of you kids still don't lift. You read the sidebar a million times over and buy all the books and practice your lines and 'build your frame', but you seem to think for some deluded reason that you're the fucking exception and you don't need to lift.
All of us losers are just insecure and overcompensating, you however, can get away with being an oestrogen weakshit because you're just different. Girls will notice your uniqueness and not care about your physique.

Fucking. Bullshit.
You're too scared to exercise, too lazy to put in the work, and too damn stupid to realise that this is the BIGGEST factor holding you back in your life.
Listen, retard, you have the ancestral genes of marathon runners, hunters and soldiers. Your body is a machine built to crush and destroy things.
If you are not maxing out on your physical capabilities as a man, then you are operating in CHILD mode. Your body is soft and weak and pathetic like a child, you are not a man.
Every single cell in your body is tightly and intimately related: improve your body in one aspect and the rest follows; every single guy here will tell you that exercise has greatly improved his cognitive abilities. Brain fog lifted, willpower increased... you literally get smarter.
If you do not exercise, you are operating at STUPID capacity. We, the meatheads who pick things up and put things back down again, are much, much smarter than you are.

The Pareto Principle states that 80% of results come from 20% of the work. Well wanna know what the real 20% is for improving yourself as a man? The one activity that reaps the most rewards? That's right. Lifting some fucking weights.
Your life will drastically improve should you employ this one simple life change. This is the most time efficient and effective thing you can do to grow as man.
Fuck the sidebar, fuck the rational male, fuck frame, fuck cold approaching, fuck haircuts and style and IOIs and shit tests. Fuck women.
All of these things are moot if you do not lift. Lifting will fix your life in and of itself. Your testosterone will increase, you will learn discipline and accountability and you will stop giving a flying fuck. Your frame will build naturally as your balls finally begin to descend and you will game women effortlessly without realising it. You will literally become the man you dreamt of becoming through this one act alone.
Because the biggest blue pill lie you were told was that daily exercise is unnecessary, and just a hobby for the insecure and obsessed.

Exercise is imperative and non-negotiable. You must break sweat every single day of your life until you die. If you do not, you are not a male. You are not even fully human.
Just lift you stupid fags. Stop wasting your time posting a bazillion threads about 'this one girl' and masturbating over every new trp post. You won't learn shit. Lift some damn weights and ALL your problems will be solved.

And yes, I was inspired to write this by the recent fatass post. The only thing that pisses me off more than lards are the skinny retards who think they're the magical exception and can coast through life without exercising.

Fucking lift already.
I Archived The Entire Subreddit And Coded A Simple Website To Read It

987 upvotes | October 8, 2018 | by dream-hunter | Link | Reddit Link

Link: https://theredarchive.xyz/

Preview: https://i.imgur.com/BXXQOke.png & https://i.imgur.com/niDdoEW.png

As a web developer that discovered TRP 1 year ago and is very grateful for the subreddit, I've always wanted to contribute here, but I never knew how, until now. After TRP has been quarantined, I feared it would get banned one day. So I decided to figure out a way to scrape the entire subreddit and have it viewed on a simple website.

I saw TRP's current backup of the subreddit and I wasn't happy with its design and hard-to-use website (and its lack of posts). So I decided to spend 8 hours trying to figure out how to scrape the entire subreddit and then code a website to view the posts as simple as possible.

Features:

- 160,035 posts from TheRedPill & askTRP & RedPillParenting & RedPillWomen & ThankTRP & becomeaman & altTRP & GEOTRP
- Comments (+ replies) included
- TRP's subreddit theme
- Search through all the posts instantly
- Lightweight and simple to use website & no ads
- DDoS protected and secured

Edit: Thank you for the amazing feedback everyone. I just finished scraping RedPillWomen & RedPillParenting & ThankTRP and added them both to the website. Up to 1.5k posts added.

Edit 2: Almost every single post (around 64k) ever posted on TRP, from all the way back to 2012 till now, can now be viewed on the website.

Edit 3: Option to search through entire archive added; search through titles, posts, authors and even comments.

Edit 4: Every single post from askTRP, becomeaman and RedPillWomen (altTRP + GEOTRP) has been archived; that counts up to 60k posts since 2012. We are now at a total of 160k archived posts!
The Great List of Non-Negotiables.

A concise guide of action to the budding red pill popper.


You want to be great? Then these are NON-NEGOTIABLE.

The Great List of Non-Negotiables is a list I wrote for myself shortly after swallowing the pill. After nearly 8 years of being a perpetual student in self-help studies, never truly taking action, this list is what finally what got me off my damn ass.

This list is simple. No frills. These are things I have deemed to be non-negotiable in my life, and I think the brevity and simplicity of this list may be of value to others as it was to me.

If you follow this and develop a lifestyle out of what is said here; if you make these tenets a non-negotiable part of your life, you'll be the top 10% of men on this planet.


You know what's wasting your time. You fucking know. If you really haven't the littlest clue what's good or bad for you, go play WoW in a puddle of your own sweaty shame.

Stop smoking. Stop drinking. Stop binge watching fictional lives on Netflix.

Lift and Eat. Lifting is said all the time for a damn good reason. People say "its said all the time for a damn good reason" for a damn good reason. It will boost your confidence, it will develop discipline, it will make you tougher, it will ease your anxiety. You'll actually feel physically fucking dominant.

Take that fucking McDonalds out of your mouth and replace it with some damn kale. Or fish. Or eggs. Or broccoli. Or Chicken. Just eat real food, and buy it in its simplest form. Learn to fucking cook. "But I'll just have a woman cook for me". Where's that woman, huh? Cook for yourself, its fucking satisfying.

Sleep and Meditate. Lack of sleep has far reaching negative effects on your psyche and body. Sleep 7.5 hours a night minimum. Sleep approx. the same time every night. Turn off your TV. Get a routine.

You need to understand your own fucking mind. Daily meditation will bring you clarity, focus, and impulse control. When you meditate you are training your mind to be present and to better observe and exert conscious control over your own thoughts. It makes you feel a greater sense of well being. It makes you quicker and wittier. Meditation is lifting weights for the mind.

Develop a Passion. What do you like doing? What do you love doing? Do a whole fucking lot more of that. Get obsessed with becoming a master at it. Never give up. If you don't love doing anything,
start trying stuff till there's something you love doing.

*And don't half ass that shit when your trying something new.* Feel a little interest? Expand on that adamantly for a couple weeks and see how much you like it. You have any "aha" moments? That feeling of comprehension and progression that elates your whole being? Good, pursue the fuck out of that feeling.

**Stop Browsing, Start Reading.** You're wasting your time filling your head with nonsense and redundant information. Read the entire sidebar, read No More Mr Nice Guy, read Models and The Book of Pook, read The 48 Laws. *Then fucking stop reading TRP...*

...and start reading things you are interested in, and things that make you interesting. Read about your hobbies and skills. Read about how to cook. Read about history. Read biographies. Read fiction with prominent masculinity. (I'm talking Jack London, Hemingway, Hunter S Thomson.) Reading books is part of your life now.

**Talk to Everyone.** Cashier? Hot blonde on campus? Guy juggling at the park? Neighbor? Woman on the bus next to you?

*Talk to them all.* Talk to as many people as you can. Absolutely no amount of theory and knowledge on social interaction will benefit you even remotely as much as just *talking to fucking everyone.* One of those people happen to be a woman you find attractive? Fucking escalate. Fucking polarize. Not in social situations every day? Put yourself in them. Align your social life with your hobbies. Go to a coffee shop. Hell, just make up an excuse to go to the grocery store and meet people. *Meet people every day.*

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**Lessons Learned:** That it's *this fucking simple.* Stop making it so difficult. Stop making it more complicated than it needs to be.

*Just fucking do it. Its non-negotiable.*

*Edit: Formatting and clarifying.*
TL;DR I’m a fairly average guy who spends only about 5 minutes a day on Tinder, invests no other time or effort, doesn’t go on dates, and adds a new plate every 2-3 weeks.

I originally wrote this guide a few months ago, but wasn't able to post it until now. As you can already tell, I can be a fairly lazy person. I pride myself on getting maximum results from minimal effort, which looks something like this (keep reading for some more examples). After being in a relationship for almost all of my adult life, a year ago I decided I wanted to be single and enjoy being young. Starting from scratch, I went on many dates, and soon became disillusioned with the concept of modern dating. Be honest with yourselves, if you could skip the boring, typical “coffee date small talk” aspects of getting your dick wet, would you? I certainly would, and so I endeavoured to find the best method to maximise the amount of women I slept with using the least amount of effort.

Let me preface this guide by making a few points:

- I know and understand that dating apps are a somewhat taboo topic here. I get that and agree. However, they do have their uses.

- This guide is only for people that have already some success on Tinder/Bumble etc. I’m not talking matching with 15+ people a day, but you should be getting a few matches here and there. If they’re not replying or you’re not getting numbers or dates, that’s ok too, you just need to be good-looking enough to get at least some matches (if you’re an ugly dude, you’d be better off with day/night game and skipping the apps altogether).

- Again, online dating is a relatively niche aspect of dating overall. This method works well for me at this stage in my life. You should complement this guide with the traditional cold approach and non-app guides you read here.

- You should be well-versed with Red Pill theory before attempting this. Frame, push/pull, SMV and all your typical side-bar stuff is all still very important.
Phase 1: SETUP

1. If you already have an online dating profile, delete it and start a new one. Tinder’s algorithm in particular will punish poor profiles and swiping activities.

2. You NEED decent pictures of yourself. I’m talking decent quality, in a variety of different settings (outdoor, social, bars and clubs etc.). Bonus points for having pictures with animals (steal your neighbours dog for a photo). NEVER use pictures of your car/motorbike/random memes. Use photos of you in a natural environment, as if you’re not even aware that someone is taking a photo, and limit ones of you posing for a photo (no selfies either, unless it’s with an animal).

3. Restrict your distance to around 25km, and restrict your age range. I am 23, so my age range is 18-23 (I match with mostly 19-21 year old women). If you are older, say, 28, I would recommend something like 20-25. The narrower your target audience is, the more Tinder will prioritise your profile.

4. Have something fun/flirty in your bio. If you’re above 6 foot, say so. I also recommend having something like “Perfect parallel parking is only my second most interesting attribute.” This is fucking GREAT because a lot of women will open you, e.g. “So what’s your most interesting attribute?” Whatever you do, don’t put boring shit like a list of hobbies or sports, make it fun, interesting, mysterious, and question-provoking.

5. ONLY swipe on women you genuinely find attractive and you would like to fuck. Tinder in particular will punish profiles that swipe on too many profiles. Your profile gains popularity if you are picky about who you swipe on.

Phase 2: ATTRACT

Do you wait at a bus stop for a few minutes a day on your way to work? Do you take a shit for about 5 minutes a day? Congratulations, you can use that otherwise wasted time to swipe on dating apps like Tinder and Bumble. Spend no more than 5 minutes a day, the goal is minimal investment (while you do other awesome RP things).

*Bonus Points:* Most people either have a work/spare phone along with their primary device. Make another account on your other phone and double your matches! This personally is not worth the time or effort for me, so I don’t do it.

After a week or two, you should hopefully have a good 8-15 matches (depends how attractive you are). Now, here is where my strategy differs from the usual, and where some may find it a bit controversial. I really do not enjoy dates, unless I am actively looking for an LTR. I just want to get laid, then do my own thing. So, what do I do instead? I hit the clubs every Saturday night. There are
several reasons behind this strategy:

- I go out with a couple of guys and girls each weekend and we have a lot of fun. Even if I don’t get laid, we still have a great night.

- Did you get catfished? Who cares! Simply turn around, ignore her, and go approach one of the 100+ other girls in the club, or dance with your friends. It just doesn’t matter. It’s not like you’ve travelled all the way to a date to find out your girl is Gollum’s sister.

- A one-on-one coffee date can be awkward, boring, or tiring (if it’s a week night after work). Contrast this with a nightclub on a Saturday night - alcohol and environment is everything. Everyone is in party mode, feeling good after a few drinks, and listening to music/dancing. This is the perfect environment for a girl to want to go home with you.

- Your SMV grows exponentially. You meet a lot of people, and might even run into some of your plates while you’re gaming your next girl. Nothing screams abundance mentality more than dancing with a new girl, while knowing you can fuck your plate dancing three meters away if all else fails. The girls can smell it in the air too.

So how do you go from Tinder match to burying your third leg inside a HB8?

1. On Friday night or Saturday afternoon before you go out, message all of your most attractive matches. Timing is everything here. Women on Tinder lose interest in a guy easily, so you want to minimise the amount of time between you first popping up on her phone with a funny message, and actually meeting her.

2. What do you say exactly? Well, you can come up with something witty based on their bio/pictures, or you can just copy pasta the same funny line (either off the internet or one you’ve come up with). I usually come up with a funny line every few months and use it on literally every girl until I get bored of it (seriously, I copy and paste the exact same openers and replies to multiple women). I won’t go into too much detail here, but always talk about stupid bullshit and NEVER anything serious (work, school, hobbies etc.). Both I and the women I talk to don’t give a fuck about our love for “hiking” or “contemporary art”, we just want to have fun. You can see in a few of my conversations how I structure the messages. Here is a nice simple one, here is a more drawn out one, and here is how I turn boring, mundane conversation into something fun. Yes, I met all of them out and successfully closed. Your goal should be dating app > phone number > meeting out > fucking.

3. You can probably see from the above examples I have a few “go to’s”. Whether it be meth
cook, stripper, or pretending to run from the police. It's easy, simple, and I reuse the same lines and themes on each girl. The point is, it’s funny, unique, and mysterious, and that’s what they like. Do you have a female friend? Check out their dating apps. It will be full of horribly mundane messages from guys like “hey” or “you’re cute”.

4. Once you have their number, you’re more than just “another Tinder guy” to them. You’re somewhat “real”. Keep the conversation fun and flirty, but don’t say too much. Focus on the details of meeting later on.

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**Phase 3: CLOSING**

So, you’ve got her number, and you’ve texted her the club you’re at. 5 minutes later, she walks up to you. Congratulations! This is the easiest part. Think about it, she swiped right on you, gave you her number, and has now met up with you in a club. This process also acts as a sort of preselection. Rather than going up to a random girl in the club and trying to game her, most of your work is already done by the time you meet the girl. It should be in the bag by this point. Keep your frame, be fun and flirty, and under no circumstances buy her a drink. In fact, you should make HER buy YOU a drink. This is how I’ve literally gone from spending $10-$15 on a date, to MAKING $10-$15 from drinks girls buy me at a club. Also, let’s face it, how many guys go around asking women to buy them a drink? Almost none. It’s one of the cockiest, most unusual things a woman will experience in a club, and they are immediately flustered by it.

Ensure you throw in all the usual sidebar RP stuff like kino, push/pull, dread, abundance mentality etc. Once you get her home, give her the hard pounding she deserves, and send her home. Make sure you fuck her good, and you will end up with messages like this. I’m not a master in the bedroom by any stretch of the imagination, but the overwhelming majority of girls I take home using this method text me back for more, because they had fun.

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**Conclusion**

So that’s it. That's how you use online dating apps efficiently and effectively. It costs only a few kilobytes of mobile data and a couple of minutes here and there to swipe and message. You can certainly swap out the "closing in a club" part with a date, but for me, the club scenario is three birds with one stone - fun night out with friends, increase SMV, and a high chance of banging a cutie with minimal effort.
If a woman doesn't date short guys, that's okay because that's a preference. But if a man doesn't date obese girls, he's shallow.

983 upvotes | April 21, 2014 | by gekkozorz | Link | Reddit Link

http://imgur.com/a/7KN3T

This was posted in /r/Tinder, and I thought it belonged here.
2 old sluts just sat next to me at the bar and started telling me I'm cute and flirting with me. They asked where my girlfriend was, when I said "I don't date" they started going off on me saying "I'm on the wrong road" and that "I just hit it and quit it" I said

981 upvotes | March 19, 2016 | by Oftowerbroleaning | Link | Reddit Link

Well, I just kind of try to do my own thing, I go to work every day, workout every day and that because I'm only 24 I won't even hit my prime for 10 years, why dedicate the best years of my life to someone? I explained that I have friends with benefits when they started criticizing me for being at a bar alone, (I just stopped for a couple drinks on my way home after work) They started preaching at me how I am on the wrong path. I mega-triggered them when I said, "what's the right path? Getting married so in 15 years my wife and her friend can go out on girls night and hit on men half their age?" (which is what they were doing) they left within minutes. I just thought this was a funny experience that you guys would appreciate.
The red pill has been growing since its inception more than five years ago, to more than 201,000 strong (or quite possibly over 1.1 million). The driving force behind this growth is unfortunately the decline and eventual demise of the modern man.

**The Modern Man**

The modern man was good hearted, cared about others, expected good things out of the world and believed in equality for all. He believed in the golden rule, and believed that the rule of law would enforce it if push came to shove. He tried his best to make the world a better place for everyone. He expected his efforts to have an effect, and that society would reward him in kind. He believed that happiness was the result of good intentions. Sadly this man can no longer survive in the world.

The defining feature and ultimate downfall of the modern man was his desire to fit in. What was once an advantageous trait that generated group cohesion, built society and facilitated comradery has slowly become the greatest weapon used against him. Feminists and those who craved power recognized man’s shortcoming and exploited it. Men, it seemed, would attack other men at the behest of any female cry. They were so intent on saving women, they would even attack themselves.

The modern man tried his hardest to cast off his manhood to answer the cry of feminists. Men were evil, bitter, women-haters, oppressors, rapists, and dangerous. He thought he might find love if he made himself entirely inoffensive and nonthreatening. He failed to realize that he would never be absolved of the sin of being a man. The goalposts for “fixing” maleness were ever-shifting, and no penance paid could ever be enough to satisfy the reparations demanded by the “oppressed.”

We may think that we are better than this modern man. We have learned the lessons of his failure and progressed beyond his desperation. We know the psychological tricks that were used to benefit others at our expense, and we trained ourselves against them. We learned psychology for ourselves and used it for our own benefit. We had finally found freedom in a culture increasingly lacking a positive identity for men.

However, the recent doxxing of an alleged redpill founder teaches us otherwise. Knowing the truth and living by it was not enough to save that man from the wrath of vitriolic women. He stands as a testament to what happens to men who stand alone: They get torn down. Had he not built his own support structure, it could have been the end of his career.

What is coming to replace the modern man is not a better individual. It is not some new way to stand alone. Although we have spent years discussing enjoying the decline, it occurs to me that the reactionary individualism embraced here may be just what the powers that be had intended when they dismantled the modern man. Our blind cooperation was our undoing, but it was our individualism that kept us weak.

The future is going to be built by those who embrace and build power. The new man is a tribesman who builds his strength by joining with his brothers. It is a network of men who establish a fortified ground on which to build their lives, men who defend that stability from the chaos around them. It is men who know their own interests are best served by the success of the group.

In the past we have had the luxury of going it alone. The economy was strong, women were gettable, and men could mostly be men. Now financial independence is a receding glimmer on the horizon,
long term relationships are sparse and low quality, and men can be cut down at any moment for offending an abstract morality biased against them. While some still succeed in this environment, it is only a matter of time until most do not.

The answer to this is to band together. Small geographically centralized groups of friends and family cooperating together in the way they used to. There is no point in trying to change the larger culture to accept us. That is how women handle their problems. Instead we will build ourselves up so that we are not dependent on the good graces of this culture. We will form our own cultures and steady ourselves against the slow descent into a fully feminized world.

**Life after sex**

The man currently accused of creating the red pill actually made me think about something I hadn’t considered until now. Our sexual strategy focus has been important at freeing minds from our anti-male culture, saving lives and teaching men to game, lift, and get laid.

But we have completely ignored the rest of the hierarchy of needs. Men who have conquered their own demons learn the basics of TRP, and get spit out on the other side. They are still missing the essential components to a fully realized male identity.

Men cannot exist as islands. It is comradery that we require. It is a tribe that strengthens us, that enables us to pursue the rest of our efforts and missions. Starting families, creating systems, selling products, creating artwork, exploring the galaxy. These are the men history will remember as great.

And the way we’ve prescribed the red pill, these men will never be us.

Pride, honor, and a sense of duty were the driving forces of the modern man. He contributed to society because that was what was expected of him. In return, government and community supported his marriage and family, and a balance was found.

**The Puerarchy**

The red pill men of today resent this servitude, a broken social contract in which the stick of gender roles for men is firmly in place, but no carrots are to be found. In place of support, government and community encouraged abuse and exploitation. Divorce became the new norm. Families were no longer secure. Men worked to pay alimony and child support at the expense of their own happiness and lives.

Realizing there was no benefit, these men withdrew from culture. In Japan, these men call themselves **Herbivore Men**. In other countries, they call themselves Red Pill Men. Ian Ironwood dubbed them the puerarchy. The media calls us "Lost Boys."

But it is this resentment and aversion to exploitation that I believe has blinded us to the greatest factor in personal success: building power. Careful not to fall victim to our easily exploited male instincts, we forgot that not all duty with external benefit is without merit.

I believe there’s a new generation of red pill men coming, we’re seeing it begin today. We’re seeing the phrase “red pill” enter our culture’s vernacular. We’re seeing resistance to our feminized culture. And while I don’t think we’re in a position to overtake society, I believe that we are in a position to utilize what we know to gain a great advantage over those who do not share our knowledge.

I have always maintained that TRP is not an activist board, and I continue to believe this. It is sexual strategy and this has not changed. Today I am suggesting that we have narrowed our scope too far to see all of what sexual strategy really entails, and I believe we should broaden this.

So today we are introducing two new flairs, encouraging and embracing discussion to complete the
circuit of the new man. The new man doesn’t simply find belonging and happiness in sex. His identity exists all hours of the day. In his career, his hobbies, his friends, and his sexual partners. His success is a summation of his entire life, and it is this that we can now focus on.

- Culture – Discussion of men’s place in world cultures, and discussion of male interests that are our culture.
- Building Power - Discussion and cooperation of creating your own power in your life, or building tools, networks, and tribes to engender growth of power and community.

What is it that allows us to succeed? Money? Influence? Popularity? Fame? Building your own success first requires a foundation. TRP teaches building confidence and muscle as the foundation for getting laid. **Building power is creating the foundation for success in your life.**

As always, sexual strategy, game, relationships, sex, and field reports are all on topic. Today we broaden our topics to discuss the new man's life.

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**News**

In the spirit of today's announcement, we're going to be making some more announcements in the next couple weeks about new developments to help strengthen communications between men, and building foundations for men. A revised BecomeAMan will be launched this spring, as well as new tools on TRP.RED to help facilitate secure communications between like-minded men.

We are also going to be featuring ideas from the community to build tools to help men. Have ideas? Talk about them here, using the building power flair.
Reminder to keep your T in check: Buzzfeed numales take testosterone test, below normal levels

978 upvotes | October 31, 2017 | by CoupDeGrace22 | Link | Reddit Link

Well color me surprised.


Caught my eye this morning and thought I'd share for you guys who give RP a quick glance more often than you do the news.

These are the same faggots who had done a video in the past photoshopping their soyboy physiques alongside a celebrity's for the intent of passing another feelgood message of men shouldn't be forced to be fit, feelz before realz BS.

Aside from the asian dude who looks kinda ok for how skinny he is (and ironically is the only one within the lower-normal T-range), the remaining guys most likely can't even do 1 single pullup and bet my left nut never cared of structuring their diet properly, let alone do the other small things to optimize their health.

This should remind you that your testosterone is a paramount catalyst in your life, which is why everyone in here repeats the same old advice of "hit the gym". One of the biggest maladies of our age, depression along with every other symptom it entails, is 9/10 times accentuated if not caused by low testosterone.

If your health doesn't allow you to lift, it's up to you to figure something out & make up what you're missing, just make sure you are not making excuses and remember there's this guy out there:

https://scontent-sjc2-1.cdninstagram.com/t51.2885-15/e35/14607112_1382969341714571267698719489433600_n.jpg

Never a bad idea to have a blood test. Quick search on google or sidebar will get you going on how to get your T- to healthy levels.

Lift, diet, sleep, reduce stress (meditate), zinc, sunlight (vit D), posture, Ω3, winner effect, etc.

Stay healthy bros
Friend goes on a large group trip overseas, watches as 90% of the girls cheat on their boyfriends

977 upvotes | August 9, 2017 | by [deleted] | Link | Reddit Link

I don't think there is any doubt left among us that if your SO decides to travel without you for an extended period of time that she should be plated or nexted. However, for those left that are still skeptical of this concept, or thinks what I'm saying is overly paranoid, please read carefully as I describe one of my good friends' recent Red Pill awakening.

For context: My friend Tom is a good looking, highly intelligent guy in graduate school studying geology.

Tom decided to sign up for a 5-week geology field course in Scotland this summer. The group of students in the field course comprised of about 20 guys and 17 girls. 10 out of the 17 girls had boyfriends.

After a long day of hiking and studying, the group would sleep in hostels or set up camp in the countryside, drinking and laughing around a game of cards or a campfire. On occasion, they'd even travel into Scotland's bigger cities for a night or two and enjoy the nightlife. It was really the time of his life, being able to travel in a foreign country while studying something he loved with people that shared a primary interest of his, drinking with them until the sun came up. But his time spent in Scotland was educational in more than just an academic way.

Tom is no idiot when it comes to girls but he vastly underestimated what alcohol+fun+isolation can do in combination when it comes to "unavailable" women. By week 3 of his trip, one-by-one, 9 out of the 10 girls with boyfriends had cheated.

The girl Tom hooked up with had a boyfriend of five years waiting for her back home. She proceeded to follow Tom around like a puppy for the remaining weeks, mate guarding and trying to convince him to be in a long-distance relationship with her when they returned to the states. Obviously, this was all done in an attempt to rationalize the fact that she just cheated on her boyfriend of five years. She wanted to be able to justify her actions, tell herself that she had met someone more special, that it was fate they had met halfway across the world and fell for each other. But alas, Tom did what every other guy on the trip did: pump and dump.

All those girls will go home to their boyfriends, bellies and vagina's filled with other men's cum, and lie to their faces about how mellow the trip was, explaining how much they missed them as they plant a kiss on their boyfriend's mouth with the same lips that were wrapped around a different dick just days before.

As horrible of a story as this is, I'm happy Tom was able to see this kind of thing for himself and be on the good side of things as "the other man". While he did walk away with some serious trust issues, hopefully, it will prevent him from being cucked in the future. This was a really harsh reminder that I know I needed as well.

TLDR; Friend goes on a 5-week trip overseas with a group of guys and 17 girls. 10 out of the 17 girls had boyfriends. 9/10 of the "unavailable" girls cheated on their boyfriends within 3 weeks. AWALT. If your SO wants to travel without you, let her. Then ghost.
You have zero excuses to not get jacked

977 upvotes | August 5, 2019 | by Chainega | Link | Reddit Link

"It is a disgrace to grow old through sheer carelessness before seeing what manner of man you may become by developing your bodily strength and beauty to their highest limit"

–Socrates

There are only two types of male physiques at my college campus: the sorry ass obese/overweight/dad bod guys and the rounded-shoulders scrawny guys who look like children whose thin neck would snap if you back patted them too hard.

These are the guys who complain that they are not getting as much pussy as they want (or any at all) without coming up with any solution. So when I say the magical words of 'Just go lift bro' they always come up with bullshit excuses.

Do you have free time to play videogames, jerk off furiously to porn or just fuck around YouTube or Reddit or any of all that stuff? Then you also have time to exercise, it won't even take you that long: 45-60 mins. Videogames can wait.

Do you have two arms, two legs and can you use them on a regular basis? Then you can exercise too. If a disabled bodybuilder can look like a Greek sculpture then so can you.

If you can pay your internet service to fuck around Reddit, then you can clearly pay a gym membership too.

Are you absolutely broke? Go out to the nearest park, do some sit ups, push ups, pull ups, chin ups, dips. How do you think gymnasts get that jacked?

Are you not strong enough to do the exercises? Use assistance bands, start slow, cheat a little bit. At least try.

You don't have a routine or don't know how to do the exercises? There are literally thousands of free videos on YouTube explaining everything you have to know.

You want to loose weight? Stop eating garbage, drink more water.

You want to gain weight? Stop eating garbage, get in a caloric surplus, drink more water.

If you are skinny or fat it is entirely your fault. Blame it all you want on your genetics, the weather, your ex gf, the stars, the cosmos, your destiny. Nothing will change the fact that only you have control over your own body.

Fitness is truly the first step to the mental and physical transformation of any men. Healthy body, healthy mind. So what are you waiting for?

If you only hamster yourself into not doing anything everyday, then one day you will wake up as an erectile dysfunctional man-titted people-pleasing low t bald motherfucker who can't even stand up for himself (sorry if you are already this guy, you can still fix yourself up tho).

Did you realized that you were a lazy fuck? Don't worry, don't beat yourself up about this. Just do something about it. It's not only about the women, but more importantly, about YOU.

Just get your eyes off the screen and start taking action, you've had enough internet for today.
Too Many Red Pill Posts About Idiots and Their Twitter Cancel Culture

976 upvotes | June 21, 2020 | by DadBod2ChadBod | Link | Reddit Link

Feminism is a shit test.
Twitter is a shit test.
SJW activism is a shit test.
If you react, comment back to them, point out their solipsism - you failed the shit test.
If you get angry, waste 20 minutes making a Red Pill post pointing out how feminists are hypocritical liars driven by hate and an agenda rather than a coherent moral outlook, then you've failed the shit test.
Anytime you waste worrying about what some idiot looking for a dopamine rush on Twitter said, you have failed the shit test.
Social media is a distraction tool, it's about making you waste your time. The only social media that has actually benefited my life is my friend showing me this sub and asktrp, genuinely, deep down the rest is wasted time and bullshit.
In TRP we spend our time grinding, self-improving, lifting, gaining knowledge - doing shit that builds you up as a man and builds power. On social media every dipshit gender studies idiot who never built value, never built power, never built charisma or virtue - their voice is just as loud as yours. Turns out on Twitter there are hundreds of thousands if not millions of these low value people and they'll make your voice seem small.
But it's not.
Their voice is small, that's why they use social media to feel important.
Ignore social media, work on yourself, pass the shit test.
A while back, I was asked by Stephen Marche to do an interview for the Guardian regarding TRP. It's probably one of the more pleasant takes I've seen in mainstream directed towards us. In place of out-right vitriol is instead pity, which I think is a bit of an upgrade from articles past. I wouldn't be surprised if his thoughts aligned more with ours than he lets on in his writing.

He does seem to outline at a glance that there's an issue and that TRP is addressing it- perhaps harmlessly so. But since he's part of the mainstream media, the narrative must continue. That narrative is that there is a never ending hatred of women ingrained in our culture- and we can't expect our "boys" to deviate from the course when role models like pop stars are also misogynists.

We can't expect much depth from a tabloid (heh) so it should come as no surprise that his final suggestion is that the latent, underlying misogyny is everywhere simply because nobody told us what we needed was a little love and to just stop hating. He suggests that rather than being angry we can't find "love" we should try finding "love." You shouldn't dig too deep.

Here's the unabridged Interview for anybody interested:

**Stephen Marche**
So just to confirm you are the redditt moderator for the red pill yes? How many do you moderate?

**RedPillSchool** yes, I am the head moderator for /r/TheRedPill
I moderate about 15 subreddits
but really only a handful are active, TheRedPill, asktrp, redpillwomen, are the big ones.

**Stephen Marche** How long have you been moderating them all?
**RedPillSchool** I've been moderating since the red pill's inception, about 3 years

**Stephen Marche** How much of your time would you say is devoted to TRP?
I mean, it must be close to a full time job, right?

**RedPillSchool** Probably too much time. During busy weeks there's probably close to 20 hours of moderator duties. During development of TRP.RED, I was spending about 8 hours an evening working on development.

**Stephen Marche** Wow.
Were you in any way involved in, like, publishing books about the material? Or was it just the subreddit?

**RedPillSchool** I hadn't published anything before. I got started when I stumbled upon a few manosphere blogs and realized there wasn't really a good forum for discussion on masculine topics.

**Stephen Marche** Was there an event that led you to start TRP. Personal or otherwise?

**RedPillSchool** Well, the events in my life did lead me to it. Having spent my twenties as many guys did looking for relationships or female companionship, I noticed that the dating game just wasn't what I was taught.
Like, what my parents prepared me for, and what I learned from television and movies.
It was stacked against guys, and it was a very unpleasant experience. I noticed the attitude of women in the dating market was very negative, it was a terrible experience.

So that lead me to researching others' experiences, which led me to the mansphere, and eventually theredpill.

Stephen Marche Can you give me an example of one of those terrible experiences?

RedPillSchool Sure.

Well, an experience I had repeatedly were flakes. It hadn't always been this bad, but over the past ten years, the flakiness of women has gotten worse in my experience. You'd meet a girl, hit it off, have a drink together, chat, really connect. Get her number and agree to a date. And either she'd no-show, or cancel right before (or after) she was supposed to meet you. It's rude, it's not good people skills. But in the dating market, it's the new normal.

So for a guy trying to connect with women like myself, I found myself putting in all this effort, to meet women, put myself out there, chat with them, really advertise myself. And to have all that work go to nothing when women flaked, it was very defeating.

It's not the way courting worked when my parents met. There was value to your word when you agreed to a date.

But not our culture now, that's just not what it is any more.

Another example

I noticed that flirting became a blood sport.

Fun and friendly conversations became more combative at bars, women would regularly use put downs and insults to knock me off my game. I didn't understand why meeting people had to be such a poor experience.

I later learned that this was women's way of "testing" me. And there was a way to respond to these tests, that a lot of these women were actually interested in me, I just never learned how to deal with this testing.

I later learned not to get emotionally invested in these little games, but rather turn them around and get women to laugh. I would never had known that with what my dad taught me as a kid.

The manosphere fundamentally became a surrogate father for the life lessons I never got.

Stephen Marche What did your dad teach you about dating?

I mean what was wrong and the trp corrected it?

RedPillSchool My dad taught me to take words at their surface value. Like, people say what they mean. And maybe they did when he was a kid. Or maybe he was clueless and meeting my mom was a fluke.

So I was clueless when I met women. I just knew what he told me about meeting my mom. And what I saw in movies

where having a good heart and being yourself is all you need to meet the right girl, and she'll appreciate you for it.

but that's not what happens now. You can't be good, or nice. You have to be attractive. Good and nice aren't attractive any more.

I think my parents had marriage on the mind, my mom looked for good and nice because her parents
taught her that. They told her "find a good and nice guy because you need that in a good husband." But girls these days aren't looking for a husband. They might want good and nice when they're 40 and looking to settle. But at 25, girls are looking for a bad boy. And I wasn't bad at all.

**Stephen Marche** Any specific movies that come to mind that were particularly wrong?

**RedPillSchool** I can't think of a specific movie at the moment, but I do know a popular television show that my generation grew up with: boy meets girl.

**Stephen Marche** Right

**RedPillSchool** Movies do a similar thing though, you find the common mantra is: just tell her how you feel and she'll return the feelings if she likes you.

But it turns out, that's terrible game. You don't pour your heart out. You'll look too invested and scare her away.

Saying it now feels a little silly, like, how was I ever that stupid?

But back then, I thought, this is how you get girls. And they wouldn't respond well to it. They'd say "you're a good friend, but"

and then they'd date guys they call jerks, and complain to me how they're such jerks!

Talk about confusing! Jerks are bad, you hate how he's a jerk, why not date a nice guy like me, then?

I later learned one of the most important lessons: You cannot negotiate attraction.

**Stephen Marche** OK. Now that is true enough. But here's the thing: Why would you want to be with women who don't want to be with good men?

**RedPillSchool** Well, you know, because eventually you start wondering why stick to being good when it's never rewarded?

It's not that there were women who liked nice guys- nice guys never got it. It wasn't like there were a bunch of girls looking for good guys and I just needed to go to the library to find them. They didn't exist at all.

So I thought, maybe it's not them who are broken, maybe I gotta change me?

And sure enough, adapting to the market, now girls like me.

**Stephen Marche** But here's my point. Do you like women more? I mean, the "reward" of using the game seems to be with women you have contempt for. You see what I mean.

**RedPillSchool** Yes, I see what you mean.

**Stephen Marche** I mean if these girls see you as a commodity, why bother?

MAYbe that's my naviete. Not having been dating for a long time.

**RedPillSchool** I think the problem is that my old view of women, when I was unsuccessful and "nice," I did build resentment for women.

so learning that everybody else was playing by different rules actually helped dissolve that resentment

I don't resent them for playing the game. The mating "dance" has always been a back-and-forth between men and women to select their optimal partner

I did resent them, but now I appreciate them quite a bit.

**Stephen Marche** So you think trp actually made you more repsectful of women?
RedPillSchool Yes, it helped me understand human nature. It was like me getting angry with myself for getting hungry, instead of taking the logical step to feed myself.

So once I understood why and how things happened, it put me at peace with it.

And that's a good thing. I'm in a long term relationship now with a girl that I love, and it works, she's very attracted to me. She compliments me on improvements I've made. And I know without the advice of TRP, I would've been clueless and getting caught up on her "tests" rather than beating them.

Stephen Marche Does she know you're the moderator of TRP?

RedPillSchool Yes

Stephen Marche And how does she feel about it?

RedPillSchool She's a smart lady, so she agrees with the philosophy we discuss on the forum. None of it was terribly surprising to her.

She trusts me, and knows that she's attracted to me. And I think in her mind is that it's probably silly, since, as a woman, she didn't have to put the same amount of effort into attracting a mate. But, if it works, don't fix it.

Stephen Marche You think women don't have to work to find a mate?

RedPillSchool I think women can find a mate with far less effort.

Stephen Marche I mean, man, I once saw my wife putting on "anti-feathering agent" which makes lipstick look better and I thought "Jesus Christ."

RedPillSchool Haha, yes, there's a lot of effort that goes into presenting themselves.

I think the comparison I use is that for guys, if they don't put in effort, they simply won't meet anybody. For women, even if they don't put in effort, their default position is having to reject potential suitors.

Now, finding a mate that they are head over heels in love with, that might not be easy for them. But for a guy, simply meeting somebody willing to talk them can be such an impossible task that they'll go years without hope.

Stephen Marche Do you think TRP helped you find love? Or do you think that was mostly chance?

RedPillSchool Yes, TRP was instrumental in my finding love - not only finding it, but understanding how to find it and what to look for.

Stephen Marche Explain that.

RedPillSchool Well, first of all, there are qualities that you might look for in a mate. In my twenties it was basically a crapshoot of whoever would talk to me was a potential mate.

That's not very effective

Now that I have options with TRP, I can be more selective. And TRP helps me know what girls would make good long term partners.

So finding my current girlfriend, I now have the skills to attract her, to keep her attracted, and the knowledge to know she was worth a long term relationship with.

Stephen Marche So can you tell me--I don't want to blow your anonymity--but can you just give me a general demographic on yourself.

You're an American, yes?
RedPillSchool  Sure, ~30 +/- 3 years, USA
handsome
Stephen Marche  white, atheist, conservative? Like those polls say the bulk of TRP is?
RedPillSchool  haha, yes.

All three
though there are a lot of religious people in the community, so atheist isn't a good marker for red pill members
Stephen Marche  Trump conservative? Or like Rand Paul conservative?
RedPillSchool  I would've preferred Rand, But since he fell out, I'm on board with trump in a very watch-it-burn kind of way
Stephen Marche  So I guess the question is why are you starting the new site off Reddit?
RedPillSchool  Well there are a few reasons for the new site.
First, we wanted to have a safe backup for our forums if reddit admin kicked us off. We're a very unpopular subject matter and we know the admin have removed other subreddits for being unpopular in subject.
We're accused of misogyny almost daily, so it would make sense if they wanted us gone.
I won't deny that the language is colorful and there's a lot of emotion expressed by the men on the forum.
But there wasn't really a way for guys to express these feelings. It's politically incorrect, but that doesn't mean the feelings just disappear. Guys needed a place for straight-talk with other guys. Like a locker room.
A lot of these guys didn't have dads, or a positive male role model to discuss these things with, so they lack male companionship and comradery
But it's risky, because the gender wars are heated, and feminists are quick on the trigger to try to take down anything they consider wrong. So TheRedPill on reddit is not a safe long-term bet.
We made backup forums, but they're only in case we get moved off reddit. They're locked right now.
Now, the main site that is open now is trp.red, I'm sure you saw
We wanted a place where men could discuss masculine topics with each other without facing the same public shaming outcry that happens on other social media sites.
There are examples of Milo Yiannopoulos getting reported and losing his verified status on twitter because of his views on masculinity
and nobody can talk about these subjects on facebook because that's career and family suicide.
it's a big topic that has become taboo in our culture. We just can't talk like men to other men about things that affect men.
So we decided this was a niche that needed to be filled. A place for men to discuss masculine interests without the social backlash of being politically incorrect.
Stephen Marche  But surely there's a line somewhere. I mean, to me, the site is 90% locker room talk, then like 10% misogyny. Does that sound fair to you?
RedPillSchool  Haha, well I would argue that the definition of misogyny isn't really very concrete,
that much is labelled as such because it's inconvenient.
So, let's say there's a guy who just says "well I hate women"
I think that's textbook misogyny
and, in fact, we let them say that. Because there's nowhere else for a man to blow off steam. And
sometimes you have an experience that makes you think, "women, right?"
but they stay, they learn, they vent, they get advice, they get back on the horse.
The endgame of our advice isn't to hate women. It's to understand them so you can stop being so darn
frustrated by them.

**Stephen Marche** So TRP is a way to work through misogyny and escape it?

**RedPillSchool** In a way, yes.

But I do take exception to the word. Because I think it's used unfairly to stifle men from venting very
real feelings.

**Stephen Marche** But those real feelings are hostility to women

**RedPillSchool** I think, a guy gets cheated on by his girlfriend and he swears off women altogether,
yeah, you can call it misogyny, obviously all women didn't break his heart.
But he's not really thinking in his head, "all women just hurt me"
what he's thinking is "my insatiable desire for women in my life is hurting me"
the dark secret is, men need woman, and I think sometimes resent that their happiness is inextricably
linked to satiate their biological imperative.

**Stephen Marche** Do you talk often with Redditt admin about the site or its future?

**RedPillSchool** Reddit admin do very little to communicate with mods, so there has been no open
dialog with them. Though I have contacted them regarding this.

**Stephen Marche** Sorry. regarding the new site?

**RedPillSchool** Regarding the subreddit.

**Stephen Marche** So you didn't start it because of something an admin communicated to you?

**RedPillSchool** No, there has been no evidence that we're being removed that I know of.

We started this project about a year ago to make sure we were ready if it did happen, because about a
year ago they started removing other politically incorrect subreddits. We just wanted to be prepared.
TRP.RED as a social media site was borne out of the original plan for a backup forum. It sort of
evolved from our original plans.

**Stephen Marche** Surely you must find SOME stuff posted on TRP offensive. Or worse

**RedPillSchool** I think it's about the perspective that you approach the content. I have been very
dedicated to ensuring that the space allows for male anger and male venting. Because of this, I
understand it and embrace it.

If a guy came on and talked about actually hurting women or plotting to harm them, we'd remove
them and possibly contact authorities if there was any risk of an immediate threat.

But this is the one place where men have the freedom to throw around ideas, vent, and discuss openly
with other men.

I do, however, see why it is offensive to some people.
For instance, there are people who want to believe that every person is entirely unique and different. It's a comforting thought that we are all individuals.

Some of what we say tries to predict behaviors based on knowledge of the group. Essentially, a stereotype.

it's offensive to people to think, "well, just because I'm a woman, doesn't mean I will do what these guys are saying, so this is offensive to me."

but I think that lacks an understanding of how generalizations are applied. Of course it's impossible to truly predict behaviors of an individual. We try to capitalize on behavioral trends because we know enough women will behave a certain way.

For instance, enough girls like tall guys, that we can reasonably surmise that being tall will net you better results than being short.

But some women date short guys. It's just a generalization.

Stephen Marche That's not really the stuff I'm talking about. It's more the "if women come home with them you can rape them," material.

I mean, I know what a tiny fragment of TRP that is, but it is shocking when you come across it.

RedPillSchool That's the sensationalized version of the red pill that gets bandied around.

Stephen Marche Lets talk about that. The media response to this stuff, because it does seem pretty distorted to me.

RedPillSchool There's no discussion of rape strategies. It's antithetical to our entire purpose, which is to find a way to become attractive enough that women will want to be with us.

If the group was seriously pro-rape, there simply wouldn't be a discussion on building attraction. We'd just take 'em all by force.

There have been probably a handful of comments I've removed over the past three years, and they're usually one-offs by trolls who want to make the group look pro-rape. They're banned and removed, since that is strictly forbidden in our forum rules.

Stephen Marche You been following the Jian Ghomeshi case at all?

RedPillSchool No I haven't.

Stephen Marche What do you think of what happened with Roosh V?

RedPillSchool with the roosh v day meetups that were cancelled?

Stephen Marche Yes

RedPillSchool He knew he was infamous and would cause a stir. I think he planned it out that way.

No coverage is bad coverage

his message is targeted at guys that cut through the crap, so the news says "pro rape group getting together" and the guys look him up to see what the hubbub is, turns out he's a masculine blogger.

Stephen Marche How long do you think you're going to keep running TRP?

RedPillSchool As long as I can.

It's changed so many lives.
including my own

**Stephen Marche** Can you think of anybody whose life it has changed for the worse?

**RedPillSchool** Not in particular. There are some guys who got the information but didn't really digest it, and they claim it didn't work.

**Stephen Marche** Do you think TRP is mostly misrepresented or do you think it kind of courts that shock value?

**RedPillSchool** I didn't ask for it to be misrepresented, but it is a great advertising scheme when people see shocking headlines and come read what we have, and end up staying.

The truth is, some of these topics are just outside the overton window, no matter how true or false they may be

and so there will be outrage

**Stephen Marche** Does it bother you?

**RedPillSchool** Not really. I didn't expect mainstream acceptance, nor do I work towards that goal.
Female researcher gets Red-pilled while studying why 25% of men are now childless in Norway -- and it's steadily rising and mostly involuntary

974 upvotes | May 8, 2018 | by Reven311 | Link | Reddit Link

Fertility figures from Statistics Norway show that fewer and fewer men in Norway are fathering children.

The share of men who are childless at age 45 rose from 14 percent in 1985 to 23 percent in 2013. The share of women who had not become mothers by age 45 increased from 10 percent in 1985 to 13 percent in 2013.

So to put this in perspective, women's childlessness has only risen by 30%, but men's childlessness has risen by a dramatic 64% in comparison (2 to 1). In raw percentage gains it's 3 to 1 (+9% vs +3%).

And apparently according to the researcher most of it is involuntary.

Men want to have children too

Why do so many men in Norway never have kids?

The development is paradoxical:

Norway is one of the countries in the Western World with the highest birth rates. More children are born per capita than nearly anywhere else.

Norway is also known to be a vanguard country with regard to equal rights for women and men.

“Both men and women in Norway answer in studies that having children is an important part of life. Few men or women consciously decide against having them. The desire to have kids has not changed,” says An-Magritt Jensen.

Norway is an interesting case, because it's basically like an egalitarian dream come true, the gold standard feminist model they want for America. But people (mainly men) are increasingly not able to meet their most basic desires in life.

Jensen, a sociology professor at the Norwegian University of Science and Technology (NTNU) in Trondheim, concludes that something else must have changed in Norwegian society.

She has conducted research on this issue for several years, especially through interviews with men.

“Expectations of Norwegian men have rocketed,” explains Jensen.
When women do give birth to children, it turns out that it can often be with men who have kids from previous relationships.

This is really important to recognize, and she should be commended for courageously stating the obvious.

“When Norwegian men from the working class have children, it is more often by chance,” explains Jensen.

She stresses that one often finds the most delighted and devoted fathers in this group.

So income seems to be a key driver of men's lower chances of reproducing in our modern egalitarian world, but that's probably not the whole story.

What actually happens often is that men who are already fathers get recycled.

Nevertheless, she ascertains that feminism and equal opportunity ideology have had an unequal impact on men and women in Norway.

“In other Western countries too there are men who never become fathers. But the proportion is especially high in Norway.”

What this basically means is with near perfect egalitarianism about 25% of the male population is simply obsolete (at least in a biological sense), and that number may continue to rise for the foreseeable future. Men have always been the disposable gender, so this is just a reversion back to our roots prior to the advent of agriculture, which precipitated a desire/need to promote monogamy (partly through religion) to extract beta male productivity for economic/societal gains. But our modern world simply doesn't need the bottom 25% anymore. They're essentially a waste of space. Females have re-established a sexual dynamic via education and birth control that strongly favors their reproductive strategies again after centuries of repression.

http://sciencenordic.com/sites/default/files/imagecache/300x/Barnloshet-statistikk-2_None.ipadFull.jpg

"I'd love to see her get plowed by a BBC"

974 upvotes | December 13, 2017 | by PhantomNishobrah | Link | Reddit Link

Have you ever seen a picture of a hot chick, only to look down in the comments and see: "Man I'd love to see her get plowed by a BBC" (or some similar variant). Why does that happen? How does someone get to that point?

The answer is of course is excessive masturbation and pornography. What's happening is that someone has shunned real sexual experience for a virtual sexual experience. Instead of participating, they observe another man fuck the woman they're interested in. This plays tricks on your brain.

