

Clint_Redwood ARCHIVE

compiled by /u/dream-hunter

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Year in Review, 9 months of TRP

667 upvotes | January 6, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary: This post is a quasi 9 month field report of successes and failures through the year, advice, and a thank you to how fucking awesome TRP is.

It's always commented on here that you don't make giant leaps of raising your value. It's more about those little 1% changes that add up to you eventually being in the top 20%. We often have 1 month challenges, think of this as a year in review of everything you've done since finding TRP.

Since it's the end of the year, I figured it'd be interesting to note down every small little increment that I've change in my life since reading TRP and i invite you to do so also. Along with some successes and contrasting my personality preTRP. It's good to be able to visualize everything you've done and see how much you've changed. Since a lot of times we forget all the little improvements we did through the year.

This post doesn't have any great revelations or the flash or a GLO post but it might give newbies an idea of what you can achieve in a year and ideas to practice on.

These are in fairly accurate chronological order.

4 months into the year i found TRP

- ended a 4 year relationship and engagement. My general mood and outlook was horrible, super depressed.
- started lifting again after doing nothing for 7 years
- Forced myself to have laser eye contact with people
- went out and bought some new clothes for the first time in probably a year or two. I stuck with my somewhat outdated style though. Not bad style, just clothes more for a 21 year old than a 25 year old.
- Got on tinder, started practicing A&A to the extreme after being pretty much a social recluse for 4 years.
- Got into carpentry, built my own floating bed with backlit LEDs, stained my dressers to match. Cut into my gym time which i was pretty religious about for the first 6 months. Needed to keep myself distracted from ending my engagement.
- Got into mixology and cooking
- Read No More Mr Nice Guy, Sex God method and a few more books
- a month in after some basic strength training I start 5x5 stronglifts
- buy a lumbar support for work at the desk to correct my posture
- Became much more dominant in bed. Read a girl's body language now tells me a lot more than anything she could ever verbalize.
- Started proactively being direct and never beating around the bush with girls. If i wanted to kiss them, I'd grab them and do it. If i wanted to talk about sex, we'd talk about sex. If i wanted ice cream all of the sudden, I'd grab her and get ice cream. I shut down supplication mentality of

the, "what do you want to do?" subsequently girls have never been happier being around me. Minimal shit tests.

- A few friends and I take a random road trip to a party a party island a few hours away. We fumbled a bit but the adventure mentality and just doing whatever the fuck we want was great. Men should travel to random places more often, helps push you out of your comfort zones. Also boosted IDGAF and you're more bold with women
- Moved in with 3 friend at a local campus for a more social environment. One of them is a natural Gronk alpha and could power talk against Donald Trump, I used this to up my own A&A and dealing with Amog's.
- Started using my experience of A&A from tinder, in person at bars. Just saying random shit, to my surprise, never been slapped. Most girls find it hilarious that I say whatever the fuck i want.
- Started practicing minor dance moves, haven't gone full bore with it yet though.
- 6 months in and I went from skinny fat 175lbs to ripped sub 10%bf 190. I'm get hard IOI now, girls even come up to me and hit on me from time to time. They'll squeeze my arms or play with my hair(*I have Thor hair*).
- start focusing heavily on good posture, learn some techniques from TRP to do so.
- about this time i had 5 or 6 new girls under my belt. 2 plated. Finally started to "Feel" the abundance mentality instead of faking it. I'd ignore girls, drop contact or completely forget I got their numbers as It wasn't a huge priority anymore.
- took my first ever girl home from the bar. Whiskey dicked it but fucked for 4 hours straight in the morning. To this day she "hates" me, we had nothing in common, great sex though. Pro tip, if a girl says she hates you after being on your dick, that's not what she means.
- I was never really in the anger phase, but i did have a tiny bit of annoyance from seeing things happen with an RP outlook. This finally started to fade and I was falling into the acceptance phase of, "don't hate girls for being themselves".
- Girl roommate commented on me as very outgoing compared to most guys. Never would have thought that would be a word used to describe me.
- backpedaled a bit and one drunken night/fight agreed with my main plate to be exclusive. Broke it off a month later
- Went hard with IDGAF attitude, 2 days after ending it I had a new plate i pulled from scratch, still have her
- by now I'm around 8-10 new girls for the year, some tinder, some in person. The experience has made me a lot more picky, I set hard boundaries now on what I want and don't put up with shit. I'm a bit abrasive on them though and need to work on finesse. At this point I realized how idiotic it is for a guy in today's world to start a LTR after only dating maybe two or three girls. You really need to "feel" abundance mentality to even have a baseline on screening girls and what you do/don't want out of a girl. I'll never put up with the shit i did just 4 months ago, ever again. It's like being pulled out of a fish bowl and thrown into the ocean.
- got my first, 2 girls in one weekend, one was a plate so it wasn't 2 brand new girls.
- abundance mentality is setting in more, I no longer need to bake tinder or txt's, It just happens as i'm busy or don't care to talk to the girls.