The porn star essentially becomes an avatar for the viewer, through which they can vicariously release their sexual energy. If it gets bad enough and habitual enough, masturbation to porn may be the only sexual outlet for that person.

Naturally, "I want to fuck her" transforms into "I want to watch someone fuck her" because watching someone else fuck is the only way these people know how to experience sexual gratification. You have essentially trained your brain to equate sex with "watching another dude plow the chick I want to plow".

I'm not a crazy no-fapper or anything like that, but the mind is a fickle thing, and porn is a dangerous rabbit hole. Be careful out there.
Learn from me: 40 years old, 3 kids, divorced.

973 upvotes | July 21, 2014 | by The_BitterTruth | Link | Reddit Link

My story is not a new one... but there may be a nugget of info here that helps another guy out there avoid my situation. Where to begin..

I was the "Alpha" in my pack. I didn't know it at the time, but it's true. I led, others followed. My friends took up my hobbies. I played guitar, so did they. I wanted to go listen to live music, so we did. I was an avid weightlifter, so they joined the gym to learn from me. The spouse was along for the ride, and very happy. Sex was great. We liked strip clubs. We liked porn. She was my buddy and my lover. She was my girl. Loved her to death. She was an educated woman. Doctorate. Well paid. I had a Bachelors degree. I made more $. Corporate job with high salary. Life was good.

Then... you may know what happens next. "Let's have a kid!" Been married 6 years already, life was good... why not?! I love kids. Always dreamed of having my own little rugrat.

On top of the kid, I wanted to start my own business. I had the money, the know-how, and the drive. She didn't feel secure. She was scared. I was the leader and showed her the way. She followed. Still not quite sure, but she defended me to anyone who questioned...

To make a long story short, I did the business for 5 years. Two of those years were good. The others were failures. There was no support from her during the down times. She deserved better. She wasn't about to curb her spending or budget in any way. She didn't know how and wasn't about to learn.

During this time, we had two more kids (I know...). The debts piled. I would put together plans to pay off the debt... then we did pay it off... and then right back again. She spent. She couldn't stop herself. Nothing extravagant... but definitely not living within our means. She was a child lashing out. She was scared. I never put her in her place. Only half-hearted attempts.

Her job improved. She was promoted. Leader position. She made 50% more than me. Then the market crash happened. Clients stopped paying. One of my clients then hired me on full-time (thank God). I still was short of my old corporate pay. She still made more.

She had zero respect for me. I could say 2+2=4, and she would then check with friends and family first to confirm... and then months later tell me "Guess what, honey! You were right! 2+2 = 4!" This made me resent her.

I helped pick up the slack at home. Kids took up our spare time. I was Mr. Mom. Best dad you can imagine. Very loving guy. I didn't look good, physically. Whatever muscle I had was gone. I went back to the gym sporadically. Strength gone. I used to be able to bench with 120 lb dumbbells. Now 65 lbs was a struggle. My joints hurt. I lost my hair.

I was still the same goofy, funny sweet guy I always was.. but I lost my edge. I had been shit-tested down to a quivering nub of femininity.

She started working out more. Way more. Obsessively. That's where she met him.

He was exactly what she needed. He didn't take shit from her. He had multiple women at once. He was physically strong. He may have been dumb as a post, not very good-looking, and a bit of a redneck... but she didn't care. He pushed her buttons in the right combination, and she completely detached from me and the kids. It was just short of our 15 year anniversary.

I found out about them. She pursued him. He resisted at first. She was not going to be stopped. They
had sex. A lot. No need for details... but my past IT experience allowed me to find out every single little thing. Texts. Emails. (He played the "game" to perfection, by the way. He should teach a class.) I was destroyed. Emotionally a complete wreck.

Since then, I've put myself back together. It took months, but I finally figured out what happened. I read books. I did therapy. I found you guys.

As a guy who is probably older than most here, I will share a few nuggets of wisdom from my perspective, as a dad who was married, divorced, banged skanks, hated women... and now understands them.

- Every woman has the capability of doing what my ex did. All of them. It's up to you to prevent it. If they have a lot of baggage and emotional stress, they are more apt to do it. Red flags.. get to know them. Don't ignore them because she makes you feel like a million bucks. My ex had a horrible family life. Mom was an addict, brother an addict and convict, sister an addict, aaaaand... she was sexually assaulted as a kid. Oddly, I looked past all of this because she was so different than them and bettered herself in spite of all that. Very admirable, sure. But not spouse material in any way. She never dealt with these issues or sought out help. It was only a matter of time before she cracked.

- Women are not evil. They are human beings. They are flawed. Stop pointing at bad things they do and say "Seee?!! They all do this!!" (a lot of posts here). Yeah.. and? So what. You put them on a super beautiful human pedestal and they proved you wrong. That's your fault. Sorry that society told you otherwise. Society says a lot of wrong shit. Suck it up, learn, and try again. I picked a shitty model with a broken CPU. There are better models out there. Unfortunately, they're very hard to find.

- Don't give up on love. Sure, 90% of the women out there fall into the category of my ex, but there ARE good ones out there. Your experience and knowledge will help you sort out the bad from the good. Don't waste time with the bad. You're better than that. But, don't be afraid to show your appreciation and love for those that deserve it. Friends, family, girlfriends... if they deserve, you give it. Lots. IF THEY DESERVE IT. Love is not unconditional. If they don't give love in return or otherwise do you harm, that's their problem. They're gone from your life. They have no control over your well-being.

- I've gotten to know many men in my position, or soon to be. The A #1 thing I notice from men putting up with sub-standard behavior... is the overwhelming sentiment of "Well, if I tell her THAT... she will be really pissed, or maybe LEAVE!" If you have that mindset, she has won, and it is over. You just don't know it yet. Women don't want to "win" all the time. You want the woman's respect, not to be her lap dog. This really goes for any relationship. Stand up for yourself, god damnit.

- Women have emotions like a roller coaster. Whatever they are feeling at the time, that is reality. Plain and simple. Don't like it? I suggest you get a pet, instead. Sorry, brother. I know they are annoying a lot of the time and you can't fathom a life not based on our concept of reality.. but they're chicks. They have boobies and makes us feel awesome, but they're fucking nuts.

Been reading this sub (only thing on Reddit I read) for a while now. Back to the gym in a big way. On TRT now (this has made a world of difference). Looking for a different job. Hobbies started up
again. I have the kids just over half the time. Being strong for them. They need the positive, moral role model in their life. Their mom is still nucking futs. Not in a good way.

Met lots of women. Most awful. Now have a long-term girlfriend who you would say is "very red pill". A wonderful person. Yes, she's younger. Yes, she's foreign. (Am I a RP cliche, or what?!). She's also very well-educated and has a very prestigious career. Not sure of her salary, nor do I care. I wouldn't care if tomorrow she tells me she wants to go work at Starbucks. She knows that because I bluntly told her. I love her for her... not for her career path (this is a shock to every single woman I have spoken to... that men aren't attracted to their success). What if tomorrow I found out she was cheating or somehow disloyal? I would certainly be hurt but I would just say "Next!".. and I mean it. She also knows this... because I bluntly told her. The expectations and boundaries have been plainly laid out. She's awesome, but I don't need her.

TL/DR: Nice guys finish last... but you knew this already. Just another red pill example. Rock on, fellas.
Boy, girl swap explicit photos. Boy charged, girl not. Prosecutor requests boy be sexually assaulted for evidence.
At a family dinner last night I was discussing marriage with my 20 year old sister. She is convinced that she never wants to settle down like most women her age and is wasting the best partner-finding years of her life "having fun". She dismissed my claim that she won't be wanted once she hits the wall at 28 and she said "I'd hate to have to settle for a mediocre man", referring to one of her friend's boyfriends as mediocre. This "mediocre" man has finished an apprenticeship and is earning good, honest money yet is considered mediocre by my sister who is earning far less than this man and won't surpass it in her career.

What makes it worse is that my sister feels she is entitled to top shelf men when she genuinely has NOTHING to offer. She never learnt to cook or clean (like most women of this generation) even though I have recommended her to learn this on many occasions. She expects the man to do this. Furthermore, she has admitted to not wanting children; confirming she has NOTHING to offer to any man, yet only demands the highest of men for her.
Women are devoid of Character. You giving a fuck what a Woman thinks of you is like a hedgefund manager worrying what a hobo thinks of his investment portfolio. Its fucking laughable.

971 upvotes | August 29, 2017 | by ShitsWithTheDoorOpen | Link | Reddit Link

The more I learn about self development the more I'm inspired and passionate to go and fucking do it. The more I learn about women and game, the less I think of them. Now me thinking less of them doesn't mean I don't still want to fuck them, because of course I do, but each level I go up in understanding of game, I stop caring how girls react to me. How they judge me. Because I see how game is a fucking scam and I see how fucking stupid women are lol. Like here you and I can talk about our mission in life, and how we can fight to better ourselves every day and struggle so we can achieve that... WOMEN DONT HAVE A FUCKING MISSION, they have no reason to improve themselves, they're the gender of default success. So imagine you're 12 again but instead of hitting puberty and wanting to make something of yourself, you literally didn't. You didn't grow at all in terms of character from 12. You haven't improved or grown stronger and in fact you've probably gotten more and more weak and stupid because you grew tits and then the world was instantly served to you on a silver platter.

That's life as a woman. That's what women are. I think sometimes we underestimate literally how underdeveloped they are compared to us. Like I know people say the modern man is a bitch compared to men 100 years ago and I get that and fully support you trying to improve yourself, but we are still literally light years ahead of women in terms of character development and strength. Like it's not even close.

So here's my question to you: If you were to go up to that 12 year old thought experiment you and ask something from it and it denied you because it thought you were lame, why would you give a single fuck? That's like a hobo making fun of a hedge fund manager's investment portfolio. Women are completely ignorant of strength and character. All they can discern are its secondary effects. Its really like some sort of mystic magical force to them, they have no clue because it is absolutely absent from their lives. That's why feminists create male privilege to explain achievement gaps. No hunny, only privilege I have is that my whole life I wasn't given shit and I had to earn everything I got in this world. It made me incomparably stronger than you. This really cannot be overstated. We forget how unlike ourselves women are.

This should give you a free ticket to act however and do whatever you want around women because their approval and disdain are literally meaningless to your development as a man. And as we all know the less fucks you give the more they want it.

Self Development is where you should get your self esteem from but game is where you really fuck girls. They can work together but not always man. I know GOOD dudes who don't get laid and I know FUCKING LOSERS who slay it. As you grow in game you should be caring less and less what women think and honestly you should be thinking less and less of women in general. There is a reason why they should be submissive to us. They are like little children in terms of character. NEVER forget your whole life you've been treated as a boy and her whole life she's been treated as a
girl. Not to mention innate psychological and hormonal differences. Basically you're better than her. Know that and you'll fuck whoever you want.

Peace,

SWTDO

Edit: Lol finally, the snowflakes have arrived! Don't get me wrong I mostly write to help RPers grow but triggering BPers adds that extra indefinable zest to posting. My question to the snowflakes though is this, if you know the truth hurts then why come here? Personally, I think it's because you like the pain, you naughty little snowflake. You want to be punished by us big bad Red Pill men don't you? Cowering in fear as we drop truth bomb after truth bomb, but still wanting more. Yes, I think that's it...
Red Pill Going Mainstream: I thought I was reading a Reddit Post on this Fox News column!

971 upvotes | February 5, 2018 | by BluepillProfessor | Link | Reddit Link

From Fox News:

Male Backlash Against MeToo is Brewing

Men are scared, and feminists are delighted. But the urge to call out and punish male sexual transgression is bound to clash with an inescapable truth: We’re all in this together, men and women.

Read carefully. Men being "scared" is fine until it affects......women!

Female staffers and lobbyists have found “many male legislators will no longer meet with them privately,” reported The Miami Herald. “I had a senator say, ‘I need my aide here in the room because I need a chaperone,’ ” lobbyist Jennifer Green told the paper. “I said, ‘Senator, why do you need a chaperone? . . . Do you feel uncomfortable around me?’ ‘Well,’ he said, ‘anyone can say anything with the door shut.’ ”

Oh No! Women are being affected by the whole MeToo thing. It is time to back off! We are all in this together don't ya know. Men and women, together. Forever. LMFAO.

“I’m getting the feeling that we’re going back 20 years as female professionals,” said Green, who owns her company. “I fully anticipate I’m going to be competing with another firm that is currently owned by some male, and the deciding factor is going to be: ‘You don’t want to hire a female lobbying firm in this environment.’ ”

HAAHHAHAHAHAHAHAHAHAHAHAAHH!!!!!!! Do you mean that extreme actions beget extreme reactions? Who knew?

This kind of thinking is catching on in aggressively P.C. Silicon Valley, where men are taking to message boards like Reddit to express interest in sex segregation — sometimes labeled “Men Going Their Own Way,” or the “Man-o-Sphere.”

Yah! She said it. So what is important about MGTOW and the Manosphere?

How will that work out for women in the tech industry, where they already face substantial challenges?

Of course.

My guess is not good. The Pence rule, as advocated by none other than the professor, is now in full force and effect. Men are not stupid and we are not going to be put into helpless situations where 'anybody can say anything’ BUT women are to be believed.

Nope!

Several major companies have told us they are now limiting travel between the genders

Yes they are. But don't forget what is important. How is all this going to affect THE WOMEN!

If men start to back away from women, at least in professional settings, it’s difficult to see
how that will aid the feminist cause.

Oh, so not good huh. Maybe this Metoo thing wasn't such a good idea. Maybe going for the jugular and total supremacy was a bridge to far? Of course none of that matters. The important thing is how it affects the women. Got it. Goddesses must be comfortable. KK.

Wait, what happens if we decide to MAKE THEM A BIT UNCOMFORTABLE? Maybe something happens? Who knows.

be wary of unintended consequences. Turning men and women into hostile opposing camps is not going to be good for either sex.

We are WAY past that point broh. Way past it.
ok here's a quick rundown of how I got here....

Typical dating story. Dated this 24F for a year and a half (Septum ring, 3 tats, one which says imperfection is beauty, I think you know these red flags, I didn't at the time) I'm a 28M, 6'4, 245 at the time. Things were always pretty physical (sexually) from day one. I'll save you a lot of the details because my progress and what you can learn from it is way more important.

Long story short, got lazy in the gym, with hobbies, spent too much time with girl. You know where that road leads to.

In a week it'll be 3 months since the day I caught her cheating on me. I've been in monk mode off and on in that time frame. Found TRP magically and read everything from AWALT, LIFT, PICKUP, FRAME. I was looking to make her regret it (dumb I know) but it motivated me to be disciplined to an extreme. I eat very healthy and I workout 5 times a week. I'm on a legit program (my friend is a personal trainer in L.A and put me on one) and it's has me doing the essentials (deadlifts, squats, shoulder press, bench) along with a lot of isolation workouts. I used to box in my younger years so I usually hit the bag after and run sprints. Catch a lot of women looking my way when they hear me pounding the bag :) I'm now 220lbs and starting to hit great strides. I know this, because the attention has turned up drastically. Went to my other ex's house (I have a kid with her so we'll call her bm) for 4th of July to pop fireworks with my son and her family kept saying how skinny I was and also kept offering me food. Had to tell them no about 3-4 times. Just the other day BM also randomly offered to get me some food before she came to pick up my son from. She had never done that before. She's also been a lot more friendly towards me (Go figure) I've also run into a few girls that I already knew, at the gym, and they all have approached me to talk and remark how much thinner I look since they've last seen me. I took the signs that the universe was sending me at this point and decide it's time venture back out to the bar scene and enjoy myself and see where i'm at.

So I hit the town the following Friday. Met up with a friend of mine (Female) and some other mutual friends. She's very attractive and has a pretty good social status. Her and I were pretty good friends at one point due to interest in EDM and music festivals (ex was jealous of this) I always spoke to her about my relationship (never talk to women about that, learned that from here) and my feelings because I figured she was a good friend so why not. She labeled me as sensitive but I didn't care because like I said I just viewed her as a friend and was loyal to my gf at the time. She would always joke with me about how sensitive I was and she knew a lot about my relationship and interacted with my ex a lot when we were all together. She always had seen me with my ex whenever we crossed paths during the past year, and she knew we were broken up, so you know the big question was coming and it didn't take long.

"So....why did you and (ex) break up?"

Gentleman, here is something I realized at that very moment. If people ask you why you and an ex broke up and it wasn't favorable towards you, say whatever the fuck you want. Control the narrative. At the end of the day, you're broken up, everyone knows it, so why not take full control and put it into YOUR FRAME. You think that slut is gonna go around telling everyone how she cheated on you? She's telling everyone how abusive and controlling your ass was and making you look like the
villain. So at this point, do whatever the fuck makes you look the best. Cue my answer
"I just got bored. Always felt like there was something missing and kept catching myself checking out and thinking about other women. She's a nice girl but I just need something more and exciting."

She could not believe it. I was the guy who was in love and wanted a serious relationship. How could I? She questioned it initially, quite a few times actually, but I just kept my frame and my answer solid. From that point on, I treated her like a little sister. Teasing her, acting cocky, talking about other women that I seen at the bar, even talked to a couple women. We chatted some more and she said I looked a lot thinner and that I looked good and I told her she looked good as well. I wandered off to mingle after that and lost her over the course of the of the night. As closing time was approaching, guess who was calling me to see where I was at? She said she wanted to see if I wanted to go to an after party but lost track of me. I tell her I'm at the bar she last seen me at and to come pick me up since I was pretty drunk. She says she's on her way.

She pulls up outside the bar about 10 minutes later and I get into the car. We had both been drinking a pretty fair amount (We kept going back and forth buying each other drinks) and my IDGAF mode was in the green at this point, so naturally I said fuck it. I hop in, give her a big smile. Then in an instant, I grab her hand and pull her towards me and went in for the kiss. I could tell she was surprised but she kissed eagerly right back. Why the confidence? Because even though we were always just friends and had no past history of messing around and also her knowing I was a sensitive mega beta up to this point, I knew she had no good reason to come back and pick me up. She opened the door for me, and I walked through it. We made out passionately for a couple minutes. She says wow where did that come from? I go back to my cocky self and say I could see it in your eyes you wanted to kiss me all night. She laughs and says whatever and goes back to kissing me. After a few more minutes of back and forth, we finally just decide to go back to her place. You can guess what happened there. The girl who knew me as a sensitive, lovey dovey, hopeless romantic guy, just got the script flipped on her overnight.

Since that day last week, I'm starting to get a lot more attention from females, most likely due to my confidence and my time in the gym, even though i'm nowhere near close to what I want to be by any means. But I have a joyful attitude and smile everywhere I go.. Went out the other night and pulled the dream scenario. Ran into the most recent ex at a bar (the cheater) Kept it causal and didn't look her way once and just mingled with friends. I eventually lock eyes with a gorgeous blonde across the room, I smile, she smiles right back. Game on. (Another tip) doesn't matter what you say when you approach because usually nobody remembers what it was right? Try going with something like "Why do you look so familiar?" I walk towards her and it took about a minute to get through the crowd, so I use that time to think about what I'm going to say. I finally get to her and spit my line, her hamster started spinning immediately and she says she's not sure but I look familiar as well. Maybe I did, maybe I just convinced her I did. We talk for a bit and I keep the questions going and she keeps the answers coming. She tells me how handsome I look so I finally give her validation and tell her she looks very sexy. I made sure not to comment on her looks until she gave me a compliment (Been studying the sidebar, thank you TRP) She thanks me for my compliment and then I grab her hand and I tell her I need another drink, lets go to the bar. She say's okay and comes right along (LEAD, don't ask) After we get a drink, we talk a bit more and I can see my ex and her friends nearby. I decide to play my chances. This girl has been pretty into me the whole night, why not.

As we're talking, she's locking into my eyes heavy (signs) and laughing at everything. So i go in for the kill. I flat out say you look like you want to kiss me. She responds "Do I?" I keep the smile and
say yeah you do. She then says "Well maybe I do, but I don't think you will in front of all these people."

Challenge accepted.

So for those of you fresh out of a heartbreak, there's hope. I was at an extreme low. Very extreme low, confidence shattered, depressed, everything you can think of. But I kept fighting. People are going to ask you about your ex, so make your own narrative that fits the best for you. Say whatever you want that makes you look good. And if you see her, don't even acknowledge her presence and talk to other women. Look happy even when you're not. Don't let that bitch see she hurt you if she did. When you're having bad days, take it out on the gym. Feel that burn and the pain simultaneously leaving your body. I was not receiving any attention at all like this 3 months ago. But I kept working out hard, I kept smiling even though I was hurting bad inside, and I never let anyone know how much pain I was in. I'm not even saying i'm completely over it either, but knowing i'm not even close to where I want to be at body wise and somewhat confidence wise, good things are already happening to me and i'm not even 90 days in. So lift hard and forget the past. We only have one life to live on this earth, one day you'll leave this earth. So make the fucking best of it. And one day, you'll be glad your oneitis made you go through this because it made you better, if you put in the hard work. Shit I'm already thanking mine (inside my head of course)

Thank you TRP for helping me get through the hard times. Here's to more good.
If a girl mentions she's on anti-depressants; run the other fucking way.

969 upvotes | February 27, 2017 | by [deleted] | Link | Reddit Link

Just finished a "pull" with a self proclaimed "feminist". (I found this out after she was at my house). During our time together, she brings up that she's on anti-depressants... then goes on to tell me how she's obsessive, yet hates guys that obsess over her. Long story short, I did not have sex with her; it felt like having sex with her would open a whole bag of bullshit I didn't want to deal with. She was literally begging me to have sex with her, and I passed. I said, "I really like you, I think you're sweet. There's a cool guy out there for you, but we can still be friends." Needless to say, this makes her want it even more. Truth be told, this girl was about a 5-6 face with a 5-6 body. I haven't pulled in a while so I needed an ego boost. Once I found out this chick was damaged goods, I threw the little critter back into the pond. When I dropped her off, she was pissed off I didn't fuck her. Go figure. Either way, I feel like I'm getting back in the swing of things. Hopefully, I'll be pulling better quality going forward. But anyway, the point of this post is that anti-depressants are typically a red-flag. Don't brush them off. Take them with the respect that they deserve and avoid getting into bullshit.
A lesbian feminist writer once disguised herself as a man for 18 months to write a book on gender. After the experiment, she was institutionalized for depression, and stated that she never felt so glad for being a woman.
Germany taking a big step against Cuckoldry

969 upvotes | August 30, 2016 | by CHAD_J_THUNDERCOCK | Link | Reddit Link

tldr: Women in Germany could be legally forced to reveal to their husbands if their children are the product of an affair with another man *if new legislation goes through.*


The controversial measure will force women to divulge acts of adultery or infidelity during a relationship.

http://www.bbc.co.uk/news/world-europe-37215684

The measure would apply when men who had supported a child, believing that they were the father, sought financial redress in court.

Germany has already been taking similar male paternity rights steps recently. In April, Germany’s courts ruled that children cannot force men they suspect of being their biological fathers to undergo a DNA test. They can only oblige their legal fathers to undergo testing.

There wasn’t much response on Twitter to this news. Most were positive including women. Though there were a few of these tweets, all from women:

@BBCWorld @BBCNews wow, if he already formed a long relationship w/the child.He basically adopted the child.Not fair2 the child to back out.

I suggest shorting any stocks you have in the Daytime Talk-Show industry.
Disclaimer:

I’m not some shredded 6% bodyfat bodybuilder/fitness coach/greek god who can bench press all of New Zealand and knows all the secrets to shedding weight and staying lean.

I’m basically an average guy who’s sick of suffering every time I want to shed some weight. I spent the last 3 months trying to figure out how I can be in a deficit WITHOUT BEING HUNGRY.

I finally figured out how and have been studying/practicing what's in this post for the past 4 weeks, steadily losing about a half kilogram a week AND NOT FEELING HUNGRY WHILE ALSO NOT COUNTING CALORIES. So, I know it works.

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   - What You're Doing Wrong
   - A Vivid Example
   - What Makes You Full
   - High Water Foods
   - High Fiber Foods
   - High Bulk / Volume Foods
   - The Golden Rule of Feeling Full Despite A Deficit
   - Holy Trinity of Low-Calorie Foods That Will Make You Feel Full
   - Conclusion

Further Reading:

- Calorie Density: How To Eat More, Weigh Less and Live Longer by Jeff Novick, MS, RDN
- Calorie Density by HeartStrong.com

Introduction:

Here’s the problem:

You want to lose some weight. Let’s say you want to lose 10 kilograms / 20 pounds. So, you pay a
visit to the almighty Google and see the sage wisdom of millions of keyboard warriors and roided influencers before you proclaiming the gospel of “Calories In vs Calories Out”. Then, at the slightest challenge, one of three things happens:

1. You activate their hidden Neil deGrasse Tyson trap card and watch your patience disappear under “According to the First Law of Thermodynamics…”
2. They try to recruit you into their Cult of Keto with the promise of abs while eating all the bacon and steak you want
3. You are accused of being defective human being who can’t figure this out despite the tidal wave of nebulous, contradictory and outright predatory false advice being thrown all over the internet

And here’s the thing nobody wants to talk to you about: Despite your best attempts to be in a caloric deficit, you eventually start feeling hungry ALL. THE DAMN. TIME.
And when you are hungry long enough, everybody’s willpower breaks.

Yet hardly anybody is talking about what to do about THAT problem. The only person I've seen plainly mention this is Greg Doucette on YouTube, but everyone’s favourite doctor (after Johnny Sins of course) would rather sell you a $100 cookbook with recipes that promise to fix it rather than give you this information to do it yourself.

What You're Doing Wrong:

You made one of the classic blunders: you were so busy weighing your food and counting calories… that you forgot to weigh your food and count calories.

Let me explain.

Our bodyweight is a factor of how many calories we eat. There is no dispute about this from anyone who knows anything about nutrition. Fine.

But what about our hunger?

... ...

Yeah, I had no fucking clue either. And anybody who does will throw around words like leptin or ghrelin but fail to realize it doesn't answer the question in any way that matters.

Here's the truth: Our hunger is a factor of how much food is in our stomach.

Note I didn’t say calories. I said FOOD.

 REGARDLESS OF CALORIES, we eat 1.5 to 2.5 kilograms / 3 to 5 pounds of food
That is very important that you should read it again.

REGARDLESS OF CALORIES, we eat 1.5 to 2.5 kilograms / 3 to 5 pounds of food per day.

And again.

REGARDLESS OF CALORIES, we eat 1.5 to 2.5 kilograms / 3 to 5 pounds of food per day.

And again.

REGARDLESS OF CALORIES, we eat 1.5 to 2.5 kilograms / 3 to 5 pounds of food per day.

On the upper end of that, you get nauseous and want to throw up. On the lower end of that, you get hungry and want to binge eat. This is when those big words of leptin and ghrelin kick in to make you want to eat a cow. Somewhere in the middle – past a minimum calorie threshold – you are perfectly satisfied regardless of how many calories that is.

Disagree?

A Vivid Example:

Let’s say you are following a meal plan and have one meal left in the day. This meal has to be 300 calories to maintain your deficit. To have 300 calories, your options are:

- You can have 5 chicken nuggets or nearly 1.5kg / 3lb of lettuce salad
- You can have half a chocolate bar or 2 bowls of oatmeal
- You can have one serving of fries vs 2 and a half cups of cooked rice

Which one do you think will make you feel more full? Which one do you think will make it easier to maintain a deficit on?

Forget all you’ve heard about smaller portion sizes, using smaller plates, avoiding carbs, intermittent fasting, sacrificing virgins at the alter of Cthulu, whatever. Forget all of it.

Don’t think about calories. Think about calorie density, as in how many calories there are per kilo / pound of food.
No, screw that. Let’s take all terminology out of it. Think about this: What kinds of foods will make me feel full?

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**What Kinds of Foods Will Make You Feel Full?**

Foods that will make you feel full (with less calories) tend to have 3 qualities:

- High Water Content
- High Fibre Content
- High Bulk/Volume

Foods that will make you fat well before you feel full tend to have some combination of 4 qualities:

- High Fat Content
- High Sugar Content (and I’d argue High Salt / Sodium Content as well)
- Refined / Processed Carbs
- Low Bulk/Volume

To clarify, refined / processed carbs is basically any carb with a nutrition label and/or doesn't look like anything that would grow in the ground and/or would outlive a cancer patient.

If you’re reading this, I’m pretty sure you already have a grasp of what things are in the latter category. What you probably don't know are things that are in the former category.

---

**High Water Foods:**

Water as a percentage of weight, from highest to lowest:

1. Cucumber (96%)
2. Lettuce (96%)
3. Tomatoes (95%)
4. Celery (95%)
5. Radishes (95%)
6. Zucchini (94%)
7. Spinach (93%)
8. Eggplant (92%)
9. Mushrooms (92%)
10. Bell Peppers (92%)
11. Cauliflower (92%)
12. Cabbage (92%)
13. Watermelon (91%)
14. Strawberries (91%)
15. Broccoli (90%)
16. Cantaloupe (90%)
17. Peaches (89%)
18. Brussel Sprouts (88%)
19. Plain Yogurt (88%)
20. Grapefruit (88%)
21. Oranges (86%)
22. Apples (85%)
23. Raspberries (85%)
24. Blueberries (84%)
25. Kiwi (83%)
26. Mangos (81%)
27. Grapes (80%)

Sources:
https://www.bupa.co.uk/newsroom/ourviews/ten-water-rich-foods-hydration
https://www.healthline.com/nutrition/19-hydrating-foods
https://www.swansonvitamins.com/blog/jenessa/most-hydrating-foods

High Fiber Foods:

Fiber as a percentage of weight, from highest to lowest:

1. Chia Seeds (34.4%)
2. Pumpkin Seeds (18.4%)
3. Popcorn (14.5%)
4. Almonds (12.5%)
5. Dark Chocolate (10.9%)
6. Oats (10.6%)
7. Black Beans (8.7%)
8. Artichoke (8.6%)
9. Split Peas (8.3%)
10. Lentils (7.9%)
11. Chickpeas (7.6%)
12. Avocado (6.7%)
13. Raspberries (6.5%)
14. Kidney Beans (6.4%)
15. Blackberries (5.3%)
16. Lima Beans (5.3%)
17. Edamame (5.2%)
18. Kale (3.6%)
19. Pears (3.1%)
20. Bananas (2.6%)
21. Quinoa (2.8%)
22. Carrots (2.8%)
23. Beets (2.8%)
24. Broccoli (2.6%)
25. Brussels Sprouts (2.6%)
26. Apples (2.4%)
27. Blueberries (2.4%)
28. Spinach (2.2%)
29. Strawberries (2%)
30. Tomatoes (1.2%)

Note that most vegetables, whole grains, nuts and seeds are high in fiber.

Sources:
https://www.healthline.com/nutrition/22-high-fiber-foods

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**High Bulk / Volume Foods:**

You’ll notice that most of the foods in the above two lists are vegetables and fruits. In general, vegetables average out to about 250 calories per kilo / 100 calories per pound. Fruits average out to 500 calories per kilo / 250 calories per pound.

**So, you could fill HALF your stomach with only veggies for 200-ish calories and only fruit for 500-ish calories. More on this later.**

But not all of the foods listed above are fruits and vegetables.

One exception are **legumes** and a **whole grain (oats)**. These are considered “dry goods” and have to be prepared by soaking and/or boiling in water before eating. What does that do? It adds water to it. More water equals more food weight and a lower calorie density.

In other words, they fill you up because you boiled/soaked them in water.

By extension, other foods such as rice and pasta (ideally brown/whole) which are prepared by boiling are also fine. Not great, but fine. Certainly much better than fries and white bread.

Another exception on the lists are **nuts and seeds**. This is where we need to be careful. Nuts and seeds are not very big and are (edible while) very dry. As you can probably guess from their lack of volume and water, they aren’t light on calories.

**When it comes to nuts and seeds, 50% to 85% of its weight is in fats. So, be mindful.**

Topping your food with a small handful of nuts and seeds? Fine.

Snacking on a whole bag of ’em? You can inhale 1,000 calories without even realizing it.
The Golden Rule of Feeling Full On A Calorie Deficit:

Here’s an average of calories per unit of weight for various food groups.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Calories/Kilogram</th>
<th>Calories/Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>250</td>
<td>100</td>
</tr>
<tr>
<td>Fruits</td>
<td>500</td>
<td>250</td>
</tr>
<tr>
<td>Unrefined Carbs</td>
<td>1,000</td>
<td>500</td>
</tr>
<tr>
<td>Legumes</td>
<td>1,200</td>
<td>600</td>
</tr>
<tr>
<td>Fatty Protein</td>
<td>2,000</td>
<td>1,000</td>
</tr>
<tr>
<td>Refined Carbs</td>
<td>2,800</td>
<td>1,400</td>
</tr>
<tr>
<td>Junk Food</td>
<td>4,600</td>
<td>2,300</td>
</tr>
<tr>
<td>Nuts/Seeds</td>
<td>5,600</td>
<td>2,800</td>
</tr>
<tr>
<td>Oil/Fat</td>
<td>8,000</td>
<td>4,000</td>
</tr>
</tbody>
</table>

This isn’t to tell you what to eat and what not to eat. Although it certainly won't hurt to move more of your food intake up the ladder, I'm more interested in giving you a dead simple principle. This is to tell you the golden rule of feeling full on whatever it is you are eating.

Here it is:

**Before any meal, have a serving of vegetables and fruits (as close as possible to how they grew from the ground).**

That’s it.
That's all.

Remember what you last tried eating to lose weight? The one where you did all the math about calories and macros? The one you actually followed for 2-4 weeks before you went rabid and binged on everything?

Do it again. Except this time, have a big bowl of vegetables and fruits (more often veggies than fruit) before each meal.

Sure, you’ll reduce your deficit and maybe you’ll have to make up for it through some more cardio. But here’s the thing: you won’t be hungry.

---

**Holy Trinity of Low-Calorie Foods That Will Make You Feel Full:**

If you’re ever at a loss of what to eat before a meal, remember one of these 3 things:

- Oatmeal
• Vegetable Soup
• Salad

I’ll give you very basic recipes for them. Each recipe will have 4 things:

• Bulk options to help you feel fuller,
• Flavouring options to help you actually like it,
• Calorie options if you want to make these a full meal rather than a pre-meal, and
• Protein options to help support your protein requirements.

Oatmeal

Oatmeal is cheap, quick and can be made with literally anything that can heat water. It is here because it scores absurdly high in convenience, availability and affordability that there are no valid excuses to NOT eat this on a weight loss journey.

Ingredients: Oats.

Instructions:

1. Measure your oatmeal.
2. Put twice the amount of water in a pot. Bring to a boil.
4. Stir frequently, until it thickens and absorbs all the water.


Flavouring options: (brown) sugar, vanilla, honey, cinnamon, milk.

Calorie options: Nuts and seeds of your choice. Peanut butter is an easy one.

Protein options: Add protein powder.

Vegetable Soup

Know why it’s so filling? Because it is basically flavored, nutritionally enriched water with chewy bits in it.

This earns second place in the Holy Trinity list. It takes a bit more time, needs a kitchen to make, a fridge to store, and can be pricey depending on the time of year / your geographical location. But the fact you can make two, three, five different soups in a weekend and have them for two months evens it out.

Ingredients: Onions. Carrots. Chicken/vegetable stock, if you have it. Powdered soup packets and water, if you don’t. Any vegetable you want.

Instructions:

1. On a large pot, add a tablespoon of oil on medium high heat.
2. Sauté the onions and carrots with a tablespoon or two of oil, adding a big three-finger pinch of salt and pepper.
3. Once the onions are translucent, add your liquid.
4. Dump all your vegetables in the pot. Make sure the liquid covers your vegetables.
5. Once it starts simmering, turn the heat low and simmer for 10-15 minutes.

**Bulk options:** Eggplant, lettuce, cauliflower, broccoli, cabbage and any (soaked/cooked) legumes in the soup. Brown/whole wheat bread as a side dish.

**Flavoring options:** Garlic and/or leeks (when sautéing onions & carrots), curry powder, chili powder, rosemary, lemon/vinegar, powdered soup packets, etc. Soups are VERY forgiving in what you can flavor them with.

**Calorie options:** Pasta (can be boiled in the soup for flavour), sesame/chili oil, and fatty meats. Spreading butter on the bread you’ll eat with it.

**Protein options:** Shredded chicken/pork. Poaching an egg in the soup.

**NB:** Do not blend it. Eat it chunky. The sole act of chewing it instead of drinking it makes it more filling, despite the same exact calorie count.

**Salad**

First off, if the very idea of eating a salad is an attack on your manhood, get over your malnutritioned machismo.

Second, I’m honestly torn on whether this should have made the holy trinity above the honorable mention below. It’s filling, a fantastic source of nutrients, and has the effect of making you more conscious of your health choices which can spill over into other aspects of your life.

But it heavily relies on easy access to fresh ingredients and doesn’t store well. So, it can be pretty hit-and-miss for some. Anyway, here it is.

**Ingredients:**

- Something green: lettuce, spinach, kale, cabbage
- Something sweet: fruit, sweet potato, cherry tomatoes
- Something crunchy: carrots, apples, cucumbers, broccoli, cauliflower
- Something creamy: yogurt, cheese, avocado
- Dressing: Get a jar. Add 3 parts oil (olive, avocado, sunflower, etc.) and 1 part acid (any vinegar, any juice from a citrus fruit). Shake vigorously

**Bulk options:** This is as bulky as it gets. Just have more salad.

**Flavour options:** In the dressing, you can add salt, pepper, chili, dried herbs, yogurt, mustard, etc. In the salad, you can switch up any of the ingredients.

**Calorie options:** Eat anything afterwards.

**Protein options:** Shredded/diced chicken. Scrambled eggs.

**NB:** Don’t go crazy with the dressing as that can easily be 80-100 calories per tablespoon and you can’t get full on dressing. But don’t be afraid of it either. Some nutrients are fat-soluble meaning our body cannot absorb it without the use of fats.

**Honorable Mention: Fruit**

This is what I was torn about against salads. I really love fruits because they are nature’s gift to
anyone with a sweet tooth.

Some excellent low-calorie options are:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>100 Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watermelon</td>
<td>350g</td>
</tr>
<tr>
<td>Strawberry</td>
<td>294g</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>268g</td>
</tr>
<tr>
<td>Peaches</td>
<td>245g</td>
</tr>
<tr>
<td>Blackberries</td>
<td>232g</td>
</tr>
<tr>
<td>Pineapple</td>
<td>224g</td>
</tr>
<tr>
<td>Plums</td>
<td>215g</td>
</tr>
<tr>
<td>Oranges</td>
<td>192g</td>
</tr>
<tr>
<td>Raspberries</td>
<td>190g</td>
</tr>
<tr>
<td>Apples</td>
<td>186g</td>
</tr>
<tr>
<td>Blueberries</td>
<td>174g</td>
</tr>
<tr>
<td>Pears</td>
<td>166g</td>
</tr>
<tr>
<td>Kiwis</td>
<td>164g</td>
</tr>
<tr>
<td>Cherries</td>
<td>140g</td>
</tr>
<tr>
<td>Grapes</td>
<td>140g</td>
</tr>
<tr>
<td>Bananas</td>
<td>114g</td>
</tr>
</tbody>
</table>

Source:  
http://archive.is/I1XD5

Remember your 1.5 to 2.5 kilograms / 3 to 5 pounds of food per day? If you were to fill up on nothing but fruit (not recommended, just making a point), that would be 400 – 700 calories in watermelon, 700 – 1,300 calories in oranges and 1,300 – 2,200 calories in bananas.

**Honorable Mention: HOME-MADE Popcorn**

If you HAVE to snack, this is what to snack on.

An excellent low-calorie, very high-fibre option that is very difficult to eat too quickly (meaning your brain has time to register how much you're eating and telling you you're not hungry anymore). The only thing is it can come loaded with butter, excess salt, sugar, chocolate, etc.

Best to make this at home.

Instructions:

- YouTube Video (both stovetop and microwave)

**Bulk options:** This is as bulky as it gets. A 1/2 cup of kernels gets you a large bowl.

**Flavour options:** Nutritional yeast, salt, cinnamon, vinegar/lemon(?), other.

**Calorie options:** Eat anything afterwards.

**Protein options:** Eat anything afterwards.
**Drink. More. Water.**

Have a desk job? Put a big bottle of water on your table and sip all of it throughout the day.
Can't have a Holy Trinity pre-meal? Drink two glasses of water.
Can't have a Holy Trinity pre-meal and you're about to have a cheat meal? Drink THREE glasses of water.
If you're drinking something that isn't water, drink a glass of water after.
If you drink soda or alcohol, replace it with water. Then drink another glass of water after.
Feeling bored? Drink a glass of water.
Opened your fridge looking for something to eat? Drink a glass of water.

**Most of the time, you are not hungry. You are bored and/or dehydrated. DRINK. MORE. WATER.**

It is easily one of the smallest things you can do with the biggest impact on your health:

- Boosts energy levels
- Improves mood
- Aids circulation
- Aids muscle recovery
- Prevents constipation
- Lubricates and cushions your tissues, joints and spinal cord
- Hydrates your skin
- Prevents illness
- Aids digestion (yes, even during and after a meal)
- Sobers you up / prevents hangovers

Until about 1-2 hours before you go to sleep (unless you don't mind waking up at night to pee), drink lots of water.

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**Conclusion:**

I hope this information will be helpful. I'm open to hear all your thoughts on this.
Manipulative, Entitled, Feminist DA threatens her Male Uber Driver - Gets Fired

967 upvotes | November 15, 2017 | by refunkulation | Link | Reddit Link

Here is the local news report & audio.

The report tries to say she tried to used her job to threaten the man, but really she threatened him by calling the cops, attempting to ruin a totally innocent man, when all he did was drive her home.

She claims in her press conference there was more to the story (yeah right), that he tried to make a pass at her, that she didn't recognize the route he was taking and that it made her FEEL uneasy by doing his JOB, fortunately he was wise enough to not be emotional, pull out his phone and record the interaction or his life could be ruined for doing nothing. Just have to wonder how many bodies she left in her track, especially being an assistant District Attorney.

Also, much respect to him for saying he didn't want her to be fired, but to have an HONEST apology from her. This is the way to treat women and especially manipulative ones, his demands about how she should be punished is not by losing her job (the way a feminist treats situations is to have the man's life ruined) but to apologize honestly for her behavior. Respect.

There is a critical lesson here, the need to record more and more interactions with women, quickly and subtly too. Especially when dealing with women in your life who you know in advance are extremely manipulative. They will try and ruin your life to get their way, even try to ruin your life just to save face even AFTER the situation is proven to be 100% in the wrong in her actions.

You are guilty until proven innocent in 2017. Record your interactions, you need evidence in this world to survive. We must all adapt.

If this man hadn't recorded the conversation, given her status, very good chance he's not only without work, but in jail for doing nothing but keep his head down, work hard, and mind his own damn business.
I've been developing a theory that I think might add a bit to TRP thinking on this topic.

Men are sexually attracted to traits in women that are fully observable when they first meet (i.e. physical beauty).

Women are sexually attracted to traits in men that are only partially observable when they first meet (i.e. social status, confidence).

What does this mean for dating? Well imagine a world in which the traits men find attractive in women are partially unobservable. Specifically, let's pretend women walk around in full burqas on the streets and in public, but otherwise act just like Western women. You can see if a woman is overweight or not, but otherwise you can't tell if she's hot. After a few dates though, you get to see what's underneath. These women are relatively experienced, they've dated men before and shown them what is underneath their burqas, and thus these women know their own sexual market value.

Now, you approach a woman on the streets who looks decently in-shape and you think might be attractive. She is very receptive to your approach. She's kind and sweet and seems excited to go on a date with you. What do you think to yourself? "Shit, this girl is probably ugly."

You approach another girl. When she sees you, she is cold and standoffish. What do you think to yourself? "Awesome, this girl is probably so hot. I better try harder."

This is the world women live in. When they meet you, they can't really tell how attractive you are. So they rely on your behavior to tell them. The less interested in them you are, the more options they think you have, and the more attractive they think you must be. So when you treat them like dirt, they think you must be god's gift to women.

It's only later that they find out whether or not you really have those qualities they are looking for. This is your "burqa" coming off. If you want to keep a girl after that point you better be as alpha as your behavior implies, but before that point they only have your behavior to go on.
Met a post-wall woman divorcing her husband she “loves”.
Blew my mind validating Red Pill

965 upvotes | April 26, 2018 | by Cissnowflake | Link | Reddit Link

Mods I trust you’ll delete this if it’s not appropriate here.

So I’m out eating alone and I meet a couple of women. They are both post-wall, I’m not attracted, but talking to them because they are at the counter next to me.

One is a large black woman, who doesn’t say anything about her relationship status. The other is a blond, late 30s, probably pretty hot in her peak years but her looks scream “declining SMV” at this point. Still fit, nice rack, but clearly not what she once was. She doesn’t have youth and as you all know, with a woman there is NO SUBSTITUTE for youth.

And apparently she doesn’t know it.

So this chick starts telling me about how she’s currently divorcing her husband, but get this: She tells me she still loves him, they get along great, they are great partners in life, great friends, and could be great business partners.

I’m thinking, fuck, and you’re divorcing this dude at 38 years old?

She tells me she’s divorcing him because, basically, she’s bored. She doesn’t feel the spark anymore.

(And clearly she thinks she can hop back on that Alpha cock without any difficulty, just like when she was 23.)

So here’s this chick, she’s gonna divorce this loving devoted beta, to get pumped and dumped by men and end up wondering where all the good men went as she lives alone with her cats.

It was incredible for me to see this validation of Red Pill truths. In the olden days, it seems like other women (especially older women) would be telling this girl to get her head together and stay with her loving, devoted husband. Now the world is telling her that she deserves nothing but the best, and must go seeking it, even though doing so will probably be the most regretted decision she ever makes.

I got nothing else, I just couldn’t believe my fuckin’ ears when I was hearing this shit.
7 Science-Backed Ways To Increase Testosterone
964 upvotes | March 7, 2018 | by notamexican1 | Link | Reddit Link

Testosterone is super important for muscle growth, fat loss and a number of other physiological processes such as your mood. The normal range for men is between about 250-1000 ng/dL, while free testosterone is usually 2-3% of this.

Keeping your test naturally high, in a world which cultivates naturally low levels is a powerful way to drive fierce ambition towards your goals.

Lose Weight

If you’re fat then you're testosterone is going to be much lower than it could be. Research has shown that obese people tend to have one-third of the testosterone of their leaner counterparts. This is due to many reasons such as dietary choices, but mainly due to the fact that more fat = more oestrogen and more oestrogen = less testosterone. Keeping your body fat percentage between 8-12% is going to be great for keeping your natural testosterone levels high. 15% is fine too. Anything over 20% or under 8% is going to cause problems.

Strength Training

Strength training is the best type of exercise for boosting testosterone. Research has shown this over and over again - especially large full body compound movements like deadlifts, squats, overhead press and pulls ups. When we compare these type of movements (especially with heavy weight) to isolation movements like bicep curls the difference is profound. Strength training will increase growth hormone (GH) as well as testosterone.

Get Enough Vitamin D

Vitamin D isn’t even a vitamin, it’s more of a hormone which regulates over a 1000 physiological functions - especially in the realm of sexual matters. Having low vitamin D levels is bad for your testosterone. Vitamin D is strongly associated with more testosterone and a stronger libido. Try to get at least 15-minutes of sunlight every day. In winter, a quality vitamin D3 supplement helps.

Dietary cholesterol

Cholesterol which is found only in animal products is really important for testosterone production. It’s actually a baby form of testosterone, a precursor. Our bodies produce our own cholesterol, but research has shown that dietary sources of cholesterol (such as from eggs) will increase testosterone levels. Unless you have the APOE4 gene, dietary cholesterol or even saturated fat for that matter isn’t something you need to freak out about in moderation. Eggs are a great source. However, make monounsaturated fats your main priority (think olive oil and avocados).
**Consume enough zinc**

Zinc is an essential mineral really important for sexual function among men. Men with zinc deficiency have lower testosterone levels, a lower sex drive and a number of other problems. Zinc is lost with sweat, so it’s particularly important to get enough if you train hard at the gym. If you’re lacking it in your diet you can consider supplementing with it. Try not to go over 40mg.

**Reduce Stress**

Stress causes an increase in cortisol. An increase in cortisol isn’t always bad, it serves an important purpose, but too much is bad. Cortisol is synthesised from cholesterol just like testosterone. When you’re too stressed, more cholesterol goes towards synthesising cortisol instead of testosterone. That's why keeping your stress down is key to increase testosterone levels.

**Try intermittent fasting**

Intermittent fasting is basically not eating for a certain period of the day. Research shows fasting can increase testosterone short term as well as growth hormone (GH) and androgen sensitivity. Fasting may help you get more out of less testosterone, basically, this means you get more bang for your buck!

**Video**

**To summarise:**

- Lose body fat and keep it between 8-15%
- Strength train and do compound exercises instead of more cardio
- Get enough sun or supplement with vitamin D3
- Eat enough dietary cholesterol/fat (be careful if you have the apoe4 gene).
- Get enough zinc, especially if you exercise
- Reduces stress to reduces cortisol
- Try intermittent fasting

**References:**

http://www.physiology.org/doi/abs/10.1152/jappl.1997.82.1.49
Elon Musk ex-wife asked for over 1 billion dollars in divorce settlements

963 upvotes | January 25, 2017 | by KhalabibTime | Link | Reddit Link

NO, I am not joking. I wish I was. Elon Musk’s first wife – Justine Musk – asked for over 1 billion dollars in divorce settlements. In a blog post on her old blog she wrote:

For those who want to know the extent of my golddigging, this is what I asked for, from my ex-husband and the father of my five children Elon Musk, who is a billionaire and utterly brilliant.

The house alimony and child support 6 million cash 10 percent of his stock in Tesla 5 percent of his stock in SpaceX (and he retains all voting rights) and a Tesla Roadster (I really, really want one...)

Is that what I deserve? I don't know. Who exactly deserves that kind of wealth? But based on our life and history together, is that reasonable? I think so. And I want to do good things with it (and bring my parents down from Canada so that they can live near their grandchildren).

People ask me why he won't settle. I can't answer that (or rather, I could try, but I won't).

First of all, notice how she only wants the stock and money, Elon can keep all the voting rights and leadership positions. Gold digger much? Let us do the match here:

**SpaceX is valued at 12 billion dollars by Google.** Elon owns anywhere from 30%-60% of the company (the company is private, so we don’t know for sure). Let us go with the low number – 30%. If we take the low number – 30% - his value of SpaceX is 3.6 billion dollars. His ex-wife’s request of getting 5% would then amount to 180 million dollars.

Tesla Motors on the other hand, is a public company, and has a market value of around 41 billion dollars. Elon Musk owns 22.5% of the company and his stock is therefore worth 9.2 billion dollars. 10% of his stock in Tesla would be worth 920 million dollars.

Adding these numbers up we get 1.1 billion dollars JUST IN STOCK. We are not even counting the other things she requests. Just in stock money! The worst part is the people – mostly beta-men – who thinks she deserves even more. One of them – a “man” named Ayoub – comments

I think you're being more than reasonable.

Fuck me. Is asking for 1.1 billion dollars now considered responsible? And not only 1.1 billion dollars, but 1.1 billion dollars from a man who has spent the last 15 years building these companies. The guy has left his soul in Tesla and Spacex, and this bitch thinks he deserves 1.1 billion of his money. The most hilarious part of it whole, is that she keeps pushing the “independent women” and feminist ideology on twitter and her blog, but in practice, she is the biggest supporter “of the patriarchy”. Elon managed to escape this divorce rape with millions less, but I have a strong feeling that the next time he gets caught, both Tesla and SpaceX are going to be affected. What a disaster, if the progress of humanity is delayed by a gold digging bitch.
The Ansari story - Red Pill Edition

961 upvotes | January 16, 2018 | by [deleted] | Link | Reddit Link

Read the article, if you want. Here's the Red-Pill-informed translation, based entirely on the stated facts; call me out if I took any liberties at all:

Grace was at the 2017 Emmy Awards with a man she's been dating. Suddenly she noticed a much richer, more famous man. She was feeling "really confident", so she "walks up to him" and tries to flirt. He "brushes her off" repeatedly, but she keeps coming back, rather aggressively, until he responds. We won't fault her for that, because she's a woman, and it's only creepy when men plow through repeated rejections. Also, we'll hide her identity, but announce right away the man was Aziz Ansari, because as a man he deserves to be identified, tarred, and feathered.

Grace was very happy to score a date with a rich famous man. She bragged to all her friends and obsessed for days over the outfit to best shows off her assets. In her head, all sorts of Disney fantasies started playing out. Yes, she will land the rich and famous man as her very own Prince Charming that she has always deserved, and live happily ever after in his TriBeCa castle.

On the night of the date, she just went straight to his place because that's a totally reasonable thing to do for a first meeting with an unfamiliar man you definitely don't want to fuck.

She started getting disappointed once she realized Ansari wasn't treating her like the Princess she is in her head, but rather as what she is in real life: a faithless slut who ditched her man to aggressively pursue a celebrity. He cut their romantic meal short and she followed him back to his apartment, because that's what young women do with men they definitely don't want to fuck.

Back at his place, Ansari makes a move, to the surprise of nobody expect poor virginal Grace, who apparently at 23 is entirely ignorant of the existence of sex. She starts rationalizing furiously: "On one hand, I really want to please him, because that's how I get him to see me again and resume my Disney plotline, but on the other hand, I can't fuck him on our first date, because that never happens in Disney fantasies!"

She settles on blowing him as a happy compromise. Unfortunately, he's not so happy with the compromise, and she starts suspecting this is not going well for her. He gets dressed and watches TV with her, until she realizes that this is just his way to calm her down before he sends her on he merry way and never sees her time-wasting, entitled, Disney-fantasizing ass again.

All her fluffy dreams come crashing down, and she explodes with rage:

You guys are all the same, you guys are all the fucking same.

She bitterly recalls all the guys who failed to treat her as the Disney Princess she deserves to be, rather than the greedy faithless whore she is. Why do men refuse to fawn over entitled baby-girls? How UNFAIR!

Gone is the fantasy of leeching onto Ansari's fame and fortune as his legitimate spouse. But wait, this is the age of #MeToo, she doesn't have to give up on all this fame and money just yet! She reaches for her browser, to find some vaguely feminist rag sleazy and desperate enough to welcome the pageviews of what amounts to revenge-porn featuring Ansari. Beta guilt should land a few dollars in her pocket, or at least some sympathy for our disgraced Disney Princess.
I recently ended a things with a plate and damn she didn’t take it well.

She was annoying, but I told her I was simply too busy with work and other things and she was pushing for something more serious.

After I told her I had no intention of getting serious, out came the shaming tactics “You’re not a real man are you” “You’re just a fuckboy” “You’re ugly anyways” “Maybe I should send a guy friend to fuck you up” “You wasted 2 months of my life”

Now the whole time she’s saying all this, I kept thinking of the phrase women use to shame and shut down men who get aggressive over being rejected, “you’re not entitled to anybody’s love or affection”

So I decided to use it. I said “you’re not entitled to anyone’s love or affection” And she hit the roof telling me, “I can fuck any guy I want, I can have a new guy every day if I wanted”

I gotta admit, it felt pretty damn good to use that on a chick.

Well sweetheart, why are you wasting time arguing with me? Go do that then!!

Typical woman. Feels entitled to my time but if I was being billy beta and getting Aggro about her not committing I’d get told I’m not entitled to her love and affection
How to know you are dating a slut. Source: I married one.

961 upvotes | December 9, 2014 | by improvy | Link | Reddit Link

So long story short, I am in the process of divorce. My wife cheated on me less than three fucking months after our marriage. It was later disclosed that she had sex with a guy in a public park, without a condom, before we were married but while we were living together. I am a total beta in recovery, and slowly reading up and working on myself. Here is a pattern that my slut wife exhibited and I'm sure applies to many more sluts in the wild that you should be aware of.

1. **She approached you.** Because you are such a pussy, momma's boy faggot, its most likely that she picked you and not the other way around. She gave you strong signals of interest and pretty much took the lead.

2. **She is more social than you.** Because sluts and whores crave attention above all, they tend to be heavily involved in social events, parties, get togethers and just overall more outgoing than you.

3. **She is not feminine.** Well you are not masculine yourself, buddy, so you get your equal SMV match. A lot of sluts are tomboys, active and vocal. They can dress slutty, but often don't have the classic feminine characteristics like long hair, feminine hobbies and interests or knows how to cook.

4. **She has mostly guy friends.** Not many girlfriends, cuz ya know, "Girls are so weird and mean". But plenty of male orbiters that are just long time friends. If she has more male friends than you, that's a problem. 9 out of 10 times some of those guy friends already fucked her/made out with her and will jump on any physical opportunity when she is alone, single or not.

5. **She has daddy/mommy issues and/or divorced parents.** Well, in our day and age, being a child of divorced parents is becoming the rule and not the exception. But still, most sluts come from ugly divorces and she has some major relationship problems with her parents. Especially with the Father.

6. **She was molested in her youth.** This is no joking matter, and nothing to goad about. But still, experience and various statistics show that a negative and inappropriate sexual history in her teens is a solid precursor for a problematic sexuality in the present. After learning about this point, I totally went "white knight" and tried to hamster her behavior and make it fine. Fellow men, remember this: You can feel sorry for a woman and sympathize with her but you DON'T have to be with her. It doesn't make you a bad person. Everybody have issues and a fucked up history, the real test is how we scratch our way out of the hole and become adults. Most hardcore criminals in prison have a messed up upbringing. Do they get a pussy pass? No.

7. **She is bad with money/supported by her family/shit job.** It is very likely that she is financially irresponsible, has some debt over stupid shit (clothing and various vocations vs school debt). It is also likely that her parents help her out financially for years, and there is this dark shit cloud of money=emotional control bond between her and her parents. More often than not, they have a dead end, shitty job with very low prospects into turning it into a full blown career.

8. **People hit on her in front of you.** Plenty of harmless and innocent "misunderstandings". I cringe when I type this, but it was not uncommon for guys to hit on her while we were hanging out together or sharing a space. Bars, work, and definitely when she was by herself. She will laugh it off and say she is just so social, and guys always pick up on the wrong signals. She will not mention being in a relationship and she will radiate sexuality and approachability via her body language, eye contact, intense and intimate conversation, smiling or clothing to other men. "Didn't you tell him you were not
9. **She likes to drink.** Sluts at their core know that their behavior is wrong and they fear being judged by their peers. They will cultivate a holy than you approach in her social circle. Drinking will make all those responsible pesky feelings and thoughts go away and she will embrace alcohol with a vengeance. If she can drink as much/more than you; Bad News Bear.

10. **She smokes.** Smoking is a great and wonderful outlet for women to be in a very intimate one on one situation with a man with a perfect deniability of intent. If you do not smoke, don't date somebody who does. You will always wonder what is going on in the smoking corner, or be that clueless beta that stands near their smoking spouse and other smoking persons being the only straight edge one. Most escalations with taken women that happen at parties follow a similar pattern: Drinks with a guy, Smokes with a guy that will turn to intimate conversation and then to an inappropriate behavior. IF YOU DON'T SMOKE AND SHE DOES DANGER WILL ROBINSON.

11. **She likes to go without you and drink.** It could be ladies night out, it could be a guy friends house party. If she goes without you and gets drunk once a week or more that is a bad sign.

12. **She is jealous at you more than you are jealous of her.** This is a strange one. I had complete trust in her and always complimented her, with very seldom expressions of jealousy and insecurity on my part. If a girl even smiled at me wrong or lightly flirted with me when she was around she would get extremely jealous turning it into a four hour insecurity accusation fest. It is ironic that the person most being afraid of being cheated on (My slut wife) ends up doing the repeated cheating herself.

13. **She cheated previously on somebody else.** Well, no shit Sherlock. But when you are "In Love" and she is sharing a beautiful pearl of truth like that with you, don't assume: "She was young and inexperienced, the guy she dated was abusive/shit/low quality. We on the other hand have True Love and this will never happen". Think instead, "How many months in is she going cheat and with how many people?"

14. **You started an LTR shortly after a crazy sex on the first date situation.** You started to date after a first meeting one night stand, thought it was a magical connection. "Yeah, it was sleazy all right, but she is not a slut or gives sex easily. We had this once in a lifetime connection and the fast and easy sex just meant how in love she was with me.) No it wasn't you fool. When you bang a chick you don't know, with no rubber, in an open space, with people not far away, it's no Disney Love Story, you dumbass. You just banged a Hoe. Most men bang them and call it a night, they certainly don't date them.

15. **She had multiple abortions.** I don't have anything against abortions but it does show poor planning, poor impulse control and just stupid immature character. Use pills, make the guys wear a condom, get on permanent birth control (IUD's). If you have 2+ abortions before you are 24 years of age, that is a major red flag.

To summarize. Don't be stupid like I was. Sluts; Fuck em, don't marry them.

User submitted additional signs:

16. **She has major emotional stability issues (i.e. Bipolar, BPD, etc).** When going through either manic phase (or sometimes even depression), some girls will want to fuck, and if you are not around, anybody will do. User kranos33

17. **She has gay friends.** Because they are non judgmental "you just sucked a guy in the toilets? You go girl!!" User Movonnow
18. **She gaslights**, e.g. creates a problem and then blames you for it.

19. **Is insecure about her image** and seeks validation by the act of sleeping around. User Year3030

   Edit: Thanks for the gold, TRP stranger. Glad my shitty experience can perhaps help some of you in the future. I am fine and will be OK. Going to the gym tonight. Starting my long and hard journey of self improvement, first thing on the menu: Gotta bulk up.
For guys going through the struggle and the grind right now, for guys getting botched approach after botched approach, lemme just say, it's ok man.
Internalize these ideas and you will start feeling better about your sexual interactions.

1. You wont get all the girls - but you will get girls
An immutable law of life is not everyone is going to like you - if you go out into the world expecting to have every women you encounter drip for your seed, then you're in for a rude awakening. There is no secret phrase to activate every girl's primal brain and make her attracted to you.
There is, however, a fantastic little red pill that will help you learn how to get girls. If you follow the advice given by TRP, you'll still disgust some girls, but guess what, you'll also see more girls ogling you, and even more girls becoming open and receptive to your advances.
"Some girls hate you, some girls love you. Most girls wanna see whatcha got."

2. Not every women will like you - but some women will crave you
You want girls who are at your beck and call - the ones who see you as their #1 cock. It's better to be the guy who girls make time for, than the guy who girls have to check their schedule for.
Dont break your back trying to impress a girl who sees you as "Meh, MAYBE we'll hang out, let me get back to you on that," ESPECIALLY when you have a cock thirsty plate throwing herself at you day and night.
Variety may be the spice of life, but why put yourself through the stress and trouble of jumping through one woman's hoops, when you have another woman who will give you sex on command?
Women who like you will make your life easier.
Now sure, not every women will start off craving your dick, but with enough practice, time, and exposure, you can move "meh" women to the "I NEED you" side of the scale, but be forewarned, you can also move "meh" women to "stay away from me!"
If you go around thinking "man I dont need this hoe, I already got another one just WAITING for me to give her the dick" you're gonna have a good time.

3. There is no one special girl - but there are some girls made specially for you
On the most basic level, women have warm vagina holes that are a great source of pleasure. They are ALL the same in that regard. Some, however, you click with, like puzzle pieces.
But that's all it is - a click. You two are highly compatible genetic puzzle pieces that snap together. She is the fisher price puzzle slut slot, and you are the shape that fits inside of her. You may be able to fit into other sluts slots with enough tenacity, but the truth is, nothing will feel as easy as being with a girl you vibe with - and when the drooling 4 year old named life decides to fling the toy across the room, launching you out of your slot, dont worry, cus fisher price makes the millions of the same
puzzle game.
Even if you can't find another Fisher Price puzzle, you can still probably shove your cylindrical shaped puzzle piece into other slots, but we all know it just won't be as fun as the slots made for us.

4. No girl belongs to you - except for in the moment
When you're with your girl, you should be the only person on her mind. Her cell should be on silent, you two should be enjoying each other's company and intimacy. This is your turn with her.

Once that date is over, it's fair game, man. If you put a leash on a dog, you control it, when you take the leash off, the fucker is probably gonna run around and sniff every butt in town until it gets a new owner, gets run over, or starves to death. Some dogs get captured and returned to you. Other dogs stand there, waiting for you to put the leash back on, and other dogs wander around, but come back to you when you call their name.

Women are like that, when you're not in their presence anymore, that's it - your turn with her is over. They'll talk to their orbiters, they'll talk to their side niggas. Don't get jealous 'cause it's gonna happen.

If you finished fucking and you're just doing your thing at your work desk while she's laying on the bed, it's fine, you had your way with her and are onto other things, she's gonna pull out her phone while she waits for you to start something else up.

On the flip side, if she's calling and texting other guys while you two are doing something, like trying to sex it up, are cooking dinner, bowling, coffee, are watching a movie together, on a date, ice skating, w/e you're doing it wrong bro.

5. All women are like that - but not all women do that.
"Women are like guns - they're fun, dangerous, and all share the potential to inflict some serious damage. Treat them as if they are all loaded."

You've heard this Red Pill Whorerr story before: Man and Women are in an inseparable relationship until suddenly it just happened and she jumped onto the next dick.

Spare yourself the heartache and get it through your head that All Women are Like That.
Be okay with the potentials, be okay with nature - man. She ain't designed to be monogamous. It's never gonna happen.

It's better to accept the potential of it happening and going about your life, instead of sitting in paralyzed fear, paranoid about the possibility.

Ask yourself, if a better version of you came around your girl, would she leave you for your better? It's you, exactly, except he's better at being you. I say, not all women have the chance to do so, but I think they would. And that's okay.

All guns can fire, but not all guns are loaded.
All women have the POTENTIAL to cheat, but not all women cheat.
All Women Are Like That, but not all women do that.

6. You will Fail - But you're not a failure.
Man, I've approached girls who laughed at me, who awkwardly exchanged glances with their female
friend and walked away, who made me wait for them for months while they banged chad, i've been there man. I've let guaranteed lays slip through my fingers. I've failed.

But you know what else? I've gotten the attention of a bombshell, and fucked the hottest girl I've ever fucked. I've retained a model as a long term plate. I've fucked girls just by asking them if they wanted to be friends with benefits.

Seduction is a BJJ Dojo.

The white belt gets tapped out 1000 times in 1000 different ways. He'll score some submissions here and there, and eventually he'll learn how to escape bad situations, place himself in good ones, and before you know it, the coach is calling him in to break in newbies.

No black belt master got to where they were, without being submitted countless times.

And you know what happens when you get that black belt? You STILL get submitted.

By having the knowledge and experience of a black belt, you will make it a heck of a lot easier to win, achieve, and force submissions... but...

Life is funny!

You can know all the right moves to make, and still lose.

And that's okay man, life is half chance. You can only do so much to influence the outcome.

7. It's not your fault

You will never be alpha enough. If you give a women the moon, she will want the stars.

There will never be a magical tipping point in which you are so alpha your girl wouldn't ever cheat on you, betray you, or cross a boundary.

If she feels like cheating, it's gonna happen. You could be a top profile celebrity and STILL get cheated on - nobody is immune to hypergamy.

The sooner you come to terms with this, the better.

Now take a deep breath of relief, and accept life for what it is - Half Chance. You can only do so much. Spit your game and onto the next one.

You can be the most Alpha Chad J Thundercock mother fucker on the planet, until some unfortunate ass fool decides he's gonna pop your ass and BOOM - you're dead. And that's it. Alpha no more, cus you dead nigga.

But is the possibility of dying gonna stop you from living?

Is the possibility of rejection gonna stop you from getting laid?

Life ain't perfect, but it sure can be fun.
Blue Pill example: Cuck co-worker begging to be bent over and get drilled for the rest of his life.

959 upvotes | May 14, 2017 | by mycrazyme | Link | Reddit Link

As much as I like to blame women for most shit in western society, it is impossible to ignore the fact that men still do most of this shit to themselves. This shit is more cringe than I can handle and I needed to share.

For every dumb slut there are 1000 men willing to castrate themselves for reasons I still can't wrap my head around.

Today I almost want to high-five this bitch for being such an incredibly cunning slut. I honestly don't even feel bad for this idiot.

My co-worker (let's call him Carlos) is someone I have worked with for about two years. Carlos is about 5'5, not very bright, and plump. Pretty sure he's about 28 years old. When he first showed me a picture of his girlfriend I was surprised. She wasn't a knockout by any means, but still out of his league given his SMV.

For the past two years he has complained to me at work about numerous fights with this woman. She disrespects him on an almost daily basis, and gives him shit for virtually every single thing he does. I have tried slow leak RP truths to him and he usually pretends to agree with almost everything I say in regards to relationships.

When he told me he got this girl pregnant last year I nearly spit out my coffee. He was so excited when he told me. Almost as though he had forgotten all the shit he talks about this girl on a daily basis.

Fast-forward a year and Carlos is already complaining about the burden of being a father and having to take care of this woman and their new baby girl. Last month he tells me that his girlfriend is flipping out because he doesn't give her any money to go out with her girlfriends. She's sick of staying at home with the baby every night so now she goes out to drink with her friends when he gets home from work. He's working a full time job and now a full time parent when he gets home.

Last month Carlos tells me he called the cops on her because she was throwing a raging fit and tried to throw shit at him while he was holding the baby. (not even 4 months old).

I tried to calm him down and tell him to NEVER call the cops, as he's going to end up with an assault charge and a restraining order. I told him to just leave the house when she's being like that but this idiot thinks he knows how to "handle his girl" and "she just gets crazy sometimes".

A few weeks ago Carlos tells me they talked and things are good again. She got a job as a bartender and is feeling better now that she's getting out of the house and actually working again.

About a week ago Carlos is freaking out at work and I ask him what's wrong. Turns out she left the baby with him and said she's not coming back. She regrets having a child so young and misses having her "freedom". I asked where she went and he tells me she went to stay at her new (male)boss's house from her new bartending job. I ask if she's seeing this guy and he says "no it ain't like that it's just a place to stay". I seriously wanted to smack this guy right in his big stupid fucking head.

Instead of resorting to violence, I sit Carlos down and tell him to document everything. I tell him his life is about to get very difficult and he needs to get a lawyer and to reach out to his support system.
He tells me he is going to start looking for a new place to live. After a long talk he thanks me for my advice and says he is going to do whatever it takes to make sure this bitch doesn't fuck him a new asshole.

Two days later, Carlos tells me in a very triumphant tone that he finally got his girl to start listening to him. Apparently she came home and apologized for being such a bad mom and bad girlfriend. She gave him a foot rub, cleaned the entire house, and even cooked him dinner for the first time in months. Phrases like "told that bitch whats up" and "she knows she needs me" were thrown around. I said almost nothing back to him.

Today I was scrolling down my facebook wall and a giant photo of a hand with a ring on it appeared. "Finally did it!, will let everyone know when we set a date!" the caption said.

Over 100 comments from friends and family saying "You guys are so beautiful together! I better be invited to the wedding!"

I do not feel bad for this guy in any way. He deserves everything that's coming to him. I still cannot believe people are this fucking stupid.

edit: Forgot to mention that Carlos has an assault charge on his record. He told me in past conversations that she has threatened to lie to police before about violence, hence why I told him to avoid getting police involved. His past charge makes a false accusation/restraining order much easier to threaten him with. Was just trying to make the point that hiring a lawyer could be more beneficial than calling the cops every time she flips out.

Im not saying that this guy isn't capable of hitting his woman, but It doesn't seem likely based on the power dynamic of their relationship.
Sometimes it isn't your lack of game but your lack of testosterone. If you have the test levels of a 80 year old cuck how do you expect to have any drive? Here is a science based guide to getting your T levels up naturally.

A little background Info
I have written this post/video to help guys that do not have optimal test levels. I remember before I lifted and ate good I used to have the test levels of a CUCK and would be cringe as a fuck during every social interactions. Upon fixing up my hormones the game actually became a fuck ton easier. Many times your success with women isn't due to a lack of technical skill. You suck because you don't have the drive. You have the test levels of a 80 year old granny you don't even want to fucking succeed. Fix your T levels and come back to me like a rising Phoenix.

Post Video
Journals used are shown in video + in bio (didn't wanna clog this post with links)

How to boost testosterone levels naturally
In this post I will be going over 5 scientifically proven ways to boost testosterone levels, but first let’s talk about why your testosterone levels are incredibly important for your general well being:
Testosterone is androgen hormone that is crucial for the development of masculine traits within males. Testosterone levels are correlated with:

• Increased libido: testosterone is a sex hormone which has direct effects on your libido. Men with low libidos are often diagnosed with having low testosterone levels and are put on testosterone replacement therapy.
• Increased muscle mass: testosterone levels have a direct impact on the amount of muscle mass you can build. Generally men with higher levels are able to pack on more size on their frame.
• Increased bone density: Some studies have actually shown testosterone to play an important role in bone density.
• Decreasing chances of Alzheimer’s disease, various studies have shown low levels of testosterone to having being linked to Alzheimers
• Studies have indicated that low levels of testosterone might be linked with depression, many people who have suffered from low test levels have attested to the huge improvement gained upon increasing their levels.

A general trend has been observed by researchers of men’s testosterone levels lowering over the years. A big decline has been noted over the past 30 years. These changes are most likely the result of changes in the modern diet and lifestyle.

Now let’s go over 5 ways in which you can boost your testosterone levels naturally:
5. **Exercise and lift weights**

Men who exercise frequently are often associated with having higher test levels. Resistance training (using weights) has been noted to be the most effective method for building test levels up in the short term and long term. So if you want to boost your levels make sure you get on a good strength training program that has you doing big compound movements such as squats and deadlifts.

For beginners I suggest Strong lifts or even the Starting strength program my Mark Rippletoe. H.I.I.T Cardio which involves repeated bouts of high intensity work is often better for stimulating test levels than slower paced treadmill work. If you are doing some cardio choose to hit a bag or do barbell complexes over the elliptical machine if you want that test boost.

4. **Minimize Stress and Cortisol levels**

Long term stress whether from a boss who won’t give you a break, or unpaid bills can lead to increases in cortisol levels. High cortisol levels are devastating for test levels. Picture your hormones as kind of like a see saw. One of them goes up, the other goes down. You must do all that’s within your power to keep those cortisol levels down. Some things that you could consider doing to lower stress are:

- Meditation (scientifically proven to lower stress)
- Deep Breathing (as Elliot hulse says ‘breath into your balls’), sometimes “Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure,” psychologist Judith Tutin, PhD, says
- Keep away from excessive use of stimulants, perhaps your 10 cups of coffee a day are having something to do with you elevated test levels, if you still want your man parts to work, perhaps it’s time you ease up on the caffeine.

3. **Eat more fat**

Sounds crazy doesn’t it? You have always been told to keep away from fat yet ‘dietary fat’ plays an important role in optimizing your natural testosterone levels.

A study published in the Journal of Applied Physiology found that diets with higher amounts of monounsaturated and saturated fats have been shown to increase testosterone levels.

There is a point of diminishing returns however, an appropriate level dietary fat for testosterone production should fall somewhere in the ball park of 25-40% of your daily calories. Play around with these numbers to see what works for you.

Some good sources of fats that you could add into your diet are:

- Avocados (my personal favourite)
- Almonds
- Peanut Butter
- Olive oil
- Egg yolk (do not be afraid of the yolk)
2. Increase the zinc in your diet

The mineral zinc has been known to produce a favourable environment for test production; if your levels are low you might suffer. Zinc can be easily supplemented with pills but for the best result make sure you try get most of your Zinc from real foods. Eat the following to increase your levels:

- Protein rich meats
- Fish
- Oysters
- Crabs

1. Get more sleep

This last one should be a no brainer, make sure you are getting a proper amount of sleep and are not walking around like a zombie. A lack of sleep has been shown to be detrimental to testosterone production.

Research at the University of Chicago recorded the sleeping patterns of healthy men and found that the subjects' testosterone levels increased the longer they slept. 7-9 hours was noted to be the best in order to optimize the testosterone response.

An important note: the quality of sleep might be more important than the quantity of sleep. To ensure that you are getting adequate sleep at night I suggest you:

- Have a come down period where you de-load and get away from high stimulus material such as television and the internet. Tim Ferris suggests reading fiction books before sleep to ease your mind.
- Don’t drink too much water before the bed, or you will ruin your deep sleep each time you have to get up and run to the toilet.
- Use a white noise machine or play some binaural beats to ease yourself into bed

So those are 5 ways in which you can boost your testosterone levels. Your testosterone is one of the most important hormones in your body. If you want to live the good life, it is your responsibility that you do all that is within your control to keep them levels high. Just remember, if you aren’t waking up with some oak wood every morning. There is work that can be done! Let’s begin.

Good luck bros
Did a takedown of this for laughs. That said, what our culture has become is a shame.

Dating columnist reveals how ‘Sex and the City’ ruined her life

{Something else} ruined her life. Because no Hamster accepts responsibility.

“Sex and the City” premiered on HBO 20 years ago this week, imprinting on a generation of women a love of fantastic fashion and dreams of their own Mr. Big. Among them was Julia Allison, who moved to New York in the early 2000s to live the Carrie Bradshaw lifestyle.

Move to NYC, ride a mile of cock, and find "Mr. Big" and live happily ever after?

Not so fast...

But her pursuits sent her, ultimately, down a path of unhappiness and unfulfillment.

Looking back on how the show’s ideals negatively impacted her life, Allison, now 37, tells Doree Lewak: “If I could go back and do it all over again, I wouldn’t.”

A Carousel Rider's regret....

Ten years ago, on May 27, 2008, I was on top of the world.

Ten years ago, she was 27, not 37, and her pre-Wall suppleness was not yet a distant memory...

I was riding in an Escalade en route to the “Sex and the City” movie premiere

Probably riding more than just an Escalade, generally-speaking.

When the SUV door opened, I stepped onto the pink carpet in my Allison Parris dress and Chanel bag. I felt like a star. I felt beautiful. I felt proud. I was rubbing shoulders with celebs and the goddess herself: Carrie Bradshaw, a.k.a Sarah Jessica Parker.

How does she feel now? Broken and Regretful.

I went to all the glam parties, was fodder for gossip sites, had signed a deal with Bravo for a reality show, and dated been used as a cum dumpster by more than my fair share of Mr. Bigs.

FTFH.

I was considered by many to be Carrie Bradshaw 2.0.

"Carrie 2.0 - the Trashier, Bravo TV Version". Not something to aspire to. At least she wasn't "Carrie 3.0 - Newark Hookers On The Edge". Not yet, anyway.

And I was happy to be given that identity for a while, but it was all a lie. At the premiere, I also felt like a fraud, insecure and embarrassed — like I didn’t belong.

And the lie rubs off and the truth shows through.

I grew up a nerd in Chicago, more likely to duck into the library than talk to other kids at recess. At 12, I thought I would never be kissed. (Boy, did I make up for that later.)
Translation: At uni, I was a Giant Whore.

I was a rising high school senior when “Sex and the City” debuted in 1998, and I was instantly enthralled. I wanted to be like Carrie and her friends: I wanted to be glamorous and beautiful and dress well and have lots of dates.

^ Note the destructive nature of pop culture. It fucks up guys, too, but men were mostly immune to "Sluts In The City"

The show was my road map. Of all the die-hard fans I knew, I was the most influenced by “SATC.”

/Facepalm

At Georgetown University, where I enrolled in 1999, I started to wear dresses and learned how to do my makeup and curl my hair. The newfound male attention I received felt exhilarating.

Remember that "Giant Whore" thing? Yeah, this is the payoff.

I even started a dating column for my college paper called “Sex on the Hilltop,” which was modeled after Carrie’s column in the fictional New York Star.

/Double Facepalm

Based on what I knew from “SATC,” I expected the city to sweep me off my feet. I envisioned nonstop brunching and shopping.

Translation: "I was retarded."

When {amNew York} finally hired me, I made $50 per weekly column. I later moved to Time Out New York, where I made $750 a week — a huge improvement, but still not enough to buy Manolos and barely enough to afford the $2,500 rent for my 400-square-foot apartment in Hell’s Kitchen.

This is important because....

I lived on food bought for me on dates and the occasional bodega tuna sandwich.

Reminiscent of Notorious Food Hooker Jessica Sporty. Jessica was "saving" $1200/mo, but evidently never saved up enough for a nose job.

Different men I dated gave me YSL shoes and status purses, just like Big did for Carrie on “SATC.”


I went out with a prince: Lorenzo Borghese from “The Bachelor.” I even dated the British ex-boyfriend of “Sex and the City” creator Candace Bushnell — the original Carrie. He was one of a few men who comprised the composite character Mr. Big.

Didn't marry him, though. Gargled his splooge? Sure. Wifed up? lulz

In 2008, my two best girlfriends and I had just filmed a Bravo pilot for a show called “It Girls” (it wasn’t picked up). We were all invited by a 40-something billionaire to his Miami
mansion; he even sent his private jet for us. It was just him, the three of us and his butler and chef. I don’t think this man was used to being told no, and he started chasing me around his mansion. I finally had to lock myself in the bathroom. The worst part: He sent us back on JetBlue.

Ouch

These days I work as a change activist, mounting summits for world leaders and serving as an adviser to startups and entrepreneurs looking to better the planet. I’m finally living a life of integrity, and I’m attuned to my values. I never heard about values on “Sex and the City.”

Um...Yeah. "Change Activist". Dafuq does that mean? She puts a lot of hashtags in her Twatter posts?

But dating is not front and center in my life anymore, although it was all I talked about in my 20s. That’s pretty one-dimensional.

Yeah, and also her dating life dried up, so....

Last year, I ended a two-year relationship with a man who ultimately couldn’t commit and wanted to be polyamorous.

Translation: "I wanted commitment as my vagina-odometer rolled over to the next century. He was like 'How about no.'"

Again, “SATC” and the “lessons” it taught me is the culprit.

"No Hamster Left Behind!!!"

The show wasn’t a rubric on how to find a lifelong partnership. If I was more grounded and had honestly assessed whether this man was a good partner for me, I don’t think we ever would have dated.

Someone hasn't quite figured out that she's unwifeable, yet.

Crushed and needing to regroup, I took a sabbatical and lived in Bali for eight months on a healing journey. I was also celibate during my time there.

Translation: "I couldn't even give it away for free anymore."

I do wonder what my life would have looked like if “Sex and the City” had never come across my consciousness. Perhaps I’d be married with children now?

And her prune-womb, forlorn and unused, cries out of the children she never bore.

Who knows, but I can say for sure that, as clever and aesthetically pleasing as the show was — and, as much as I agree with its value of female friendships — it showed too much consumerism and fear of intimacy disguised as empowerment.

The truth comes out.

It’s like candy: In the moment it feels good to eat it, but afterward, you feel sick. Whom you’re dating, what you’re wearing, or how good you look at that premiere — none of that s–t matters unless you genuinely love yourself. Solid relationships are what really matter.
And the Ginch thought of something she hadn't before.
The meaning of life isn't purses and shoes
Or film premieres with a list of "who's whos"
"Maybe I shouldn't have been a big, giant whore,"
"Maybe life was ... perhaps ... about a little bit more?"

Truth be told, I wish I had never heard of “SATC.” I’m sure there are worse role models but, for me, it did permanent and measurable damage to my psyche that I’m still cleaning up.

And there it is. The knife through the heart.

I want to be a different role model from the one I got. Two months ago, I started seeing someone I never would have dated 10 years earlier. Back then, I wasn’t looking to get married or seek a lifelong partner, and that was a mistake. This man is a very reasonable choice, and I’m at a place in my life where reasonable is very sexy.

How’d you like to be that guy. She's fucked the original "Mr. Big" and some fake prince but you, you're sexy 'make-do', because she's reasonable desperate. Hopefully, he'll wise up.

And "reasonable is very sexy"? Where have we heard shit like the before? Oh, right, from career shrike Sheryl Sandberg: “When looking for a life partner, my advice to women is date all of them: the bad boys, the cool boys, the commitment-phobic boys, the crazy boys. But do not marry them. The things that make the bad boys sexy do not make them good husbands. When it comes time to settle down, find someone who wants an equal partner. Someone who thinks women should be smart, opinionated and ambitious. Someone who values fairness and expects or, even better, wants to do his share in the home. These men exist and, trust me, over time, nothing is sexier.”

Riiiiiiight. You can almost hear: "these men exist, but whatever you do, don't start fucking them NOW!" Never never mind that the future husbands betabuxes were relegated jacking off and building their careers while the targets of Sandberg's advice were wasting the flower of their youth banging every Outlaw Biker, Drug Dealer and Escaped Mental Patient they could find, until they become emotionally broken hosebags with the Thousand Cock Stare, and then, and only then, are they to insist that said betabuxes wife them up, risking divorce rape, for what they gave away to losers for free.

Except that the betabuxes won't even be getting that. They will be getting the Queen of Whore Island.

Further reading:
Saving the Best
and
Hats Off to the Bull

The Takeaways
- The Wall is real. The Wall does not negotiate. The Wall is inevitable.
- Choices (and narcissism) have consequences, especially for women.
If you want a friend get a dog. If you want loyalty get a dog. If you want a chick magnet get a dog. Just get a dog.

956 upvotes | October 17, 2016 | by [deleted] | Link | Reddit Link

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10 reasons why you should adopt a dog:

1. Companionship.
2. Attracts women when you are walking your dog.
3. Will make you happy interacting with your dog.
4. Will give you a new activity to work on.
5. Will give you a strong reason to invite the woman inside. I had a first date with a woman and the only reason she came inside was to see my dog. We fucked.
7. Will motivate you to go on walks outside and explore your nearby area.
8. Will give you a reason and something to talk about with women.
9. Will display that you are responsible.
10. Dogs are awesome, and having a dog in your life will bring you friendship, happiness, and joy.

Adopting a dog is a responsibility that cannot be taken lightly. These are living creatures. They cost money to take care of. They require attention and care. But if you are up to it, I highly recommend you consider adopting a dog. Especially an older one, uglier one, or neglected one. Those are usually the ones that are best behaved and give the most love.

Friendship, loyalty, attention. Dogs have a lot to offer.
This is an actionable post. If you truly want to improve your life, make sure you follow the **actionable steps as soon as you read them.**

This is a very long post. If you would prefer to watch rather than read, here is my 1+ hour video: [https://youtu.be/PYaixyrzDOk](https://youtu.be/PYaixyrzDOk)

"I was about to watch a movie but I decided to watch this vid and it was totally worth it, seriously if your 14-20 please watch the full vid and take action it can change your life"

"This is literally a book worth of value"

### Chapter 1: Taking Action

Taking action must be addressed first. You’re going to learn how to proactively take action so that the other things you learn in this post you can actually do.

Taking action is a skill.

Like a skill in a video game you have to get XP training the skill, overtime, to level up.

But real life is like hard mode, your Taking Action Skill goes down in levels if you haven’t trained it. Use it or lose it.

So that means you currently have a low level in the Taking Action skill. You’re a noob. So what can a noob do to level up a skill? Should the noob come and train like the big boys and slay some dragons? No. The noob starts on level 1 chickens. You are a noob, so go kill some chickens.

In other words, since your taking action skill is so low right now, you have to start by taking action with extremely easy things. These things are going to seem below you, like you’re better than doing them, like your time could better spent elsewhere. Don’t listen to those thoughts, that’s your big fat ego annoyed that we’ve lowered the bar for you.

This is why all of those motivational videos say “Start with making your bed”. Start with making your bed. **Seriously, here's the first actionable step, go to your bed right now and just make it look 10% neater.** Tuck it in. Go and do this literally right now, we’re starting easy so that you get used to following the actionable steps of this post.

**If you want this post to help your self improvement, start by taking action here, put your phone down or step away from your computer and go make your bed.**

Well done, you probably weren’t planning to make your bed right then. This is an important concept, doing the work even when you don’t feel like it. In fact, in over 2 years of journaling this is what I have stated is the most important sentence I have ever wrote:

“Do the hard work even if you don’t feel like it”

This is the secret to taking action. It’s acting without motivation. It’s forgetting about your emotions. We’re so used to waiting until we are motivated to do something... but did you know that you can do
something without feeling like doing it?
You have to practice this. Gain XP in your Taking Action Skill by doing the hard work even when you don’t feel like it.
A fantastic way to do this is by doing any kind of exercise first thing in the morning, I’m talking literally 2 seconds after waking up you explode out of bed and drop down to do a few pushups. We’re not trying to make muscle here, we’re trying to level up our Taking Action Skill. You want your mind to say “I don’t want to do that, I want to stay in bed under the covers” and then, you do that hard work anyway.
Override your emotions, act without motivation.
You can always take action… when you feel like it. The problem is that we don’t feel like it most of the time. Therefore the real skill is specifically taking action when you don’t feel like it.
This is motivating, those moments where you don't feel like working hard are now opportunities to level up your Taking Action skill. Look forward to those moments.
Wait until you don’t feel like doing something, then challenge yourself to do it anyway, because you aren’t going to listen to your feelings anymore since they haven’t got you to where you want to be.
Therefore you need a new indicator of action, if not your feelings then what?
Responsibility.

Chapter 2: 100% Responsibility
You are responsible for 100% of the things that happen in your life.
Internalise this belief and you will become successful, masculine, happy, fit, strong, and social.
Say it with me “I am responsible for 100% of the things that happen in my life”
If it’s in your life, its your responsibility. This is another skill to train. Your Responsibility Skill is at a low level right now, because you haven’t been given much of an opportunity by society, teachers and parents to actually be responsible for important parts of your life. When you don’t take responsibility for something, you let someone else claim the Responsibility XP. That's like purposely letting someone 'last hit' your enemy on a game so that they get all the gold and glory.
When something arises in your life, whatever situation or problem that needs to be solved, remember that you are 100% responsible for it. So don’t let anyone else claim the XP to level up their Responsibility Skill. Figure it out and try to fix it to claim the XP yourself. The higher your Responsibility Skill, the easier it is for you to solve problems and change your life.

But this is uncomfortable! I don't want more problems to deal with!
It’s exactly this act of dealing with random problems that creates you into a man who is good at problem solving. This mentality will create you into an independent, confident person who actually has done things and feels competent in himself. You must feel responsible for everything, so that you can be responsible for the things that truly matter.
The opposite of that is feeling like you aren’t responsible for anything, like everything that happens to you is someone else’s fault so they should fix it.

My family/friends/coworkers made me feel stressed and so now I stress eat junk food because of them! I'm overweight because of someone else so it's their responsibility.
If this is your mentality then you probably won’t ever lose weight because you’ve put the responsibility onto someone else and there’s certain things in life that other people cannot do for us. If you do not remain responsible over your own life, you won’t be able to change for the better.

Take responsibility over everything that happens and its like you give yourself permission to change. But what if you can’t cope? What if life seems too hard to be responsible for 100% of the things that happen? You’re too stressed, you’re having battles in your mind with your thoughts.

We’re going to move on to the most important chapter.

Chapter 3: Mental Health

Good mental health will make everything else line up.

Let’s imagine a scenario in which you had ‘perfect’ mental health, in that you felt happy almost all day everyday, fulfilled with your achievements and the path you’re on, grateful for relationships that felt full of love.

In this perfect mental health scenario, do you think you would have an issue with nofap? Would you be jacking off 3 times a day? Probably not.

Would you be scrolling on your phone and just overindulging on instant gratification for so many hours of the day? Again, its unlikely.

In this perfect mental health scenario do you think you would struggle to go to the gym? Nah, it would be pretty easy to exercise and in fact, I bet you’d be happy to do so.

Flip the script. What if you have poor mental health? What if you have symptoms of major depression? Would it be easy to go to the gym then? No definitely not, it would be a struggle, if not literally impossible.

You can see that mental health really changes everything in your life. Improving your mental health just makes everything feel more achievable and enjoyable, like you’re a child again. Not having negative thoughts and being able to enjoy random things in your day is a privilege that honestly not many young men are experiencing right now.

The good thing is that we can improve our mental health with practical techniques, and an even better thing for YOU… is that you are reading a post from a guy that has been very focused and invested into this topic of improving mental health everyday for many months, and here is what I have concluded is the 4 steps you should do to improve your mental health:

Watch The Science of Well-Being course by Yale University professor Laurie Santos on the website Coursera.

https://www.coursera.org/learn/the-science-of-well-being

Seriously, enroll into the class for free right now and get obsessed with it. If you make this your main focus and go through at least 1 lecture a day, you will be so glad you did.

I could teach you so much stuff about mental health but Laurie Santos does it better than I ever could. She’s went through so much scientific research to tell you exactly what works to improve your mental health and what doesn’t. And you would never believe what the research actually shows you, because our entire lives we’ve been pushed to get good grades, a good job, a big house and in terms of well-being, there’s other things that are significantly more vital.

If there’s just one thing you do from this entire post. Make it this. Go and enroll right now and
maybe even watch the first lecture.

Get consistent with the lectures and do all of the practices she recommends. It will change your mental health. It did for me, I was classified as having major depression, 20 points on the self assessment scales and now I barely even score 1-2 points after completing this course.

And so the next 2 steps I recommend to improve your mental health branch off what I have found is the 2 most important practices of The Science of Wellbeing Course for young men.

That is… Increase mindfulness and gratitude.

These are the practices that you can literally spend a few minutes on every day and it'll make everything in your mind feel better. Your thoughts will just feel nicer to you, your mind won’t be all bumbled up, mindfulness helps with nofap and all other addictions, gratitude is the secret to feeling happy.

What's mindfulness?

You probably suffer from mind wandering, in that your thoughts and focus keep drifting away. You keep thinking about random stuff when you’re supposed to be focused on work.

That’s because of our excessive internet usage. I think, particularly social media because you scroll and you see information so damn quickly. And now our brain acts the same way where it just thinks random stuff every second.

Mindfulness will reduce this and help you stay in what's called ‘flow’ which helps you achieve a deep focus. It’s like what athletes call being 'in the zone'.

You really want to be experiencing this everyday if possible. Increase your mindfulness and you will find that you are in the zone / in a state of flow more often.

How do I become more mindful?

Meditate.

Think of meditation like the gym workout and mindfulness like the muscle. We meditate to improve our levels of mindfulness.

Make 5 minutes of meditation a daily habit and over some months you'll learn more and more.

Here's the most important mindset to start meditating: You will feel like it doesn't work for you, like you're just sat there and you keep getting deep in thought. That's fantastic, that's exactly what we want you to experience right now. Beginners get so annoyed and always say:

"I tried to meditate but it just didn't work for me"

To that I always ask them "What would you say to the fat guy who went to the gym 3 times and was annoyed that he didn't lose any weight yet?"

And of course they answer with:

"Well the fat guy needs to get consistent and keep going for a longer period of time"

And that's exactly what all meditation beginners need to do as well. Right now, you don't deserve the results of meditation. Just keep showing up to practice and soon you will.

And please trust me, as soon as you feel the benefits of mindfulness, you will be preaching it to everyone and being so confused as to why the majority of people don't meditate.

How do you improve gratitude?

I tried a few different gratitude techniques for a month at a time and I’ve concluded that a simple
gratitude journal in which you just bullet point stuff you feel grateful for is the best.

It’s nice and easy to do everyday, takes literally 2-3 minutes and it has the biggest effect because you go throughout your day keeping in mind what you would write about in your gratitude journal so it feels like you savour experiences and memories to write down later.

Let’s do this right now, get a notepad if you have one or just the notes app on your phone or comment on this post. **Seriously do this right now and you’ll be more likely to make this into a daily practice that improves your mental health.**

Title it with today’s date and write this question “What do I feel grateful for right now?”

Now answer this question in a couple different bullet points. I’ll do this with you. Here’s my answer.

1. I’m grateful for the internet
2. I’m grateful for the gymnastic rings I bought 9 months ago. I’ve had so much fun training with them
3. I’m grateful for the salmon and potatoes I just ate. Peng
4. I’m grateful for [u/foreverkarlmalone](https://www.reddit.com/r/foreverkarlmalone) for giving me that pretty +1 flair next to my Reddit name on this sub

**Have you wrote down what you are grateful for?**

**Literally do it right now before continuing to read this post.**

You can see how quick this was and when you really focus on doing it, you'll find that it will always make you smile, because you’re recalling positive things that you have in life.

We spend so much of our time thinking about things we don’t have, especially in the self improvement community our focus is on getting more and doing more.

Gratitude allows you to take some time to appreciate what you have right now. And that makes someone happy.

If you watch The Science of Wellbeing Course, you’ll learn about the research on gratitude and its very promising. It’s like a mental health hack.

Finally the 4th step to improving mental health is to reduce social media use.

That includes Reddit. This stuff is not good for us.

Not only is it causing information overload and the mind wandering that I mentioned earlier, there’s real evidence that shows simply just reducing your time spent on social media significantly improves your mental health.

That's because you get away from the social comparisons in which you see people who look better than you or people who have more friends than you.

This is a difficult step and many, many people struggle here. I did as well.

Here's an extremely quick way to reduce your social media use:

**Disable all social media notifications. Right now.**

Here's the message you've been waiting for to take action. Step away from this post and go onto Instagram, Snapchat, Twitter, TikTok, whatever apps you have and go into the Settings, then into the Notifications tab and finally disable all of the notifications.

You'll still end up on the apps but you'll be on there significantly less, which is awesome progress.
Secondly (this is a really good idea) move the apps on your phone to somewhere else so that muscle memory doesn't take you back there.

Simply tap and hold the app and then relocate it to a different spot. It's funny, you'll catch yourself trying to go onto the apps without even realising it and now you'll end up clicking on a random app instead. Use that moment as an opportunity to ground yourself and realise the importance of mindfulness. The more you meditate, the less stuff like this happens.

If you just do the bare minimum of these mental health steps you will see great improvements. It’s all about doing a little bit everyday.

Here's an insanely important question for you...

Do you want to have positive mental health for the rest of your life?

Don't be a dumbass and sarcastically say no, of course the answer is yes.

If you want the benefits of these mental health practices for the rest of your life... you have to do the practices for the rest of your life. Common sense right?

**Take a minute right now, close your eyes and visualize yourself at 65 years old, still meditating and journaling every single day.**

And so therefore, with increased mental health, you will feel able and competent to do so much more in life. So that’s why we have covered mental health first. And now let’s move on to my favourite chapter which started my self improvement journey.