- Outcome Independence is finally setting in. I no longer go out caring if I get laid, i just go and do enjoy myself as i know i can get laid from my plates.
- Ran into my the girl that *"hates me"* at the bars again. Didn't say a word to her just had fun with my friends. Text her at last call, *"hey"*, *"sup"*, just to get the confirm, called her, walked down the road to meet her, threw her over my shoulder and took her to my place. When i know a chick is into me now, I'm extremely direct, you can literally get away with anything. Never would have even thought of this preTRP
- Start studying into fitness sciences more. Learn the ins and outs of macros. Figure out deficiencies I might have. Fix my constant lethargy with ZMA and 5-HTP, was lacking in some minerals.
- Start practicing some basic machiavellian stuff. When girls come over to the house(*I have a girl roommate*) I'll get them to do small things for me to practice positive reinforcement and the Ben Franklin effect. Now girls will just come over and help me with things, play with my hair massage me, get me drinks, help me cook, etc.
- When a girl asks me to buy her a drink now, I pressure flip her a bit just to mess with her, then get her to go get me and her a drink, but only if my current one is running low. Sometime I'll make them wait quite a while.
- Get two new girls in one weekend
- redid my wardrobe again, much more modern and stylish. I pushed myself out of my comfort zone for clothes. Started caring about shoes(*I've always been a 2 pairs of shoes guy, work and casual. Always thought more shoes than that was stupid as shit or something only girls did*). Now I match from head to toe, have been getting tons of compliments on my appearance now. Shoe matter.
- subsequently I've been getting a bit of beta shame from other guys as my physique and apparel is getting better. I counter it with complements and positivity, it's a rare issue now.
- Learn that cold showers can be great for invigoration, immune system, testosterone production. I now take them right before parties or going out at night. Puts me in the zone and ready to take on anything.(*Don't do them after a workout though. read the comments if you want to know why*)
- with 8 months of cooking behind me, I am now the master of salmon/tilapia and filet mignon. Next year I'll master chicken and maybe something a bit exotic. I kinda took the title of *"cook"* in our circle of friends from another guy who is probably better than me. Could see it hit his ego a bit, beta shame and started getting hyper critical of my cooking. Countered it like earlier with positivity and the 48 laws, *"Never outshine the master"*. I invite him over to help me cook and show me shit.
- Pulled a girl from a bar, heavy LMR. I know full well i can get this girls pants off if i want, but for the first time ever, i have a half naked girl in my bed and don't really care if i get laid. I fucked my plate 8 hours earlier. We mess around a bit and go to bed, was a fun fucking night. I pulled her cause she entertained me, not because I just wanted to fuck. True outcome independence.
- Bulking for the past month, up to 195, trying to hit 210 before spring.
- Yesterday my girl roommate commented to another as *"Clint_Redwood does not give a fuck"*

referring to how i handle girls, guess I'm doing something right.