Chapter 4: Building An Aesthetic Physique

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

You put in the work. The literal blood, sweat and tears. And you are rewarded with a sense of pride that very few men feel. You will smile every single time you see yourself. Every time you’re reminded at how much progress you made.

Exercising, specifically building muscle through resistance training, gives you and the entire world a physical indicator of the efforts you have put in. Everyone can see this, and everyone, whether or not they have the confidence to admit it, respects that effort.

There’s two parts of this chapter, exercising for our physical health and building an aesthetic physique through resistance training.

Physical health:

Young guys frankly don’t care about their physical health anywhere near as much as they should. I know because I was in that same position. We’re so focused on making money, trying to get girls and playing video games that we forget health should be a priority above literally everything else.

Because if you don’t have your health, you don’t have anything else.

Spend time and effort thinking about what you could improve on, because we all have some kind of symptom of some ill-health that we’ve kind of just been putting off.

You may think you don’t have any kind of symptoms of ill-health but I’m sure that if you give this time and effort by thinking without distraction, you will remember some random thing that is negatively impacting your health that you’ve just lived with. Think about it, research it, book a
doctors appointment or try techniques to improve your health yourself.

One of the best ways to improve your physical health is to eat for nutrition, not pleasure. Tasty foods and snacks should be a treat, like a small handful every day that you enjoy. You shouldn’t fill up on this junk food.

This is very difficult because you will only experience the negatives of a poor diet as you get older. And then the older version of you would be wishing he could go back in time and tell you today, to eat for nutrition, not pleasure.

Aerobic exercise, in other words cardio, has so many benefits. Its like training your heart. In the most simple way, move more. Go on more walks, cycle, run, skip, swim, hike, play sports.

There’s a reason why you probably haven’t been doing cardio at least 2-3 times a week recently, and that’s because you don’t enjoy the forms of cardio that you have tried. So in a practical sense, you need to spend time and effort specifically trying to find the form of cardio you actually enjoy doing.

It’s different for everyone so you have to put in some intention to find out which one it is for you. For me its running and cycling and recently I’ve been getting into skipping.

Do not be like one of those internet bodybuilders who think skipping cardio is funny. The older version of you will suffer. Find a form of cardio you enjoy and then the older version of you will be benefiting.

Stop reading this post right now and just sit there for 1 minute without looking at your phone, or computer and just think about what form of cardio you remember you enjoyed the most. Do this thinking practice right now.

Building an aesthetic physique through resistance training:

It’s said that we make our first impressions of each other in just a few seconds.

In just a few seconds, do you think they know your story?

Do they know your good intentions, everything you’ve been through?

No.

In just a few seconds, they have seen what you look like and what your body language is like. Maybe you’ve said 2 words in this time.

Physical attractiveness is becoming ever more important. Your looks are like your lens of the world. If you’re attractive you see the world so differently than if you’re unattractive.

This hurts. We should be judged on our core values. But that isn’t what life’s like and if you don’t play the game, you automatically lose.

So win the game.

In this part, we’re going to go over building an aesthetic physique that improves your physical attractiveness significantly AND even improves your face which a lot of guys say you can’t improve, that’s false. Packing on muscle and reducing body fat % will improve your face too (especially more so if you train your neck muscles).

It also serves as a great feedback loop to increase confidence. The more you improve your physical attractiveness, the better the world treats you. The better the world treats you, the more confident and
happiness you feel. You get opportunities and experiences that you wouldn’t have believed were possible before.

And improving your physical attractiveness is not that difficult. It. Just. takes. Consistency.

Forget everything else about wanting to have the most perfect diet or training routine. If you aren’t currently training, just focus on hitting a workout 3 times a week. Don’t get into that information overload just yet. For the first 3 months, just show up and do a bunch of different weight training (if you have access to a gym right now) or bodyweight exercises. Find a random workout routine online and just commit to it.

3 times a week, that’s your goal.

Just this action of going to the gym 3 times a week is going to massively improve your physical attractiveness and confidence overtime. And that’s the important word. Overtime.

It takes consistency, not intensity.

Don’t go all out by doing as much as you can and quit in the first few weeks like you normally do. Beginners do more than they can handle because they have the mindset that they are very far away from their body goals and want to make progress as fast as possible.

Make this a consistent effort by actually doing less than you can do for the first couple of weeks. You want to be leaving the gym thinking that you could have done more, that’s a fantastic mentality because then you’re excited for the next workout.

If you’re consistently leaving the gym feeling extremely fatigued, as a beginner, you’re very likely to end up quitting and messing around for a couple more months before you attempt this grind again. That's a waste of time so just focus on consistent workouts instead of intense workouts.

But let me give you a little bit more info on building an aesthetic body. Focus on these areas and you’ll get the most bang for your buck:

- Neck - upper chest - lateral delts - lats

It’s quite a weird set of muscles which are kinda hit in normal routines but if you just add a couple of sets that hits these muscles on top of your beginners routine, you’ll find that your physique will grow much more aesthetic because it focuses on that V taper that is extremely attractive on a man. The V taper on a man is like the hourglass shape on a woman. And you get the V taper by training these muscles.

But the most important thing you should learn about this chapter, is building a fantastic exercise mentality that leads to a lifetime of exercise.

Because that's the point, we never want to quit this.

Remember that visualisation practice for the mental health chapter? Answer a similar question...

Once you build your dream body, do you want to keep it for life?

Do you still want to be fit and strong when you're old?

Well then you're going to need to be working out consistently even when you're old.

**Close your eyes right now and imagine yourself at 65 years old still popping into the local gym a few times a week, resistance training and looking good.**
So now we're thinking of an incredibly long period of time. Here's an important question for you:
What form of exercise would you be happy to do 3+ days a week forever?
Have intention, research and learn how to optimise this form of exercise. Find humour and interest in this exercise. Identify with it, merge it within your personality.

Most guys on this subreddit choose lifting heavy weights. That's cool, but honestly? It's not for me. I love to lift light weights with higher reps and feel that intense burn that turns you into a man. I also do gymnastic rings workouts which are insanely fun as you work to hitting cool skills like the muscle up and front lever. So your exercise goals have been set:

Find a form of cardio that you actually enjoy and do it 2-3 times a week for the rest of your life.
Hit a form of resistance training 3 times a week for the rest of your life.

As the months and years go on you'll automatically learn more about building an aesthetic body and you'll naturally want to increase your training volume. Start small and remember, consistency over intensity.

This seems easy and simple enough but its likely that you will struggle to maintain this. Why?
Because you are addicted to things that are ruining your productivity.

Chapter 5: Addictions & Productivity

You are addicted to the internet. I don’t even think I need to know who is watching this. If you’re a young man you're probably spending most of your day mindlessly scrolling the internet on social media or hours grinding on a video game.

(If you don't play video games as you read the rest of this chapter replace 'video games' for the substance you know you're addicted to)

The young men who are levelling up in life, aren’t levelling up in video games.

Think about why every young guys transformation starts with “I used to spend all my time on video games, I quit and then everything in my life started to improve".

There’s a reason why this act of quitting video games (or any addictive substance) results in real life progress.

To make improvements to your life takes time and effort. Both of which are drained by video games. I know playing games seems easy and comfortable but they often leave you feeling fatigued, unable to think straight or feel physically strong after a long gaming session.

Video games are carefully designed to be addictive, they make them to reflect real life achievements, getting XP, making money and climbing the ranks to a higher level.

When you’re getting these virtual achievements, real life achievements seem less important because you’re already getting that dopamine spike that rewards hard work.

So to have a better life, consider reducing your video game / internet usage. This is easier said than done but a whole lot of guys have accomplished this.

Let’s think exactly how and why some guys, like me, have successfully quit playing video games whilst many others want to quit but feel unable to. Essentially, how do you overcome an addiction correctly?

The first thing that comes to mind is actually having something to do that replaces the video games. I
quit playing video games after I discovered weightlifting.

This seems to be the case with so many guys online saying they quit video games and then moved onto something that actually benefits their lives.

And it makes sense. Maybe there’s certain people who have an addictive personality so if you’re going to be addicted to something, make it something that makes your life better, something that makes you happier in the long run instead of something that just gives instant gratification.

The general concept I’ve been teaching on my channel is reducing instant gratification in favour for delayed gratification. Video games, Netflix, porn, junk food are all instant gratification. They feel easy, fun and comfortable right now but you almost always feel slightly negative afterwards. The more you indulge in instant gratification, the worse your life gets.

Playing an hour of video games isn’t a problem at all but imagine playing 6 hours a day every day for an entire month.

Is it likely that at the end of this month you will feel fantastic?

Would this be a month that makes you feel proud?

I doubt it.

Delayed gratification on the other hand is activities that make your life better tomorrow but they feel hard today.

Exercise is the ultimate delayed gratification. It’s uncomfortable pushing your body but as soon as the workout is done, you feel so proud of yourself. And if you get consistent with exercise or other types of delayed gratification, you notice long term benefits like increased positive mental health, confidence, fulfilment, pride, more muscle, less fat.

Instant gratification gives you pleasure for an hour but decreases your long term happiness, delayed gratification is uncomfortable for an hour but increases your long term happiness.

The thing is, you probably have always wanted to commit to delayed gratification. You’ve probably wanted to exercise consistently, work hard in school or on your business and develop skills. But there's a reason why you may not have been doing this...

We struggle to commit to delayed gratification because our minds are in a haze due to the internet and other substances.

It’s hard to go to the gym after a long gaming session.

Its hard to stick to a healthy diet when you’ve got the munchies.

It’s like instant gratification makes you forget about the delayed gratification goals you have.

What we need is structure. We should consider structuring our day in a way that prioritises our goals but still allows us to enjoy the instant gratification activities that we find the most fun.

I tried so many productivity tactics, I’m telling you I have found the most optimum strategy for guys like us.

Write up a daily timetable and stick to it as best as you can. Remember the timetables we used to have in school? You just knew what lesson was next because it was all structured.

Here’s my timetable: https://imgur.com/a/rVWG2Ye

Don't create your timetable just yet, keep reading to learn the mindset first.

The mindset is to make this timetable like your ideal day. A day you could imagine happily sticking
to forever.

So it has the work that you feel is necessary for you to grow and become successful, but also has rest and unwind periods so it doesn’t feel like a challenge to stick to this ideal day. This way you include all your goals into the timetable. What do you want to achieve? Set aside time for it every day by including it into the timetable.

It’s inevitable that sometimes life will get in the way but if you just try your best to stick to the timetable you’ll find that you’ll be doing a lot more than normal, which is progress.

Because let's be honest, if you write up your ideal day in this timetable and you end up only following it for around 50% of the day, that would be huge progress compared to your normal days wouldn't it?

And now you enjoy the insanely huge benefit of this timetable: You have the confidence that you're working towards ALL your goals simply by following the timetable. So now you have just 1 goal: Follow the timetable.

**Write up your timetable now.** Here's mine again for inspiration: [https://imgur.com/a/rVWG2Ye](https://imgur.com/a/rVWG2Ye)

Just copy how I’ve structured it and then input the timings and behaviours you want.

Be sure to include the delayed gratification activities that will get you to your goals like exercise or learning a skill and then also include 1 or 2 blocks for instant gratification unwind time.

Give it a try right now and it may help your life as much as it has done for me.

**Make this timetable right now. This is your call to action if you want to see improvements in your life, which you obviously do, don’t wait any longer. Just make the timetable as best as you can, its for your own benefit.**

Great so now we all have a timetable wrote up.

Get addicted to it. Get obsessed with this timetable, read it a thousand times. Then start to follow the timetable as best as you can.

Remember that earlier mindset - If you even follow this timetable just 50% of the day, that's huge progress. Life is inevitably going to get in the way and mess some things up, that's ok as this is our ideal day which we can't expect to have all the time.

Overtime change up the timetable and optimise it. You'll know when to do this.

The previous chapters so far have gotten you improving all parts of your life to make you into the the version of yourself. Now is the right time to start meeting new people.

**Chapter 6: Social Skills & Relationships**

You will make the best relationships when you’ve already committed to your self improvement. You want new people to meet you when you have improved your mental and physical health, built a body that gives you confidence and when you aren’t addicted to substances.

So its like we’re making you into the best version of yourself, and then putting you out there so that the people you now meet are aligned with your new values, timetable and goals.

To get quality relationships with family, new friends and romantically you should consider levelling up your social skills.

It’s right there in the name, social SKILLS. Its a skill that you can level up just like we do in video
games. You can learn, practice, and improve your social skills and it is a very worthwhile grind. Something you should put effort into.

Straight away I’m going to recommend you the cheat code to improving your social skills: How to Win Friends and Influence people by Dale Carnegie.

If you do nothing else, either read this book or watch a summary video you can find on YouTube.

**Take a minute right now to either order this book, find a free online PDF or watch a summary on Youtube. Dale Carnegie is called the father of self improvement for a reason.**

Specifically there's a chapter of 6 ways to make people like you:

1. Become genuinely interested in other people
2. Smile
3. Remember their name
4. Be a good listener / Encourage others to talk about themselves
5. Talk in terms of their interests
6. Make them feel important

It’s these 6 principles that if you can internalise, remember, and improve on, you will become one of those guys who just seems to make friends everywhere he goes. I’m sure you’ve met a guy like this before, like such a charming confident guy who speaks to everyone he meets. It’s like a superpower because any one of these people you meet through the 6 principles could be a future best friend, girlfriend or business partner.

**Seriously, this is the action step right now. Did you take action previously and order the book / find a free PDF / watch a Youtube summary? If you didn't, this is your reminder that following these actionable steps (even if you don't feel like it) will mean that you'll actually be getting some real life value from this post.**

If you took that action step and have either quickly watched a summary of this book or have ordered it to read soon, brilliant, you will be so grateful you did. This is a book I will read every January for the rest of my life. I suggest you to do the same.

Now I can add something from my own personal experience to improve your social skills.

**Practice approaching and initiating conversations with strangers.**

It’s this exact phrase that has levelled up my social skills and with that my experiences with new friends and girls I meet.

I wrote a whole post on this titled "Make friends by being the initiator" which you can read by going onto my Reddit profile.

This is the act of walking up to someone you don’t know and speaking to them.

You shouldn't just approach people who you think you would become friends with or girls that you are attracted to because then you wouldn’t have practiced this skill when you need it most.

What you want is the skill, the ability to be able to talk to an attractive woman when you see her, right?

Well then imagine how much easier it's going to be to speak to that woman when you've already been speaking to strangers consistently for a few months.

It will feel like just another approach when an attractive woman or potential new friend is there. This
is 'old man vibe'. Talking to everyone, being interested in them and knowing that they have something to be admired. Being that social butterfly.

Chapter 7: Purpose

A man needs a purpose.

Something bigger than himself that he works towards relentlessly.

Your purpose must be self-transcending. That simply means that it's bigger than you, that it helps other people, animals, the environment etc.

This is hugely important because when you're hit with the trials and tribulations of hard work, the thing that's going to keep you going is not that you're just working for yourself and to make money. It's that you're working hard to support your family, to help a community that you are a part of.

*How do I find my purpose? I can't think of it.*

Of course you can't. Please answer this question...

Would philosophers and deep thinkers be as effective if they tried to think of stuff whilst distracting themselves? *Of course not.*

The reason why young guys can't think of their purpose is because they often don't actually do any real thinking. You're trying to think of your purpose right now as you read these words on your screen.

Your mind is scattered.

Do you really want to find your purpose? Close everything. Turn off your phone, your computer, every single distraction.

Sit around with a pen and a piece of paper and dive deep into your thinking.

**Write these questions down on a piece of paper and then sit around answering them without any distractions. Turn. Your. Phone. Off.**

- What would give my life fulfilment?
- Who do I want to help?
- Who relies on me?
- Who inspires me?
- What am I grateful for?
- What causes do I care about?
- What gets me out of bed in the morning?
- How do I want to be remembered?

This won't be quick. You can't find your life's purpose in just a few minutes of journaling, but you can certainly find the first direction to move towards.

Your purpose will also change as you experience more of life, so keep that in mind. All you have to do right now is to figure out what your current purpose in life is. And then work towards that purpose relentlessly.

When you have improved yourself and achieved significant success in your purpose, you will feel self-actualized: The main goal of self improvement.
My friends, my name is Hamza and I am self-actualized. My purpose is to help young men with their self improvement because reaching your potential gives you the opportunity to help others. And I have reached my potential. I wish that for you.
TIL: Cesar Millan's wife (The Dog Whisperer) filed for divorce in March 2010. She ended up receiving a single payment of $400,000, monthly spousal payment of $23,000 (that's $276,000 a year), AND $120,000 a year in monthly child support. Cesar Millan then attempted suicide.

953 upvotes | January 7, 2014 | by BobSagetTheFaget | Link | Reddit Link
Academia gap myth: women fall behind in their careers because they choose family over work and go into unprofitable fields, study finds

953 upvotes | May 21, 2016 | by G_Petronius | Link | Reddit Link


**tl;dr: the title**


To the surprise of no one in the manosphere, it turns out that analyzing data of female careers in academia shows they fall behind not because they suffer actual discrimination, but because they a) prioritize family and b) pick fields that simply pay less.

Of course the article above turns this around into it being the fault of a system that isn't "family-friendly for women" (guess instead it's super family-friendly for men, who notoriously get to take time out of their careers to care for their kids without consequences). Regardless of the spin, the data doesn't lie: women are not discriminated against, they simply have less of a preference for professional success than men do, and thus don't achieve it as much.
So at work we had xmas party organised in Casino..
I had this Hugo Boss blazer I bought some time ago but didn't get to wear it.. Wore it..
So after xmas party we went to a club, was at the bar talking to my colleagues, everyone knows that I have a gf.. So this random 9/10 sugar daddy craving girl comes and stands next to me, I mean she had plenty of space to stand elsewhere but her coming and squeezing in between me and my mate, her boob was pressing in to my shoulder - that was a clear sign.
Since I wasn't looking for casual hook-ups I decided to troll her, so I turned to her, she looked at me, I checked out her body and said hi, she was like hi and I think she was about to say how's it going, but I turned around and continued my conversation with my mate..
She bought two shots, and then made confused look, but I ignored it, so she tapped on my shoulder and I was like
hi again,
and she was like I bought two shots for me and my friend but she is gone somewhere, don't want to go on the dancefloor with them, wanna drink one with me?
I was like sure..
and then after we drank it, she jokingly said, next drink is on you...
I was like - I was about to order drink myself, so what can I get you? got her a drink and turned around and joined my colleagues talk
so she was still there, standing next to me, kinda dancing a bit and always leaning around my body, but I ignored it..
she tapped on my shoulder again, and was like wanna dance?
I was like no thanks, I am not the best dancer
she was like - so what you doing in the club near dancefloor area?
I was like enjoying the music and socialising with my work mates
she was like wanna socialise with me instead?
I was like no thanks
she made disappointed look and was like, what do you mean by "NO THANKS?"
I was like, you're not my type of girl
she was like why did you get me a drink then?
I was like, you got me one, I paid back with one, now we are equal
and she blew up, she was like
why didn't you say you are gay in the beginning????
I was like in the beginning of what? and im not gay.
she was like, you ugly looking motherfucker, how dare you to say that im not your type ? do you know who I am??
I was like no, and I don't want to..

and she was like, you fucking prick, fucking immigrant (I study in UK, but native Russian), nobody ever rejected me, you should be grateful I even spoke to you you ugly piece of shit..

I just turned around and laughed with my mates, and then she was like you pussy, and spilled her drink at me lol

then bouncers came and told her to leave, she screamed the same thing, like DO YOU KNOW WHO I AM? CALL THE MANAGER, HE WILL KICK YOU OUT... and they forced her out lol

I mean it's quite sad that it probably ruined my blazer, the first time I wore it, but then experiencing something like that was precious...

I mean nowadays many girls get to this level of consciousnesses just because of all the blue pilled betas give them excessive attention and make them feel superior.

When in reality, apart of their looks (mostly fake), they have no value and have nothing to give back
Over the holidays, I went to my parent's house who wanted the attic cleaned out. I stumbled across what was a framed picture that displayed rules that a woman should take to look after her husband. It states that it's taken from a 1950's Home Economics book.

Keep in mind, the following material is a glimpse into a pre-feminist era. Have fun reading this stuff.

**Have Dinner Ready**

Plan ahead - even the night before to have a delicious meal on time. This is a way to let him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home and the prospects of a good meal are part of the warm welcome needed.

**Prepare Yourself**

Take 15 minutes to rest so you will be refreshed when he arrives. Touch-up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work-weary people. Be a little gay and a little more interesting. His boring day may need a lift.

**Clear Away The Clutter**

Make one last trip through the main part of the house just before your husband arrives, gathering up school books, toys, paper, etc., then run a dust cloth over the tables. Your husband will feel he has reached a haven of rest and order and it will give you a lift too.

**Prepare The Children**

Take a few minutes to wash the children's hands and faces (if they are small). Comb their hair and if necessary change their clothes. They are little treasures and he would like to see them playing the part.

**Minimise All Noise**

At the time of his arrival, eliminate all noise of washer, dryer, dishwasher or vacuum. Try to encourage the children to be quiet. Be happy to see him. Greet him with a warm smile and be glad to see him.

**Some don'ts**

Don't greet him with problems of complaints. Don't complain if he is late for dinner. Count this as minor compared with what he might have gone through during the day.

**Make Him Comfortable**

Have him lean back in a comfortable chair or suggest he lie down in the bedroom. Have a cool or warm drink ready for him. Arrange his pillow and offer to take off his shoes. Speak in a low, soft, soothing and pleasant voice. Allow him to relax - unwind.

**Listen To Him**

You may have a dozen things to tell him, but the moment of his arrival is not the time. Let him talk first.

**Make The Evening His**
Never complain if he does not take you out to dinner or to other places of entertainment. Instead try to understand his world of strain and pressure, he needs to be home and relax.

**The Goal**

Try to make your home a place of peace and order where your husband can renew himself in body and spirit.
"Why Are So Many Women Searching for Ultra-Violent Porn?" asks increasingly worried media for the thirteenth time this year

951 upvotes | May 6, 2017 | by G_Petronius | Link | Reddit Link

Drop your cocks and grab your socks 'cause it's that time of the year again: the media discovers women cum the hardest when they're treated like worthless pieces of fuckmeat.

This time Vice steps to the plate to get peppered with supersonic redpills courtesy of PornHub, Google big data analytics and (surprisingly) a university psychology department:

- New data reveals that women in their droves are searching for porn with tags like "extreme brutal gangbang", "forced" and "rape"

Oh noes, but what about muh choreplay and "respect"?

- While men still search for significantly more porn than women, search rates for these more extreme types of sexual content are at least twice as common among women than men.

B-but that must be because the patriarchy represses women and that's how they cope...

- The researchers then investigated if the women's fantasies were indicative of "sexual blame avoidance", a hypothesis that women socialised by our slut-shaming culture chose forced sex themes to negate feelings of shame and guilt. The opposite was found to be true.

Oh crap.

- "If there is a genre of porn in which violence is perpetrated against a woman, my analysis of the data shows that it almost always appeals disproportionately to women"

Misogynist!

- Researchers found that 52 percent of the women had fantasies about forced sex with a man, 32 percent about being raped and 28 percent about forced oral sex with a man. Overall, 62 percent of the women reported having had at least one fantasy around a forced sex act.

Miso- oh wait the principal investigator on this study was a woman. Uh... internalized misogyny?

And there we go, MIND BLOWN: it turns out that women prefer to be fucked by alpha males in relationships with a completely lopsided power dynamic. After all that's only a measly 99% of women's relationship porn (hello Fifty Shades, hello Twilight), so we really did need some more data to completely forget about this by this time next month, when the media will again pretend that this is shocking owing to how it doesn't fit in with the feminine imperative.

As for us unrepentant shitlords and woman-haters, the old adage remains true: watch what they do, not what they say. As much as bloopies would love for that to be the case, women don't flick their bean to fantasies of gentle lovemaking and equal relationships.
Macho men, particularly ones in suits, still reign supreme on the totem pole of sexual attraction, a new study finds.

Researchers at Coventry and Aberystwyth universities in the United Kingdom looked at three years of data from TubeCrush, a British hot-or-not-type site where users upload photos of male London Underground passengers, to evaluate the male archetypes straight women and gay men found most attractive.

One striking initial observation by the researchers was that most men uploaded were white, despite London being a fairly diverse city. Popular images also often made sure to focus on a man’s biceps, pectorals, and chest, particularly if he was muscular in those areas.

Many accompanying comments also emphasized a man’s physique and supposed sexual prowess, the researchers note.

Another frequent theme in popular images was displays of wealth, whether it was through jewelry, fancy attire, or expensive technology.

Meanwhile, men who demonstrated less dominant or aggressive behavior, such as fathers, or males who seemed more sensitive or awkward, fared worse on TubeCrush.

“From smart-suited City workers to toned gym-goers flashing their flesh, the men featured in the photographs on TubeCrush show that as a culture we still celebrate masculinity in the form of money and muscle,” says lead researcher Adrienne Evans. “They are marking the middle-class, wealthy, mobile and sexually powerful male body, not as a political one as feminists intend it to be, but one that should be actively desired.”

Although some positive attention can certainly help a guy’s self-esteem, Evans argues that women are still looking in the wrong direction.

“It’s a problem because although it appears as though we have moved forward, our desires are still mostly about money and strength,” she concludes.

Do not try to lie, Evans. You DO NOT prefer poor, awkward, fat males. :)

The researchers’ findings were published in the journal Feminist Media Studies.

Source:
https://www.studyfinds.org/white-macho-men-attractive/
Women operate on their precious feelings. This is no mystery. They want to feel alive.

Too often I head over to TRP and read something along the lines of - GF of 4 years cheated on me, and the peanut gallery shouts Hypergamy! OK great, time to replace the AWALT cheating GF, problem solved right? Wrong.

Yeah sure hypergamy plays it's role. But without asking the harder questions, no progress can be made. Why did she branch swing? What did she get elsewhere that she couldn't get from you? The answer is always feels. Upon digging into these posts a little deeper, I almost always find the guy saying something along the lines of.

"Yeah, I never lifted, played a lot of video games" Thats a problem, but not the killer blow.

"We basically just went over to each others place's and hardly went out anymore" Bingo

The relationship has become stale. It's predictable. She no longer has that feeling of wonder. That feeling of excitement. To sum up, she's bored. Sadly from what I've observed this is the state of most relationships I see. Cue Chad's arrival, who suddenly sparks excitement again, suddenly makes her feel alive again. So "it just happens"

Small disclaimer - You can do everything right and she could still cheat. However, a woman who's always guessing, always feeling a live, always holding the feeling of adventure and wonder is far less likely to look elsewhere for the feelz when she gets it in abundance from you.

There's always things you can do in a relationship, like dread. Or dark triad shit. To keep it going, however that is exhausting, and a sign that there's something wrong to begin with. In my experience you need little more than to evoke emotion in her. The relationship needs to be fun. She needs to feel that sense of wonder, that sense of excitement.

How do you do that? Well it's fairly simple.

Have fun. Live a life with her that she craves to be apart of. You have to lead. Don't ask her what she want's to do, tell her you're picking her up and taking her somewhere. Let her get tingles every time you pick her up because she knows it's going to be an adventure. When you're leading she’s comfortable knowing that you have her safety at heart and all she has to do is show up and have a good time. More often than not this will results in her spending her time thinking how she can add to the date - sexy lingerie, a surprise blowjob in the car etc. When you're a good leader, she'll become your number one supporter.

Take her wine tasting. Take her for a short hike. Take a day trip somewhere. Go to a gaming arcade. It's not the activity that matters, it's how you do it. If you go wine tasting, fuck her in the vineyards on a tractor. If you go on a hike, smoke a joint and get lost in nature, also fuck her with an amazing view. Go day tripping and stop next to a lake that says no swimming and go skinny dipping. Go to a festival and get fucked up together. Go to the gaming arcade, cheat on all the machines so you get a bunch of tickets and get her a huge teddy bear (These are all things I’ve done).

I'm not advocating doing anything Illegal, most you'll get for these is a slap on the wrist. What I am advocating is giving her a thrill. A point of excitement. A rush. I’m advocating evoking emotion in her, going to dinner at your favorite restaurant for the 3rd time in a row and talking about your day
isn't going to do that. Try do something memorable every time you go out. Do it to the point where it becomes second nature to you. When you're having fun, and leading, inevitably she will too. **It becomes a habit to have fun.**

Women in my experience are naughtier than men. They'll be as game as you are(you leading). As time goes on you'll find that they are coming up with ideas and things to do on a date. They become so attached to you because they associate time with you with good feelings. Their mind connects thrilling, exciting emotions to you, this is what they believe to be "love". The higher regard they hold you in the more they want to do to please you. **They behave where you set the bar.** If you're very wild, fun, adventurous, they'll love you for it and feel comfortable showing their wilder side too. They take comfort knowing that you have their best interests at heart and let out their inner animal, just for you.

Most of the time people start off in a ball of fire but stagnate as the relationship goes on. People slip into comfort. Which has never made sense to me. Life is still happening, why should it be more boring because you've been together longer? You don't stop doing fun shit with your guy friends? Why should your relationship be any different. In the past I've been with a woman for 4 years and nothing changed. We adventured and explored and got up to all sorts of mischievous endeavors in year 4 just as we did in year 1, because it was fun. I was fun. And she wanted to be apart of it.

Don't do it for her, do it for yourself.

**It goes for as long as it goes, and if it ends it ends,** but do you want to look back on a relationship that deteriorated into a Netflix bingeathon and pizza(although that can be great on occasion) or do you want to look back on an endless list of memories that you've built up over a thrilling period in your life. Yes Hypergamy and yes AWALT but why would she look for a thrill, or excitement, or feelz anywhere else when she's so busy having a ball with you.
You are not entitled to shit. She is not entitled to shit. One of these is reinforced by society.

950 upvotes | April 10, 2017 | by trpposter | Link | Reddit Link

You are not entitled to sex.
You are not entitled to handjobs.
You are not entitled to anal.
You are not entitled to blow jobs.
She is not entitled to affection.
She is not entitled to attention.
She is not entitled to emotional support.

Society has no problem drilling the first four points into the male psyche from the age of adolescence (or even younger, given feminism's pernicious advance into education). However, try to apply this to women and you will be labeled a misogynist, a neckbeard and a bitter loser. If you manage to get an argument out of them, it will be in the vein of:

But it's shitty and abusive to withdraw -

No it's not. It is your prerogative to stop engaging in WHATEVER activity you no longer wish to continue, for whatever reason. You don't need to justify to anyone, including your partner, why you no longer wish to do X. Yes, this goes both ways: women are perfectly entitled to not justify their low libido to their boyfriends (and they usually don't), and men are perfectly entitled to not justify their lack of emotional intimacy with their girlfriends.

It is shitty and entitled to DEMAND X (where X is any activity in the list). If you feel you're not getting X, the problem lies with you, and you need to change yourself into a person your partner (or partners) will want to engage in X with.

What can you take away from this?

Crush your inner beta by always keeping in mind: you owe her nothing. Never cave, never apologize and above all, never justify.
'If' by Rudyard Kipling is a poem every man should take very seriously

949 upvotes | November 6, 2016 | by dude_idek | Link | Reddit Link

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don’t deal in lies,
Or being hated, don’t give way to hating,
And yet don’t look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you’ve spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build ’em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: ‘Hold on!’

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds’ worth of distance run,
Yours is the Earth and everything that’s in it,
And—which is more—you’ll be a Man, my son!

Growing up, my father had this poem framed and put up in 3 rooms of my house. I was basically raised through it. It's gold. It's more than just a poem, they're introductory guidelines. What are you thoughts?
Michael Kimmel, male feminist founder of the Stony Brook Center for Studies on Masculinity, the institution indicated by reddit admins as providing good reading on "positive masculinity", forced to step down on accusations of workplace sexual harassment and sexism by past collaborators

949 upvotes | October 5, 2018 | by Derek1382 | Link | Reddit Link

You can't make this shit up

When the reddit administration censored TRP through quarantine, they forcibly included a link to the Stony Brook Center for the Study of Men and Masculinity in the sidebar, as an officially endorsed counterbalance to TRP's "toxic masculinity".

They removed the link a few days later, likely as more and more people pointed out how the founder and major scholar at this Center, Michael Kimmel, was a notorious denier of male victims of abuse.

But it gets even better: Kimmel has also been accused by multiple past colleagues of sexual harassment in the workplace and of sexism, on top of homophobia, transphobia and racism.

Specifically:

The allegations against Kimmel were first reported by the Chronicle of Higher Education, which cited comments by a former graduate student. The former student, who asked to remain anonymous, said Kimmel had suggested they have sex six weeks into her graduate course, and later in her career.

Nobody could ever imagine a male feminist trying to leverage what little power he has into some coerced sex with an underling.

Following the report, another former graduate student published a detailed account of their time working with Kimmel on the website Medium. Bethany Coston, now assistant professor of gender, sexuality and women’s studies at Virginia Commonwealth University, accused Kimmel of sexist behaviour, such as giving paid work to male students while women were expected to work for free.

Oh lookie here, a male feminist giving unpaid work to women, probably thinking that he's being so progressive in even getting them involved in the first place. Shocking I tell you, shocking.

“We fully appreciate the need to weigh due process along with all the shortcomings of formal sexual harassment complaint procedures and the power inequalities inherent to these processes,” the Promundo said in a statement.

Ayy fucking lmao. If this was anyone but a knight paladin of feminism and PoundMeToo, he'd have been thrown under the bus immediately and without appeal. As it is, he gets to have "due process" and only be temporarily suspended pending investigation. I guess his accusers need to be believed less than those who have the good sense to accuse less-feminist men.
Every week we get a field report in, convoluted theory, or some question that always talks to the point of woman. How to fuck them, get them, did I do good, why is my dick green, HOLY SHIT what is this growth, or my favorite. I suck I can't do better.....blah blah blah.

Listen. Before you go any further in reading this post take a deep breath and remember who the fuck you are.

You are a man. Your goals are for you and developing who you are and what you want to do. Women, sex, the lifestyle are results of your hardwork. Everything else is building a more interesting you. Most of you think you are climbing the ladder. You aren't. You are trying to get to the ladder. Once you've internalized the Pill then you can climb the fucking ladder. So relax, monkey boy, you aren't even there yet.

Some of you keyboard warriors are likely pouring your guts out here looking for a kernel of advice or that iching and suddenly it will make sense. I know. I did it. Most have done it and many still do. Sorry, bub, doesn't work that way. This is the research center, your library. You need to get out there and learn. You need to develop who you are. A more interesting you. Have to do something cool in your life right? Your stories will be yours and you can establish the price of telling them. Your stories and experiences are not free. One day you will sit on your porch and smile at the shit you did. No one else did it. Maybe you will tell people, maybe you won't. I don't tell all my stories. Few have gained that level of access.

My boys are doing more than their peers who are playing video games and talking Call of Duty. My kids? They live it. At 13 my youngest has a SCUBA License and has dived up to 90 feet. The Non Profit organization he belongs to is contracted by other organizations to perform diving operations for them. This summer he has learned and executed underwater construction techniques and built amazing shit underwater. He has also mapped and explored ship wrecks for the local government to turn into tourist spots. This is at 13.

My oldest at 16 just got his pilot's license through Civil Air Patrol with 120 flight hours. He is search and rescue qualified and has helped the FAA several times. Spending his summers on Air Force bases and training he has 200 hours or more on Air Force jet simulators. Most recently he had to land a plane on a solo flight when its instruments went out.

He is also attending a local Community college that created a high school program. He will leave in 2 years (3 total started when he was 15) with a High School diploma and a paramedic license. Oh did I mention no college tuition? Paid for by the public schools. His intent is to join the military but I have taught him to cultivate many options. He has listened.

These kids at their ages have experiences and training no one else in their group has. They have heard some of my stories and I push them to develop theirs. What are doing to make yourself more interesting and a cut above? What are you doing?

You can waste your time worrying about her. Wondering at red flags, at vetting, at all those things. When you are missing the trees for the forest. It's not about any of it. It's about you. What you will and will not put up with. What you want to do and how you go about doing it. Don't misunderstand you will end up leaving some seemingly fantastic women behind. They won't be able to keep up. Will
you slow down?
Some of you have real life obstacles in your way. I get that. I offer this advice:
My drill sergeant used to tell us there are 3 ways to handle an obstacle on the battlefield.

1. Go over it.
2. Go around it.
3. Go through it.

Not one of those tells you to turn around and go back.
The best advice I got in my first few months of understanding the Red Pill was this:

I am a ship at sea. Women are the barnacles. Some stay longer than others, either way I have a destination and I am headed that way.

What's your destination?
Who the fuck are you?
The Incels sub just got banned in the last hours. Yes it was a despicable place, home of losers, whiners, pathetic defeatists, but I think the down of their sub might be bad for us. Why?

First, we occasionally see some incels posting on AskTRP. Ok, we can live with that, but now, without their home sub, some of them might try to migrate here for refuge and start poisoning the subs with their ridiculousness. More than just lowering the overall quality of the posts, this kinds of posts, if too frequent, may bring even more bad attention to us.

Second, is just that: attention. Incels was a decoy for us. The BP'd manipulated man and the average reddit feminist see us as almost the same as them, at least on the "hatred towards women" and misogyny stuff. And without that sub around, their censorship desires might converge in our direction. I've already seen one or two posts on some BP'd subs about "this is the time to take TRP down". I'm sure that there is more than a few redditors around that would be more than pleased to wipe us out.

What do you think?

https://m.imgur.com/4pCoPsb
I saw the protests a few weeks back in California. It was the usual suspects, fat, pink haired, shrill feminists. They were holding signs up about “we want equality now” and “end rape culture” This got me thinking about just how privileged these chicks actually are, and the irony that’s lost on them by claiming victim status. Let’s break this down shall we:

1. I noticed 1 trait most of these broads all had in common-obesity. Now I know it’s cliche for feminist to be fat and ugly, but really, if you look at any pictures of the rally, all you can see are fat, pink haired shrews. What’s funny is they walk around holding signs about oppression, yet are literally the physical manifestation of excess and gluttony. They are lucky and privileged enough to live in a time and place where food is plentiful and they take advantage How can one be oppressed and be fat? That’s oxymoronic

2. A lot had signs talking about “rape culture” Again, this is bullshit. There is no such thing as “rape culture”. Maybe in Saudi Arabia or India, but def not here in the west. Again, the irony is lost on women who live in a society where they can openly, without consequence, lie about a sexual assault or rape and get a man or many men put in jail or have their livelihoods taken away. That is a privilege, not even the police have. And yet these women claim they live in a society where men are openly permitted to commit rape, and sexual assault without consequences

3. “pay equality” Now of course, if two people get hired for the same job, one man, one woman, they will get paid the same. What these broads want is a “gender studies” degree to get the same pay and access that an engineering degree gets. That’s where the “pay inequality” comes in, as it should. It’d be like garbage men having a rally, saying the associates degree they got should give them the same pay that a medical degree does. Same pay for different levels of work isn’t equality. It’s communism. Not to mention the fact that these women are so privileged that the ones who happen to have the privilege of physical beauty, doesn’t need to worry about a job or a degree. An attractive woman can literally sleep her way to a comfortable life with a willing man, catering to her every need, if she plays her cards right.

4. This is my last point. Fat acceptance Women are so privileged that they can literally be morbidly obese, call themselves beautiful, be validated by friends, family and social media, and have the balls to not only want, but demand Chads find them attractive and date/fuck them Not only do they demand this, but some will openly try to socially destroy you, Only women in 21st century America can be so hideously fat and ugly and demand to date the 20% of men openly. Then legislate hypergamy when they can’t get what they want

That’s the epitome of “privilege”
What do YOU want?

944 upvotes | February 13, 2018 | by theselfmadealpha | Link | Reddit Link

A lot of guys around here seem to think that the red pill is some sort of action plan. It is not. The red pill is nothing more than the truth about how men and women interact with each other.

Every day I see at least a couple new posts from guys saying that you have to be alpha all the time, being beta is bad, you have to do this, or you have to be that... Nonsense: You don't have to do shit.

Not everyone here is going to have the same goals. Some guys are here because they want to bang as many hot chicks as possible. Some guys are here to learn how to get and keep a girlfriend. Some are just looking for general self improvement advice. And others have no desire to change but want to at least understand how things really work.

That's what the red pill is good for. This is a great place to learn about intergender dynamics, the way men and women interact. But once you start taking in that knowledge, it's up to you how you want to apply it, if at all.

There's a whole lot of crude, macho talk around here, which I suppose is to be expected. I think it, unfortunately, turns off a lot of people new to the sub. And there's a lot of misplaced anger, guys blaming women for their own inability to understand them. These things shape the tone of this sub and it can become quite negative at times.

But it doesn't have to be. When you swallow The Red Pill, you go through the five stages of grief. You're grieving the loss of your cozy blue pill world and the blue pill future you've wanted for as long as you can remember. A lot of guys get hung up in the anger and bargaining stages and it shows here. But once you get to acceptance, the doors of life swing wide open, and you're free to do whatever you want with your newfound Red Pill knowledge.

So, What Do You Want?

What do you hope to get out of The Red Pill? Most of this sub seems to be focused on banging as many hot chicks as possible. If that's what you want, and there's certainly nothing wrong with that, then following the advice around here will help you out tremendously. Studying game and being as alpha as possible will get you far.

But what if you don't want to fuck a bunch of women? What if you want a relationship? Can The Red Pill help? Abso-fucking-lutely!

There's a lot of anti-relationship sentiment around here, but that's mostly just angry guys who got burned venting their frustrations. There is nothing wrong with wanting a monogamous relationship. I've had several LTRs at different times in my life and they've (mostly) all been great.

With your newfound Red Pill knowledge, you'll be better equipped to not only attract the kind of women you'd want a relationship with, but also to keep them long term. You'll want to study not only game (short term mating strategies) but also relationships (long term).

The Red Pill is knowledge and knowledge is power. And I have it on good authority that knowing also happens to be half the battle. Once you learn, accept, and embrace The Red Pill, the world is your oyster. You can use it however you choose.

It's not about being as alpha as possible. It's not about fucking as many women as possible. It's about knowing what IS possible. Knowing how things actually work and having realistic expectations. How
you apply that knowledge is completely up to you. 

Do what YOU want to do. Maybe you don't want to change a fucking thing. Maybe you just wanted to know the truth. There's nothing wrong with that. Not everyone is gonna use their Red Pill knowledge to transform their lives.

I think a lot of the “you need to do this,” “you need to do that” talk around here stems from freshly Red Pilled guys genuinely trying to help. They've swallowed the pill and now they want you to swallow it and follow in their footsteps. They've seen the light and want you to see it, too.

It's the same reason that, once we swallow The Pill, we want to tell all our beta guy friends about it. Unfortunately, this is a terrible idea. Your friends and the blue pill guys around this sub need to figure it out on their own – they need to want to figure it out on their own. I know you want to be Captain-Save-A-Bro, but you're likely not gonna save anyone. You're just going to alienate yourself and piss people off.

**Conclusion**

The Red Pill is not a prescription or an action plan. It's simply the way things are between men and women. Once you swallow and embrace The Pill, you can have anything you want.

But it's up to you to figure out what you want. You don't have to use this knowledge to go out and game girls five nights a week, spinning plates on your fingers, toes, nose, and dick. You don't have to say, “Fuck women, I'm gonna go MGTOW my life away alone in a cave somewhere.” You don't have to do shit – you can do anything you want to.

So what do YOU want? What do YOU want to use your Red Pill knowledge for?

Edit: Thank you for the Reddit Gold and all the great answers/responses!!!
Many detractors of The Red Pill find the men who subscribe to this body of information to be “controlling.” Nothing could be farther from the truth. The Red Pill promotes something that’s not immediately obvious at first: the complete abdication of any attempt to control anything, except for the one thing you can actually control. Yourself.

We can’t control women. Women are going to live the lives they want, date the men they want, fuck the men they want, marry the men they want, cheat on the guys they want to cheat on, divorce the guys they want to divorce, and live completely normal and happy lives with guys – or live completely normal and happy lives without guys -- and do exactly as they please, whenever and however they want. And they should. Women have the right to do whatever they want with their lives, and to pursue whatever kind of happiness they want, however they want to go about it.

You can’t control a woman, nor should you try. All you can control is yourself. You can choose to become physically fit, you can choose to become professionally successful, you can choose to become socially apt and well-connected, you can choose to learn useful skills, you can choose to pursue interesting hobbies – you can choose to live a fulfilling life, all on your own, with or without women.

When a man posts something on asktrp, lamenting that “My wife/girlfriend never has sex with me” or “doesn’t respect me” or “flirts with other guys in front of me” or “cheats on me constantly” or “is a total bitch about everything all the time” – Nobody ever responds, “Rape her if she won’t have sex with you. Beat her until she respects you out of fear. Lock her up and keep her in the basement to keep her from the outside world. You should CONTROL HER!” Nope. Never that. In fact, the exact opposite is what’s expressed.

Let it go, they’re told. You can’t control her. Focus on yourself. Become fit, successful, social, skilled, and interesting. Raise your own value and don’t worry about her at all. Live your own fulfilling life independent of her. She’ll either come around, or she won’t. If she does, great. If she doesn’t, any number of other women will want to be with you now that you’ve focused on your own life. Don’t worry about controlling her. Just focus on you.

If the situation is especially egregious, the advice usually given is: “Next.” That’s right. Don’t control her at all. Don’t even try. Let her go. Let her live her own life. Cut her loose and live yours. Being jealous and controlling is “beta.”

Where The Red Pill and modern feminism and other detractors diverge, however, is that the others will tell you that self-improvement is cheating. It’s “manipulation.” If you become muscular and hot, you’re just manipulating women with your good looks. If you excel professionally, you’re manipulating women with your money and status. If you’re awesome socially, you’re just gaming women when you go out and wow them with your social network. And so on.

When you withdraw your attention from a woman that’s behaving undesirably and focus on yourself, that’s dubbed “manipulative.” When you improve yourself such that you’re attractive to your woman (and to other women), that’s manipulative. When you dump a woman who’s not measuring up to your standards, that’s manipulative. Essentially, by not attempting to control the situation (e.g., control the woman), that’s seen as an attempt to manipulate her. Because the very fact that you’re not
being controlling will influence a woman to think or feel a certain way. The very fact that you’re working on your own life will influence a woman. And doing things that influence women to think or feel something is evil manipulation.

The solution is simple, of course. Live in your mother’s basement and only come out to go to work. Give all of your money to the nearest woman since you’re not paying rent. Repeat. Or you could just tell the rest of the world to go fuck themselves and live an awesome life, and let the few women lucky enough to be a part of that life enjoy the ride.
The advice here tends to be: "Don't get rattled when another guy hits on your girl. Keep frame, etc" This is not bad advice, but it ends up turning into a drawn out interaction that does not need to occur at all. You can get the guy to fuck off/make him look stupid without keeping it going with essentially one phrase:

"Have a good night," then simply walking away with your girl.

I have done this countless times.

Most recently I went on a little morning walk with a plate/fwb after a full night of fucking (I tend to plate women I genuinely enjoy spending time with and I like having these little "mini-dates" with them before/after hooking up.) On our walk I had to use a bathroom so I popped into a place while she waited for me outside on a bench. When I get back there is some guy trying to chat her up. Her body language was not interested and even as I was walking up I could hear him say, "Is that the guy?" meaning she most likely told him something like "I am waiting for my man/bf/wtv" When I walk up he sticks out his hand and says, "Hi I'm Keith, nice to meet you!" with a big smile. I sort of just look at him, say, "Nice to meet you, have a good day," without shaking his hand, then I calmly take the girl by the hand and walk away. Nothing else is said regarding the incident and I still see this girl regularly, fuck her mouth, ass, etc....

Another example I am in a bar with another fwb. We are sitting at the bar when a guy plops down next to us. He starts chatting us up but in ways that are clearly meant to bust my balls. He makes comments about my appearance, my demeanor, and how hot my woman is, all in the span of about 1 minute. Instead of coming up with something to say, or otherwise engage this idiot, I say, "Have a nice night," take my girl by the hand and move to another place in the venue. The girl 100% knew without being explicitly told why I was making this decision for us and did not question or shit test me.

The truth is, swatting away an AMOG by simply avoiding the entire interaction is as alpha as you can be. Do you think a king would entertain some asshole amoging him and trying to talk up his bitch for the night? If he doesn't have the guy arrested and tortured he will just separate himself from the riffraff.

The beauty of this method is it gives the AMOG 0 chance of saying anything witty as a rebuttal, or give you any rope to hang yourself with. If this is your woman and you've already been inside her, unless you want to fuck with an AMOG for fun you have 0 obligation to 'compete' with this idiot AMOG. As Jeff Bezos himself always says: Competition is for suckers. Look to create a monopoly for yourself.

Have a good night, bitches.
You only need to be 20% better than the average male.

940 upvotes | May 11, 2018 | by Kryptic_Knight | Link | Reddit Link

When you walk into a bar/room, what's the first thing that you think about when taking a glance? I bet its vastly different than what I have in mind. You more then likely start judging the clothes people are wearing, looking at the meathead hoping you can avoid him, already labeling the "sluts", etc. I don't, for one reason...I know I'm better than everyone in there, the moment I walked in.