That's only what I could remember, there was a lot more that i did. Pretty much making sure every day I did something to improve myself and be better than i was yesterday.

back before my 4 year relationship i was a quasi alpha/beta that had an ugly duck syndrome. I lost my V card at 20 and kind went Ham for a few months before my 4 year LTR. I was blessed with good genetics so the shoes were a bit easier to fall into. When i started TRP my goal was to get back to that level before my LTR. Today, I'm not anything like i thought i would turn out. TRP has rebranded what i thought i would be when looking back at my short run before the LTR.

Goals for next year

- 210-220lbs
 - get heavy into dancing
 - find more hobbies
 - find more sources of revenue (*I'm already successful at what i do*)
 - possible buy a house
 - threesome
 - maybe a second language
-

Closing

TRP is fucking awesome and has changed my life faster and better than I could ever have imagined. I made some great proactive strides back when i was 21 before my LTR but TRP is like bettering yourself while injecting social steroids. I've achieved more this year than i could have ever imagined, I can't wait to see what I'll be like in another year. It's very much a snowball effect, once you start you just can't stop.

For the newbies, I'm definitely more cynically than I was preTRP. Life looks bleak after swallowing and you do sometimes reminisce of the old Disney fantasy relationship but then all you have to do is remember how miserable you actually were. And knowing that you can not ever go back to them, the red pill is very much an irreversible self revelation.

I think the redpill opens you up more for highs and lows. If life is a spectrum, using say light as an example, bluepill thinking would be visible light, once you swallow the red pill, you can see everything from gama rays to AM radio. Kinda like the saying, "*you have to get hurt and be sad to appreciate being happy*". The redpill will drop you low at first, it will flip your mentality but once you learn to accept it and crawl out of what seems like bleakness, everything you find is that much more fulfilling and vibrate. We often talk about women with a negative connotation or even contempt here. But once you see that it's mostly flashy writing and a protective barrier for newcomers to adopt a healthy & critical mindset, similar to AWALT and the loaded gun analogy. You learn to accept women and get to truly appreciate them for everything they bring you. you learn to be the ying, the stoic, unmovable rock while learning to appreciate the yang, girls for their innocence and youthful

nature. You'll also start to be turned off by the abrasive, masculine type girls, the slutty or party girls will have less appeal.

It's definitely a struggle to keep improving every day. It's draining to know everything you know about women's subconscious nature and all the social dynamics at play, to push yourself out of comfort, forcing the introvert to be extrovert. But every day it gets easier and better, the mental and physical pain is worth the reward.

Thank you to everyone that contributes. I'd be married and fucking miserable right now.

Understanding Women's 3 brains: The Basics

160 upvotes | January 20, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This post was sparked by a comment i read in GLO post, "Go Full Patriarch". It's the statement you've probably seen if you've spent more than a month on TRP.

"Don't ask a fish how to fish, ask the fisherman"

"Don't listen to her words, listen to her body"

"Women will tell you one thing while doing the exact opposite"

"Women are from venus, men are from Mars"

"Fake it till you make it"

*"She says she wants a nice guy that appreciates her and respects her all the while she fucks Chad Thundercock while complaining to me. Why can't she see that **IM** perfect for her?"*

Here is the exact quote though by [/u/moodyprism](#)

What I find amazing is they're not actually intentionally lying to you when they say they don't like muscles or that they just want a man that will treat them nicely. They actually believe that's what they want.

All of these scenarios have one thing in common. A woman's frontal cortex has been conditioned by society to believe one thing, while her limbic brain is the one that actually knows what she wants.

Did I lose you there? Good, let's get started.

If you haven't read "What Every Body Is Saying" I strongly suggest you do. This was the book that brought me down the rabbit hole to what I am now presenting to you now.

Let's start with the brain you use pretty much 95% of the time, the frontal cortex or human brain.