What I realized a long time ago, people tend to worry more about who's looking at them, than how they should be enjoying themselves. Even Alpha's, you'll have these guys ask if their hairs looking good, and if the shirt they have on is proper, etc. It's a wasted of time.

What you simply need to know is that; if you're witty, charismatic, and intelligent (or appear to be), you can get away with a lot. You don't have to be a genius, you don't have to lift the heaviest, and you certainly don't have to be Chappelle on the mic. You only need to be better than average, and in a world of sheep, you won't have much trouble.

The average male is mousy, self conscious, slow paced, and doesn't work out at all. Your investment should only be "enough", not the maximum. You shouldn't try to be the wisest in the room, but the most accurate. And this applies to every aspect of your character.

As a human being, you're more than likely doubting something about your persona, but the truth is, there's nothing wrong with your sword, it only needs to be sharpened, your shield isn't dented, your arm just aches a little from holding it up for so long, and your spear isn't broken, its' just bent from hitting your target.

You only need to refine yourself ever so slightly. Your adjustments to your character are minor, but that 20% vastly outweighs the beta's and omega's out there.

A man needs a creed, let this be it.
Young women makes tinder profile as a male and is extremely disappointed. Redpill on the Front Page.

939 upvotes | May 27, 2020 | by drbrockstar69 | Link | Reddit Link

Earlier today, a youtube video about an 18 year old woman attempting the tinder game as a male made its way to the front page and videos subreddit.

https://www.youtube.com/watch?v=DZTIbHIyIYw&feature=emb_title

Now this experiment has been done multiple times, and the results are not shocking to any person who understands hypergamy. Alexander Grace, the creator of the video, is more of a purple pill youtuber. He says some questionable things on his content (E.g, some men need a strong balance of feminine tendencies, chads who fuck a lot of women aren't really fucking quality women... like they give a fuck). But regardless, this video had some solid points that I'm glad is getting some screen time.

1. Don't ever ask a woman for advice on how to get with women: Now anyone who used tinder will know that nothing dries panties up more than an opener of "hey, how are you?" This woman not only used that opener for each match, but her bio had city, occupation, and "looking for a quality relationship" - listen to this woman on all things NOT to do when making a profile. Side note, she asked at the beginning if AG had any shirtless pics she could use pretending to be him. These women will push academics and intellect but even she knew from the beginning she wanted to the stallion to catch the eye.

2. They don't understand or even sympathize with males: She was shocked at the lack of responses. Only 7 matches in a day?! She had no idea how males could find motivation, especially to the lack of any substance in conversations. She doesn't comprehend that men have to chase, have to be witty, and have to hold attention all while competing with hundreds of other men. She ultimately said she knows how easy it is being a female and can't wait to go back.

3. The Wall is real: Hearing this from a woman makes it more real. "Yeah I got some matches, but most of them were over the age of 30 and some weren't really that attractive." Coming from a man that would sound superficial and vain, but we all know age breeds desperation. As trite as it is, men know we age like wine, you will have options in your 30's and 40's. Keep working on yourself

4. Don't let dating apps mess with your psyche. Use it for what it is and nothing more: She says herself how she felt depressed after the lack of responses. And AG mentions the Tinder algorithm of high matches early on and tapering it off do ensure naive young users will pay for the service (which I don't recommend but if you got it, why not) This is an exaggerated marketplace of 80/20 rule, top 20% (probably closer to top 10%) of males will get the attention. There are benefits to these apps if you use them how they are meant. But your time will be better spent lifting and talking to girls irl.

Overall - females do not understand the plight of men, and they really don't care at all. Keep moving forward, work on yourself and understand videos like these prove that no woman is worth more than your sanity.
Hey all.

A lot of life gets wasted on meaningless activities. Hours spent on worthless nothing. To make the most out of our day it’s important to fill it with things we are proud of and that make us feel alive. And since you’re reading this, good news. You’re one step closer to seeing a ripped badass every time you look in the mirror.

I could ask why you’re here, but I know. Like that scene in American Beauty when Kevin Spacey is jogging with his neighbors and they ask him his fitness goals, whether he wants to gain muscle or lose fat, and he responds: “I wanna look good naked.”

Aside from making you more attractive, exercise has countless benefits: Positive confidence feedback loop, energy, brainpower (builds gray area) – the list goes on.

Socrates said*“No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable”*

As of May 2020, youu may find yourself with extra time on your hands to finally commit to your best body ever. Only one problem: the gyms are closed.

So what do we do?

**WORKOUT WITH NO EQUIPMENT:**

**Abs**

Do 6 minute abs 4 days a week (2 days on, 1 day rest, 2 days on, 2 days rest)

This workout came from research at Stanford to find the most effective way to get shredded abs.

- 25 leg lifts + Kick heels to ceiling (1 rep per second)
- 15 seconds rest
- 25 leg lifts + Kick heels to ceiling (1 rep per second)
- 25 slow crunches (3 seconds up, exhale and flex, 3 seconds down)
- 15 crunches towards the ceiling as fast as possible.
- 1 Minute Plank

Abs are non-negotiable in any no-gym fitness routine. Work on them consistently and they will pay off. Visible abs and a developed upper chest/shoulders are the two things people notice when they see a shirtless man.

**Chest + Triceps**

Pushups baby. Get used to them. Do 100 every other day. Get there in sets of 20, or 10 if you cannot yet do 20. Once 20 is easy, work up to 30, 40, etc.

You can do variations of push ups: Close grip to get more Tricep involvement, wide grip for more chest. Put your feet up on a couch or a chair to get an inclined push-up angle that will work your shoulders and upper chest more.

**Back + Biceps**
Without weights to curl or row, our Back and Biceps are going to need to do pull ups on something. Ideally you have at least a door-frame chin up bar. If not, ask your uncle if you can borrow his. Find a safe tree branch to use until he gets back to you.

Do 3 sets of x 5 Pullups but go slow (10 second count) on the way down for every rep and squeeze your shoulder blades together. This is called an **Eccentric rep**, the 2nd best way to build muscle according to all of my friends who use steroids.

If you want to focus on more biceps and less back, move your hands inside and palms facing you. Squeeze your biceps at the top of every rep.

**Legs**

You can do body weight squats and lunges but without weights our best efforts are going to come from something more explosive.

**SPRINTS**. Great for burning fat and building muscle. Increases metabolism and human growth hormone production.

10 sprints burns more fat than an hour of jogging – isn’t that crazy?

Even if your goal is to build muscle rather than to shed fat – the less fat you have, the more testosterone you produce – and testosterone is the building block of muscle.

Go to a local park or football field and run 300 feet and then walk the 300 feet back. Then run the 300 feet 3 times at 70% speed, 80% speed, and at 90% speed. Add an additional 90% speed rep at the end every time you go until you’re running 10 sprints a workout.

At that point, you can mix it up and switch to sprinting up hills. My physical trainer friends always preach this one, as does Joe Rogan. Sprinting hills is the ultimate lower body workout, it works every muscle beneath your hip.

Find a big steep hill and sprint up it many times. Simple as that.

Add a set of 25 box jumps and lunges until failure after your sprints for a full workout.

**DIET:**

They say 80% of body building happens in the kitchen.

Use the [Macro calculator on BodyBuilding.com](http://www.bodybuilding.com) to find the perfect amount of carbs, protein, and fat you should eat every day according to your specific goals and lifestyle.

If you’re not that serious don’t worry about it. Just focus on having at least 1 lb of protein for every pound you weigh, and stay away from sugar.

This should go without saying, but don’t drink soda and eat candy.

Practice your cooking if you don’t already cook every day. Cooking is easy. I had a family friend that used to always say “If you can read, you can cook.” Just look up recipes and follow the directions.

Here’s a list of foods you should combine into various combinations and eat:

**Animal Proteins:**

Eggs, Chicken, Steak, Pork

- I always eat 4 eggs for breakfast with black pepper and Crystal Hot Sauce. I cook them in Coconut oil + Salt for extra healthy fat, but you can use olive oil or even butter.
• Eggs have healthy cholesterol that converts into testosterone, and 4 eggs every day hits a cholesterol threshold you need to produce max amount of testosterone naturally.
• For meat, you can google recipes but generally follow two steps:
  1.) Marinade it 2.) Cook it in either a pan or the oven.
• I get a pack of chicken breast from Wal-mart for 1.99 a pound. Marinade a few breasts in Olive Oil, Garlic Powder, and Oregano and throw them in the fridge. Cook in a pan on medium heat for 5 mins each side. Same with Steak too.
• For our meal preppers who want to cook a lot of meat at once, bake meat on a sheet in oven for 35 mins at 400 degrees.

Carbs:
Rice
Oatmeal (Old Fashioned Oats/Steel Cut)
  • Notice I don’t list bread here.
  • Cook Rice with every meal to hit your carbs goal. Get a rice cooker, trust me. They’re about $10-$20 on amazon and will consistently cook perfect rice for you in 15 minutes every time. One of the best investments you can make into your body building career in my opinion.
  • Steel cut oats mixed with a scoop of whey protein and fruit is a quick power food. They are very cheap, you can get a tub from Walmart for under $3. Just microwave a bowl full of oats + water for 2 minutes and then mix in the fruit and whey. About 30 grams of healthy carbs and 30 grams of protein.
  • For best tasting oatmeal, I add whey protein + bananas + blueberries with water. Use other fruits if you’d like (apples + cinnamon is good) Use milk if you need help bulking but it has a lot of sugar and can have estrogenic properties

Fruit + Vegetables:
Vegetables: Broccoli + Cauliflower (cruciferous veggies lead to higher testosterone), Spinach/Salad, Onions + Peppers. Any vegetable you like is probably good for you. Sweet potatoes also count as carbs but are acceptable.
Fruit: Bananas, Blue Berries, Pomegranate. Avocado for healthy fat. A lot of fruit is high sugar but if you’re exercising a good amount and staying away from other sources of sugar eat as much as you want.

Sauces and Salad Dressings:
Find flavorful sauces to accompany all of the chicken and rice you will be eating. Hot Sauce is good for burning fat. Mustard is lower on sugar compared to Ketchup and BBQ Sauce. You can use Plain Greek Yogurt and mix in Garlic and Cucumbers to make Tazaki sauce. (You can google Tazaki recipes for proper ratio) This is a tasty and high protein low sugar sauce you can use to top your chicken or salads.

Pick a sauce and throw one food from every category into 3 meals a day. So for example:
Breakfast of Eggs, Rice, Avocado with Hot Sauce.
Lunch of Tazaki Chicken + a side of Oatmeal mixed with Blueberries.
Dinner of Teriyaki ground beef with rice and broccoli.
Snack on high protein things like Greek Yogurt (ideally low sugar) or Cottage Cheese before you sleep, as they are high in slow digesting Casien protein. Celery + Peanut Butter is a great snack post workout with a fruit and a whey shake.

Drink a lot of water too, a gallon a day if possible. Crucial for muscle building.

**Conclusion**

There are obviously a million and one workout guides online, so if you don’t like this one you can find more.

No ground breaking science in this other than exercise and eat properly.

Do harder workouts every week to achieve progressive overload – continually increasing the demands on the musculoskeletal system to continually make gains in muscle size, strength, and endurance.

Sleep 8 hours a night, drink water, and **don’t drink too much alcohol**

Practice cooking every day as it’s an essential skill for survival.

Let me know your thoughts in the comments!
This post is now available off-site too.

http://illimitablemen.com/understanding-the-red-pill/red-pill-constitution/

This post contains a lot of generalisations which embody fundamental beliefs of the red pill philosophy, this list is extensive but not exhaustive. These are bullet points and thus there is not a case study for every point made and there is not necessarily an explanation given with each bullet point. This is because this information has been designed to be snappy and easy to absorb, not an academic dissertation on each belief and concept shared. Think of it as something of a partial codification of many different RP beliefs.

- Feminists claim they want equality but what they really want is power without responsibility. They desire both male and female privilege consolidated into one, thus upsetting the gender balance. They want the privileges of being women (privilege such as being economically provided for, getting opportunities based on their beauty and protection from physical harm by others) as well as male privilege (authority, respect for having a career, to not be judged so harshly based on appearance etc) which is neither pragmatic nor realistic, it ignores the biological basis for how the genders perceive each other in the ignorance that "everything is a social construct" and we are mostly "the same" when quite evidently this is not the case.

- Women are irrational and inconsistent, they have a capacity for logic but it is not their modus operandi, that is to say that they must exert effort to be logical as it is not their factory setting. A logical woman is easily baited into becoming emotional; women are easy to compromise. Their decisions are based on their current emotional state rather than the abstraction of logic. It's this proclivity to change so quickly which causes them to act inconsistently and in contradiction.

- Women are machiavellian in nature, this means they are comparatively proficient at being manipulative versus the typical male. The evolutionary theoretical basis for this is due to smaller size and inferior musculature women had to learn to use men as tools rather than directly oppose them in a physical conflict (as they would undoubtedly lose in all but very few scenarios) this makes the pronouncement of their strength a propensity to be mentally rather than physically violent. Physical violence is outlawed whereas mental abuse is not, this allows women to get their way without being held accountable by a system of law. The law does not legislate interpersonal morality to this extent. **Where a man's instinct is to hit, a woman's is to do a big shit in your mind instead.**

- Race does not matter if you are rich. A lot of you are small-minded and stuck on the superficial, white-black-arab-indian-asian whatever, you have a certain perception of the world based upon your culture, perhaps where you live the white man is god, but know all racial barriers are overcome by power, money is power, if you're a 5’ asian with a 2 inch dick that girls laugh at a 7 digit bank balance is sure to offset that. Focus less on your race and more on your success, your insecurities will get you no where. The real segregation is between rich and poor and that is even more true when it comes down to women, never forget that. Rich vs. poor is the only thing that matters in this world, white vs black, west coast vs east coast, all these other "beefs"
are a minor, they are all symptoms of wealth inequality, the bottom line is wealth. Rich vs poor motherfuckers.

- Women are hypergamous they feel entitled to a superior mate. You have to be richer than her or at least equally rich, more educated than her or at least equally educated. You need to be better looking than her or at least equal looking, you need to be more popular than she is or at least equally popular. You can offset one area (LMS - looks, money, status) with another, but if you're lower in at least 2 areas just forget it.
- Buying into the last point, this is why 20% of guys are fucking 80% of the chicks, women date up, men date down and yes this has created rising social inequality since women entered the professions
- If a woman thinks she is better than you she can't respect you, if she can't respect you she can't love you. Women love men differently to the way men love women. Woman's love is based on adoration, adoration is a concentrated amount of respect. Respect is derived from power. Be powerful if you want to be loved, or you will never be loved. You will be held in contempt for being weak.
- Women rely on men to be emotionally stoic, we often call this "holding frame" you have to be mentally strong so she can lean on you, she finds that attractive. You cannot lean on her, there is a double standard, if you lean on her the relationship will fall apart, she will not be able to handle your problems and she will no longer find you attractive. You are a man. You have to be better than her, which means to be stronger than she is. This is why women get to be emotional and we have to be unreactive, we are strong and ignore our emotions so they can indulge in their emotions and enjoy the ride. They find it far more difficult to be logical than we do and thus it is our burden to be the reasonable ones.
- Always set boundaries, with everyone. Do not be a pushover. This is probably the most important bullet point here.
- Buying into the last point women have little sympathy for weak men, despite the fairer sex bullshit you may be accustomed to hearing a man is far more likely to assist a weak man financially or emotionally than a woman is.
- Women are more selfish than men are in matters of money and love. Man's love is expected to be sacrificial, woman's isn't.
- Women love pragmatically and have no capacity to love unconditionally for romantic partners, only their children. Men can love women unconditionally. There is a hierarchy of love: Men > Women > Children.
- Women have a pronounced gender group bias which means they typically de facto side with other women in a conflict regardless of logic or argument, women are herd like and stick together closely, they form cartels and use the power of the group to hen peck/destroy enemies.
- Women have a sexual plurality, if you are a nice guy with money you are husband material that can nail her after 12 dates and she's had so many glasses of wine she forgets how on a primal level you're not that attractive, just cute. If you are an asshole with nice muscles you're the guy who gets to nail her after 2 hours of meeting. We call this sexual plurality in rather rhythmic slang: "alpha fucks, beta bucks"
- Women do not care about male weakness and neither does society, if you are weak, depressed,
small, poor, uneducated, unconfident, not powerful then nobody cares. People only care about you when you're powerful or a pretty woman. You have to pull yourself up by the bootstraps because nobody gives a fuck about you. Society will always have a safety net for women, white knights will charge in, the state will provide and etc, as a man you have no such luxury, your propensity and ability to gain power is much higher than a woman's but your ability to hit rock bottom is far more pronounced too. As men we are more extreme than women. Women are typically average and don't move much either side of the bell curve, as men we are either highly successful geniuses of repute that feminists can but scoff and be jealous of, the posterboys for their esteemed patriarchy, or the ignored voiceless poverty stricken peasant class that nobody gives a flying fuck about.

- The law prioritises female safety and well-being over logic, honour and justice. Family law has been corrupted and is now controlled by feminist ideological dogma. The constitutions equitable maxims are rewritten by modern statutes, Rollo Tomassi of Rational Male did a very relevant article on this topic here: [http://therationalmale.com/2014/01/14/the-second-set-of-books/](http://therationalmale.com/2014/01/14/the-second-set-of-books/)

- Western females (typically anglosphere and western/northern Europe) are self-entitled and come from a psychological position of thinking they're better than you are. They believe that shit despite their numerous insecurities because they have been raised to view men as instruments for their desires, they have been told they must be impressed, that a man must wine and dine her and ultimately the onus is on him to win her heart, she will obsess over her relationship status frantically and doll herself up but ultimately her part is entirely passive. She comes from a position of superiority and illogically believes she is superior to all but the most high value of men. Part of the red pill is realising her capacity for brilliance is lower than yours, which brings me on to the next point.

- Women need men more than men need women. Men generally want sex and perhaps a family so they have a genetic lineage to leave their worldly goods and knowledge to once they die (so they may live on through their offspring) however women need men for their logical minds and stoic consistency, to make her emotionally stabilised "being the rock in her storm", and also need a partner just to "feel complete." Just look at single mother households and all the older women who are single, they are miserable. These women NEED a man to be happy, men DO NOT need women to be happy, men need SEX to be happy. A bachelor is a not an unhappy guy, a bachelorette is.

- Women are depreciating assets, their major asset and unique selling point is their sexual beauty and fertility. Most of them squander their best years on "riding the cock carousel" which means fucking lots of different guys in nightclubs, having flings, being generally irresponsible and riding through life on easy mode getting ahead for no real talent, but because she's pretty and can give head. Women are born, their ability to conceive children is what makes them women. Men are not born they are created. Poverty, difficulty, heartache, oppression, pain - these are the things that make men out of boys. This is why you came to TRP. This is why boys come back from the military as men. Conflict and pain is what forges the masculine mindset, men cannot grow without conflict and learning from their mistakes, men need to apply their logical minds to problems which arise, elevate, and transcend their previous selves to become more powerful. Men are never born, they are always bred in the bloody fields of battle and war be it economic, mental or physical. A man is a soldier of differing kinds, a man has learnt to repress
his fear so he may overcome and achieve.

- Men take more risks than women and are expected to do so, being fearful, unconfident and risk averse as a man leads to failure. You must be confrontational and risk-taking.

- Single mothers [typically] breed boys not men (without outside intervention.) Boys do little except play xbox and eat pizza with no direction in life, they have little luck with girls and end up drinking themselves to dead smoking pot in their 40s. There's more women in education than men now. Think about that shit for a second. The system has been set up against you, pull yourself up by the bootstraps.

- The red pill is about pragmatism and truth based on observation, it is not idealistic, in some ways you can say it is liberal - but it is not liberal in the idealistic pseudo academic sense your institutions have taught you to perceive it as. Liberalism has become corrupted. Liberals today censor and silence opposing opinions, I'm not talking about political parties I'm talking about ideologically left leaning people, their thoughts and ideas are based in idealism not directly measurable truth, liberal has become the religion to pragmatism science.

- Social market value is everything, something a low value man says which is "creepy" when said by a high value man is "flirty" or "sexy." Always be focusing on your physical appearance and make it the best that you can, this will make your life easier in all areas, not just sexually but financially too as caused by a phenomenon explored known as the halo effect.

- Your value is everything you should always be improving yourself, if you're not then you cannot compete in the world and your life will be miserable, anesthetized by nothing but the introversion of the four walls you reside in kept docile by xbox, porn, pizza and some online friends. Break free of the mediocrity.

- Your diet and exercise place a certain handicap on your ability to utilise your potential. The obese and those who eat poorly (but aren't necessarily fat) are typically low energy and thus waste a lot of time unproductively as they are not in the right mental state to get anything done. You need to take care of your body so then your body will allow your mind to implement it's will onto the world. You must be physically active so that you can mentally put your plans into action. Procrastination is the slow acting poison of one who lives a sedentary lifestyle. Physically active people make things happen in other areas of their life too. Exercise is invigorating. Stop putting it off. Do it.

- Your body is the temple that houses your mind, following on from the previous point higher testosterone will help you increase your abilities and leave you feeling more energetic - lift, it will give you a rush of energy like nothing else and further increase your T creating a positive feedback cycle. Jog/do cardio - a runners high again is like a drug, you will feel awesome after a jog, your anxiety goes right down and your confidence rises. Keep it up and the effects stack and become part of your personality.


Listen to [http://beigephillip.com/](http://beigephillip.com/) and youtube "black phillip" or "patrice o neal" for more red pill goodness.

Subscribe to /r/redpillmusic for red pill music and /r/redpillbooks for red pill literature. Immerse yourself and actualise and you'll live a life you never thought was even attainable, it will be a long slog but if you focus your mind on it you will make it to that top 20%. 

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www.TheRedArchive.com
• Update: 05/05/2014 - Typos
• Update: 12/08/2014 - URL change to off-site constitution
• Update: 17/08/2015 - Typos
Don’t Overcomplicate Things.

934 upvotes | August 29, 2018 | by TrenGod37 | Link | Reddit Link

Along with my post about overthinking, overcomplicating things (especially when it comes to meeting new women) happens entirely way to much on this sub. Sure we can go into depth about every text message, every little detail of an interaction. It makes for a good topic but it really isn't doing shit for your overall outcome. Pretty much everything you can think of when it come down to success with women, boils down to having these two things in check.

1. Strong Frame - Confidence and a good vibe
2. Non-neediness - Carefree and outcome independent

If you have these two things in check, you don't need to go into detail about every other little thing. These two things pretty much cover what mind frame you need when it comes to success with women. I'm not talking about the physical aspects we all know what they involve (lifting, style, hygiene, etc).

1. Strong Frame
The ability to recognize and pass all shit tests (Very important and there are TONS of post on this so I won't go into it). Create a good vibe and be a lot of fun, down to earth and relaxed. Be confident in who you are and what you like no matter what that is.

I see post about "only text girls for logistics and already have something going on and invite her to it." Yes this is showing good frame but this isn't the only way to do things. I text girls "what days are you free this week" this sub would have a heart attack if I told them I do this. But guess what if she says a day and I'm busy. I tell her I'm busy that day. Or I suggest a day I'm off and see if she's free. This has worked way more for actually getting her to hangout than saying, "I'm doing this on Tuesday I'd like you to join." Does this work? It has before but not always and not anymore than other ways.

The reason I'm saying this is because a lot of different shit can work for getting women. So to sit here and say only do this or say exactly that is overcomplicating things. We're turning newbies to this sub into robots. They read, "do this" and it gets a bunch of upvotes. And that's then all they do and never know if other ways can work better for them.

Tied in with this is being congruent in your actions, thoughts, and words. If you're congruent and confident with who you are, when you approach or no matter what you say. It's going to come off better than if you "say the right thing" but it's not something you would normally say or what you were told to say.

I've told women my career (I make good money) and have got both good and bad reactions to it. I have brought women home with no food in my fridge because I was broke as shit and still fucked them and had them want to date me. I have done everything "by the book" and failed/succeeded and went against the grain and succeeded/failed.

Instead of focusing on all the little details of everything you do (which will end up making your head explode anyway) just worry about keeping a strong frame and a good vibe. The women who react well to that are the ones you want in your life anyway. And the ones who don't, fuck em there are so many hot women out there. Move on.
You want to be unique that's what makes women want you over every other guy out there. And following or saying exactly what someone else told you to say is never going to get you there.

*Side note* - Now I know someone is going to say well I have been doing things my way and it never got me anywhere. And almost always the problem is you haven't been doing things YOUR way. It's the way society has programmed you, the way your mommy taught you, you should be. It has no connection to the deep roots of your masculinity. It's an expectation you have been programmed to have of yourself of how you should be acting instead of what you really want.

2. Non-neediness

Don't need anything from her. Don't expect anything from her. She can either join you on your sick adventure through life or she can miss out. Its not your responsibility and is a waste of time/energy to try and tweak every thing you do to better your chances of getting her. You don't fucking know what is going on with her emotionally or who she is, or what she will response to.

Do things for you, the way you want to do them and don't put an expectation of what people should be giving you in return. This is needy and unattractive.

I have a plate who already has a boyfriend. Shows up to an event with her EX boyfriend. Leaves both of them to sleep with me. Why? I didn't ask or care but she told me anyway. She said because "you do things your way, you do what you want to do and don't care what anyone says or does. And that's so fucking hot"

I could have been trying to "win her over" with her ex there. I could have tried to Overcomplicate things and over thought of the right things to say. But instead I didn't give a fuck. I did my own thing and her and all our friends followed me. She saw me having a blast, even in a weird situation for most men. We went to a bar I was dragging hot women to the dance floor. Meanwhile her ex was being anti social with everyone and lame as shit if you ask me. She lied to her friends about where she was going and came and fucked and sucked my god damn nuts out of my dick that night.

Have an abundance mentality fellas, this will allow you to not act needy. Realize and create a life filled with abundance. There's tons of women out there, never tweak yourself for just one or any for that matter.

I always would consider myself as somewhat of a "natural" and it wasn't until I started to overthink and Overcomplicate things for myself by reading what to do and not do on this sub that I started fucking myself up. Sometimes it pays to take a break from this shit. Get in touch with yourself, get these two things in check and figure out what works for you.

I'm also not saying don't learn from your mistakes either. When something doesn't work, learn from it and try it a different way. I'm not saying don't think about this stuff at all. I'm saying don't overcomplicate it and think every single text message or response has to be "alpha" or over analyzed. Or just because you didn't say the right thing is the reason she didn't fuck you. Or because one girl didn't respond well that another one won't. Stop trying to be perfect and afraid to fail.

TL;DR a slightly overcomplicated post about not overcomplicating things.

Have a strong frame, be a fun time, and have a good vibe. Don't be needy, be care free and outcome independent. Other than that you're overcomplicating things.
Guy bails on marital therapy, gets ripped, starts spending weeknights in New York City for new job, nails young Brazilian and surprise surprise...his marriage gets much much better

On Saturday I attended a pre Independence Day BBQ someplace in the suburbs on the Acela line. A friend of a friend was there and looked to me to be doing really really well.

Stylish haircut, fashionable T shirt and shorts that accented his greatly improved physique, and he was going on about a super new job he started 8 months ago.

The whole time, his wife was rubbing his shoulders, sweetly checking in on their kids to make sure they were happy, and getting him and me fresh drinks.

For years I knew they had problems. Arguments, Nagging, and Therapy sums it up. He didn't make enough money to suit her needs and had gotten soft after a so so college hockey background. He used to tell everybody who would listen that he was trying hard to save his family and was depressed etc etc blah blah. He really was afraid to lose her and was absolutely clueless why she was not happy

Later I learned that his wife had found some charges on his Amex from Victoria's Secret and while living alone 3 hours away during the week, he had been hitting gym very hard and taking some admin assistant out to try on clothes and fuck in the dressing rooms at various department stores. Alot.

So....how did she handle it? She told all her friends it was terribly hard to cut him loose now that he looked so good and he was working so hard for the family. Mind you, wifey had a lawyer BEFORE and was seeking a separation agreement but now that was off the table and her smile gave away a deeply happy woman who now had what she wanted:

A man that other women want
Honest Signals: Why Caring Kills Attraction

933 upvotes | October 8, 2019 | by [deleted] | Link | Reddit Link

Intro:
Before I came across this sub, I was under the impression that if you showed a woman that you would love her and provide for her then she would value you more than someone who didn’t love her and wouldn’t care. This is wrong. The opposite is true. Here’s why:

Body:
Women want to optimize their chances of having successful offspring. In order to do this, they select a mate (or mates) who has the best chance of producing successful offspring. The best way of choosing this mate is to find someone they perceive to be better than them. They cannot be attracted to someone they believe is below them.

However, women cannot trust what men say because men lie. If all it took to sleep with a woman was to tell her that you were the shit, then this sub wouldn’t exist.

As a result, women are constantly assessing a man’s actions and the way he carries himself. They are constantly checking for Honest Signals that a man is what he claims to be. Honest Signals are the qualities a man unintentionally reveals about himself to a woman about himself. They are qualities that are not easily faked, and thus she can use them to determine whether or not she should associate with a man.

A few Honest Signals include:

- How he looks
- How he speaks and what he chooses to say
- How he handles resistance (shit tests)
- How he takes care of himself (grooming + fitness)
- How other men and other women interact with him (do they respect him?)
- Most importantly: How he spends his time (what does he value?)

The most important (and most honest) of these bullet points is: how we spend our time. Our time is the only finite resource we have. We can fake our looks, we can read pickup lines, but we cannot fake how we spend our time. As a result, by showing how we spend our time, we reveal what we value and thus who we truly are.

What we learn from this is that if you immediately respond to a girl’s texts, text multiple times, pick up every call, double checking to make sure that she’s arriving at a certain time, you’re revealing to her that you care more about her than she cares about you.

The Principle of Least Interest states that those who care the least have the most power. If you care more about someone than they care about you, you’re the bitch in the relationship. The key to being perceived as better than them is to:

Limit Your Attention by focusing on shit that isn’t them.

Lift, Read, Build something, talk to other women - it doesn’t matter. If you spend too much time on
them, you’ll prove to them that they are more valuable than the other things in your life.

As the great Patrice O’Neal once said “A bitch don’t want to be your #1 priority.” Operate accordingly.

**TL;DR:** You subtly reveal who you are based on your behavior. Show her that she isn't the best thing in your life.

**Edit:** It seems some people didn't comprehend the message I am attempting to convey.

I am *not* suggesting you become a completely uncaring asshole. You should still give a fuck about her.

I AM saying that *caring too much* is a problem.

If you didn't care at all, you wouldn't ever respond to anything wouldn't dedicate any time to her. But on the whole, most people care way too much. You can still show affection and all that other shit, just *not more than her*.

The real way to not care is not to just "DGAF, bro". The real way to not care is to have other shit in your life that matters to you. I promise your relationships will be much stronger if you have shit that matters to you besides her.

She doesn't want to be your focus. She wants to be an accompaniment.
The Life Story of Carol.
933 upvotes | April 22, 2017 | by kevin32 | Link | Reddit Link

Summary:
This essay tells the life story of Carol - the woman who asks "Where have all the Good Men gone?", along with how the "Good Men" she's searching for are affected by her behavior. We conclude with lessons these men have learned after taking the Red Pill. It is one of my longer essays, however at certain sections I digress using quote boxes rather than using footnotes to add some depth to the points being made. You can skip the quote boxes but I recommend reading it all to get the full picture. By reading this essay, you will also learn why the jerks are so successful with women, and how to tell a woman rode the carousel just from reading her online dating profile.

Introduction
We all know of the "Good Men" in society that women refer to. They're often called the Nice Guys; the squares who work the 9-to-5; who don't have a criminal record; the ones who support feminism; who compliment a woman's appearance and her accomplishments, and gives her a shoulder to cry on when she's down; the ones who make good providers and father-figures; and the ones who do their best to win women's affections through the respect, courtesy and "good personality" that women demand, such as here, here, here and here, with most men being taught such values from childhood.

So it would seem a no-brainer that women would readily date men who possess these qualities. However, what women say and what women do are often two different things.

A Double Life
Attractive women in their 20s have multiple opportunities to date the Good Men they claim to want, but they consistently reject or friendzone these men in favor of jerks and bad boys who just pump and dump them.

Many men fall for Carol because she projects certain "Good Girl" qualities worthy of a long-term relationship. She doesn't dress slutty or behave like she's from Girls Gone Wild. On the surface she dresses and behaves like a civilized lady.

But Carol actually lives a double life: the respectable "good girl" in public, and the "bad girl" (NSFW) in private. And whether she's one or the other depends on the behavior of the man who comes onto her. If he presents himself as a Nice Guy, then she's a prude who's "not that kind of girl", and "I don't kiss on the first date", and "I respect myself". But if he presents himself as the handsome Bad Boy, then she's "adventurous", "open to new experiences", and "down to fuck".

Good Men are frustrated because Carol misrepresents the kind of man she wants, claiming she wants a "good man who treats me with respect". Then when these men present themselves, she rejects or friendzones them and dates jerks and bad boys instead, which suggests that women are more attracted to a man's looks and "bad boy" behavior rather than how nice he treats her. She says one thing and does another (NSFW), all with her hamster's full support.

In the midst of their frustration is the type of man that Good Men are often rejected for.
Carol didn't reject him for men with STEM expertise, or rational intelligence, or great chivalry, or level-headed men who are advancing society in socially respectable ways. She rejected him for what is often considered the "lowest" men of society: thugs, jocks, high-school dropouts, street-hustlers, criminals, dead-beats; men who are often rowdy, impulsive, and prone to violence, all of which suggests that for all the advancements men have made in science, technology, philosophy and civility throughout human history, women haven't evolved beyond wanting to mate with the most primitive of men since we were hunter-gatherers.

The Friendzone

But rather than give Good Men the courtesy of not wasting their time with a woman who has no romantic interest in them, Carol instead says "Let's just be friends". She intuitively knows he wants to date her - and at times he's made it clear - but she offers him "friendship" instead for no other purpose than to use him for attention and favors: "Can you hold my coffee?", "Can you fix my computer?", "Can you move my furniture?", "Can you listen to me complain for hours about the jerks who are fucking me?". She takes advantage of his openness under the premise that it's easier to manipulate someone when they care about you or want you.

To keep him wrapped around her finger - and the reason so many men stay in the friendzone - is she dangles the carrot of potential romance, but keeps it just out of his reach. She seduces him with compliments like "You're such a good man", "I love the way you treat me", "You're better than all the jerks I've dated", "You'd make a great boyfriend", "Maybe someday but not right now", "I value our friendship and don't want to rush into anything". All of which shows that it's not that Good Men are doing nice things in uncertainty. They're told by women that their behavior makes them ideal for a relationship.

And as he waits patiently and attentively for her to come around to wanting to date him, Carol is going to the club and right-swiping on Tinder to ride the cock Carousel, for no other purpose than to indulge in the kind of hedonism that feminists have pushed for. She strings him along for attention and favors for months to years without a single date, while getting banged by complete strangers within hours of meeting.

Then whenever he complains about getting rejected or friendzoned for being the "Good Man" she claims to want, Carol's go-to response is "You are not owed sex for anything" and "Being nice doesn't entitle you to my body", which not only shames men for only wanting sex when they were really demonstrating good relationship material, but shows woman's utter disregard and lack of appreciation for men who were playing by her rules. Then to add insult to injury, she gives herself eagerly to men who are breaking those rules. He is then labeled the real jerk for calling out her hypocrisy, and further condemned for not really being a "Good Man" at all.

This is because attractive women in English-speaking countries lack any appreciative faculty for Good Men. They've been given constant attention and favors without merit or compensation since childhood that they think it is something due to them as a matter of course. So when Carol says "You are not owed sex for anything", she's effectively saying "You are obligated to give me copious amounts of attention and favors as the basic form of
respect to which I'm entitled. But it doesn't make you worthy of sex, or even a date. I'm also shaming you for using our 'friendship' to get sex, to hide the fact that I'm using the same 'friendship' to get attention and favors from you." That she demands and receives most of the attention and favors in these "friendships" suggests that she sees Good Men more as servants than friends.

It is also worth noting that statements like "You are not owed sex for anything" and "Being nice doesn't entitle you to my body" are used to suppress male sexuality by making Good Men feel guilty for even wanting sex. Women who say these lines enjoy LOTS of sex through the carousel, but then turn around and shame men for wanting the same thing. So it's not that he wasn't doing enough to be worthy of sex. It's that his role as "servant" in her eyes meant he shouldn't be enjoying any kind of physical intimacy at all.

While I agree that people should have the willpower to walk away from situations they're not benefiting from, Good Men wouldn't feel like they were "owed" anything if women weren't stringing them along and using them in the process.

Chasing Chad's Commitment

So Carol lives this double-life (NSFW) of being chaste by day and slut by night for many years. But contrary to popular belief, she doesn't immediately go looking for a beta provider once she approaches the Wall.

Just prior to her decline in the Sexual Marketplace due to her less attractive looks, Carol goes through a period of "Chasing Chad's Commitment". She doesn't really want a Good Man just yet, but she now wants "more than sex" from men on the carousel. She knows she's getting older and competing with younger women for the same men, so she attempts to land the most attractive man for a long-term relationship. But instead of dating the men who offer her the attention, respect and financial stability she claim she wants, she still chases the jerks and bad boys for commitment. Her logic is "If I'm good enough for him to fuck, maybe I'm good enough for him to want something more. Plus he gives me feels." So instead of dating a genuinely Good Man, Carol seeks "Good Man" qualities from the bad boys, and pushes them for commitment. It is also at this point that "strong independent women" who have college degrees and bigger paychecks tend to go after high-SMV men such as handsome doctors, attorneys and business owners.

But when the jerks pump and dump her in response, and the high-SMV men reject her wish for commitment, Carol whines about how much she "always wanted" a serious relationship, and how "good" and "deserving" she is. After freely giving away her most "precious asset" to men who represent the opposite of her idea of a "Good Man", she's still left wondering "Why won't Chad commit to me?"

The Karma of the Cock Carousel

And herein lies the karma of riding the cock carousel: Just as she used the Nice Guy for attention and favors while dangling the possibility of sex to keep him invested, Chad uses her for sex while dangling the possibility of commitment to keep her invested. If she friendzoned the Nice Guy with no intentions of dating him, then Chad fuckzones her with no intentions of saying "I do". And just as she
shamed the Nice Guy for thinking he was "owed sex" just for being nice, she finds herself thinking she should be "owed commitment" just for being a slut.

"Where have all the Good Men gone?"

But when she's in her 30s with depreciated looks, jerks who won't commit, the likelihood of being a single-mom, and the social pressure from her married girlfriends and relatives, Carol finally asks "Where have all the Good Men gone?", which translates to "Where are all the nice, respectful men I constantly rejected to rescue me from loneliness, financial insecurity, my fatherless child, and social criticism, and provide me with the comfortable lifestyle to which I'm owed?"

She realizes her Sexual Market Value has tanked and that she failed in landing the man she really wants for a long-term relationship. So after a decade or more of steamy, passionate sex with dozens of bad boys she eagerly allowed to fill her holes, Carol is finally ready to date the Good Men.

To secure this Good Man for herself, Carol attempts to emulate Good Girl qualities, which includes projecting a virtuous persona, and renouncing jerks in favor of Good Men, often portraying herself as a damsel in distress to bait unsuspecting White Knights into rescuing her. Funny how back when she was young and eager for the carousel he was a "pathetic Nice Guy" who wasn't worth her time, but now that she's past her prime and needs a bailout he's a "Real Man" who treats her with respect.

Some think the Good Men will be there waiting for Carol with open arms at the end of the carousel ride, but that's not true, at least not as convenient as she would like. Due mostly to her now less attractive looks - and to my bias, because she constantly pushed Good Men away to ride the carousel - she's going to go through a "dry spell" where no man wants her except for sex, and she's going to experience what life is like through the eyes of the men she rejected. The few Good Men willing to give her any attention now are long-distance White Knights.

The point being that right around the time Carol is "ready" for a Good Man, is the time those Good Men have become aware of their increased value in the Sexual Marketplace, and many aren't ready to settle down just yet. And the ones who are ready are simply not enthusiastic about sharing their time and hard-earned resources with an older woman they suspect had a promiscuous past. First off, she's no longer as youthful and attractive as she used to be. But that she was a "bad boy" chaser who would have likely rejected them in her prime - and now wants to carry her self-serving, unstable behavior into the current relationship - only reinforces their disinterest.

Women think their sexual history should have no consequences on their future behavior or relationships. They think they can ride the carousel for a decade, then somehow easily play the role of faithful, loving wife, and shouldn't be judged for her slutty behavior because "The past is the past, plus we weren't together at the time I enjoyed getting gangbanged by the college frat."

The truth is once a woman has been fucked by enough cocks, especially big ones wielded by strong, dominant men who know how to use them, her ability to stay with one man long term is diminished because she judges her current partner by her carousel years. If he's too focused on "making love" and doesn't fuck her with the same measure of dominance that Chad did, then she will cheat or leave. Good cock is an addictive drug (NSFW) to
Lessons Learned

Fortunately, Good Men are waking up to the truth about how women operate, and with the help of an abundance of information in the Manosphere - combined with life experience - he learned a few lessons about women along the way:

- He learned that women aren't really attracted to men who are attentive and respectful, because such behavior only builds comfort and isn't sexually arousing. Too much comfort results in being "too nice", and "boring", which are prerequisites for the friendzone. Conversely, women are turned on by good looks and Alpha behavior. So it's not necessary for him to be a thug covered in tattoos to attract women, because women are attracted to charisma, non-neediness and cocky-funny behavior from the man who doesn't let women have their way all the time; the man who can make women feel a variety of emotions instead of just the positive ones. At the extreme end is women's attraction to handsome alphas who disrespect, domineer, and abuse them.

- He learned that women in their 20s are generally more interested in casual sex and serial monogamy rather than committed relationships until they hit the Wall, with some Good Men having witnessed this behavior first hand, the exception to promiscuity being of course woman's desire for commitment from handsome jerks. She knows the genuine Good Men are the ones she rejects or friendzones, but she takes their qualities and projects them onto the jerks who are more handsome and exciting. And this is because at its core, the term "jerk" and "bad boy" represents the man who has sex with women while giving her minimal commitment and affection she wants in return. He withholds affection such as complimenting her looks, listening to her problems, buying her gifts, and saying "I love you", and only giving her those things in small doses to keep her hooked in wanting more. So in the prime of her youth, any desire for a "Good Man" is really a desire for the jerks she dates to be more affectionate, faithful and hard-working.

- He learned that riding a carousel of cocks before settling down with a "Good Man" is not only planned by women, but it's even encouraged by feminists. Some women will even run damage control to keep frustrated men patiently waiting while she rides the carousel a little while longer. So for her to ask about the Good Men after she's post-wall suggests they were available in her prime, but she rejected them thinking they'd always be around like a beta orbiter. Some women know they have a good thing early on and still want the carousel in order to "find themselves".

- He learned that the real reason women shame Good Men who complain about getting rejected for jerks is so those women can feel justified in dating the jerks. She can't come out and say "I don't like men who respect me," because she's socially expected to want that, and it makes her appear trashy if she doesn't. Women are expected to want respect and courtesy from men through a combination of conservative and feminist conditioning. But good looks and jerkish behavior gives her tingles instead, creating an internal conflict. She can't find fault in Good Men's behavior because every Good Man she's encountered has indeed treated her with respect by not escalating, by not bringing up sex, and by "friends first". But she will never reveal how
turned on she was by the handsome jerk who moved deep into her personal space to feel her up without her consent, who brought up sex within minutes of meeting like it was no big deal, and how he was not the type of guy she wanted her parents to meet because such an admission is "taboo", "slutty", and "unlady-like". So to resolve this conflict, Carol demonizes Good Men for pretending to be nice, for only wanting sex, and for self-entitlement to women's bodies. Now that the Good Men appear worse than what they are in her eyes, Carol feels justified in pursuing the jerks, to include projecting "Good Man" qualities unto them.

- He learned that women who rode the carousel generally don't make good long-term partners because they're self-serving, disrespectful, unappreciative, they aren't good homemakers, and they aren't committed. First of all, they seem to think that Good Men are okay being picked last to jerks, like they're disposable toys she can take off the shelf and play with like she did on the carousel, which supports the perspective that "women are children." And secondly, just like her relationships with friendzoned men, Carol will want the LTR to be all about her like a pampered baby, and that her current partner should have no problem that she indulged in wild abandon with hot strangers, but can't give the man who provides for her an occasional handjob of appreciation without him having to pull teeth (NSFW) to get it. Men in relationships with women they met in her late-20s or older should be aware of the signs that she might be a former carousel rider who is only interested in his resources and servitude, as it would shed some light as to why she's uncooperative in the relationship, and unenthusiastic in the bedroom.

- And perhaps most important, he learned that the term "Good Man" has been hijacked by feminism to label the type of man it wants in service to its agenda of sexual dominance, which includes having subservient men at its disposal. In other words, all "Nice Guy" qualities such as "respect", "courtesy" and "provider" are now feminist ideals that helps it divide men into two camps: Alpha Fucks and Beta Bucks; the "bad", "domineering" men who women want fucking them, and the "nice", "respectful" men who women want providing for them. And that no matter what man she secures from the latter category, all she really wants from him is financial stability and pampering, not "love", despite her words. And it is for this reason that men in the Friendzone are harshly judged for complaining about their meager rations of "friends without benefits": Because they're questioning the feminine imperative, and resisting the bondage which was conditioned into them since childhood. As a man takes the Red Pill over time, he sees the two camps with greater clarity, and with the right qualifications can choose which camp to participate in, or go his own way (with him likely only participating in an LTR as an Alpha-provider or Wolf Alpha). Ultimately, he will not allow himself to be defined nor controlled by feminism.

**Conclusion**

In response to women's actual sexual preference and mating behavior, Good Men have started exposing women's hypocrisy, sometimes doing so through art, music, and even satire. Even the "strong independent woman" is given a blunt response as to why - after acquiring a degree, bigger paycheck, and being "empowered" by feminism - she still can't find a "Good Man".

So where exactly have all the Good Men gone? Well, some Good Men have become the jerks women apparently love just to get laid, and it worked. Others have left the country to find women who
are more appreciative and accommodating to their niceness. And still others have stopped dating altogether because of women's deceptive, manipulative, and relentless shit-testing nature, with these men going their own way to pursue their passions. But many are still proverbial Good Men, but now with greater income, Red Pill awareness, and selfishness about their goals, so any carousellers hoping to cash in after the ride is over are likely to have their pussy pass denied.

**tl;dr:** Young attractive women consistently reject or friendzone Good Men in favor of jerks and bad boys who just pump and dump them. But when she's post-wall and looking for a provider, she asks "Where have all the Good Men gone?" Through Red Pill awareness, more Good Men are avoiding commitment to such women.
Notes from the book 'Deep Work' (My fav on productivity). 1. Remove all distractions before commencing any deep work, hide in a cave if you must 2. Be consistent with your work 3. Don't Multi-task (it doesn't work) 4. It's not meant to be easy but do it anyway.

932 upvotes | January 20, 2018 | by Joeycrackem | Link | Reddit Link

Time for you lads to begin some Deep Work

Deep work is perhaps the most important skill one can develop in terms of productivity. Cal Newport the author of the book ‘Deep Work’, defines it as

“The ability to focus without distraction on a cognitively demanding task”.

We are living in a world in which we are bombarded with distractions. An instant-gratification frenzy that will destroy you slowly if you let it. People with the skill to focus on a singular task without becoming distracted are becoming rare to find in the new economy. These people are fast becoming the most values employees and members of society due to this skill.

Here are 4 rules for Deep Work:

Rule 1: There are no distractions during Deep Work

Distractions are the bane of all good work. Those who engage in the fine art of deep work understand the distractions are the greatest enemy. If you want to get good work done you must first find a place that is immune to distractions. A study base that is impregnable.

J.K Rowling is said to have rented a hotel when she was writing the final Harry Potter book. Isaac Newton remained in solitude in his house for months whilst developing differential calculus. Study many of our acclaimed ‘geniuses’ and you will see that they all dedicated a significant amount of time to deep work.

Rule 2: Deep Work is deliberate

Deep work is deliberate and is not based on whims. It isn’t based on how you ‘feel’, but is scheduled. Engaging in deep work is committing to greatness, greatness abhors inconsistency. It doesn’t matter if it’s raining or snowing or hot outside, you do the work. It doesn’t matter if you are tired, you do the work.

As Steven Pressfield stated in his book ‘The War of Art’, you should assume the role of a professional. You should ‘turn pro’. You wouldn’t skip your day job just because you didn’t feel like going, deep work is more important to you than any one job. You must respect it and keep showing up.

Rule 3: No multi-tasking during Deep Work

Multi-tasking is a myth and the favourite tactic of the amateur. Studies have shown that when we multi-task our brains switch from one task to another. This switching ultimately sacrifices the quality
of the work being done as the brain has limited resources. Each time you switch tasks it’s akin to your brain having to start fresh. Lots of energy gets wasted in trying to get back into the flow. Avoid multi-tasking and choose to go deep, choose to dedicate your whole mind to the pursuit of one goal at any given time.

**Rule 4: Deep Work is challenging**

Deep work is not easy, it’s not a breeze. Deep work is challenging and pushes you to the limits. Deep work is not being in the ‘flow’ state (popularised by psychologist Mihaly Csikszentmihalyi). The flow state is almost always enjoyable, it’s when you are in the zone and your skill set and challenge requirements perfectly synchronise.

Deep work has you working on a task that is just slightly above your skillset. Deep work has you slogging it out in the trenches. It is almost never easy or particularly enjoyable whilst you are doing it.

Deep work shares more similarities with the term ‘deliberate practice’ coined by Anders Ericsson in his book ‘Peak’, ‘Flow’ is Kobe Bryan hauling ass on the basketball field, every play seeming effortless. Deliberate practice is the strenuous training that is involved to be able to play at that level, training that far exceeds the difficulty of any one game.

**Examples of Deep Work**

- Deep work is your training, it’s sitting down for hours trying to understand a mathematics proof.
- Attempting to write a sophisticated C++ program.
- Deep work is writing your book and trying to put the pieces together.
- Deep work is building the funnel for your new business and trying to optimise every page.

Deep work will make you itch at times, the shit is uncomfortable and taxing, however, when you are finished you will be unstoppable.

**Animated Video Summary**
You should know: You're being watched, and branded, for taking part in this subreddit.

931 upvotes | July 29, 2015 | by warcroft | Link | Reddit Link

Cross post from Mens Rights.

"Remember when Nazi Germany gave out those hip armbands with the star of david on them, to identify the jews?

Well, the level-headed and rational SJWs at 'CircleBroke' are developing a tool to auto-tag participants of MensRights (and TRP).

I was delighted to find my name on their hit list (found mine too), and I'm sure a good many of you are also probably on there as well.

Tuck this in your pocket as a friendly reminder that discussing rights, only when it comes to men, is an awful, awful thing to do and you will be branded an enemy of the nanny-state for your transgressions."

TLDR: Here's the hit list: https://archive.is/zw5gj
Been waking up at 5 AM for the past 2 years and it has really changed my life. Here are 5 reasons to get up at 5 AM, and also some tips on how to get started. | Join the 5 AM club.

930 upvotes | August 13, 2017 | by pugnaciousvagabond | Link | Reddit Link

So I have been waking up at 5 AM for the past two years and it has really changed my life, so I decided to share this post with you guys.

TL;DR: Video Post

I believe that those who wake up early have a very clear advantage over the competition. While the competition is dreaming about success in the warmth of their beds, the early risers are up making shit happen. Here are my top five reasons on why you should wake up at 5 AM.

Reason One: It allows you to get into ‘flow’ | 1 AM

Have you ever been doing something with such intense concentration that it seemed that you and the activity started merging into one? Perhaps you were playing golf and felt as if the club was an extension of you. Hours probably flew by you as if they were minutes. If you have experienced anything like this you were most likely in the ‘Flow’ state. Mihaly Csikszentmihalyi the psychologist who is behind the book ‘flow: the psychology of optimal experience’ describes flow as,

“Being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you’re using your skills to the utmost.”

The early hours of the day are a great time for us to enter the flow state, as distractions during the day are plentiful hindering our ability to focus.

We are entering an age of immense distractions where those who are able to focus will be rewarded. The ability to focus is now becoming an increasingly more difficult skill to have. Cal Newport mentioned this upcoming change in his book ‘Deep Work’ (must read), he said;

“To remain valuable in our economy, therefore, you must master the art of quickly learning complicated things. This task requires deep work. If you don’t cultivate this ability, you’re likely to fall behind as technology advance”

If you are serious about actually getting some focused work done, and creating some traction, get that alarm clock ready.
Reason Two: Removes Ego Depletion | 2 AM

‘Ego Depletion’ is a term that has been coined by scientists to describe the tendency for our willpower to deplete throughout the day. Many scientists believe that willpower is like a battery, the more you exert it the less you have to work with.

Some common things that drain our willpower throughout the day are:

- Filtering distractions
- Resisting temptations
- Suppressing emotions
- Doing things we don’t like
- Selecting long term over short term rewards

Some people, for instance, use up all their willpower to restrain themselves at work, only to return and unload on everyone at home. Many of us who have worked manual labour jobs often don’t want to do anything but chill when we get home. It’s not only the body that gets tired, but also the mind. Waking up in the morning helps you overcome this problem. Fresh out of bed you will have your battery fully charged and can begin work on your most difficult task. You can ‘Eat the frog’ as Brian Tracy used to say.

Reason Three: Morning Routine | 3 AM

To save energy the mind automates various things, this biological set-up has made it easy for us to become victims of our own habits. You must consciously implement the habits that will directly benefit you in life. A morning routine helps you do just that. It’s a list of things that you do first thing in the morning. My morning routine is:

- Read for an hour
- Meditate
- Cold Shower
- Begin ‘deep work’ on most valuable task for the day

If you can focus on implementing one crucial habit over the course of a few months, by doing it first thing in the morning you can change your life dramatically within a few years. People underestimate the power of good habits because they fail to understand the effects of small changes over time.

I recently had a dripping tape that managed to suck out an extra 24 litres from the water bill per day; this reminded me about how the small stuff can add up if you are not careful. Most people wake up and hit snooze, straight away allowing the day to dictate them. With a morning routine you are consciously taking control of the day, yes you might have work
and other commitments but the morning is yours. The morning is sacred.

Reason Four: Time to think | 4 AM

Waking up in the morning allows you to have time to think. It is true that many of us think too much, however, most of our thoughts are random and lack clarity. The morning allows us to have quality uninterrupted time with ourselves, something that is hard to get during the day.

This time can be used for reflection and planning. We can ask ourselves some crucial questions that will give us some clarity about where we are headed. I like to consider the following each morning:

1. Am I on the path to hit the goals that I have set for myself?
2. Is this vision still alive or am I getting lost?
3. Am I living in accordance with my own personal values and ethics?
4. What am I grateful for?
5. If I was to die right now, will I be at peace? If not why?

You can come up with your own questions. The idea is to have a sense of clarity in regards to where you are headed. For many of us, we never get the time to really sit down and consider questions such as this. We might entertain them, but these sessions are always short lived due to the inevitable distractions of daytime. Without these periods of thinking and planning, there is no way I would have achieved any of the goals that I had set out for myself.

Reason Five: Psychological advantage | 5 AM

There is something about getting up early before most of your competition that makes you feel like you are on top of your game. It’s not uncommon for many athletes to wake up early in the morning to commence their training. Mike Tyson would wake up at 4 AM to begin his morning jog in the cold. Michael Phelps is in the pool by 6:30 AM.

I personally love getting up at 5 AM because of the sense of control you gain. When you wake up in the morning and commence your morning ritual, and get more done before 9 AM than most people do in the day, you can’t help but feel like a king. You can’t help but feel motivation for life when you start seeing consistent results.

Tips on waking up earlier

• Set your alarm to wake you up 10 minutes earlier each day until you get to desired time.
• Focus on going to sleep earlier.
• No TV or electronics in bed.
• Read a book or listen to music as you fall asleep.
• Avoid Preworkout supplements and Coffee after 5 PM.
• Have your alarm or phone under your bed or across the room to remove the possibility of hitting snooze.
• No midnight snacks.
• Darken your room so that there are no LED lights from phones and laptops. Darkness is your ally.
• Actually try

So what time will you be getting up tomorrow?

TL;DR : Waking up early is lit! It allows you to have time to form the necessary habits you will need to get where you need to go in life without the distractions of the day. You also have time to think, as well as plan ahead without disturbances.
Hello TRP. I'll try my best not to ramble because i'm a fucking mess right now, but i had to post this so that other newbies might learn from my situation.

Found this sub two years ago, i was already with the girl in question. I had just lost my father and my job, and was at my lowest at the time. It's pathetic but she was the only thing encouraging me to get better, her "love" was the drug i was abusing to feel better about everything in my life.

Learning all the material in the manosphere helped me understand why i was doing so great with her. I was the captain and she did everything for me. She gave me her devotion, but not her loyalty. I thought these two were the same, my fucking mistake.

Sex was amazing from day one until the very end. She was present and useful. So what the fuck happened?

She worked hard to appear being an unicorn and i knew that was dangerous for me. I was the stoic dude that didn't obsess about her whereabouts, didn't stalk her social media, i really learned my lesson after years of trying to control GFs and failing miserably.

This year's beginning was a real challenge, i've lost my apartment because i couldn't afford to pay what my late father owed the construction company. No family left and still broke, i had to move to a shitty 1 bedroom place that i chose so i could stay closer to her. I caught her lying about small things. Menial shit that i wouldn't even care if she told me. But when the illusion started to crack. I could see here and there that the truth about my little princess was beginning to creep on me.

Yesterday she flaked because she was "broke" and couldn't get the uber. I felt an unexplainable URGE to dig deeper. I can't explain this to you guys except: FOR THE LOVE OF GOD, TRUST YOUR GUT MORE, what happened was that i called and she hesitated to answer. I freaked out for the first time in 4 years and completely lost frame. I started texting like crazy and non-stop calling.

Two hours later a random dude messages me on FB. He was her fucking lover and he didn't know she was still with me. She told him she had broke up with me around february and he started dating her until this day. UN-FUCKING-BELIEVABLE.

The same month i was losing my home of more than 20 years, she was lining another dude. She kept giving me great sex, love and help while cheating like that. Would you call that cognitive dissonance or what?

I confronted her, she confirmed everything. Was crying like a fucking 5 year old who got caught. Asking me for forgiveness and saying she was a terrible human being who will suffer the consequences later. I didn't take her back.

I don't want this just to be a rant, so here:

1. Being alfa only changes the PERCEIVED respect she has for you. Sure it's great to have her give you lots of sex, company and even monetary help, but if she is a cheater you will never know until it's too late. She will treat you like her king while still getting side dick.

2. If you find her lying to you about anything, and she keeps lying after addressing it, ghost
IMMEDIATELY. A bitch who lies about small things WILL lie about the worst. *Never forget this.*

3. I only found about everything because I lost frame and blew her phone, in being a complete hurt beta, I ended finding the truth. The dude was with her at the time and instantly knew something was up. If you don't want to get to this point, learn to call it quits as soon as she shows herself dishonest.

4. Don't end like me. Nothing in this world is unconditional. Don't believe the love of your life is an angel if the actions don't add up with her excuses. *Pay attention to what she does, not what she says.*

Right now I'm feeling like a trainwreck, but for the first time in my life I have gained the self-awareness to understand how to make meaningful change to my relations and myself. And the reason is this sub. Thank you all so fucking much.
Man spends 5.5 years as a prisoner of war - returns home to find his wife was cheating on him. She takes his kids, house, car, pension and child support.

930 upvotes | August 11, 2014 | by RadioNowhere | Link | Reddit Link
Women are Children.

929 upvotes | August 22, 2016 | by redpillschool | Link | Reddit Link

Somebody asked me the other day why women shit-test in relationships, and why they push so much to turn men into betas.

My response was this: Women are children. They seek out boundaries. They require the men in their lives to define and enforce these boundaries. And just like children, if women are not given boundaries, they will occupy the space they are given and become terrible, unruly brats.

Which brings us to my post today, my periodic recap of women being children:

**Women are children. How could we ever see them otherwise?**

Women live the most protected, sheltered lives. They are safe from almost all danger—war, crime, and violence. They are safe from almost all consequences, receiving fewer if any punishments for crimes ([/r/pussypass](https://www.reddit.com/r/pussypass)). When a woman makes a mistake, society bends to absolve her and protect her from these consequences. Even the most life-altering events (having a child) puts little to no actual burden on a woman. She is free to do as she pleases, completely oblivious to the world around her that makes her comfortable life possible.

This means that they cannot possibly understand the nature of the world, and therefore cannot possibly make adult decisions within it.

Consider the child who cries "everybody else has one, why can't I?" He sees his parents as the unlimited source of money. When they cannot buy him something, he sees it as them withholding or punishing him. Why can't he have the newest video game? Why can't he have an iPhone? Why can't he have better food than his mother's bland cooking?

The child does not understand that his parents work, that they have bills to pay. He doesn't understand the reality that his parents might be having trouble making ends meet. He has no experience in this world. He cannot fathom the way that money works. He only knows a life where his actions have no bearing on his livelihood. Food is always available to him; he cannot starve. Shelter is available to him; he cannot freeze to death. Even if he were to shoplift, his worst punishment won't involve jail. He'll get sent to his room... hardly a punishment in the age of technology.

Of course he thinks his life isn't fair when he doesn't get a brand new Nintendo. He sees his friends have one, so it only stands to reason that he should have one.

Luckily for us, this phase is something most of us grow out of. We expect this from a child because he has yet to have the perspective to allow him to understand that his friend's Nintendo was purchased with real money, that his friend's parents had to work extra to get. Eventually our spoiled brat grows up and pays his own way. And he learns that your fortune is that which you make of it.

In many ways, women have no such epiphany. Society is structured in such a way that women will never truly understand the hardships of life. They don't have to do the dirty jobs. They don't face the selective service at 18. They can start a fight and expect others to fight it for them (and others will go to prison for it). All she knows is the protected perspective of a child.

How could we expect her to be anything but?

Women watch the people around them and expect the same outcomes. The same privileges. The same
benefits. The same money. The same everything. Because they don't have the same perspective, they simply cannot fathom what it takes to get what they see.

How could we ever take them as anything but children?

Our society listens to these overgrown children. We listen to them with all ears, in earnest. Women aren't earning as much? Say it ain't so! Quick let's come to the rescue and literally just give women extra cash. They deserve it!

How could you see what these women are saying and take it seriously? How could any woman ever be taken seriously knowing what we know? When you see these women complain about money, but not one of them takes the job on an oil rig, in a coal mine, or as the garbage man? Why wouldn't we as a society collectively laugh at the machinations of an overgrown child?

When you see them claim that they need safety. That new legislation must be provided to bring safety to women. How is this different than the child demanding Pizza Hut when he dislikes his mother's cooking? He is completely unaware that there are children starving in other countries; the privileged child sees nothing but that which concerns him, regardless that he will never know actual hunger in his lifetime.

How could you see these requests and complaints as anything but the tantrums of toddlers overdue for a nap?

Women are children. Absolutely nothing that could ever come from a woman will ever be from any other perspective. Treat them as such.

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**Women are Children**

So I wanted to write this up to serve as a quick reminder, you are dealing with emotionally and intellectually stunted people. Let's explore and analyze these following phrases and experiences:

- I can't...

Failing to accept their own agency, women often resort to the phrase "I can't." It's a phrase that red pill men work hard to eliminate from our lexicons. "I can't" implies past and future inability. "I haven't yet" implies a struggle towards a goal. "I can't" implies resignation.

It's an obvious sign that this person has not matured beyond the simplicity of a child, whom everybody serves. So trying and failing would be a pointless exercise to them. Beyond this, her mind simply understands that her abilities and skills are innate (as they assume all people are), therefore anything outside the bounds of what seems natural to her are simply outside her bounds. She declares with confidence that she "can't" because she knows this to be true.

- I don't know why I'm being like this. / I don't know why I did it

Her actions and feelings are outside the purview of her control. Simply put, she believes her actions (however few she mistakenly makes) to have just happened, without influence from her. As with all hypoagency, in an attempt not to be held responsible for actions, women will do everything in their power not to make discernible actions, or when they must, to do so under the guise of plausible denyability (to limit their risk of responsibility and consequence). Likewise, when no shroud of plausibility exists, their minds simply draw a blank, almost as though they are just as surprised with

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their actions as you are.

Bringing us to my next favorite hypo-agent phrase:

- I'm trying

The chorus of a woman scorned. Occasionally there will be behaviors that you do not tolerate. Fundamentally, self-improvement seems to be all but outside the grasp of most women, this inability to change is met with another acknowledgement of hypoagency: "I'm trying."

Had you the misfortune of addressing a behavior more than once, the tired phrase gets pulled out for another run, suggesting that the actions she takes are not ones she controls. Her outward actions are a mystery to her, over which she exerts little influence. She tries, begs, even pleads with her body, but her cries go unheard. If only she could change, she very much would like to do so.

The red pill man understands there is only "do" and "do not." There's no "trying" in going to the gym, there is only going and not going. A behavior or attitude is something which must be changed if it is disadvantageous to your goals. This is something our little snowflake will never grasp. And as the children they are, they shouldn't be expected to.

- The shut down

When confronted with something difficult, overwhelming, or confusing, you notice she shuts down. She cannot process things, she is unable to react. It can be extremely frustrating, especially during a conversation that might be entirely logical and rational to you, yet she goes blank and unresponsive. You (or something/someone) have overwhelmed her simple mind, and now we must wait for her to re-emerge. If she does it properly, she will re-emerge potentially when the threat has passed, well after you (the adult) have taken care of things.

While most red pill men understand that living in the here and now is crucial to survival and success, women enjoy the luxury of turning off when needed, and the freedom to be accepted for doing so. Imagine if during something as dangerous as a life threatening scenario, or as important as a business meeting, a red pill man were allowed to simply go silent and fail to react until they are more comfortable. Surely they would be eaten or fail. But instead, we do not expect children to make tough, quick, life decisions when the time comes. We give them room and space to breathe. This is within their nature, this is who they are.

This is not a post of anger, resentment, or hatred. Instead, it is a reminder to us all that these are the people we are dealing with. To treat them as adults and have similar expectations of them would be a mismanagement and a failure on your part to properly lead. There is a reason we usher women and children first onto the life boats. They cannot fend for themselves.

Do not expect them to act, reason, and process life and their surroundings the way you do as a man. Instead, understand that she is a child, and ultimately relies on you to be her anchor in reality. She needs you to lead. The more you expect from her, the less either of you two will get from each other.
"When unattractive men have hit on me, I have honestly been insulted. It's sort of like having an amazing degree and work experience, and someone seriously asking you if you want a minimum wage job."

929 upvotes | June 8, 2015 | by redpillbanana | Link | Reddit Link

This thread from the AskWomen subreddit is an interesting example of what goes through the minds of attractive woman when they are complimented/approached by unattractive men. (screen capture here).

Note that the top comment is one that admits a slightly uncomfortable truth: **compliments from attractive people carry more weight.**

I always appreciate compliments, but honestly they have more weight when they're coming from attractive people.

The response admits a more uncomfortable truth: **compliments from unattractive men can be insulting:**

I feel mean admitting it, but sometimes a compliment from a guy I am not attracted to is like a job offer from a company I am not interested in. It's not really all that flattering, and depending how badly it's done, it can feel a bit insulting.

The next response gets to the raw truth: **being hit on by unattractive men is an honest insult.**

When unattractive men have hit on me, I have honestly been insulted. It's sort of like having an amazing degree and work experience, and someone seriously asking you if you want a minimum wage job.

Note that this last commenter is obviously an attractive woman - she's says that, "Being hit on has grown tedious," and actually says, "If you're going to scrape your fingernails against my scar tissue, I'd prefer you be cute."

Further responses talk about how "red pill" her statement is, probably because it is the reality of how most attractive women think:

Your edit brings up many legitimate complaints that many women deal with, but none of them have anything to do with you believing ugly people are lesser thans that insult you by thinking they could get a date with you. That's why you have so many comments calling attention to this. **This is red pill type thinking.**

Reply to the above:

I mean, she's being honest. And she's definitely not alone in that thinking, in my experience.

And this response shows the importance of grooming:

It has a point when for example, for a date I put on full makeup, shave everything, wear nice clothes and have a nice hairstyle, while he doesn't even bother to shave or put on anything nicer than a shirt and jeans. That's an immediate put-off.
Lessons to be learned here:

- If you approach a woman to flirt with her and she finds your SMV to be beneath hers, she'll probably take it as an insult. This explains many of the harsh rejections that you'll see.

- If your SMV is low, monk mode is your friend. Work on yourself until you get your SMV to a reasonable level. The PUA "fake it until you make it" isn't going to help if your SMV is below average.

- Your grooming is an important component of your SMV.

- Attractive women are tired of receiving complements and getting hit on constantly. Don't be like the other men who fawn over attractive women, smothering them with complements. Now you understand where negging came from - at first, it make people stand out from the other men.

- The truth can be uncomfortable/inconvenient/ugly but the truth will also help you understand and succeed in the real world.
In South Carolina 13% to 16% of the jailed population are lower income father who cannot pay child support.

Non-American here. While the feminist agenda seem to make life harder for men everywhere, there is no doubt that it is harder in America than other places. This was a very hard truth-pill to swallow. 13% to 16% of the jailed population in South Carolina are men with lower income who cannot pay their child support. The fact that finding an alternative system for these men are not a top issue for feminists, shows the hypocrisy of feminists and their allies as they claim they fight for “equality”. Imagine any law making 13%-16% of jailed population females, especially not paying a man (sexism, boyzzz) money. This is the “patriarchy” we are living in. One articulated has been written on the situation on California. It Is rather long, and can be read here. For those who cannot read through it without feeling utter anger, a lengthy quotes underneath is included that summarizes the situation of these poor men

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Turner's experience with the child support system is all too common. Other poor noncustodial fathers report similar dystopian experiences. A noncustodial father who participated in a research study focus group explained: I'm just tired of getting locked up every so often, every eight months or so. I don't have no bad record, no record at all. But I keep getting locked up for child support, that's the main thing. In South Carolina, where Michael Turner was incarcerated, child support obligors imprisoned for civil contempt comprise approximately thirteen to sixteen percent of the jail population. It seems a pointless expenditure of state resources to repeatedly arrest poor fathers, jail them for nonpayment of child support, then later release them (when either the law requires their release or the court eventually concludes that civil incarceration is not succeeding in coercing compliance with child support orders), and repeat the cycle all over again.
Gillette seems to have landed themselves in one of the largest advertising shitstorms in recent memory. Their latest virtue signalling flop goes on a lengthy, painful monologue about how the "misbehavings" of men having gone on far too long. It features all your favorite characters, toxic masculinity, mansplaining, cat-calling, "boys will be boys", painting an overall picture that modern men are pieces of shit and need to start doing better.

Now, I'm not sure if it's excess soy in the office coffee machine, or the extensive diversity training going on at P&G, but never have I seen a business stray so far from their customer base and completely miss the mark as spectacularly as they have. The customer relations team clearly took an extended Christmas break. A simple survey, or target market analysis would have forewarned them about the media tsunami they were about to sail themselves into.

This is what happens when you pander to a child. That screaming, screeching, emotion driven, reason-less, blue haired child, who has never spent a day in the real world. The one who shouts loudest, moans about how terrible the world is, and that she's owed it all. The one who most people simply ignored, let it kick and scream, make it's scene and avoided as long as it wasn't them getting dragged into the courtroom on a #metoo claim.

The child who also just happened to be a massive minority. The one who doesn't speak for the masses and the one who certainly doesn't speak for men. You see, Gillette missed the pendulum swing, they missed Trump being elected, they missed Brexit, Bolsonaro, Trudeau's current approval rating, yellow vest protests. They missed the signs. While the rest of the world was getting tired of that screaming, moaning child and started sending it to it's room, Gillette thought it's was the right time to feed it Candy.

I can just Imagine the boardroom discussion, filled with SJW hires, thinking they we're about to receive a world of praise for leading the movement against the big bad patriarchy, and all it's oppression's on woman, but instead were greeted with a viscious backlash and a valuable lesson, insulting and demonizing your customer base is probably not good for business.

They tried to justify it. Firstly as, "not all men", you know, the tagline libtard's use to shit all over if you used to try distance yourself from rapist and wife beaters. Secondly as, "well if you're offended by it, it probably mean's you". Meaning if Gillette/Venus put an ad together about Toxic Femininity featuring gold diggers, hypergamous cheaters, divorce rapists and attention whore's as their fundamental premise they wouldn't have batted an eyelid? Sure.

It's no secret big business has been fueling the movement to feminize society as much as possible and to put as much power in the hands of wahmenz. I can only hope that this is the beginning of a more consistent resistance to the Globohomo Clown world fuckery, hopefully reddit takes some notes too, but more importantly, hopefully we see more men being men. Men giving Gillette the middle finger is about the most positive sign of society wide masculinity I've seen in years.
I Had Lunch with the Chad I Hated Today

Intro:

Picture the worst loser you ever met.
Acne, glasses, hair that looks like his Mom cut it, dyel body...
Now multiply that by 2X and that's me in College.
Now picture my counterpart, let's call him Chang for shits and giggles.
6'2", chiseled jaw, cool haircut, abs, social butterfly
Only thing we had in common is that we were both Asian...
He was good with girls and I hated him for it. Hated him more than anyone else. It was one thing when a white guy or black guy was good with girls, but to see an Asian guy do it, it just brought out that crab bucket beta out of me like nothing else.
I did not want to see this guy succeed. His every success reminded me of my own failure. Kind of like Samuel L Jackson’s character in Django Unchained rofl.
I remember getting super drunk at a party one time. It was my final desperate attempt to take the spotlight away from him.
I approached every girl there like a retard, hammered out of my mind, thinking that I was being the man for being so KAWNFDUNT but actually creeping people out, now that I look back at it.
Chang used a wire coat hanger to restrain me as he wrestled my drunk foolish ass out of the building.

Body:

So what did I do?
I worked my butt off for 12 hours a day every day for the rest of my college years until I surpassed him!!!
Just kidding!!! Lol
Instead, I took the easy way out and immersed myself in video games for the next 3 years of college.
Meanwhile, Chang was getting pussy left and right, hot girls girls of every race. How do I know? Because his dorm was right across from mine.
I remember sitting there in my dorm playing DOTA like the antisocial phaggot I was. Meanwhile every time I passed by Chang’s dorm room, I saw hot girls playing with his hair (as in actually digging their fingers into his hair and combing it), having flirty conversations...
“Man fuck this guy,” I thought to myself. “He’s not even proud of his race. He’s just a whitewashed piece of shit!”
Now let’s fast forward 10 years after graduation.
I had been working on myself like a mofo
Took a lot longer than others but I finally got shredded at the gym, courtesy of heavy compound lifts
(and Testing my Limits Anavar giving up)
Read everything I could get my hands on regarding social dynamics, including everything on RedPill,
just about every self help book you can imagine from Think and Grow Rich to How to Win Friends
and Influence People.
Even hired several coaches in the opening stages since nothing I was doing in the field was working
and I needed guidance to overcome my own blindspots
Finally things started coming together and I got competent at cold approach. Competent enough to
spin several plates at the same time.
Competent enough to not have everything be a giant numbers game anymore because I finally figured
out how to bring the “Maybe” girls from “maybe” to “fuck yes” instead of only banging girls who
were highly receptive from the beginning.
At this point, I decided to call it mission accomplished with girls and start my own business.
Ironically enough this just made it even easier to get girls. Funny how working on yourself plays out
like that.
Recently I saw that Chang got engaged so I commented “grats man” on his post, while snickering
inside thinking I’d finally surpassed him
And you know what happened? “Long time no see Karl, we should grab lunch some time to catch
up!”
Fast forward to yesterday and I’m sitting across from Chang, the guy that was always in the back of
my mind as this great Nemesis.
And to my surprise, he turned out to be a pretty cool guy.
He’s actually the first Asian guy I talked to that didn’t have a crab bucket mentality and try to drag
me down when we got past the small talk and started talking about how we really saw the world.
We could finally relate to each other. Talked about how you gotta tease girls when they act bitchy
and their icy exterior will melt right off, how you gotta sexualize subtlety from the very beginning,
etc.
Topics that if I even began to approach with my old friends would get weird looks...
He was making a killing in CyberSecurity.
And settled down with a beautiful Asian girl.
I asked him why when he was banging so many hot girls of all races in college and he said that as far
as he’s aware, every Asian guy who grew up in the west has this fantasy of banging hot whites girls
to prove his masculinity
It’s just something every minority goes through, to prove himself “worthy”.
Some guys give up and just play video games instead
Some put in the work and succeed.
But Chang said that at the end of the day it’s about compatibility, finding someone that’s actually
gonna support your bigger goals and not just be a waste of time.
He said that he used to be the same way, fucking hot girls for validation from society or even to just
prove himself worthy but now he honestly just wants to get married to someone who’s chill and supports his goals (as long as there’s an ironclad prenup lol)
I realized that Chang and I weren’t so different after all.
I asked him how he figured things out so quickly without having to read a million articles on RedPill and he said that he was lucky enough to have a really good high school football coach who taught him everything he knows about masculinity in a western culture.
Damn. I thought you were a Natural bro... is every natural just someone who grew up with positive male role models and learned game at an earlier age than everyone else?
And we both laughed about how Asian guys here just play video games all day and race whine on Reddit instead of actually working hard to improve their situation.
How they have the worst crab bucket mentality ever and all act like Samuel L Jackson in Django Unchained (I was one of them)
Long story short, we became friends and even started planning out businesses we could go into together once we accomplish our individual goals

**Lessons Learned**

Like a lot of other guys here, somewhere deep in the back of my mind, I had this revenge fantasy of showing former Chads in my life how much progress I made.
It’s the classic “revenge of the nerds” fantasy where the high school jock is now flipping burgers and you have hot girls in both arms.
But life doesn’t really work that way.
Chads tend to get into good fraternities in College and things just snowball from there.
In everything.
Girls, finance, social circle...
Their good looks open a lot of doors that were closed to you, as long as they’re willing to put in the work.
So yes, if that revenge fantasy is gonna help you grind out one more rep at the gym and scream “FUCK YOU CHAD!” At the end of the set, by all means use that anger for fuel.
Just don’t be surprised when you have to cut off all your old friends who keep dragging you down.
And find that you actually relate to Chad more now.
P.S. And no, I didn’t suck Chang’s dick, no homo lmao
What I learned from Fucking My ONEitis.

927 upvotes | December 28, 2016 | by The_BitterTruth | Link | Reddit Link

Recently I met my perfect 10. I was mesmerized by her beauty - I actually froze up in front of her during the middle of our first conversation (not typical of me). I am currently, and was at the time when we met, spinning plates (including my ONEitis), but for some reason I idolized this girl. Somewhere inside of me decided I had to have this girl. I wanted her more than anything. I fooled myself into thinking she was different, and I put her on a pedestal.

On the third date with my ONEitis we made dinner at my place, we watched a movie together, and we fucked for the first time. For the first time in a long time I was actually anxious (maybe even excited?) about having sex, as I had been idolizing and fantasizing over this girl for some time. Even though I was anxious I didn't spill my beans and kept my cool, and gave her a fuck she'll be hard pressed to forget - but I realized something when I was balls deep inside her: The sex isn't that great and neither is she. At this point she's no different than any other girl I've put into my bed who's spread her legs for me. After I dumped my load inside her my head started to clear a little and I could see that this girl I had been worshiping isn't any better than me, and I'm not a better person for fucking her. It doesn't make me a better friend, Man, or XYZ because I put my dick in some girl I was fantasizing over.

In addition I started to notice her imperfections, a birth mark, nervous ticks, less than perfect qualities. In my mind I had painted her out to be this perfect angel - but that couldn't be further from the truth. She was so attractive to me because she seemed out of reach, but now that I've had a taste I know it's nothing special.

Another way I was misleading myself is that I was using my ONEitis for validation - "If I can fuck this 10 than obviously I'm the perfect chad that I've always wanted to become." I was looking for acceptance through someone else's eyes, but when I finally got it - it didn't change who I was as a person. Having a beautiful, young girl on your dick or around your finger may win the admiration of needy guys and make other girls jealous - but it doesn't make you a better person.

I've read a few posts on TRP about ONEitis. They're usually written about the girl we can't have, or the girl that's out of reach. So maybe this can give a bit of a different perspective on the topic. Sometimes when things seem just out of reach we want them more because we can't have them. Sometimes if we never see what she's like up close, we'll never be able to see through our ONEitis tinted lenses we're viewing her with. She is just another girl. She's not perfect, I just refused to see her as she really is. The only thing special about her is her looks - and she really doesn't bring anything into my life except another hole to fill. The morning after her phone was blown up with messages from beta orbiters telling her good morning and asking her how her night was (great thanks to me, and thanks for asking). These guys were idolizing her the same way I was by putting this girl on a pedestal and refusing to see her as an equal (or less). They're wasting their time. They don't really know this girl, they just want the fantasy figure they've painted inside their minds.

So if you have a ONEitis you're fantasizing over right now, take a quick moment and consider that she's just a normal girl with above average looks (or just really good at putting on makeup). She has flaws and imperfections - you just haven't known her long enough for them to come out, or you're
refusing to see them. Literally the only reason I wanted this girl was because of something that was completely irrelevant to who she is as a person - good genetics. She has flaws and insecurities just like any other girl. She's not perfect and makes dumb choices. She's just looking for her Chad - just like every other girl. "We see the world (girl), not as it (she) is, but as we are."

Edit: I would like to stress the importance of spinning plates and having options. It has helped me greatly. Not only for the abundance mentality, but being able to compare her to my other plates has helped me put things into perspective - but having plates didn't prevent me from developing ONEitis in this circumstance.

Thanks for reading and if anyone is struggling over their ONEitis right now I hope this post helps you.

Bitter
Scientific study show that male domestic violence victims are more likely to be arrested, jailed, and not have the charges dropped than the person beating them

927 upvotes | February 15, 2017 | by [deleted] | Link | Reddit Link

Link to study: https://archive.is/P5nTm

A few days ago, the moderators over at the Today I learned subreddit deleted a post about male domestic violence victims. The study is interesting, and is according to the study “the first large-scale, nationally-based, quantitative study to systematically detail the helpseeking experiences of men who have sustained IPV from their female partners”. It should be noted that the study is hosted by the US National Library of Medicine, so this isn't a evil MRA study.

I read the study, and boy, is it eye opening. I recommend reading through the study, as it shows several different scenarios and fields in which male domestic violence victims are discriminated against. One quote in particular, that I found telling is: (The emphasis have been added by me)

A large proportion of those who sought help from DV agencies (49.9%), DV hotlines (63.9%), or online resources (42.9%) were told, “We only help women.” Of the 132 men who sought help from a DV agency, 44.1% (n=86) said that this resource was not at all helpful; further, 95.3% of those men (n=81) said that they were given the impression that the agency was biased against men. Some of the men were accused of being the batterer in the relationship: This happened to men seeking help from DV agencies (40.2%), DV hotlines (32.2%) and online resources (18.9%). Over 25% of those using an online resource reported that they were given a phone number for help which turned out to be the number for a batterer’s program. The results from the open-ended questions showed that 16.4% of the men who contacted a hotline reported that the staff made fun them, as did 15.2% of the men who contacted local DV agencies. Qualitative accounts provide a more in-depth understanding of their experiences with these resources.

bbb...but the patriarchy thoo...
Men in LTRs, do yourselves a favour and don't respond to her texts/calls for 4-6 hours occasionally.

926 upvotes | September 11, 2017 | by TheGameJerk | Link | Reddit Link

IDK what this trick is called, haven't been to this sub in a while, but if you are doing the LTR Redpill game you NEED to do this. We all know a woman will get comfortable in an LTR. She'll start putting less effort into her looks, into sex, and everything else. Maybe she'll start to think it's acceptable to show up to your place looking like shit in a hoodie and baggy pants. Maybe one day you'll get your last blowjob for 4 months. Maybe she'll start flirting with other guys cause she knows you won't say anything and she knows you won't leave her because she knows you can't get any. The female goal in an LTR is to turn you from Alpha to Beta, whether she knows it or not.

But that's the key. She """"knows"""" you won't leave her and she """"knows"""" you can't get any. You text her all the time. She knows exactly what you're doing any time she isn't with you. She is securing you when she does this. Not all of you need this advice but I'd bet anyone here who has been in an LTR knows what I'm talking about.

What you need to do is stop texting her all the time. And don't just all of a sudden stop (common noob mistake is to go full-stop with advice from Redpill), but every once and a while. You are going out with the boys for a night of drinking (if you haven't cucked yourself hard enough that she will 'allow' this, because there is not a single woman on Earth who enjoys when her BF/Husband goes out with the boys). Do not text her at all, do not respond. She will go nuts in her head.

But once isn't enough. You have to do this enough that she'll begin to think, consciously or subconsciously, that maybe you are out there getting better pussy than her. I've done this before, and I've told my buddies to do it, and the turnaround from deadbedroom to kink factory is usually extremely fast. They panic. You might even go to r/deadbedrooms to see some great advice on how NOT to stimulate activity in the bedroom (discuss your feelings, talk it out, have an open conversation, bla bla bla).

NO, the only way to turn that ship around is to display that you don't need her. Don't EVER text her during work, and for the most part, don't text her when you aren't with her (but do let her know if you are going to be doing something that could lead to hooking up with other girls, like going for drinks after work or something).

I'll give you one example I did recently. I had arranged for after work drinks with an old female friend of mine. Like, high school old (we're both 27 now). I saw on LinkedIn that she got a job near me and thought I'd set it up. I told my GF about this and she seemingly went into shock. I've never brought up this 'Clare' girl ever before (why would I have), and
all of a sudden I'm going to have a beer with her? What?? She didn't even hide it, she immediately went into interrogation mode. I didn't reply at all. Had a great time catching up with a friend from 5pm-7:30pm. Checked my phone and there were maybe 15 texts from her displaying all the ranges of emotion you might expect.

Among all her crazy texts, was a "so when are you going to go back to your condo?". I decided to only respond to that one. I said "Just leaving the bar now. I'm gonna show her my office and then split!". This wasn't a lie, my office was in the tower on top of the parking garage where we both parked, thought I may as well show her. Gave her a tour for 15 minutes and went home. I quite easily could have given her the ol' bonedog in the office if I wanted to, all the signs were there. But that's another story.

So I got home but I didn't text her back for another 90 minutes even though I had been done for a while. Why should I text her? I'm driving home and then I'm busy with whatever. When I finally texted her back she had a million angry questions that I didn't answer, but most importantly she came over on a Tuesday night all dressed up and gave me a lap dance, and had awesome sex several times. There was about a 0% chance she would have made that drive on a Tuesday otherwise.

tl;dr gotta give your GF's mind some time to wander into places she doesn't want it go.
The fact that this sub has 250,000 subscribers is telling something about Western society

926 upvotes | February 18, 2018 | by [deleted] | Link | Reddit Link

I've been lurking on this sub for a couple of years now, seen it grow. TRP is now at a quarter million subscribers. That's pretty insane. It speaks very deeply about the current state of relationships in our Westernized countries. It's not a surprise that every time I see a friend that I haven't seen in a while on campus, I hear that he went through a shitty breakup and he's now trying to cope. This happens all the time now. It's become such a common theme for men to get fucked over by women emotionally and the only thing they get to say, over layers and layers of deep emotional trauma, is "it didn't work out"; only to find out she's with some other guy. It's become extremely hard to open up as guys nowadays.

Women tell men to open up, to embrace their feminine side, to cry more. I've come to realize that this is the equivalent of men telling women that it's okay to get fat. We want it to be this way, but biology, our instincts, simply don't allow it. It's just being polite.

This sub has helped me a lot in my life though it's absurd that it has to exist. It's a way for me to communicate with other men who've been through similar hell with women. It reflects the very toxic state of relationships nowadays. The fact that no one talks about this, only in very intimate situations, is beyond me. The more I talk with other men, the more I realize how it causes them to be depressive and repressive, in denial about it. Please speak up. It's tough, man.

Food for thought.

edit 1: bold text

edit 2: added some text

edit 3: This post sure went viral around here. From reading the comments, I think we're all for the most part on the same page. We're pretty sick of this shit. After years of repressing your emotions, it gets crippling and you start compensating for it in ways you don't even realize. You can't repress your humanity. Even high quality men have to go through this game with western women, it's like untangling barbed wire, it's not worth it anymore. More and more men are just turning their backs on any kind of intimate contact with women. And to win at it you need to do the exact opposite of what society tells you, and this is why the 48 laws of power is so popular among CEOs and celebrities.

edit 4: Thank you for the gold random stranger
Why you must believe AWALT

925 upvotes | December 23, 2017 | by Auvergnat | Link | Reddit Link

Just posted this as a comment but hey, it'll do as its own post.

The important lesson behind "AWALT" is the same as in the zen story about the glass being already broken.

One day some people came to the master and asked ‘How can you be happy in a world of such impermanence? The master held up a glass and said ’Someone gave me this glass, and I really like this glass. It holds my water admirably and it glistens in the sunlight. I touch it and it rings! One day the wind may blow it off the shelf, or my elbow may knock it from the table. And I say, ‘Of course.’ When I understand that the glass is already broken, every moment with it is precious.

...

What causes anger, stress is that things don’t go the way we expect them to. This time, expect that things will go wrong. And accept it. Expect your partner to be less than perfect, expect your friends to let you down, expect plans to go awry, expect people to be rude, expect colleagues to not do their share, expect the glass to break. And accept it

If you firmly believe your girl will cheat eventually, then you naturally arrange your life and your mindset around this inevitable eventuality.

- Because you know she will eventually cheat, you plan your exit strategy from day #1.
- Because you know she will eventually cheat, you avoid moving in together until it is really necessary. Because that just makes the breakup messy. And if you do move in together, then you plan your finances in such way to minimize your losses when she cheat and you have to breakup.
- Because you know she will eventually cheat, you make sure you don't sign any contract with her (aka marriage) that will allow her to force you to shed a huge section of your assets in the breakup, unless it is really necessary. And if you do marry, then you plan it to minimize your losses when she cheat and you have to divorce, and you accept that you might lose it anyway, as well as access to your kids.
- Because you know you will be back on the SMP eventually but you don't know when, you keep you body fit and your game sharp at all times.
- Because you know she will eventually cheat and this LTR will end, you enjoy every day of this relationship with her while she's faithful and bringing good in your life.

And while you do all of this, it has the added benefit of minimizing the chances of her cheating (or rather, increase your time with her until she eventually does), because this belief of yours will translate in your attitude as a passive dread and low neediness, which are very attractive to women, as per the cardinal rule of relationships.

The importance of the TRP concept "AWALT" is not to accurately describe women or not, to
disparage them or not, to paint them all with the same brush, or to discuss the accuracy of this model of their behavior (is it a spectrum? is it not always true? who cares?). These don't really matter. **Believing fully AWALT is important to get you in the right mindset.**

You know you have understood AWALT when all along your LTR, you do not expect her to stay faithful and you do not expect you two to stay together after it happens. **And when the day comes that she cheats, you just smile, feel the emotional pinch but stay calm, say to yourself "of course" like the master in the glass story, and simply implement your exit strategy.**
Are you still fucking other girls?
925 upvotes | November 20, 2019 | by Self-honest | Link | Reddit Link

I was spinning a plate named Sally last year.
Sally was a looker. Sally fucked me whenever I wanted, cooked me dinner and canceled other plans to spend time with me.
We had been seeing each other for around 3 months and I found her femininity endearing.
One night, while we were hanging out at my place, she reached deep in her purse as she said, “I got you something for Christmas.”
She handed me a small package and looked on in anticipation of what I would do next.
“Thanks, that’s awesome!” I said as I walked across the room and put it under my sarcastic joke of a Christmas tree.
I had not gotten her a gift as we had only been fucking for a few months and it would be absolutely ridiculous to buy her anything.
I also wasn’t going to open it in front of her because, “I have to wait until Christmas morning to open presents, silly.”
I walked back over and kissed her.
As I began to escalate, I felt a hard object under her bra that felt like a stone of some kind.
Sally was in fact, the type of girl who believed in the magic power of trinkets and stones, so I pulled back and looked at her inquisitively.
Her facial tone had changed to nervous.
“What’s up?” I asked.
She looked at me with puppy dog eyes.............like abused puppy dog eyes.
“What is it?” I asked.
“............are you still fucking other girls?”
“.............................”
I chuckled and rolled my eyes. “I’m not NOT fucking other girls”
Her eyes teared up.
“What’s wrong girl?”
“It’s just, I have feelings for you......and I’m not fucking other guys because I want to be with you. And you don’t feel that way about me. That’s how it’s supposed to work. If you feel that way about somebody, then you don’t want to be with other people.”
“Hmmmmm” I said with an intrigued tone.
“Sally, guys and girls are different. I’m really enjoying the time we’re spending together but I’m a guy and I have no desire to stop fucking other girls at this point. We have only been seeing each other for a few months. That’s not long enough in my opinion, to really get to know someone like that.”
With a sulk she said, “I understand.”
“Do I not spend some quality time with you and have a good god damn time doing it? I’m not sure
what you’re concerned about.” I said.
She smiled.
I resumed kissing her.
She stopped me.
“I can’t have sex with you tonight because I have to go home because I have work in the morning and I can’t have sex with someone if I’m not staying the night.”
“.......ok babe, I’ll walk you out”
She looked deflated.
I walked her to the door and kissed her like it was the last time I would ever see her.
I closed the door and waited patiently to see what happened next.
Get ready for the shocker.....
NOTHING HAPPENED
That was it.
She never contacted me again. I never contacted her again. And all is well in the universe.
I moved forward living my life exactly how I wanted to.
I never posted on askTRP looking for advice on what to say or do to bring her back into my life. Honestly I haven’t really given it any thought until right now. There are a million other ways I’ve been spending my time.
Sure, maybe I could have handled the moment differently and kept her spinning for a bit longer, but it was already in the past.
Plates break. Lessons get learned. Life goes on.
Until next time, keep it classy guys.
Stop giving a fuck about her.

925 upvotes | May 11, 2020 | by TRP_Scepter | Link | Reddit Link

Summary: Some of you care far too much about women when you don't have your life together and you are not the center of your life. This makes you ask stupid shit and act needy.

Body: I usually write posts that focus on building power and becoming a stronger man, but I’m starting to realize through browsing asktrp that many of you have the same problem.

Far too many of you are asking questions that ooze scarcity and a lack of masculine energy. You’re all asking the same shit.

“BuT Muh pLATes… whaT wILl HAPPEN TO mUH PlaTEs durrINg Da kuNg-fLu??”

“MUH lTR IS acTING WEIRD… whaT dO?”

“Will gAmE bE tHE sAMe aftER Da cHiNa vIRUs?”

“LtR IS mAkINg mE SaD… WuT Do?”

Why the fuck do you care so much?

I get it, you care about sex. You came here so you can nut in the eyes of hoes so they can see the next generation, but if you’d actually take the time to read the sidebar you’d see the recurring theme of not giving a fuck about women and only using them as something to be enjoyed as an additive to an already thriving life.

Stop taking these sluts so seriously. Most of you don’t even have the basics, let alone a thriving life, but you’re out here worrying about a bitch with a pussy that even Gordon Ramsay would mistake for roast beef. Unless this woman is the mother of your child, you're wasting your precious mental energy.

The next time you find yourself asking questions Beta Billy would ask or hamstering like a bitch over a woman, you need to stop and ask yourself…

“Why do I care?”

If you have an IQ above my shoe size and an ounce of introspection you’ll promptly realize that there’s something wrong with you. You’re out of your masculine frame. Something is off-balance in your life and you need to fix it. Chances are, you’re off your purpose and that’s causing you to give too much of a fuck. The only things that are constantly on my mind are the books I'm writing, the gym, and my tribe. Keep in mind; alpha is a mindset. You, what you want to do, and what you want to accomplish should be the only things on your mind. Don't give your mind and mental space away to people who are not truly worth it.

This is sidebar shit. Women crave men who don’t care about them because it conveys to them that he’s better than her. If you care too damn much you'll act like you’re beneath her. She will know she has you whipped. I don't care how good you think your acting skills are but it's not good enough to avoid women's bullshit detector in the long-run. Stop acting beneath the sex that has nothing to offer but tingly feelings and a fresh womb. Be a man of value and act like one for Christ's sake.

She’s not fucking you the way you want?

I hope she has a jacket up her ass because she’s gonna be freezing when you pick her up and leave her outside your doorstep ass naked with your load on her face.
Did she cancel on you?
All good. I’m sure you had shit to do anyway. Finish that book you've been putting off.
Is your plate acting funny?
Sucks to be her. She’s missing out on an orgasm comparable to a sinner receiving the spirit of Jesus Christ.
This is the type of prize mentality you need to have, but you can only have it if you're truly the prize, and you can only be the prize when you stop giving a shit about these cumrags and become a man worth his salt.
Stop giving so much of a fuck about her and realize that when you care too much there’s something wrong with you. You're doing something wrong and you need to hold yourself accountable. Don’t forget what good ol’ Rollo said…

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

Lessons learned

- If you're on your purpose you won't have time to ask bitch ass questions and worry about petty shit.
- If you're so worried about what a woman is doing, you're missing something in your life and have your priorities fucked up.
- Before you can act like a prize, you have to actually be a prize. This can only be done when you have a life worth living and a legacy worth leaving.
- This is your life. Put yourself in the center.
The top post on Reddit's front page right now is a picture of an 'anti-rape' poster. It explicitly paints a double standard for what counts as rape when it's done by men and women, and also when alcohol is involved.

I don't need to point out how fucked up the poster is, I'm here to draw attention to the tone of the comments. Men are waking up. Most will probably nod off again, back into their slumbers of toil and cuckoldry, but perhaps a few will manage to get the pill down their throats, before the delirium sets in again, and find us.

#1 Upvoted - 4221, gilded - 1

Men can be raped to, Jake couldn't consent, Josie should be charged with rape as well.