The Frontal Cortex Brain or *Human Brain*

Can it communicate with it's own species or others? frontal cortex. That inner voice? Frontal cortex. Plan ahead for future disasters? Frontal cortex. Solve complex problems and capable of abstract thought? Frontal cortex.

This is the brain that separates us from every other species on the planet and is why we are the alpha predators today. this brain is what created the wheel, it's what tamed wolves into dogs even though we know wolves were our enemy at the time. It's what made us stop chasing herds for thousands of years and decide that maybe planting crops for the future might be a better idea. This is the brain that you work in pretty much 24/7 and it is also the most easily manipulated and easy to control brain. It is what propaganda and societies use to control masses because it is the most easily bent and malleable of the brains. It's what can turn a seemingly innocent person into a radical Muslim or follow a man like Ted Bundy. Its why blue pill men can turn red pill.

Interesting note also, our DNA is only different by 1.6% from chimpanzee. We are more animal than human.

The Limbic System or *Mammalian Brain*

Take a guess who we share this brain with? Dogs, cats, chimpanzee's, anything with hair on it pretty much.

This brain controls emotions, lust, anger, stress, motivation, fight or flight, memory, learning, etc. This is the brain that police use to better read suspects by body language. It how you can tell if a dog is friendly or about to bite your face off. It's controls group dynamics, pack mentality, crab in the bucket mentality, mob mentality, etc. It's the brain that goes ape shit when you go blue pill to red pill. The opposite, when men reject redpill and stay bluepill, that's the frontal cortex basically ignoring all understand of his limbic system and social dynamics he's seen his entire life.

Ever notice how guys puff up before a fight? Ever notice how dogs arch their back and puff their hair up to look bigger? That's because it's all controlled by the same evolution all mammals share in common, the limbic brain. This also explains why reptilians are typically very stoic in nature. They lack the higher capacity for complex feelings and emotions.

What's interesting about the limbic system is, it's completely out of your control. It's main job is to keep you alive. It is purely an input output computer. Reaction of stimuli in your environment. It's also hardwired but can be rewritten to a degree. This brain is what controls attraction. **It's #1 job is to keep you alive and reproduce**, and it has had a fucking long time to develop what will keep you alive and what will grant you with health offspring. **And it's really fucking good at it's job**. It's also what most people are completely oblivious to, because the frontal cortex is so powerful, it can rationalize away what the limbic system is doing.

You see food, you salivate. Dog hears owners voice, he reacts. Guy push you, you start sweating, heart rate climbs, muscle contract. Walk up to a girl, she leans away from you, takes a step back, turns her foot away from you. These are all subconscious reactions or "sub" frontal cortex decisions. If you have a hard time talking to people, bad posture, getting out of your head, want to break bad mannerism, I strongly suggest you study up on the limbic system.

The Reptilian brain

This is the core of your brain. It was the first development in complex organisms all the way back to flatworms and pre-spinal core animals. This brain is nothing more than a control system. It controls the most basic of bodily functions and subsystems in the body. Balance, heart rate, breathing, hunger, reproduction cardiovascular system, etc. It's called the reptilian brain and the first brain because guess what, we share it with reptiles and it was the first to evolve. The main structures of this brain are the brainstem and cerebellum. We won't get much into this one.

Alright Clint_Redwood, get to the fucking point, what does this have to do with chicks and slaying pussy?

Well, pretty much everything. If you suck at presenting yourself, expressing convection through your words, being charismatic, reading girls level of attractiveness to you, building rapport, having shit

body languages, bad posture, high pitch voice. It's all controlled by your frontal cortex and limbic system, and understanding it will allow you to control or change it.

/u/moodyprism

What I find amazing is they're not actually intentionally lying to you when they say they don't like muscles or that they just want a man that will treat them nicely. They actually believe that's what they want.

Back to this quote. Women, and you, have been conditioned by the society and culture you live in. This conditioning is 100% frontal cortex manipulation.