Makes sense in the real world, but not according to law;

#2 Upvoted - 224

I think a lot of people are missing that rape laws often explicitly require penetration. (I do not condone this, I am simply reporting the laws.) For example: FBI Definition: Previously, offense data for forcible rape was collected under the legacy UCR definition: the carnal knowledge of a female forcibly and against her will. Beginning with the 2013 data year, the term “forcible” was removed from the offense title, and the definition was changed. The revised UCR definition of rape is: Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim. UK Definition: A person commits rape if they intentionally penetrate the vagina, anus or mouth of another person with their penis without consent. Canada removed "rape" from the legal code, and changed the laws to have degrees of sexual assault that account for a gender-blind definition for sexual activity without consent. One might argue that this is very progressive, but opponents of the change (anti-rape activists, primarily) argued it was regressive. So, in the legal definitions in the US, the only way the female could possibly be guilty of rape is if she used an object to penetrate the male via the anus or the mouth. In the UK, she cannot rape him no matter what she does.

Someone sheds more light into the nature of our times;

#3 Upvoted - 540

No silly, men can't get raped! Its a hilarious concept. Its literally impossible for a woman to abuse men Also all men are constantly eye raping every woman

All are links going to anti-feminist media. The comments below it are almost unanimous in their contempt and disdain for the regime of the feminine imperative.

#4 Upvoted - 2586

So according to this ad men can still think clearly enough to be charged with a crime when drunk but women are plainly too stupid to know better
It's almost like the modern feminist agenda is disingenuous, isn't it? Another few thousand upvotes for comments continuing in this absurd vein directly below.

**#5 Upvoted - 1316**

So that's how it's gonna be, eh, ladies? Fine. We'll just start fucking each other. Supreme Court says it's legal. Let's get weird fellas.

1300+ votes for MGTOW, fairly high up on the most popular current post on the front page of the Internet. MGTOW is no longer the strange periphery inhabited by the occasional loner neckbeard.

**#6 Upvoted - 218**

Don't equate this with feminism. This isn't feminism; just ignorance.

It was only a matter of time before the White Knights arrived. However, it is interesting to observe how widespread the failings of modern feminism are - a collective with their intentions ought best to hide them, but they get more transparent by the day. We're lucky they're so fucking insane that they can't understand other people well enough to fool them this much.

The decline is happening, and men are waking up. The exodus continues. Feminism hamsters onward.
It is Literally 2016

925 upvotes | April 1, 2016 | by GayLubeOil | Link | Reddit Link

As many of you know I GayLubeOil have long been a cog in the Red Pill hate machine. Since 2013 I have been writing articles promoting toxic masculinity, fat shaming, transphobia, and sometimes even psychological manipulation. Well guys, its literally 2016 and that has to stop. I understand that I am literally a fucking white male and that I have a lot of privilege to check and reparations to hand out, but change has to start somewhere. I know that I can't take back what I've done, but I can at least try to fix it. Today on April 1st 2016, I am going to be the change I want to see in the world, because after all change starts with me.

Women are Wonderful: The only thing that you need to know about women is that they are all wonderful. When I say all women I mean all women, especially the ones with penises, after all its the current year. The only way a man should ever interact with a woman is through praise and admiration. A man should never risk damaging a woman's self esteem. How can a woman be strong and independent, when internet trolls are constantly triggering her? A woman should never be disparaged even joking. Men need to accept women for who they are without judgement. What's that honey muffin? You sucked off a dude on the subway? I respect your decision. Let's put another sticker on the board. Five stickers and you can have an ice cream party.

Women and Men are Equal: Women are just as emotionally and physically strong as men. Anything that suggests otherwise is sexist. Pull up bars? Sexist. Flight Simulators? Sexist. Spacial Reasoning, Logic, Math? All incredibly Fucking Sexist. Women can play any game just as well as men. The game might need to be changed to be less sexist, but men and women are definitely equal 100%.

Men are the Problem: Remember when I said that women are equal to men. Forget that you shitlord. Women are more equal. According to my role model and spiritual guide Hillary Clinton: women are the primary victims of war, and as someone who came under sniper fire in Bosnia, she should know. Everything wrong with the world is the exclusive fault of men. Women deserve credit for all that is good, even if they didn't create it themselves, they inspired it.

Rape is Like Very Serious: There is nothing more serious than rape and when I say rape I once again mean all rape. Internet Rape, Imaginary Rape, I Changed My Mind Rape, its all rape. Rape is rape! A woman shouldn't have to drag a mattress around Columbia University to remind everyone that literally begging to get fucked in the ass does not constitute consent. According to Andrea Dworkin all heterosexual sex is rape and its about time that university policies change to reflect this fact. Its 2016.

Support my apology fund, while telling globalists to fuck themselves.
Grab a Samson triblend tank at a foolishly low price
Follow me Twitter or TRP.RED the only site that rewards misogyny with bitcoins
Or just PM me for fat positive fitness advice
Where is "Me too" for Feminists importing poor underage "boy toy" migrants in order to fuck them?

Under humanitarian pretexts, women are importing poor underage refugees in order to fuck them. These days, this is all the rage in Feminist Sweden.

Have you noticed that most of the people demanding "Refugees Welcome" (who are mostly poor young males), are women?

In addition to posing financial difficulties and severe integration problems, it's been found that the migrant crisis in Sweden has a morbid underside in the form of unethical sexual relations between the newcomers and staff.

Three women employed at a refugee accommodation center in Örnsköldsvik Municipality were discovered to have started intimate relationships with unaccompanied tenants in their teens. The incident was ultimately discovered by the municipality and the police were contacted.

The ladies later resigned, whereupon an internal investigation of the incident began, the Nyheter Idag news outlet reported.

Mats Gidlund, Head of Social Assistance in the municipality of Örnsköldsvik, stated that the municipality must work to establish a clear boundary between the private and the professional in interactions between employees and residents.

"This is clearly remarkable. Because we also think that what is happening is serious, we have reported it to both the police and the Health and Social Care Inspectorate (IVO)," Mats Gidlund told the Allehanda daily.

Previously, an investigation was launched into a local refugee center in the town of Åmål, where a female employee reportedly gave a lap dance and had intimate relations with underage inmates.

In the summer of 2017, a debate flared up concerning single middle-aged women, disparagingly called "batik witches," pushing for a more generous immigration policy to be able to get access to more unaccompanied refugees as "boytoys" in order to bed them.

The debate was intensified after You tubers Videomannen and En Arg Blatte Talar (also known as Angry Foreigner) made a series of videos featuring copious numbers of middle-aged Swedish women posing with "refugee children," some of which appear to be in their thirties, in a suggestive manner.

"What Sweden really has done here is the biggest import of gigolos in human history. Then,
taxpayers have been made to pay for this immoral sex party and call it 'humanism,'" EABT told the Nyheter Idag outlet. "This is not a migrant crisis, this is a globalist brothel," he argued. EABT mentioned over a dozen cases where Swedish women who worked with asylum seekers were revealed to have sex with them. In a few of the cases he mentions, police investigations have been started, whereas other cases led to internal investigations.

Imagine that 45,000 young Ukrainian women come to Sweden as refugees. They claim that they are a few years younger than they really are and attract a lot of attention from older Swedish men who flock around them, prey on them, want to hug them and ‘take care of them.’ How do you think the feminists would have reacted? How do you think the media and the public would have reacted?” EABT said, hypothesizing on how it would have looked like, had the gender roles been reversed. According to the Youtuber, accusations of human trafficking and pedophilia would have sprung up almost instantly.

Municipality official Helena Axelson-Fisk reacted strongly to Nyheter Idag's article, claiming that the comments field was full of "men in need of a lay."

In 2015, Sweden received a record 35,000 asylum applications from "lone children," followed by 2,200 in 2016. In 2016 alone, "unaccompanied children" cost Swedish taxpayers 26 billion SEK ($3 bln), although medical investigations later showed that a three out of four were in fact much older than initially stated and deliberately lied about their age.

https://sputniknews.com/europe/201801221060952611-sweden-migrants-sex/

Recently, a woman who was part of the "Me Too" movement, dating an underage Afghan refugee living in the Asylum Center where she worked, REFUSED to report him to police when he molested her 12-year-old daughter.

https://sputniknews.com/europe/201801241061018805-sweden-feminism-sexual-assault/


For numerous cases like this happening all over Europe you can check this compilation post:

Denmark: Female aid workers have been found committing sex acts on underage refugees at a refugee center.


The discovery comes after it was found that British women travel to Calais to help refugees and to have sex with them in the "Jungle" migrant camp.


Sweden: Female Refugee Workers “Systematically” having sex with refugees: "We all do it"

http://www.friatider.se/v-nsterkvinnor-om-sex-med-flyktingbarn-det-g-r-vi-allihop

https://ledarsidorna.se/2017/06/vilka-overgrepp-sker-pa-de-ensamkommande-har-vi-lart-nagot/

British Wife ran away from her husband and kids for an Afghan migrant she met in the Calais Jungle
Cuckolded husband of female prison guard on the run with migrant who raped 15-year-old girl fears they are going to Syria

Swedish politician charged with rape after she had sex with “child refugee”

Married US woman working at the FBI ran away from her husband for ISIS Rapper she had been assigned to investigate

Antifa Chick Goes to Turkey With Muslim Loverboy, Gets Raped and Beaten

Swedish Migrant Center Female Employees Quit Over 'Sex With Migrant Kids' Scandal

Woman suspended from refugee center after sex with migrant boy

Female head of refugee accomodation had sex with refugee boys

Switzerland: woman fights against deportation of moroccan lover

Swedish mother dating an Afghan refugee living in the Asylum Center where she worked REFUSED to report him to police when he molested her 12-year-old daughter

In Finland, it was found that finnish women come to the refugee centers to have sex with migrants.

British aid worker marries her young Syrian refugee lover after they fell in love in the Calais "Jungle" Migrant Camp

Married Calais Jungle charity boss beds toyboy migrant and ‘sets up love nest with refugee’

Swedish feminists accused of widespread sexual exploitation of young refugees
I was dumped by text for London Bridge jihadi': Jilted boyfriend reveals terrorist's wife ended their relationship for new life with terrorist killer

[link]

How an activist for Le Pen's Front National fell in love with a Calais Jungle migrant

[link]

British mum who was once an aspiring rock musician sneaked into Syria after an online romance with Junaid Hussain, 20. She fled the UK with her son Jojo, who she now calls Hamza, while her 18-year-old son was left behind.

[link]

US woman in Austria killed by african refugee for sleeping with an afghan refugee

[link]

Videos:

[link]
[link]
[link]
[link]

Female employees have been exposed as performing lap dances for “child refugees” and having intimate relationships with them at an asylum center

[link]

Asylum Seeker with HIV had Unprotected Sex with Two Dozen Icelandic Women

[link]

Refugee infected at least 11 Polish women with HIV

[link]

African migrant infected 7 french women with HIV

[link]
women-with-hiv/

Swedish women in tears as Afghan 'boys' are deported

Austria: Growing Trend Of Middle Aged Women Having Sex with Young Migrants. Migrants even complain that Austrian women want too much sex

Recently an arab professor claimed that muslims are migrating to Europe because of the welfare system and because euro women are sluts. The professor revealed that Arabs believe themselves to be honourable and that Germans are not, as German women are allowed to “sleep with everyone”.
http://www.breitbart.com/london/2016/08/05/professor-arabs-migrate-women/
5 things you can do to improve immediately.

923 upvotes | February 8, 2016 | by [deleted] | Link | Reddit Link

Summary
This post is nothing new - few basic things you can do to improve yourself right now. I added few personal notes of how and why this things worked in my case. It might be useful for beginners and good reminder for old cats.

Body
Always be aware of your hierarchy of needs - but I doubt anyone here is in such a bad situation that he is not in position to do even this. So:

1. Quit fapping

It is funny how regardless of all I did to improve my game and to go after poon, none of it works if I get back to my old friend named compulsive jerking off. Not chopping the bishop is giving me great ammount of energy and libido. Self doubt is not existent, same as introspection - it is almost gone, and I am much more less of an apologizing bitch. I am more assertive, my voice is deeper, body language stronger, and I want to fuck everything that moves and has tits.

Actually, my dick leads me than. If I look in my history of casual sex for last two years, something is very clear: every, single one, lay, I had in last two years, occured after I did not jerk for week or more. Every single approach I did, was done after I did not jerk off for week or more. Statistics are here and it's amazing.

I do not find useful if I do not fap at all. Once a week is best, so when I have a wish I do it on Sundays. Other days are not negotiable, and without edging as well.

2) Meditate

My big problem was that I was absent all the time. I was either scared about future, or dwelling over past. Both fucked up my body and mind, and I was less present. If you are not present it is even worse then if you are not at there at all. Without presence all I read is useless because I am not there to cultivate it. Presence is pre requisite for strong appearance and charismatic personality.

Consequentially, once when I stopped living in past or future times, I was able to, not just see problems and situations that I did not see before, I was able to focus on them and solve them. Effect was tremendous.

Meditation also helped me with reactiveness, which was another big issue for me. All the knowledge and social skills of the world is useless if you always say or something that's on top of your head.

I meditate 15 minutes a day. If I do it more, I do not feel more benefits. But, I am talking about 15 minutes of calm, present state. Sometimes it takes an hour to get there. Sometimes I also get frustrated and I quit (rare).

3) Lift

Suprisingly, right. Girls love muscles, you will be stronger and healthier, you will look younger longer and you will be more confident. So, lift, and do not be just meathead - do something else for sport as well or at least optimize your training to be efficient at rate of three times per week.
And when I say girls love muscles, then I mean it. Shit works like magic. While I believe fame or money or game can get you even easier between her legs, none of it can make her horny as muscles. And none of it will give her stronger orgasms.

I lift weights three times a week. I do not feel more benefits if I lift more then that. But often, the other days I am on the mat or in front of the boxing bag.

4) Save money

For education, entrepreneurship, single independent living in any major world city..well you will need more money then you can possibly save. I did not have enough money to start my own business even when I saved good percentage of my disposable income. My spending habits kept me three years in the same place. I had to achieve really great heights with saving to achieve something. Not having enough will make you worry about future. It is hard to unleash your potential if you are on paycheck away from the street. First things must come first. Earn more and spend less. Make sure you have enough to live for six months in case you lose your job. If you want to start bussiness, do not invest anything that you can't say goodbye to. For Christ sake, stay out of big debt.

In case that you do not have a father who will just cash out 40 000 $ when you wish to open a company..prepare for something that will take a lot of balls and time to achieve and break through. Not enough money on account is probably no1 reason which hinders potential of so many guys. World spins around pussy and money and one of them is easy to get. Take a guess. It is not fair and that is the way it is. Do not even think for a second in that direction.

5) Stop drinking alcohol

Maybe you are finally going to realize how Big City Saturday Night Life TM is shallow. You will also spend less money and eat less junk food. If you are like me, so few drinks become binge blackouts more then you are willing to admit, you will stop doing it as well. And find out what is that problem that you tried to solve with drinking. You will also get one more day during the week! Sunday is great when you stop drinking.

Most important of it all, you will forget what does term borrowed brass means. You will be you without booze.

And those tipsy chicks while you are sober will become so easy that you will think it's hidden camera show actually.

**Conclusion**

Do this for six months. Then see what changed and do you, and how, want to continue. I recommend, before you start:

Inform yourself about minimum effective dose. That is what you aim in just about everything. In everything we do there is number which is perfect - if we do less it's not effective; if we do more it is just time consuming with same effectivenes at best, and counter productive at worst. Start with more and then reduce.

Realize that going too radical about everything at once will make you quit soon. You can't just take this five things and start from Monday. Depends on how much work you need, you might burn. Take one thing, do it two weeks, add another one. When you have all five, do it for six months. And don't stop when you fail which you will. And it's normal, if you did all of this without one single exception at all times during six months well that's also not the best thing.
Sleep - not less then 7 hours a day. I learned the hard way that sleep deprivation is a real thing. You can do all of this things, and even much more, but if you are chronically underslept you are not going to shine as much as you can. Minimum effective dose counts here as well.

Autistic disclaimer: some steps will change someone; to other it won't help at all. You should have at least basic ideas about what your problems are and how you should solve them. It should be obvious that if you are ripped as fuck that you don't need more weights, if you drink once a month that alcohol isn't root of your problem, and if you are filthy rich, saving money probably won't help you much.

edit: if there is interest, I can write in-depth version of this post where I can explain more about each of 5 things I mentioned here. Let me know.

*English is far from my first language. Tolerate it. Thanks*
No one wants to hear your excuses

923 upvotes | January 14, 2017 | by [deleted] | Link | Reddit Link

[deleted]
I went out with this girl last night and ended up closing, but before we had sex she said something like, “honestly I’m not judging at all, I’m just curious, how often do you sleep with girls on the first date? Not that I’m opposed, but I never sleep with guys on the first date. What’s your secret?”

I just laughed and started kissing her. But it made me realize - I feel like my percentage of closing on first dates is pretty high. I’d say probably 75% of my first dates end in sex. I don't know what the average is, but I have a feeling that's a solid percentage. I'm not working today, so I figured I'd put together a little guide on what I think makes me successful.

For starters, yes, you need to lift. You don't need to be huge, but you need to be in shape. In fact, I think guys can get to a point where they're too big, and it looks like you spend way too much time in the gym. You don't need to be a gorilla. I'm about 5'9", 175lbs and hover around 10% body fat. Always get comments on how nice my body is. Bottom line, being in good shape makes a huge difference in terms of turning you into a guy they will break "the rules" for. And just generally speaking, you need to be doing everything else you can to maximize your value.

So back to the first date guide. This isn't earth shattering advice, but just a collection of things I've learned and implemented along the way. I think the most important thing to getting laid on the first date is kino. When you first meet each other at the bar, make that initial hug as sensual as possible. Hold it a bit longer than you might normally feel inclined. And really embrace the physical contact. Be as present as possible during that moment. Don't worry about what you're going to say once you sit down. Focus on the hug and feeling into that embrace.

Then about 15 mins into the date, touch some piece of jewelry on her hand/wrist and comment on it. Starting with the hands/wrists is best. Eventually you can start hitting/pushing her leg when she says something funny. Work your way up to putting your hand on her leg. You can also pinch her jeans and stretch them as she's talking. I don't know why I do this, but it feels natural and playful. The more you practice kino, the more natural it will become.

Eventually she'll start reciprocating. If she doesn’t, I'll often grab her hand and examine it. Maybe comment on her nails with a backhanded compliment - "your nails look nice, do you ever get them done at a salon?" Meanwhile, she obviously went to a salon, but it's a nice way of simultaneously complimenting her while making her feel self-conscious. She'll think "wait do my nails really not look like I got them done at a salon?" But don't give her time to analyze. Take her hand and put it on your leg. Eventually remove your hand from on top of hers. If she holds her hand on your leg (she probably will) then you know she’s down, or if she immediately takes it away, then you know you still have some work to do.

The other thing I try to do is work in three phases. Step 1: attract - so tease her and display higher value. Step 2: transition to building comfort - so find common interests and talk about them intelligently. Step 3: finally seduce - so find a way to get to a location where sex is possible and escalate from there.

One note about the first two phases is the importance of eye contact. Eye contact is excellent for building sexual tension. Multiple times during the date I’ll try to make direct eye contact while thinking to myself “damn I want to fuck you so badly right now.” I think those thoughts basically get
transferred into her brain telepathically or some shit. I don’t know if there’s any science supporting telepathy, but I think it’s definitely real. You can communicate your desires without saying anything. And that’s the best way to do it.

Also body language is key. So when she’s blabbing on about some boring work drama, I’ll turn my body away from her and pay more attention to the bartender or other patrons. Kinda zoning out and not paying close attention to her. This makes her chase your validation. At this point, I'll either change the subject or she will, and once that happens I’ll turn back towards her and become engaged once again. This helps set the frame that she’s chasing your validation, not the other way around.

Another trick I'll employ when things are going well is what I'd call the silence game. At some point, while she's talking or when there's a lull in the conversation, I'll decide to just stop talking entirely. I'll make eye contact with her and smirk without saying anything. Girls can't stand silence like that, so odds are she'll reflexively start blabbing about something. Keep smirking and keep making eye contact. Just let her go. This gets funnier and funnier the more she squirms. Eventually she'll be like, "whatttt? what are you thinking abouttttt?" Then you can start laughing and say something like "I have a feeling you'd keep talking forever if I didn't say anything."

At this point she'll laugh and say "omg you're such an asshole," and then you can go right back to building rapport. I think this works because it once again sets the frame that you're not trying to impress her. You've already built attraction. And you can just sit there comfortably in silence like an autistic monkey while she does all the work of trying to impress you. She'll wonder if all the shit she was just babbling about was stupid, so maybe that's why you did that. But you never said anything to make her feel self-conscious, so she won't put the blame on you.

Anyway, now you've been there for a couple hours. At some point before we're getting ready to leave, I’ll go to the bathroom, and when I get back, I’ll put my arm around her before I sit down again. This takes the kino up another notch. Then you’ll get the check. I don't know about you guys, but I usually just take my time getting my wallet out, and 90% of the time they get their card out too, without me having to say anything. I always split first dates (unless it's just one drink each, then I'll pay). But splitting first dates sets the tone that you're not the guy she's going to get free dinners out of. You're the guy she's going to fuck, and she'll need to find another chump for the free dinners.

The other important thing I’d suggest is going for the kiss when you walk out of the bar and you're heading towards your cars/Uber. Just walk in front of her, stop and face her, and she'll know exactly what you're doing. Kiss her but make sure you pull back first. This isn’t supposed to be hot and heavy. This is just a quick primer. It shows her you’re not all talk, it confirms you're sexual, and now she wants to experience more of what you’re offering. I think this quick kiss before heading to the sex location primes her for sex as a possibility once you get there.

Once you get to the sex location, take your time. Let her adjust and start to feel comfortable. Make a drink. Ask for a tour of her place or give her a tour of yours. Put something stupid on tv that you don’t have to pay attention to. Start making out. Disengage on your own. Start talking again. Do this song and dance a couple times where you start and stop again. A lot of times she’ll do the stopping. No worries. Laugh, pull back and start talking again. Go through this cycle enough times, each time progressing a little further and getting a little more into it. Eventually she’ll be ready to get down.

My move to transition to the end goal is usually to just pick her up and start walking towards the bed. She might say something like “where are we going” to which you can reply “it’s a surprise.” But you both know. Give her a solid dicking. Harder and faster than you might normally because you want to
differentiate yourself from just any old dick. Cuddle a little bit after, but don't spend too much time cuddling. You do this all the time so you're not desperate for a woman's touch. Eventually say "it's getting late, I'm sure you have a bunch of stuff to do tomorrow," and then start gathering your clothes and getting ready to say goodbye.

Before you leave, kiss her one more time and say "I had a great time tonight, text me if you want to hang out again." If you did it right, they always do. And now they're chasing you.
Often times when giving advice to new guys just starting out, the general mantra is, "Be confident, have abundance, increase SMV, don't be needy". The first and most important of these by far is minimizing neediness.

There are so many times in the past where I've fucked things up being needy. At first the girl was interested and excited to hang out, then due to the fact that I was constantly hitting her up and inviting her out, that excitement and attraction faded INSTANTLY.

Oneitis and abundance mentality aside, there's a reason that RSDTyler has said "The best thing to do when you find a girl you really like is to find five others."; the dynamic in a relationship (guys and girls) entirely revolves around value and investment.

By texting those girls, and further by inviting them to hang out on the weekends instead of letting them initiate first, I demonstrated that I was overly invested in them and they lost interest. On the flipside, if I went out and spread my time and attention among other girls, the scarcity of my attention and investment becomes more apparent and thus the attraction continues and increases.

**Needy things you do and need to cut out ASAP:**

- CONSISTENTLY texting her first.

Don't bullshit yourself--girls have their phone on them and are using them literally 24/7. If you've initiated first in the past and have went out before, then leave the initiating to them. If a girl is interested she can and will text first. By hitting her up first all the time you're showing that you're way too invested. If you absolutely have to text her first (you don't), leave at least two weeks between contact minimum.

- Getting mad when she flakes or doesn't want to be with you

She doesn't want to come out tonight? WHO FUCKING CARES?? Doesn't matter if she was your only option, your reaction should be "Alright have a good night!" and go out yourself or with someone else. A girl or (guy) is and should simply be a positive addition to your life, not the sole component in whether or not you can go out and do things.

Conclusion: Build yourself into something other people can invest in and be reluctant to invest in others. **Be a fucking man and realize that the only person you need to focus on is yourself.**
What happens when you drop a bunch of women on an island to fend for themselves?

919 upvotes | February 7, 2014 | by spicy_fries | Link | Reddit Link

This is a great comment from an ROK article that proves that feminism is nothing but a collective shit test.

"Quite a few years ago, I had the pleasure of watching the Dutch version of Survivor with my feminist roommate. That particular series of Dutch Survivor would have two islands, one populated by men and one populated by women. The feminist roommate had been promoting that particular series to me and the other students in the house for weeks because it would show us, according to her, what a society run by women - free from the evils of Patriarchy – would be like.

And it did. Oh it did.

Here is what happened: Initially both groups were dropped on their respective islands, given some supplies to get started and left to fend for themselves. In both groups there was some initial squabbling as people tried to figure out a local hierarchy. The men pretty much did whatever they felt was necessary – there was no leader giving orders. Men who felt like hunting, foraging or fishing did so. Another guy decided he was fed up with sitting on sand and started making benches. Others built a hut that gradually grew and evolved. Another guy cooked every night. Within days a neat little civilization was thriving, each day being slightly more prosperous than the previous one.

The women settled into a routine as well. The hung up a clothesline to dry their towels, then proceeded to sunbathe and squabble. Because unlike men, women were unable to do anything without consensus of the whole group. And because it was a group of at least a dozen women, consensus was never reached. During the next few episodes, the women ate all their initial supplies, got drenched by tropical storms several times, were eaten alive by sand fleas and were generally miserable. The men on the other hand, were quite content. There were disagreements of course, but they were generally resolved.

Watching this with my feminist roommate was wonderful. Initially she tried to rationalize the differences, but her arguments became weaker and weaker. Eventually, the people running the program decided something had to change. In order to help the women out, three men would be selected to go to their island. In return, three women would take their place at the men’s island. The look on my feminist roommates face during this episode was priceless.

Initially, the three men selected for the women’s island were ecstatic, for obvious reason. But then they arrived at the island and were greeted by the women. ‘Where is your hut?’; they asked. ‘We have no hut’ ‘Where are your supplies?’ they asked, dismayed ‘We ate all the rice’

And so on. The three men ended up working like dogs, using all the skills developed by trial and error in their first few weeks – building a hut, fish, trying to get the women to forage. The women continued to bitch and sunbathe.

The three women who were sent to the men’s island were delighted – food, shelter and plenty of male attention was freely available. They too continued to sunbathe.

And that my friends, is what Patriarchy is. My former roommate is no longer a feminist."

You can see the actual comment here:

www.TheRedArchive.com
In my professional career in labor law, I often find myself being a champion for equality. Not the SJW-type, mind you, but fighting the real bullshit that employers try to pull on people just trying to earn a living. In doing so, I research applicable cases and even sometimes studies about hiring practices. Using my professional/public reddit account, I found this article.

**What is it?**

It's a study in which interviewees were anonymous as much as possible (via technology) and studied to see how women performed verses men... all things being equal. What was learned is women quit the process at an alarming rate after a perceived failure. The men seemed to stick it out over time.

**Interesting. So what do I take from this?**

In your RP journey, you're going to slip up. You'll cross paths with your ex and BP behavior might come out. Maybe you'll miss the gym for a week to play PS4. Hell, you might even go through a string of hard rejections gaming women. IT'S GOING TO HAPPEN. **Do not quit.** That's a feminine trait. You aren't a bitch. This shit doesn't get done over night. Keep gaming. Keep up your AM. If you see an HB8 at the bar, strike like a horny convict who just got out of prison.

Go back and read the stoics when you get down on yourself.

Women quit, RP men don't.
Welcome New Subscribers! The newcomers from Reddit's yearly "THE REDPILL WILL KILL YOU INSIDE" post are arriving.

918 upvotes | June 6, 2016 | by [deleted] | Link | Reddit Link

Welcome newcomers. We've prepared a great sidebar for you. Please do go ahead and read that, then sort by TOP > All Time and read that.

Every so often, there's a post about how TheRedPill has some great stuff about confidence and self-improvement, but it's all going to kill you on the inside. The most recent one came up earlier and so I thought I'd respond.

Feel free to ask questions or discuss below, there's lot of smart people here to help you.

The OP, with his post at the top: http://archive.is/ctopL

My reply:

I thought I'd challenge some of your points, I have some time waiting for my flight.

I'd preface this with a statement that TheRedPill, which has come out of the PUA community, is 100% a male focused strategy. It's interested in attaining the most utility for men, so it doesn't matter when people complain about it's "tone" towards women, because it's tone doesn't matter: TRP is not about what's best for women.

Secondly, I'll inb4 anyone tries to reject my arguments by saying something like, "You just sound like an angry virgin." (As if being a virgin, as a guy, is a bad thing.)

Why is it weird/wrong that we enjoy a prolonged adolescence where sex is fun and the points don't matter?

Because the points do matter. Studies have shown that having multiple prior sexual partners dramatically increases your odds of being unhappy in your marriage, which leads to divorce.

Often Cited Source

Another with more weight, since I don't like that one so much.

No one wants to date a man that whores himself around to feel less empty inside anymore than they want to date a woman who does the same.

I disagree. In my experience, when I'm in a bar and I come with 2 girl friends, picking up is much easier. Women like to see that other women want you.

A man who "whores himself around" has strong social skills, high emotional intelligence and a life that is attractive to the women around him. Good luck being a sexually active man if you're overweight, have no ambitions or confidence and can't talk to girls.

A women who does the same is a slut because this takes 0 effort. I've seen fat, ugly girls who have abrasive personalities going home with guys because the guy is thirsty.

Now, for a women to get a relationship from a wealthy and attractive man who is on his game, she must have good social skills, an interesting life and be charming enough to entice him.

A lock that is opened by any key is a shitty lock, a key that opens any lock is a master key.
Mind you, if she fucks you, she's a whore.

You're falling into the logical fallacy of oversimplification. I don't want to get into the pages that have been written about what you just tried to describe in four lines.

The fact is that women today bring little to the table. (Men are in many cases just as bad, hence TRP's preaching about self-improvement.)

Women and men trade sex for resources, at a basic biological level. Biology creates culture, which then creates ideology. More on this here if you don't understand.

If I meet a girl, kinda drunk, grinding on the dance floor, I can safely assume that she's not a virgin. From there, I can read the rest of her through our interactions until I have a general idea of what I'm willing to pay (in terms of commitment) for having sex with her.

If she takes a shitty deal and doesn't get ANY commitment out of me, that's very unattractive because she's probably slept with a TON of men before me. Men generally choose charming, happy, youthful girls, rather than jaded, abrasive and older (in spirit or in body) girls. If you've been with 50+ guys and been unable to extract any level of long-term commitment from them, that's really going to fuck with your head. More on the "1000 cock stare" here. And in that case, why would I want to commit to you? Why buy the cow, if you get the milk for free?

On the flip side, if a girl who doesn't bring anything to the table (isn't charming, isn't fun to be around, constantly challenges you, can't care for you on some level, etc.) then she can't ask much from me. I'm not going to wait 3 months to have sex with you because it's not worth the effort. Your friends will have sex with me, and they're just as vapid and boring as you.

For example, this girl gets pumped and dumped by a hot guy she's excited about and then gets mad about it. She is now telling her audience that waiting is the right idea. Sorry honey, but if you're not going to compete for men on price, you have to compete in other ways.

To sum it up, if I overpay (I take you out for 3 months when the last 7 guys fucked you on the first night) then I'm a chump. If you undercharge (You sleep with me 2 hours after meeting me) then you're a whore.

If you want to have a long-term relationship, then find a women who brings serious value and isn't a whore.

and not judge the women who do the same. [have casual sex]

Because men and women are different. Men are the keepers of commitment. (He decides when the relationship starts, he asks you out.) And women are the keepers of sex. (She decides when she consents to having sex, anything else is rape.)

A man who gives away his commitment easily is a man who falls in love with every girl who gives him attention. He's needy and desperate and it's pathetic to women (and everyone). Just the same, a women who gives her sexuality away easily is not worthy of commitment. These girls been sluts since the dawn of time, it's only now we're trying to change the definition.

The only people who insist you do [accept their ideology], reject you if you don't, are cults.

Obviously, this is not the case. Go to TRP right now and take a look into the threads. It's basically a giant debate. TRP advises against marriage, yet has a meta tag for, and often discusses, the problems facing men who are already in marriages.
They often debate the merits of marriage as "life on hard mode", and the benefits of bringing children into this world who you can mold into powerful men and supportive women.

To say there is no discussion in TRP is disingenuous.

That's a problem we MUST address.

So who is going to do it? Who is addressing these problems you claim are real for men? Are you? Are you starting a community that offers advice and help for young men who are completely lost? No.

You're just a critic that wants to silence something that makes you uncomfortable, while offering no alternatives. Meanwhile, feminism continues its march to destroy masculinity.

Every so often, there is a post or comment on Reddit about how TRP "seems not to work and [can] be really damaging". It gets a zillion comments and gets on on the front page. It says, "TRP has some really great things to say, but in the end it's really bad for you. I wish they'd tone it down a bit."

But then the subscribers jump significantly in the weeks afterwards because it's not "much to do about nothing".

**On that note, I'd like to welcome anyone reading this to go check out TheRedPill. Form your own opinions. Just a tip: before you start posting, I'd get a cup of coffee and start going through ALL of the sidebar. A lot of effort has been put into curating it.**
What I Learned From Not Reading The RedPill for A Year

917 upvotes | July 10, 2017 | by Clint_Redwood | Link | Reddit Link

I learned fuck all, what'd you think? I'd learn shit by doing nothing? Pretty much recessed back into bluepill, got married, divorced, had 5 kids, think one's mine, started doing cuck porn to pay the bills...

Alright jokes aside let me reintroduce myself real quick for the new guys since I haven't written in a year. And damn, the sub is up to 211K. Was 120k when i started.

Intro

Started reading redpill almost 4 years ago now. engaged, dropped her, she sucked, read redpill every day for 2 years, went from 175 skinny fat to 195 ripped, doubled my count in around a year, endorsed in 11 months, currently have a 2 year plate and another going on 8 months, they're fantastic, cook, clean, porn star sex, educated and old school redpill girls and a healthy dose of self awareness. Setting up a threesome with them in a month or two, etc, etc.

This past year I saved up money to quit my job that paid great but was absolutely misery and soul crushing. Currently struggling to stay afloat but wouldn't trade the freedom for an ounce of what my old life was like. Currently studying compound investing my money, day/swing trading, options, forex, etc. as well as building my own business. Pretty much been monk mode all year focusing on me, barely read TRP at all, so here's what I've learned.

One Year Without TRP

Attitude

Without a doubt I'm more pleasant to be around and engage girls easier. Reading TRP every day and having a constantly stream of sluts and whore stories definitely influenced me subconsciously and this is coming from a guy who never entered the anger phase or really cares about women's mischievous bullshit cause I've seen it my entire life even as a kid. With that said I'm not recommend you cut back your TRP reading. Infact I'd suggest you accelerate it. TRP is a resource not a creed or way of life. Take it as your own personal Man College but you don't want to be the dude on year 9 and 4 bachelors and fucking clueless where you're going in the world. No you want to treat TRP like your trying to make PhD in 6 years tops. Learn as much as possible as fast as possible and don't fuck around. TRP is a diminishing returns asset, you will max out on learning and shit just gets repetitive then. Don't be the dude reading TRP every day for 10 years straight because you identify with it or somehow tied your self image or ego to it. TRP should have definitely made it clear to you by now that maybe 1 or 2 people in life will ever really care about you. Us random dude on this forum could give two fucks about you, we've all got our own lives and problems to worry about. When you reach the point that you aren't getting anything out of something, stop wasting your time with it and find a new thing to learn from. Case and point, I also don't read TRP much anymore because it's the same posts over and over. However my constant self improvement has anything but slowed down. Infact it's accelerated, the majority of my time is spent learning the stock market, accounting and in general
educating myself financially. That's my new TRP.

I'll close with saying that your attitude and demeanour is definitely indicative of the people you associate with, whether real life or virtual. When I was a blue pill women were wonderful and I enjoyed getting shit faced with all my friends blowing all my money. When I found TRP all women were sluts and whores (a lot are fyi) and I still enjoyed going to the bars but now I was banging girls when I did. Now that I'm studying finance I realized 90% of the population is abso-fucking-lutely terrible with money and they will die as broke as they were when they were 20, 30, 40 years old. I also don't like going out and blowing 10% of my net in a weekend over booze and pussy anymore, I'd rather reinvest it for 10% return a month and in a year my money doubles.

You know that 67% of American's don't even have 1k in the bank? That's how uneducated the majority of people are. Also, if you're in this bracket you need to educate yourself; you'd probably be rich as fuck in 5 years if you cared about finance as much as you do getting pussy

Assess your level or return from TRP because TRP does come at the cost of negativity. People are attracted to positivity and you making them feel good. If you've got a constant voice in your head of negativity it will affect your engagement with others. This might be pretty damn important for you depending on your life goals. Like if you work in corporate america where social interactions have a massive impact on your life and could totally destroy your life if you fuck one up. I have a friend who just recently found out his girl of 8 years was cheating on him, he's rightly pissed and in the anger mode hardcore. But, I can watch his interactions and his subconscious outlook is definitely influencing his confidence and ability to engage with others. TRP in itself is a minute dose of anger phase in my opinion if you consume it longer than needed. If you aren't getting much out of something, stop wasting your time with it and find something new to learn because it comes at the cost of your time and in TRP's case your subconscious demeanor. If not stay focused and don't be fucking around cause the only thing you're wasting is still your time. you get one life, do as much with it as you can.

Slippage

Next thing I noticed obviously with not having a constant voice of sluts and whores is that I slacked up on standards a bit. Luckily I've always been kinda stonewall when it comes to principles and holding a person to their character. I don't wavier much on my standards of who I date or if a friend crosses me. It wasn't large things though, just noticing really small things. I'd randoming catch myself explaining myself on shit that I didn't need to or wouldn't have just a year ago. Nothing real serious but it was a habit from my past I developed from my mother and walking on eggshells for a few years of my teen years. I broke those habits with TRP and don't plan on letting it come back. I made it a note to reassess and check myself every so often. Just 10-30 mins of thinking about my relationship with the two chicks I'm seeing, going through a check list and comparing the health and quality of each encounter, etc. Comparing sex, how much or little we talk, are they slacking in the gym, moods different? Where's my confidence, what should I be learning right now to maximize my return? How much fucking off am I doing or need to to stay sane? General TRP shit, red flag checking, assessing where I might be slacking or can improve not just a relationship but myself as well. Once you get on
the road of constant self improvement it almost becomes an addiction in itself. I don't read TRP anymore but I'm still just as obsessed with improvement anywhere I can.

Since slippage was the second biggest thing I noticed, I want to tie it back towards the attitude thing. I'm very... stoic and extremely critical when it comes to judgement of character. You might not be however and if your reading this your first week into TRP, you want to make sure you've got your shit lined out, demeanor on point, confidence, standards and boundaries in line. I have blue pill friends that have the spine of a mouse when it comes to chicks. If you don't have a strong backbone you're not ready to stop reading TRP because slippage will be the next big thing you notice. backbone and being resolute definitely prevent slippage. And a healthy dose of self awareness.

**Confidence**

This is an interesting one. I'd definitely equate reading TRP every day to hanging around with a bunch of muscle bound meatheads hyped on synthetic testosterone. My confidence was higher with TRP but it was inflated confidence, not resolute or true confidence. It's like going out with the boys, you're on top of the world and take on anything only to wake up the next day with a hangover next to some chick you shouldn't have taken home. For that reason when i stopped reading TRP my focus on improving myself actually increased. The drop of confidence needed to be offset so I started studying more. Focusing on building internal vs external confidence. Starting my own business and leaving the comfort of a steady 40 hour work week wrecked me mentally depending on the week. Not having a steady stream of security definitely fucks with you no matter how confident you are. No surprise that my relationships would swing with the swings of confidence. Luckily TRP primed me on how to handle adversity. I don't talk about my problems nor let them know what's really going on in my head. I'm a firm believer in captain and first mate. Any movement in the relationship was purely them picking up stuff subconsciously that I was projecting, which I'd see their reactions too, note and correct as needed. Relationships are 100% your responsibility and you being a Rock or a cuck, the relationship doesn't care and will act accordingly. Makes perfect sense from an evolutionary perspective too. A female isn't going to stay with a starving, defeated or unresourceful mate. Not conducive to her or her offspring's health.

**Three Types of Confidence**

I think confidence can be broken down into three parts. One part **External Confidence**, people giving you validation, praise, scorn, rewards, successes, failures, etc. One part **Internal Confidence**, yourself achievements, goals, desires, education, ability to tackle obstacles, etc. and lastly one part **Group Confidence** or inflated confidence. this goes back to attitude. If you are hanging around blue pills, you're gonna be blue pill. You have to have something to offset a behavior or level of confidence. If you have shit for confidence we tell you to fake it. If you have bluepill friend we tell you to stop having them. I personally make a mental note of distant towards actions or behaviors I never want to have. but I'm also not influenced by external confidence much, I don't really nor have ever cared what other people think. I can hang with my bluepill friend and it doesn't effect me, in fact the opposite, they start acting more redpill. You might be a guy who's the complete opposite though so stay self aware of what influences you and manage to control it. I'd recommend and pretty much
all of TRP does as well though, focus on building internal confidence. You can use external or group confidence to bang sluts but long term it will fuck with your self perception and inner confidence. Hopefully my endeavors of suffering now will pay off in returns later. Right now educating myself financially has probably been the biggest thing to improve confidence even more so than what TRP did. I just got done reading a message from a newbie about him being worried of having sex the first time. Being a virgin till I was 21 I can relate. In retrospect, pussy is one of the most shallow and unfulfilling resources of confidences. It's purely external & group related. Focus on yourself & inner confidence as much as you do trying to bang sluts and life will be hella easier. Banging chicks becomes easy mode as well.

____________________

hope you guys have had a good year, probably won't post again till I get financially afloat and then I'll probably do a write up on how I did it. So far I haven't had a 9 to 5 in 6 months and it's been the best 6 months of my life.
Just dumped gf of two months. Feel pretty good.
Lately we seem to have received a new influx of newbies who think that clicking "subscribe" to this subreddit is all that's required to "take the red pill", and more arrogantly, that their beta outbursts from that point onwards constitute red pill behaviour. This post aims to address one particular irritation I have with these people and red pill confusion - **their feelings**

More and more I see the nonsense peddled that to "front up", "grow some balls", and "tell a woman frankly how you feel" is red pill behaviour. Worse, that it's some kind of success story for an obvious beta orbiter to come here, read a few headlines, and then profess their feelings to their disinterested target and awkwardly break free from their orbit by stamping their feet and whining that "they just can't do it anymore" (waa waa waa). It isn't, and the quite frankly ridiculous upvoting of the positive comments to such behaviour is a worrying development for the signal to noise ratio of this subreddit.

When it comes to feelings start by remembering this - woman discuss their feelings (mostly for the same reasons that they do anything else, for validation and attention), men simply act on them.

There is no reason, at all, ever, to discuss your feelings with a woman. Firstly it's a waste of your time because they don't care (they get no validation or attention from it after all), and secondly it does irreparable harm to your frame and SMV, and is a sure fire way to render any vagina as dry as the sahara in minutes.

Why? Because women don't care about how YOU feel, they only care about how YOU make THEM feel. They care about the tingles you give them when you maintain your alpha frame and the SMV you have in public, they care about the protection they feel when they are out in public with you, they care about the direction and purpose you bring to the relationship and in turn their lives, they care about the financial security and social status you bring, they care about the orgasm you give them when you let your testosterone take over and give them the rough fucking they so desperately crave.

Women are programmed to be nurturing towards their young, not their men. Men are there to provide and protect while they raise their young, and if they have to be nurturing towards you too that means you're a poor protector and provider. Displaying any trait that reflects poorly on your ability to be a strong protector and provider is infuriating to a woman, because nothing annoys a woman more than accidentally fucking a beta.

For their men they are simply interested in what you can provide, and what they have to do for you to keep providing it.

Do yourself a favour gentlemen, keep your feelings to yourself.
"Sexual Assault" is Why I'm Endorsing Donald Trump for President of the United States

913 upvotes | October 14, 2016 | by redpillschool | Link | Reddit Link

For the most part, we've stayed politics neutral here on TRP, limiting political discussion to how it applies to TRP (or how TRP applies to the political world), and what we can learn from it. This policy isn't changing any time soon; the last thing we need is for TRP to devolve into a political debate sub.

But discussion of red pill principles has always been on topic, and events that occur in the greater culture do affect us, as men, and are on topic.

This election season we're not going to be able to put up any walls between sexual strategy and politics, because the outcomes from these candidates are directly tied to the very cultural influences and trends we've been discussing here for the past few years. They're tied to sexual strategy.

To begin, I want to state with a disclaimer that TRP is not going to officially endorse one candidate or the other. If you lean liberal or conservative, or if you lean in any other direction, you're always welcome to discuss your viewpoint on TRP. This hasn't changed.

That said, I am posting this today to announce my endorsement of Donald Trump for president. And not in spite of his alleged sexual assault gaffes, but rather because of them.

Today's US presidential candidates do not represent Republican V Democrat. They're not representing a difference of economic or social opinion at all. I've had casual arguments with many people of different political leanings, and many have well-reasoned arguments for their disagreements on policy. The reason there's a political debate is because there is no hard answer to many of these questions. If economics was a solved field, we probably wouldn't even need elections today.

No, our presidential candidates are representing instead a system set up to increasingly damage the lives of men (and promote the choices, advantages, and positive outcomes for women), and those alienated by this system, respectively.

I'm sure you've heard the old adage that Democrats and Republicans are just two sides of the same coin. Our elections with a two-party system have been set up to offer us an illusion of choice, but no matter which party you end up with, the new boss is strikingly similar to the old boss.

Yes, the "liberal" media is against Trump, and democrats are crying louder than ever. But there should be no better tell that Trump is outside of this system than the fact that his own party is now turning against him.

It would seem that our entire culture is against Trump. If this didn't appear particularly damaging to his chances, I'd suggest Trump orchestrated this himself just to bolster his credibility with those disenfranchised by our system. But alas, this may not be good news for team Trump. Only time will tell.

This is a fascinating scenario on its own, but the point that interests me the most about it is on what pretext our culture saw fit to turn against Trump: An off-color remark about his legal, consensual sexual exploits.

Essentially, the establishment took a benign comment that uses coarse language, and made it into a
sexual assault using their newspeak versions of consent and assault. They lied about what took place, but nobody is catching the lie because consent today means, well, whatever the hell works for the feminists' narrative.

Why is this election important?

The last eight years have been a great example of the left generating a society in which baseless attacks that involve certain keywords (such as "misogyny") will now be taken seriously in lieu of any actual proof or crime having been committed.

I hope that it's clear to any red pill veteran what the culmination of this past decade has achieved. The erosion and broadening of the term "consent" (among others) has played a pivotal role in the grand movement against men. By making the concept as nebulous as possible, it not only makes it impossible to play by the rules, but it retroactively makes any law abiding citizen that they point the social justice beam at into a guilty one.

There's no doubt in my mind that the past two terms have done more damage to our language and race/gender relations than anything I can point to in the past half century. Anybody who thought it was coincidental or unplanned should have another look at exactly how they weaponized these changes in language and relations to attempt to maim a presidential candidate. The worst part is, it might actually work.

Let's imagine the next four (or God help us, eight) years with Hillary at the helm. Is there any reason to believe that this war on language and men will subside? The very tools that put her into power will obviously be solidified, and built upon with Hillary in power. These tools are too effective to be used once and then tossed. They will be used and abused.

This is why I am officially endorsing Trump. I'm not here to get into the nitty-gritty details of foreign or economic policy, or discuss the best way to fix the healthcare situation in our country. I do have opinions on them, and coincidentally I believe Trump has pretty decent stances on a lot of them. But the reason I'm addressing this here on TRP and to this community is because what we stand to gain or lose is much larger than these items.

The war on men hasn't been abating as many here have suggested over the last few years. It's growing, and it's growing out of control.

The accusations of sexual assault are unfounded and convenient. People come out of the woodwork to accuse Trump of sexual assault years prior, but conveniently wait until right now to announce. The very accusation itself now holds as much weight as a guilty verdict, and our changing vocabulary ensures that any man, acting normally, would be considered guilty (both in the court of public opinion, and possibly in a court of law).

I know too well that these tactics and climate will affect more than just a presidential candidate. I know there are a number of men here today who have been on the receiving end of such false attacks. I know that these problems will only get worse for us as men, especially so if we endure more time under leadership that so willingly engages in (and takes advantage of) such nonsense.

When somebody accuses a powerful or famous figure like Trump of "sexual assault," I don't look the other way. I don't denounce them or their behavior. Instead I run towards them, because there is no truer signal which side somebody is on, than when they're given a bogus accusation by the establishment. This is our beacon to find allies in the war.

Do you ever wonder why, after an event like the Trump leak, reporters are quick to ask his endorsers:
"But you don't condone sexual assault, do you?" Because the story they are trying to sell is that there is no question a sexual assault took place. They do this by distracting the viewership into thinking the only question left to ask is whether the bad people think it's okay.
Interesting technique I developed for training your brain to be confident at all times.

913 upvotes | November 3, 2016 | by Kennen1Trick | Link | Reddit Link

First off, I would like to say Thank all of you guys for this outlet. I was stuck in a rut. I didn't understand why I felt like I was banging my head against a wall metaphorically speaking. I knew I was confident. I am a catch. I'm fit, tall, smart, and funny. I had no self worth and couldn't even consider approaching a woman or even holding my head up as I go about my day.

After discovering this sub, I've had way more confidence. I'm just a lurker normally but just reading and relating to so many guys who have been able to overcome their blue pill lifestyle, I felt inspired. Today I look great, feel great. I couldn't have gotten here without this sub.

Without further pontification, I would like to share my secret for fooling your brain into being confident and keeping your chin up.

I pretend I have the majestic horns of a giant stag. I picture myself and all women with deer antlers. The women only have studs, more pointed and satanic the more attractive they are. I haven't quite worked out the psychology behind why I've become so much more confident from this method, however I feel much more stoic when I picture the appendages. (Who wants to have their head on a swivel with 50 lb antlers am I right?) This accomplishes two things. When I'm standing and pretending I'm showing off my 8 foot tall 24 point rack, I hold my head up, I puff my chest out, and I smile ear to ear every time this method has positive results.

This method also helps with selfdoubt. This was I think my main problem. I could be confident until I felt challenged. When a girl looked at me, it would totally throw off my confidence, now I just know she's noticing my antlers, and I haven't been this happy in a long time.

Upvote or downvote, try it for yourself, Idc what you do, I just needed to share my sneaky little trick to train your brain and give back to the community what's worked for me.

Again thanks to all of TRP for helping me find my confidence again.
Hello!

I recently committed a cardinal sin in another thread earlier this week, *I made a complaint without offering any solutions!* Specifically, I commented on the declining quality of the sub as new people influx into TRP and are giving advice to each other, or self proclaimed 'gurus' are using watered down TRP concepts to make a personal brand for themselves and benefiting off community sourced information. So, If you're new to TRP, please allow me the space to cut through the bullshit and highlight what I believe is most important and fundamental for you to understand if you're just starting out (IMHO 2 years and under).

Note 1: If you're a veteran then please feel free to ignore the post or cosign/shit on me in the comments, This post isn't going to cover any new ground or any insights, the goal is to push key concepts that I feel we have collectively strayed away from. I'm just trying to pay this shit forward.

Note #2 (11/13/20): 102 post is now live (Punch Fucking Sharks- mental game primer) per people's request in the comments. Go check it out and read the comments and feel free to ask questions.

About Me: I've been baptized by TRP since the original Roosh V book came out (circa 2010 I think). I sucked, I was blue pill but naturally had too many red pill personality traits and continually waffled and gave mixed signals and lost multiple guaranteed bangs because of it. I kept seeking advice from the wrong people and I never got the right information; don't ask plumbers how to fish and don't ask women, bitchass losers, or anyone who doesn't get consistent action for dating advice. Ever. So I found Bang, which led to the Manosphere, and here I am, ten years later, never washed out the program.

Without further bullshit, "Bare Minimum Basics - Let's Keep It Real":

1.) You found this sub because you suck. Something happened, you got played, you're tired of fucking your hand, whatever. Accept it and be humble. You don't know shit, or you wouldn't be here and you most likely wouldn't be reading this fucking post, now would you? Stop being so argumentative, receive wisdom, shut the fuck up and get on with it.

2.) This shit comes in stages. Denial, Anger, Bargaining, Depression, Acceptance. The order doesn't matter as long as Acceptance is last, but just know its stages and you're going to have to go through all of them, and these things can take years. It fucking sucks, I know. But that's why you have the Sidebar, and this community, to dull the pain.

3.) Obligatory "Read the Sidebar Over and Over" nagging. I'm not your mom, none of us are, shut the fuck up and read.

4.) Do you lift? Do you work out? Shut the fuck up if you don't, because you're fundamentally wrong and literally nothing you say can alter this fact otherwise. Your opinion isn't valid if you're not lifting. Sorry-not-sorry. Get Height Weight Proportional (HWP) at least. There's too many benefits to quantify that the gym provides, and most people don't or stopped working out and just by being HWT alone you're ahead of most other men. I can't count how many bangs I lost simply because I let myself become a fat fuck at times. Sometimes women will just fuck you for no reason other then you're \BUILT\ and they aren't used to that. Doesn't matter if you're short, (I'm a 5'5 manlet so I don't want to hear shit from you), a manlet with a six pack is certainly a much better off...
than one with a gut. This is about addressing shit in your control that you can directly influence.

5.) **How is your money game, is your shit together?** You don't have to be rich, but you at least need to have the basics of a decent career, most likely a car, a passport, and a room or apartment (preferably without roommates). Even if you're younger, money is going to be important sooner than later. If you still live at home, can't afford to move out, don't have a career/job/hustle that supports your lifestyle then what the **FUCK** are you doing reading about how to get women when you need to be more concerned about how close you are to being homeless?? If you're a broke bitch, you need to **full-stop** address your financial issues and become stable. TRP isn't for you at this time, but Workforce Alliance and a job application most certainly is for your broke ass. If you have a pad of your own, make sure that shit is **goddamn spotless**. When women come over, don't lose a bang because you're a fucking slob. This also applies to your car, because obviously you have one, right? Nobody, man or woman, wants to climb into a shitty 90's civic with empty mountain dew 2 liters and nasty ass cig butts everywhere. Get your ass some books on minimalism or something, watch some Marie Kondo on netflix, hire a professional maid, whatever the fuck, **just keep your shit fresh.** Always assume someone is coming over.

6.) **Work on your physical presentation.** Not just the gym, but your posture, your speech (i.e. slowing down when you talk). Take some charisma courses or videos online, get in a mirror and practice facial movement, know what you look like when you engage with others. If you catch yourself slouching, adjust. Make good eye contact when you talk, monitor if you're leaning towards or away from others, etc. There's books for this shit, like Toastmasters Guide to Body Language.

7.) **Work on your dress code.** Seriously. Most men I know dress like dogshit trash and even when I was fat as fuck girls still noticed me because I could dress well, had that aura of confidence, and was articulate. Do you even know that in most cases your belt should match your shoes? Do you? If this is new shit to you, I suggest you open a new tab and look up some men's fashion and dress guides. Maybe research some color charts, pick up some accessories (watches and bracelets, etc), sub to some blogs or instagrams that cater to other men with your body type and sense of style. Dressing well helps build confidence, and it makes you stand out. Is your wardrobe set up? Do you have appropriate dress code that compliments your body and skin tone? Do you have clothing that is fashionable, and does it **fit well**? If you don't own more than two collared shirts, I got news for you bro: **Shut The Fuck Up**

8.) **Be attractive. Don't be unattractive.**

9.) **Shut The Fuck Up. Seriously.** Red Pill ain't for nobody but You. After long enough you can spot others instinctively who are on the same path, and maybe have a veiled conversation with them discreetly. Otherwise, keep it to your fucking self. Don't tell anyone, especially your friends, and never reference this shit by name outside of Manosphere centric spaces. You think your 'friends' will be about this shit, but as soon as you show moderate improvement they will turn on your stupid ass from jealousy in many people's experiences, including my own. Learn how to nod and smile, and keep shit to yourself. Learn how to give vague, altruistic responses to shit you don't agree with and change the subject. Learn how to gracefully exit conversations you don't want to have, or deflect with humor or flirting. Now RP is seen as a joke because people kept running their damn mouths; we even have shit like Female Dating Strategy who are attempting to deconstruct our strats for their own plays. Make no mistake, this shit is an arms race and we've now lost the competitive edge due to a variety of reasons, one of the main ones being **People. Not. Shutting. The. Fuck. Up.**
If this post does well I may write up a part 2, but for now if you're new, fuck all the noise and get focused on these fundamental time tested basics and I -promise- you that you'll see improvement. Good luck and Stand Strong
The culmination of the pro-women movements and their unabashed abandonment of logic and reason is that their narrative can now be publicly misandric and any critical opposition is simply ignored as they march forward. Everything leading up to this has created the Hollywood sex scandal fever.

910 upvotes | January 12, 2018 | by redpillschool | Link | Reddit Link
Hey James Franco, nice #timesup_pin at the #GoldenGlobes, remember a few weeks ago when you told me the full nudity you had me do in two of your movies for $100/day wasn't exploitative because I signed a contract to do it? Times up on that!

4:43 PM - 7 Jan 2018

3,446 Retweets 9,657 Likes

Replying to

I'm a little cloudy on details if you signed for two films then I get that but if you agree to do it once then did it again a second time if the first was so harrowing. Obviously I don't condone any form of abuse to women/anyone just want some clarity

20 Retweets 48 Likes 1,112 Likes

If you are a true #male_ally then you wouldn't mansplain and then ask me to "clarify" before you believe me. Thanks though!

153 Retweets 32 Likes 550 Likes
"We are working on changes to make reddit a safer space for discourse."

I've always wondered how long reddit would let subs like this exist. Over the past few months there has been an increasing amount of censorship (just look at the CEO lawsuit shit) and shadowbans resulting from it.

Yesterday, reddit admin /u/kickme444 had this to say:

- We have a problem right now where there are people/communities that exist under the "freedom of expression" point, that do not create a safe space to encourage participation.

- The order of these points is important and a safe space to have discourse is of the upmost importance to reddit. We are working on changes to make reddit a safer space for discourse.

If you're not familiar with the term, 'safe space' is pure SJW-speak for a hugbox. And he used it 3 times in as many sentences. Who do you think is going to define what makes a space safe?

Surprisingly, I don't see many people talking about this. To me, this is as close to a warning as we're ever going to get. Either admin imposed changes to subs or full subreddit bans are the only thing he could be alluding to.

To restate what has been said before, www.puerarchy.com is the place to go for news in case of a shut down.
To whom it may concern,

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

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

1. Play a sport.

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

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

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

- 12 oz of whole milk
- 2 bananas
- 1 generous scoop of chocolate protein powder.
- 2 HUGE scoops of peanut butter
- 1 HUGE scoop of Nutella
- a generous handful of almonds
-About half a cup of oats

Drinking this and stuffing my face three times a day as well as following Jim Wendler’s 5/3/1 transformed me from a 132 skeleton to a 183 bulked (fluffy) monster within a year and a half. If you get too big (fat) you can always cut. I did a calisthenics cut recently because the gyms closed and now I’m 156 pounds with veins up and down my arms, a visible/defined 8-pack, and extremely visible leg muscles if I flex. Now that gyms are opening back up I’m looking forward to joining the big boys in the 200-pound club.

3. Keep your head down and stay the course.

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

4. Be selfish and prideful.

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

5. Don’t chase women.

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

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

Don’t worry about that chick that curbed you and treated you like shit. Chances are she won’t amount to much. The same goes for the people who’re kicking you around for wanting to improve. The Red Pill isn’t something you can just study and become the man you want to be in a day. It’s a pursuit that takes years and in the end, if you stay the course, you will have the last laugh. A majority of the people I went to high school with are still doing the same shit they did while in high school; nothing but reckless hedonism and surrogate activities. Most are still in my tiny hometown. All the women that rejected me are either depressed, getting their mind ruined by dick and drugs, pregnant without proper resources to sustain a child, failing at life, or getting fat as fuck. I'm one of the most successful people to come out of my hometown and I'm proud of it.

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

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

See you in the winner's circle,

TRP_Scepter
**The Other Side is Better, but Lonelier**

905 upvotes | August 5, 2018 | by Immune2DNP | Link | Reddit Link

This post turned out to be an essay, so ADHD kids, you better pop that addy before reading on.

**Intro**

I find myself posting on TRP whenever I do some heavy introspecting for a few days. It is a great platform to flesh out my thoughts, see them in writing (which helps reinforce beliefs immensely, also why I suggest people write in a journal), and provide insight and value to those just getting started with TRP, or those further along in their journey.

**I have been reading TRP for a little over a year at this point.**

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**The Path to Becoming an Alpha**

We all know the blueprint to becoming an alpha, it has been echoed here many times:

- Lift hard, eat right
- Groom well, have a good sense of style
- Read non fiction
- Meditate everyday
- Develop a titanium frame
- Have a solid foundation for your finances
- Talk to everyone, learn to be social with everyone
- Have fun hobbies that you are passionate about
- **Find a purpose in life**

When I read that list, I think to myself "is that really all it took to completely transform my life? Is that really ALL it took to go from a LIFETIME of being beta to completely transforming my inner and outer world?" The answer is yes. However, with this change in lifestyle comes consequences in the form of opportunity cost.

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**The Lonely Road to the Top**

So what did I do after initially discovering TRP? Similar to most of you, nothing. I simply read post after post, wanted to internalize it, master the theories and concepts, memorize the lines, and become Chad in my head; I wanted the end result without having put in any actual work, without risking anything. I was happy with my mental (and physical) masturbation, happily living
vicariously through "Fake" RP stories.

I say "fake" because once you actually implement the principles you read here, stay consistent, and do it over a long period of time, you suddenly find yourself as the protagonist of those very same stories.

After an excessively prolonged period of mental masturbation, I decided to put theory to the test. The way my perception was at the time was this:

If I was already at rock bottom, I had nothing to lose, and had nowhere to go, but up, what's the worst that a drastic paradigm shift could do? So I did, I put theory to the test.

Suddenly, you're the guy who other people are looking at in the gym for motivation, the "douchebag" with fitted clothes showing off the physique you've worked hard for, the guy who has read NMMNG, The Power of Now, 48 Laws of Power, and other books that has helped shift your mentality and expand your worldview, the guy who people do not fuck with because of his physique, and if they try, it doesn't work because of his unshakable frame, the "life of the party" type of guy.

Yeah, yeah I get it, hard work, meditation, lift, blah blah, NOW TELL ME ABOUT THE SLUTS!!

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**Girls**

I used to hate girls. I thought "why are they so mean, why am I a friend, why do they never talk to me about their girl friends, sex, etc."

Guys, when you are a BP, beta, a soyboy, a guy with no frame-sex does not register in a girl's mind when she looks at you. In her eyes, you might as well be a eunuch. That's why after Chad gives her a dose of daily vitamins and minerals (dumps a load in her mouth) and leaves, you are the one she cries to about "that asshole". She will obviously never reveal the details of what happened, just paint him to be "an asshole."

When I started on this journey, I was a gymcel. I always loved working out, so I had a decent physique at the start of my RP journey, but was still struggling with an eating disorder, smoking weed multiple times a day, porn addiction, jerking off a lot, playing video games/watching Twitch tv, binging on TV shows, etc. **My life was going from one artificial dopamine hit to the next.**

Since then, I've hooked up with several girls, had a couple of plates, and fucked a couple other as well. I'm currently in a LTR with a girl and things are progressing well. I know, it's nothing super crazy, I haven't creampie a girl's asshole in the club bathroom yet, but all of this is still substantial progress for me.

During this time I have learned the following about girls:

- Every girl is on a spectrum of masculinity to femininity; the girls I am most attracted to are ones furthest towards the feminine side. Sounds obvious, right?
- My experience has been, the more feminine the girl, the more bratty, bitchy, entitled, etc. These are also the girls that tend to be the hottest, most submissive, and eager to please. These girls will shit test the most, because they are looking for someone to replace daddy, and once you demonstrate that your frame is unshakable and they're either operating in your frame or they'll...
be replaced, you will see an entirely different side of her

- Girls are beautiful and there is something that turns me on from an evolutionary perspective when experiencing masculine/feminine polarity
- There is an **ABUNDANCE** of girls out there, so do not settle for a manipulative/abusive/shitty one
- Talking to girls everywhere, going on a lot of dates, or spinning plates internalizes Abundance Mentality-you don't have to be fucking tons of girls to have this. All it takes for you to internalize abundance mentality is knowing you CAN fuck new girls with relative ease if you want/have to
- If you find a good girl, worth a LTR, then go for it. A LTR provides a different type of experience from a hookup, plate, or FWB. You can enjoy each others company, care for each other, grow together, go on dates/trips together, and love each other (yeah you can do the same with plates, but if you're doing all that shit it's basically a relationship at that point.)

**This is not a green light to stop hitting the gym, reading, holding frame, etc. LTR's are great, but the girl must be aware that she can and will be replaced if she acts out.**

- Don't be an autist with TRP. When you first start reading, you will be balls to the wall and internalize very black and white thinking. Remember, TRP is a toolbox to use-you have been gifted the tools/knowledge to navigate life. **Do not have expectations that every girl you meet will be a marriage worthy, virgin, unicorn. On the other side of the coin, don't assume every girl is a cum guzzling slut who has rode 100 cocks.**

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**The Other Side is Better, but Lonelier**

So how does all of this tie into my title? It's simple, after a year of really pushing myself: physically, mentally, spiritually, financially, socially, creatively, with game, frame, and more-**at times I find myself feeling lonely and someone who others can't relate to.**

This isn't meant to be a sob story, but a reality. A concept that is consistently repeated is this: "you are the average of the 5 people you spend the most time with."

When your old friends are incels, or waste time drinking beer and playing video games, or binge watch Game of Thrones for the 5th time, will you be a reflection of them? More times than not, the answer is yes.

If you want to, and I mean truly want to, become "alpha", which for me means become the best version of yourself, embrace/develop your masculinity, and create the life you truly desire and envision for yourself-you will have to spend significantly less time with those people, if not cut them out entirely.

I'm at a place where I had to cut out some of my childhood friends, some due to the fact that they are stagnating, and others who are simply jealous for where I have gotten in life. **It's such a shitty fucking feeling, the people who were closest to you, are jealous or resent you because of your transformation.** Luckily, I still keep in touch with a couple of old friends who I know have my best
interests at heart and will be lifelong friends.

New people I've met? I've met a handful of new people who are driven, have goals, and actively work to better themselves. These are the people who I can connect with on a deep level and who I've made friends with and talk to on a regular basis.

I now find myself able to get girls with relative ease, but struggle with finding/keeping strong male friendships.

If there's one thing to take away from this post, it's this: work HARD, consistently, in the face of failure and ESPECIALLY when you don't want to work, to achieve things others won't. Do these things to develop yourself as a person, to self-actualize, because once you get there, you will realize how many others you've left in the dust. Once you get to this point, you will be able to reap the rewards that others can only dream of.
Women are great at reading men. They are able to instinctively pick up how invested a man is or where they stand with him. They seem to know how much to give and when to pull back. This is because for many, many years, emotionally manipulating men was absolutely essential for their survival. They didn't possess the brute strength of the male to protect and provide for themselves, their survival depended on their ability to sway and manipulate men to fulfill their needs and wants. The better they were at understanding men, the better their chances of surviving.

Men on the other hand, tend to be terrible at reading women. They didn't need to manipulate or sway women for their survival, they could generally survive on their own simply by cooperating with the other men. This means that men tend to be far worse at knowing where they stand with their women and they often don't know how much to give. More often than not they're completely blindsided when their encounters with women blow up and fall apart. For women it's intrinsic, for men, it's a skill that needs to be learned and harnessed.

The first step most take as an early Red Piller is defense mechanisms. Learning to recognize potentially harmful behaviors and react. Like if she want's to go with her slutty friends to Europe for the summer you inform her that that will be the end of your relationship. This is a useful tool to learn, it helps you avoid situations where you later find out she was blowing Chad and his buddies in his lowered Nissan Skyline, but it's not where it ends. Defense mechanisms are simply treating the symptoms, they are not designed to treat the disease.

If your woman is talking to you about going to Europe with her friends, the problem is not going to Europe, the problem is that she even wants to go to Europe. It's indicative that "girls party time" is more important to her than the sanctity of her relationship. Women who are smitten with their men don't want to go to on trips with their hoe friends, they don't want to go on coffee dates with "hes just a guy friend", they avoid those situations all on their own because they don't want to risk losing the what they've got.

You telling her that you'll end it if she goes doesn't mean that she didn't want to go and a similar problem will manifest in a different way soon after. This is because you're not in control, you're doing damage control. You're not dictating the frame, you're reacting to it. Had you been more in tune with her behavior and better at reading it, you would have noticed the signs long before. You would have reacted and she would never get to the point where she's coming to you with ridiculous requests.

**How do you know? What do you look for?**

First you need to establish a baseline dynamic between you two. It can be whatever you want, but male-female relationships function best with masculine dominance and feminine submission. I like mine where she's sweet and submissive. She messages first, she does cute little things for me, cleans my place, fucks me like an animal and doesn't go out to places she knows could be compromising. She cock blocks other dudes herself and always respects me, no bitchiness allowed. That is my baseline, it's how things always are. From there on out it's simply maintaining that baseline with a healthy amount of subtle dread, like keeping up my appearance, my career, social life and generally not falling into beta bitch habits(If you are unaware of how to establish a dominant baseline, you
should only be focusing on gaining experience).

The signs that tell me that things are veering off path is when there are deviations from that baseline. A woman's behavior is a projection of her internal state, if her behavior is changing, it's early signs that her feelings are changing. If you notice she's not messaging as much, or she's being less sweet, she's being more bold and bitchy or the biggest most obvious tell-tale sign with women, when she's not as keen sexually, then it's an alarm bell and you need to take back control. It's a clear sign that she is getting too comfortable and comfort kills attraction.

The simple fix is to change gears from subtle dread to direct dread. Withdraw attention from her, communicate less, be less affectionate, talk to other girls directly. Due to women's heightened ability to read male behavior she'll quickly pick up that her behavior is yielding a negative response from you, pushing you away and reducing your interest. This will spark tension and competition anxiety as the prospect of losing you dawns on her. She'll then adjust her behavior back to what works and you'll be back at your baseline. Continue this for as long as you want the relationship to last. Notice the changes, react, back to baseline.

This allows you to consistently dictate the frame of the relationship. It allows you to establish the baseline you desire and maintain it. You're not allowing small symptoms to fester into monumental shit test like hoe trips with the girls or coffee dates with Barry. You're being proactive and nipping it in the bud to give your self the interactions with women you desire. When guys go on askTRP saying their women is acting up what they're really saying is they've missed all the signs that there's was a problem and its finally manifested into a shitfest.
Stop being a martyr and learn to be selfish

One of the defining characteristics of man is his predilection for sacrifice.
A man is expected to go off to war to die or get maimed, while the men at home pay more taxes so that women can have free birth control and raise college tuition rates due to Title IX.
But why do this? Why put in more effort when it doesn't benefit you in any way?
Pulling on this thread is the key to finding the blue pill conditioning inside you.

Delayed gratification; holding off on immediate reward to receive more reward later. This idea has to be planted into the psyche of child and nurtured over many years until a man's entire identity is ego-invested into his ability to sacrifice for the "greater good". Like a pavlovian dog you're conditioned to do certain things using covert contracts.

- Eat your veggies and you'll get two scoops of ice cream for dessert instead of one.
- Charge grandma $10 to rake the leaves, or do it for free because you know she'll slip a $20 in your coat pocket when you're not looking.
- Be a good boy and Santa will bring you gifts. Be a good man and you will be given entrance to heaven.

That is the essence of chivalry. You do not explicitly ask for a reward, because you've been conditioned to expect one as part of a covert contract.

But therein lies the greatest hypocrisy of selflessness and martyrdom; it only works as long as the martyr expects a reward for his actions.
The entire concept of karma is inherently a selfish ideology. You're not a good person for the sake of being good, you're investing in a pseudo-spiritual ponzi scheme and expect to "get out of it what you put into it", "what goes around comes around", and "good things come to those who wait." Islamists aren't blowing themselves up because they hate infidels, they're doing it for the 72 virgins.
And while I admit sacrifice is a necessity, after all any great society would not be what it is without the sacrifice of men, it is ultimately a sisyphean task where each time you satisfy the existing list of demands a new list arises to take its place. Look no further than Feminism.

The truth is, Game for women is learning how to manipulate that conditioned response to their benefit.
Just as Pavlov could get his dog to salivate even when there was no food present, women are able to get men to sacrifice even when there is no longer any reward.
Like a ponzi scheme women have figured out how to take advantage of this. Ask for large upfront investments, kick off a few small returns, and keep the investor hooked with promises that a big pay off is coming, but it never does. A Beta orbiter will spend hours listening to his oneitis talk about the guys she's fucking, drive an hour to give her a ride home from the bar, hold her hair while she vomits,
and spend what little money he has on gifts and all she has to do is say, "You're such an amazing guy. Why can't the guys I date be just like you?"

And that little burst of hope and validation, being told you're a "good guy", is all it takes to perpetuate more investment. She'll recognize his sacrifices eventually right? If he's the hard working ant while the grasshopper is fucking the girl of his dreams, surely he'll get his reward soon...

But the reason you're here today is because you realized this is a lie. Like a restaurant which brings customers their food first with the expectation of payment later, you've seen far too many women simply run out on the bill.

Which is why I advocate being selfish asshole.

To me, the definition of asshole used to be someone who goes out of their way to make the lives of others worse. But that is not the definition that women hold. To women an asshole is simply a man who refuses to get with the program. A man who refuses to be a martyr because he knows there is no reward waiting for him on the other side.

A "normal" man is expected to give away his work for free and hope that payment will come. An asshole says "fuck you, pay me."

Society (women) will tell you to "Do the right thing" and you have to ask "Why?" Why is it that 99% of the time the "right thing" is one where you benefit and I don't?

Because the only thing they have to offer in return is validation. You give them what they want and in return you're given permission to call yourself a "good man."

Guilt and shame are their weapons. The implication that by refusing to go along with their emotional manipulations it means you're a bad person. Martin Luther caught on to this scam 500 years ago when the Catholic Church took your soul hostage and offered to sell it back to you.

Advertisers and women are just as savvy. Why shop at Starbucks and Whole Foods? Because we'll give away .0001% of our profits to charity and that means you're a "good" person for giving us your money.

Be a "bad" man. Be an asshole. Because assholes have committed the dastardly crime of defining their own self worth instead of buying small chunks of it at a time from the women who have assumed ownership of it.

When an asshole sees a girl he thinks, "She seems cute. I'll go over and talk to her and if she's interesting I'll ask for her number."

Instead of "Oh no! I'm objectifying a woman's value based on her appearance. But because I didn't actually go over to harass her with my presence that means I'm still allowed to call myself a good guy unlike that asshole over there. Thank you Feminist overlords!"
Man Fights Child Support Order For Infant Born To Wife He Hasn't Seen in 15 Years. After Thousands in Legal Fees, He Wins.

903 upvotes | September 28, 2016 | by grewapair | Link | Reddit Link

Iowa law (and the law of many other states) automatically assigns paternity to the husband, even if he can prove it isn't his. Man splits up with wife but never files for divorce. 15 years after he last saw her, she has a child, and the state tracks him down and demands child support. He argues it isn't his. The state says it doesn't care, pay up and keep paying for the next 18 years.

Thousands of dollars are donated to fight it and today he wins.

It was an administrative appeal to the department that was hounding him for the child support payments, it was not a court decision. Whether that can be used for other similar cases in the state remains to be seen.

And in the end, the woman will NOT have to pay what HE would have had to. All Iowans will pay the share of that special snowflake.
Feminist subreddit made new default
902 upvotes | May 7, 2014 | by ibuprofiend | Link | Reddit Link

According to the Reddit blog, they just changed the default subreddits, adding /r/TwoXChromosomes. Since it has barely any subscribers compared to popular subreddits (the old standard way of becoming a default was based on subscriber count), I can only assume it was handpicked by the admins to indoctrinate new Redditors with feminism and attract more women to the site.

Do you see trouble brewing? Is Reddit turning into Tumblr? And if so, should TRP have a lifeboat on another site that we can turn to when this sub is eventually taken down?

EDIT: Welcome, downvote brigade. Stay classy, Reddit.
Sleep is important, here are some great tips on getting sleep

901 upvotes | October 4, 2019 | by Capital Recognition | Link | Reddit Link

TL/DR: From a theoretical standpoint, or a “mindset standpoint”, I am going to tell you how to get into bed willingly each night at the same time. Additionally, once you’re in bed, some ideas on how to fall asleep faster.

How to stop fighting yourself:

If you have a problem with getting into bed, you start off by first “killing the idea” of staying up late. In your mind, you must “give in” to the idea of going to sleep early. This is where mindfulness comes in. I remember a painful feeling would come over me when I got into bed at 8pm. I didn’t want to go to bed, there were so many better things to do. This made falling asleep and fighting these habits very difficult. However, over time, I gave in to this feeling, and let it happen to myself. This may take much time for some, but this process needs to occur so that you’re not fighting yourself tooth and nail to get into bed at the same time each night. You cannot have this feeling of anxiety, or fear of missing out on something, constantly haunting you. Here is my message to you, there is nothing to do, big guy, trust me, just go to sleep. Give in, and let it happen.

THIS IS THE MOST IMPORTANT PART: get rid of what is keeping you up, stimulus. Screens, drugs, alcohol, stress, coffee, pre-workout, get rid of it. You will be okay. I haven’t had coffee in 1 year, I never thought I would be able to quit. The first 2 weeks I quit, I wanted to die. My head hurt so badly, I had a headache for 2 weeks straight, and slept around 11 hours a night. I drank coffee since 18 and quit at 30. I probably drank around 5 cups a day, or 2 larges a day. Once I quit, fixing my sleep schedule was easy. And, the pain faded after a couple of weeks.

You can further give in to yourself by realizing the following logic:

1. Your hormones are positively affected by going to bed and waking up at the same time for the entirety of your life. Additionally, the same hormones are affected by sleeping a set number of hours. These hormones affect your weight, emotions, attitude, and energy.

2. “Nothing good happens after 9:00PM.” This is so fucking true. You are so burnt by this point, nothing you do after these hours is really going to help you in any way. The speed at which you do things is so much more efficient when you first wake up. All the people partying and drinking are really just fucking themselves up, you don’t have to do that to yourself to enjoy life.

3. There is no need to get up SUPER early, and any guy that tells you otherwise is trying to toot his own horn. Who gives a fuck if you get up at 4AM, I don’t, knock yourself out tough guy. Get up at 3:45AM for all I give a fuck. For people who are trying to get out of a bad way, you need to get up early, but pick a good time that works well for you until you’re on track. 7:00AM could be good, 6:00AM can be good, who gives a fuck. Just get yourself on track first, then worry about the earlier time. You don’t need to start getting up at 5:00AM all of a sudden if you have been sleeping until 10:00AM most days, that won’t help you. The only thing that matters is that you have a decent amount of time (at least 90 minutes) before you really have to start to get ready for your day, whatever that may be.

4. Realize that when you do get up early, there is nothing to bother you. It’s just you, and this
alone time is great. You can think, write things down, and you have time before you leave to do so. I love getting up early and it’s still dark out, it’s a great feeling. It’s just me and my thoughts... and they are almost all positive thoughts in the morning. I can plan, journal, and execute things that are very important to me.

Okay, now for some tricks:

1. No caffeine (or if you really want to go down this road, no caffeine after noon).
2. No screens 90 minutes before bed (read a book, or lay there, you’ll be fine)
3. No mentally stimulating activities at all 90 minutes before bed, except maybe sex.
4. 1mg of melatonin if you feel you need it. Benadryl or similar if you really feel the need. Benadryl actually really helped to get my sleep in order, I quit taking it about 3 weeks in.
5. Give yourself an 8.5 to 9 hour window to sleep.
6. High glycemic carbs about 1.5 hours before bed. Why? It keeps your blood sugar high, and keeps you asleep. I usually have 1.5 tablespoons of chocolate almond butter and a banana. Even on my cut diet, and I account for the calories. I sleep all the way through the night when I do this.
7. Cold room, big blankets.
8. Ear plugs if you live with people. And put them things in right. You gotta twist the ends, shove it all the way in, and let it expand in the canal.
9. Calm your head. Here is the trick. Lie down, then slightly sit up. Push your shoulder blades together, then lie back down. Scoot your tail bone down. Now your chest is poking out, and the bed is helping you keep it this way. Put your two hands, palm side down (don’t put your hands on top of each other, instead put one closer to the head side, and one closer to the feet side), on your stomach. As you inhale, say “one inhale”, then take a deep breathe (say it in your head, not aloud). As you exhale, say “one exhale”. Now count to 100. Go slower and slower, it’s okay if your breathe is shaky for the first ones, it’ll get smoother. As thoughts start to rush in, stay on track with the counting. If you get really lost, just pick up from the number you most recently remember.

I hope this helps you all get deep sleep. Do realize, sleep changes everything and makes you stronger. Without it, you will burn out. If you really want to be great, the first hurdle you must conquer is that of creating a sustainable, healthy life.
Post-post-wall single women figure out that when they're old enough to have gray hair, men don't find them attractive anymore. Wow, who knew? Now they call it "gray-shaming" and pretend it's another way that "society" is being sexist to women.

900 upvotes | May 2, 2018 | by Comicus | Link | Reddit Link

https://twitter.com/attn/status/990981603374616576

Correct me if I'm wrong, but this is like the ultimate hamstering. These women had all the time in the world - literally decades - to settle into a stable relationship and build families, but decided to spend an extended period of time riding the cock carousel instead. It never occurred to them that their one good quality that made guys desire them and allow them to have high standards, despite their shitty personalities, had an expiration date. Now that it's faded away and nobody wants them anymore, maybe it's time to reflect on poor life choices? Maybe admit that they should have settled for one of the guys they thought they were too good for when they were younger and still had a chance? Wrong! They're the victims, and it's everyone else's fault but theirs!

The gray haired woman complaining about "the dating apps" was the best part. Sweetie, if you're that old and still using dating apps, you're the one who fucked up. Also, how much do you want to bet the preferences she states are identical to what she wanted when she was 21? "I still deserve a guy who's over 6 feet, fit, rich and has no kids...even though I'm older than dirt, have saggy tits and have kids who have kids."

And naturally, their examples of how men have it better include guys like George Clooney and Anderson Cooper who've aged abnormally well, ignoring the majority of single men their age who are balding and have pot bellies and extra chins and are probably not doing any better than their entitled female counterparts.
This morning, my brother contacts me and begins to tell me about his weekend. Specifically tells me about his gf & how amazing she is. Detailing how she asked him what was wrong and how she listened to him for over an hour rant and even gave him advice.

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

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

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

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

TLDR: Do not ever allow your frame / emotional wall down and "vent" to a woman. They are NEVER to be your emotional tampon.
GET HARD WHEN YOU HEAR THE WORD “NO”: The Truth About Rejection & Getting A Ten

899 upvotes | February 12, 2018 | by MikeHaines | Link | Reddit Link

PART I: MARK MANSON LIED TO YOU

1. If you’re a serious student of game, you have read Models by Mark Manson. In my opinion, it’s the best book on success with women that’s ever been written. Unfortunately, some of the teachings of this book have been turned into an ideology which many guys in the seduction community now cling to dogmatically.

2. The rejection myth

In this post I am going to annihilate one of the core teachings of Models — an idea which has been embraced as revealed truth in the seduction community for years now. This is the idea that pursuing women who have rejected you is a “time sink”, and you should simply move on to those who are more interested.

3. The premise of the myth:

Here’s what Mark writes in his book:

“I’ll say this, in six years, after approaching thousands of women, and hooking up with hundreds of them, I can think of less than 10 instances where a woman was flat out unreceptive towards me and I ‘won her over’. If she shuts you down, tells you to go away, tells you she’s not interested, tells you she has a boyfriend—move on. Seriously, get over it and move on. You’re wasting your time. There are 3.1 billion women on this planet. She’s not worth it.”

While this advice is good for beginners, it promotes a DEFEATIST ATTITUDE which will prevent you from getting laid with the most attractive women in the long-run. Specifically, it will prevent you from attracting and mating with the kind of woman I call a “Total 10”. This is because the highest quality women almost invariably give you the harshest tests, and if you’re inexperienced (or even intermediate), you will misinterpret these tests as “rejection”.

4. My background
I didn’t lose my virginity until I was 18. After my first girlfriend broke things off, I spent 2 years involuntarily celibate.

At 21, I discovered “red pill” ideas (back then it was just called game). I started working on my cold approach skills with a relentless, almost autistic intensity.

I approached about 30 girls a week for some 78 consecutive weeks before I got my first same night lay from cold approach.

From that point, it got easier. I knew game was real, and now it was just a matter of getting more efficient at it.

Soon I was pulling ass every two weeks, more or less, like clockwork. I banged a lot of pretty girls from my college, along with the occasional model, actress or exotic dancer.

Six years later I’m in a long-term relationship with the girl pictured [here](#). We plan on having kids soon.

5. A “Total 10” defined

I’m with a woman who is a Total 10 to me. I want you to be able to do the same.

When I talk about a Total 10, I mean a girl who is (to you) a 10/10 in both looks and personality.

She’s exquisitely beautiful and highly feminine.

She’s the type of girl who’s so pretty that it physically hurts when you see her on another guy’s arm.

This is the kind of woman I want you to be with.

And this is the calibre of woman you will never get if you have internalized the idea that you should only focus on women who make themselves easy to approach.

PART II: THE PSYCHOLOGY OF A “TOTAL 10”

6. When you approach a 9 or 10, it almost NEVER goes easy at the start.

Commonly, she will give you the following kinds of reactions:

- looking at you like what you’re doing is weird
- turning away and pretending to ignore you
• laughing at you or making a face
• giving you just enough attention to get you hooked, then running away without explanation
• kissing you, then disappearing to the bathroom and the next time you see her she’s flirting with some other guy

7. These hostile reactions are NORMAL
They don’t go away when you get better at game, or get more good looking (trust me, I’ve done both over the years)
These hostile reactions are normal, and they are necessary.
They are the girl’s (unconscious) way of testing you.

8. Testing you for what exactly?
Dominance? Charisma? Value? Alpha male characteristics?
No.
It is much more simple.
She already knows you’re a man of value because you approached her.
This puts you in the top 5% of all men.
So why is she testing you?

9. She’s testing your desire for her.
“Is this man so strongly attracted to me that he is willing to overcome any obstacle to get me?”
If she's interested in you, this is the burning question a Total 10 wants to find out with every fibre of her being.
And this is why she tests you, irritates you intentionally and places obstacles in your path…. even after you’ve displayed value by approaching her.

10. Being an alpha male is not enough
Women want alpha males.
However, a Total 10 has many alpha males competing for her.
You have to be alpha male — and you have to have a profound and aching desire for her.
A desire so energizing that it enables you to blast through any bullshit she throws at you with a smile, and keep pursuing her even in the face of seemingly insurmountable odds.

11. This is what all women crave on the deepest level. It is the plot of every romance novel. It’s the driving impulse of every erotic story. It is the reason women spend hours doing their hair and makeup to lure as much male attention as possible — but then, upon arriving at the club, go to great pains to make themselves appear unattainable. Unapproachable. Inaccessible. Prohibited.

12. She wants to be chased. Luring you close… and then making herself “inaccessible” so that you’ll chase her… is actually what turns her on. She wants to be pursued. She wants to be, in a sense, overpowered by your desire for her. This is arousing to women.

12. “The desire of the man is for the woman. The desire of the woman is for the desire of the man.” (Madame de Stael) A “Total 10” knows her own value (to some extent), and she wants to feel like you’re going to lengths to get HER which you’d almost never go to with any other girl. And so she tests you. She places obstacles in your path. And occasionally, she flat out REJECTS you — just to see if you’ll come back and try again. When you do, she becomes aroused by your persistence and your desire. When you don’t, she forgets about you and moves on. Rejecting you is part of her process of becoming attracted to you.
PART III: REJECTING YOU IS PART OF A WOMAN’S PROCESS OF BECOMING ATTRACTED TO YOU

13. White trainers
This has all been pretty theoretical, so let me give you a concrete example of how this dynamic works.
A few years ago I was in a club on my own, and I saw a pretty girl walking through. She was about 18. Blue eyes, dark hair, great boobs, long legs. She was wearing a mini-skirt and white trainers.
I walked up to her. The floor was empty apart from me and her. There were about a dozen people watching us, seated around us on various couches.

14. The ultimate humiliation
I extended my hand to the girl. “Hey I’m Mike. Who are you?”
She looked at me and made a face.
She walked past me without even breaking her stride, leaving me standing with my hand held out in mid-air like a chump.
The people on the couches laughed and hollered at this.
My cheeks burned with shame. I could actually feel my testosterone levels plummeting. I quickly fled the scene.

15. “How awkward can I make this”
Around twenty minutes later, I was out in the smoking area nursing my wounds.
I spotted the girl in the white trainers smoking a cigarette with her friends.
Out of some kind of perverse masochistic instinct, I said to myself, “I wonder what would happen if I approached her again?”
How awkward can I make this?
I wanted to find out.
So I approached her as if nothing had happened.
“You’re cute,” I said bluntly. “I had to meet you.” I held out my hand.
She smiled at me. I got a look at her eyes properly for the first time. She was really beautiful. “Hi!” she said. “Who are you?”
16. It was like I was speaking to a DIFFERENT PERSON. We got to talking and I started teasing her a little bit and put my arm around her. Soon we were making out. We left together 20 minutes later. An hour later she was naked in my bed sucking my cock.

17. Epiphany
As we cuddled in bed afterwards, I asked her what caused her to change her mind. I was genuinely curious about what the fuck had just happened. “What do you mean?” she said. “When I approached you near the bar, you totally blew me off. But when I approached you in the smoking area, you were into it. What did I do differently the second time?” “You never approached me at the bar,” she said. “Yes I did.” “Hmmm. I don’t remember that.”

18. Cracking the code
After that experience I started doing things differently. From then on, when a girl rejected me, I would walk away, then come back and re-engage her an hour, twenty minutes, or even just 5 minutes later. Shockingly, almost every single one of the girls I “re-approached” after being initially rejected responded extremely positively to me on my second approach. I ended up fucking dozens of pretty girls who had—just hours earlier—seemingly “rejected” me. All from simply walking away and then re-initiating with them again a few minutes later.

19. The art of “flipping”
Pretty soon, I largely dispensed with the need to re-approach altogether. Now when a girl “rejected” my approach, I didn’t even take it seriously any more. I just kept talking to her, teasing her and smiling like a fuckhead anyway. Almost every time I did this, the girl would sooner or later “flip” from being non-responsive and bitchy to being friendly and flirtatious.
Again—it was like talking to a completely different person.

20. Biologically programmed

This has worked so consistently for me that I’ve come to believe women are actually biologically programmed to respond to persistence in this way — much the same way that we are biologically programmed to be turned on by big boobs or a flash of bare leg.

In other words, it’s not a choice.

When you can hold frame and tease her playfully in the face of her initial resistance, she will be as attracted to you as you are by seeing a hot 21 year old in a bikini.

It’s an automatic, unconscious response which she has no control over.

She may hate you, find you irritating and consider you loathsome.

But she will be attracted to you.

THE BOTTOM LINE

21. The proper response to a woman “rejecting” you, telling you to go away, telling you she has a boyfriend—is to hold frame, SMILE LIKE A FUCKING SHARK and continue talking to her in a playful and challenging way.

If you can do this convincingly, she will slowly turn from unreceptive… to attracted and aroused.

Sometimes it happens immediately.

Other times it takes a few “tries” before she starts to warm up.

But it happens almost every time.

(Very often you’ll find that reason she was “cold” initially was just that she felt nervous and self-conscious around you.

In other words, you were actually too high value, and it caused her to become shy and reactive.)

Since learning this, this is where around 80% of my lays from cold approach have come from.

In one form or another, it’s how I attracted every really hot girl I’ve ever dated, slept with or was in an LTR with — including my current LTR.
22. You’re not going to be able to do this well immediately. The first few times you try it, it won’t really work. However, once you get good at this — it is the secret which unlocks the entire game. When you respond non-chalantly to the fact that she “rejected” you, and continue talking to her in a relaxed and playful way, this is what MAKES HER attracted to you.

23. Holding frame and being playful and relaxed in the face of her initial rebuff is what makes her aroused by you. Persisting in the face of her initial cold response is not something you do in order to be able to game her. It is the game.

24. The only way you can prove this to yourself is by doing it. If you’re an online theory autist then don’t even bother thinking about any of this. It will only work for guys who are GOING OUT and ACTUALLY APPROACHING. I can’t prove it works to you with words. You have to actually go out and try this for a while (and get decently good at it, because it is a skill) before you’ll see it works with your own eyes. But it does work. And if you don’t understand this crucial part of the game, you simply will not get the women you really want.

FREQUENTLY ASKED QUESTIONS

Q: OK, SO WHAT CONSTITUTES A “REAL” REJECTION? WHEN SHOULD YOU GIVE UP?

A: This was a question I got a lot in response to my "Get Laid Like A Warlord" post. A better way to phrase the question is this:
How many times should you keep trying with a girl, in the face of her giving you a hostile or negative reaction?

The answer is FOUR.

You can (and must) try up to FOUR times, or else you will simply seem like too much of a push-over to be attractive.

Her first THREE rebuffs are to be regarded as TESTS.

Her FOURTH rebuff is to be regarded as a real and sincere rejection—and should be honored with a certain formal respect. That’s when you move on.

If you keep trying to get with her after four times of being rebuffed in an interaction, that’s where you start to legitimately look like a low value creep.

If you persist LESS than four times, however, you simply will not convey enough information about your status in the dominance hierarchy for her to become attracted to you.

This is called the Four Times Rule, and I did not invent it. A guy called Alexander did — and I am forever grateful to him for doing so.

(Alex used to teach for RSD. He now runs his own thing — check him out on Youtube HERE.)

Q: SO YOU’RE SAYING LOOKS DON’T MATTER AT ALL AND I CAN BE 200 POUNDS OVERWEIGHT AND I JUST HAVE TO KEEP PERSISTING WITH THE HOTTEST GIRL IN THE CLUB AND SHE’S GOING TO DROP HER PANTIES AND FUCK ME RIGHT THERE?

A: No.

This will not work for you if you’re morbidly obese.

It will not work for you if you’ve got extreme health problems, open sores all over your face, or have a cock where your nose should be and a nose where your cock should be.

This advice will work for average, typical looking guys, with good hygiene, who are in decent shape, have decent style, a nice haircut, and good clothes.

In other words, it will work for 99% of the guys here reading this.

I’m not interested in getting into autistic arguments about the relative importance of looks and game.

I’m not a particularly good looking guy but I’ve made it work. If this causes you cognitive dissonance, take it elsewhere. I’m here to help people like me—regular, boring, normal
guys who want an edge.

Contrary to what the media would like you to believe, the vast majority of men who study game online are not obese, basement dwelling neckbeards.

Getting into arguments about “b-b-but it won’t work for the fedora neckbeard morbidly obese virgin D&D players!” is a complete and utter waste of time, because such hard-cases actually constitute a fractional minority of the people reading this.

(If you don’t believe me, just look at the crowd in videos of an RSD seminar, or the 21 Convention.)

Q: THIS IS TOO MUCH WORK. I’LL JUST STICK TO TINDER / PORN / ANIME / MY FLESHLIGHT / WAIFU PILLOWS / ETC

A: You’re right that this is too much work to do with every girl. That’s not what I’m recommending.

This is appropriate only to do with women you’re really sexually attracted to.

In other words, this will only work on girls who have a femininity about them that deeply energizes you.

Another way of putting it is…

You know when you see a girl who’s so pretty you immediately get nervous and get butterflies in your stomach?

This is to be used on THOSE kinds of women. The ones whose beauty and feminine energy truly inspires you.

A lot of girls you approach will just be “practice approaches”, or approaches to warm up when you get in the venue, or approaches simply to be social and express yourself.

You’re not especially attracted to the girl, and although you might fuck her once, you wouldn’t keep her around.

What I’m advocating here is NOT APPROPRIATE in those situations, because it’s inauthentic.

Pursuing a woman in the face of tests and resistance only works when it’s pure. And it’s only pure when you’re doing it out of a genuine and sincere desire for her.

If you don’t feel this desire for women — if you don’t feel butterflies in your stomach when you see a beautiful girl — then you need to cultivate this, because it’s what makes everything else in game work.

Do nofap (hardmode—no “edging”). Lift heavy weights for testosterone.
Drink protein shakes, and make sure you’re maxing out or exceeding your protein macros every day.

(This last one seems trivial, but I only started doing it properly a year ago and fucking hell has it ever made me hornier.)

Q: STOP ATTACKING MARK MANSON. HE’S CONTRIBUTED MORE TO THE PICKUP COMMUNITY THAN YOU HAVE

A: This shouldn’t be construed as an attack on him personally.

I am instead attacking a particular ideology which has taken hold in the manosphere/PUA community — partially as a result of the popularity of his book — and which says that pursuing a woman who has “rejected” you is a “time-sink”.

This advice is a “white lie” which is actually very good for beginners.

He’s telling his audience (who are mainly complete newbies to game) what they need to hear to start approaching, and not take negative reactions too seriously.

However, when this “time sink” idea is taken dogmatically, it hinders your ability to attract the women you want by promoting a defeatist mentality and making you easily demoralized.

I neg Mark Manson a bit in this post, but it’s in good humor (like all my negs). I respect him as a writer and love the core message of Models.

Q: WHAT IF THE GIRL SCREAMS AT YOU OR HITS YOU OR GIVES YOU AN EXTREME RESPONSE? SHOULD YOU STILL KEEP TRYING UP TO FOUR TIMES?