What you and chicks find attractive is 100% controlled by the limbic system. Society doesn't tell you what's hot on a girl. Millions of years of developing the limbic brain does. You know a slim chick with wide hips and huge tits is hot because instinctively you know, One, she can run her ass away from a threat for not being a hamplanet. Two, she has a high chance of surviving childbirth due to wide hips. And Three, her tits hold milk for you baby.

Women find, big muscle, tall men, facial symmetry and social standing attractive. Why? Big, tall men can beat the shit out of other rival tribesmen and in groups can kill a Mammoth, a animal 60 times his size, feeding a tribe for a month. Facial symmetry, social standing are also representations of a man's ability to provide protection to a woman. High social status was developed in the days of mammals becoming pack animals. No different from wolves or gorillas. All, 100% controlled by millions of years of evolution in the limbic system.

Woman and men, mostly lack the ability to tap into or control the limbic system, let alone even understand it. Show me a woman that dives this deep into the rabbit hole(*on her own*) to understand her true nature and I'll show you the first ever unicorn.

So when a woman says she wants one things but you know for a fact, she wants the exact opposite. Don't get mad like a little fucking child, don't get irritated because it's the 1000th time you've heard it and she's a dumb stupid little dumpster slut lacking in any coherent concept of self awareness or logical thought process. No, realize she's just like every other bluepill guy that believes what societies has conditioned his cortex to believe. All the while you are the higher man, with a better understanding of human nature and how all three brains work.

The only difference between a bluepill and a redpill is, the red pill has seen or realized, our limbic system does not function properly in this new feminized society we live in today.

Here is some food for thought till the next post

"Since women are mostly, completely oblivious to understanding their limbic system and true desires, yet are very adept at socializing and expressing their emotions, a limbic system trait. Who is more attuned to themselves. Men or women?"

If people are interested I might do a write up that goes more in depth on how the limbic system controls things like posture, body language, etc. If you have any idea or are curious to see something explained that i didn't list, feel free to ask.

The Drink Test

172 upvotes | January 22, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

Girls can shit test, I think i just found a submissiveness test.

Shit Test

For those that don't know the underlying dynamic of a shit test, it isn't to break our balls or give us a hard time, well it is, but not something they do consciously. A shit test is a primate's way to test your level of resolve when faced with conflict. The girl is unsure of your ability to protect her, she might sense a false alpha, so, she tests you, to see if you really have what it's takes. It's all 100% subconscious, just like this story I'm about to present.

This is a small observation I made on a submissive behavior I noticed while with a plate. But it a great indicator of submissiveness a woman has towards you which also equates to respect and is extremely important to the captain/first mate dynamic.

body

Had a plate over. Sitting on the edge of my bed after fucking, eating pizza and watching some TV. As my plate bent down to grab her coke, I unconsciously reached out my hand towards the drink while she raised it up in the air. It was maybe 6-8" from her mouth and tilting to get ready for a drink. She smoothly transitioned it straight into my hand, I took a drink then handed back to her and she took her drink. It should be noted that I did have my own drink, but i wanted a drink of her coke.

Now most blue pills would say I'm just a dick grabbing a drink from another person's hand. But here's the kicker. I didn't even realize what had happened till about 10 seconds after she put the drink back on the floor. And, very important, I didn't grab the drink from her hand, she handed it to me. We were both transfixed on the TV and it just happened dynamically. This was basically my reaction when i stopped and noticed what just happened.

For those of you who aren't seeing an importance here, i suggest you read up on group dynamics in other primates and into understanding subconscious gestures via the limbic system. This is a very common social dynamic among other monkeys. Male always eats first(*excluding a few species*) and it's a direct show of submissiveness and respect. This is also a completely subconscious, reactionary thing. If a girl is submissive to you, this happens without anyone even noticing. I was actually surprised that i even had the hindsight to see it.

And for reference of this girl, I've been seeing her for about 3 months now and she is utterly infatuated with me. She has never given me a single shit test, loves being tied down in bed and taken any way I want. In 10 months of TRP she is the most submissive and best plate I've ever had.

Lessons learned

Try it with your plates If you want to see the level submissiveness and respect a girl has for you. Try to make it as nature as possible though, don't just grab it out of her hand, don't even look at her as she does it. When she goes to take a drink, just hold out your hand and see if she hands it to you. She'll either look at you like a beta that needs put in his place or hand it over without even thinking about it.

While girls get to shit test us to measure the brass of our balls and our ability to stand up to conflict, we can test them on their submissiveness and willingness to follow.

If she fails the sub test

if she look at you with disgust or any indication that she won't be bending to you, then i suggest you reevaluate your body language and how you conduct yourself around her. You should read *"Sex God Method"* if you haven't already and identify any submissive type behaviors you might be doing to her. Common ones are, *"Honey what do you want to eat?"*. Never ask this, she will always answer *"Idk"* anyways so grow some fucking balls and decide for her. If she doesn't want what you want then she'll let you know. You as the captain make the decisions, you just heed the advice of the first mate, she doesn't run the ship. Asking her what she wants is basically asking her to lead you.

Use some introspection, identify these submissive, subconscious behaviors you have and destroy them from your habits.

If anyone has any other submissive type gestures you've noticed girls do either directly or indirectly from your actions, feel free to list them. It might be interesting to see a list similar to shit tests that can be used to test a girls level of submissiveness.

Edit: Also, for you newbies that will probably fuck this up, don't do this on a first date or even a third. This is a test that will require a lot of comfort from her before she will submit to you. If you do this on a first date and she rejects it, she isn't dominant towards you, you're just socially retard.

Guns

136 upvotes | February 2, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I typically hate taking any kind of absolute position when it comes to anything in life. Humans and social interactions are typically anything but simplistic enough for absolutism. Guns and weapons however are one of those things I am very resolute in.

summary

This topic was sparked by a post over in askTRP, the shorthand of it was a guy and girl are at a bar. Drugged guy comes in with gun threatening to shoot people. Boyfriend was raised in France where guns are not the norm. Boyfriend doesn't realize his girl is carrying, she pulls. Robber makes a mistake and lowers his guard for a split second, she shoots him, he's tackled by others. He didn't die but the boyfriend is shook by the incident.

The TRP analysis from [/u/Archwinger](#) is that he is having trouble realizing that this woman who he thought needed him, doesn't need him at all. Boyfriends issues aren't that his girl shot someone but that she didn't need him at all to do it, or afterwards she didn't need any emotion support from him with handling it.

Later down the analysis other members point out that his lack of preparation for a situation like this and the fact that he tried to stop her was a direct show of weakness. While it can be argued a lot of different ways, *"it's not worth risking your life over"*, *"He's from a country that never had guns"*, *"He could have died"*, *"don't risk your life for some bitch"*, *"he did the right thing by trying to stop her, it could have ended a lot worse"*.

You know what all of those statements are? Hamstering.

Body

Here is the simple, cold hard truth that is reality and mother nature.

You are a man, your job as a man is two things, fuck and protect, die if need be.

It's a shit job but it's **OUR** job. It's **thee** job nature and evolution has built us for. If you have studied sexual dimorphism, the larger sex always protects and fights for the weaker sex. It is our biological imperative, to fail it is to fail as a man, simple as that. No amount of rational can hamster away evolution. This phenomenon explain why white knighting is even a thing, why guys move fucking mountains for pussy, it's why civilization exists. It is biologically ingrained in us to protect. and fuck.

If this was 20,000BC and that robber was a raiding band from another tribe, everyone in that bar would be dead and his women would be the last one to go down as she had the most fight.

No matter what rational you put behind his actions, he was an ill prepared and weak man in the eyes of nature. She stepped up and possible saved someone's life. He might be the Steve Fucking Jobs of his career path, he might be a \$600,000 CEO with beach front property in Bora Bora. He might have 1000 girls on his belt. Doesn't matter, in that situation he failed as a man and she will forever remember it.

People sometimes get in the gun conversations here in the US and it inevitably turns to, *"Would you shoot someone in self defense?"* or *"If it ever came to it, would you shoot someone?"*. Most people will give roundabout reasoning or try to take the moral high ground as if they are above such barbaric things, *"Idk, depends on the situation."*, *"Well I don't WANT to shoot someone (like it's the fucking norm to WANT to shoot someone?)"*, *"If my life was threatened, probably"*. The truth is, very few people actually have it in them to do what his girl did. My answer to these questions are always the same,

"I'll kill them"

"Ya but what if..."

"I'll kill them"

"What if you had a kid with..."

"I'll kill them"

There is no other answer to the question.

Luckily we live in a day and age where you can live your entire life and hopefully never be put in a situation like that. but don't take your comfy life for granted. If that day ever comes, you have two choices, kill or die. If you're lucky you have a third option of fleeing.

Now, most people take classes to teach proper gun usage and safety. Those are the bare minimum requirements to protecting yourself. If you think that's all you need and you're ready to take on any robber or bad guy that could threaten your life or your family's, you're a fucking fool.

My father taught me to shoot at the age of 5. He taught me how to properly handle, store and carry a firearm. But out of all the thing he taught me, the best thing he ever gave was the mentality needed for protecting myself and my loved ones.

I hope that all of you are familiar with this man, Conor McGregor, if you aren't you should be as he is a great example of IDGAF mentality and being absolutely resolute in what he believes in and is capable of. He has one other remarkable trait that a lot of fighters have, and that is the mentality that when he steps in that ring, he is 100% positive he will come out on top. There is no doubt in that man's eyes that he will not destroy his opponent.

And that's the mentality you need if the time ever comes for life or death. You must be 100% sure of yourself, in your abilities as a man and protector, that if someone threatens your life or your families, you **will** kill them, no questions asked. Any doubt, any hesitation and you could be on the wrong end of the exchange. That guys girls from earlier, if asked, I'm sure has played that scenario in her head a thousand times over. Her father probably trained her on how to act, how to conduct yourself, to be resolute, quick and decisive if the time ever came.

An ill prepared man is hesitant, he's unsure of his abilities, he questions if he should run or act.

Why is my answer always and only ever, *"I'll kill them"*? Because it has to be, there can be no doubt in your mind, ever. You must repeat it to yourself, you must imagine and play out the scenario a 1000 times in your head. You must practice draws and firing. You must be 100% confident that if the time ever comes, you will be ready.

I've played the scenarios out thousands of times in my head and practiced it in martial arts a 1000 times more. Robber in a store, draw, cock, find a safe line of fire. Guy holding gun point blank to face, under over right hand, grab gun an slide, left hand strikes jugular till Adam's apple collapses and death. If i have a knife and in range, stab to the neck, pull it towards you to rip out trachea and

jugular. Guy pulls out knife, run the fuck away cause he only has a knife, and no one wins in a knife fight.

There are times when fleeing is the right action, a lot of times it can be, someone else might get killed but that's a choice that can only be made in the moment. You might not be lucky enough to have fleeing as an option.

Brutal? Fuck yes. Unnerving fuck yes. I don't think any sane man likes to think about killing another. But it's our job, it's what men are born to do. Civilization has made it so it is a relatively low threat to the average man. But, You must familiarize yourself with the possibility that you one day may have to take someones life, and you better be fucking prepared.

Conclusion

Now, if you are someone who's against guns, against violence, whatever, I applaud your ability to sit on a high horse. But you are a fucking fool. If you live in the US or have that availability to own a firearm and you don't, you are a fool and though i rarely admit such a thing, In the eyes of nature, I'm a superior man to you.

If this was 10,000BC and our tribe was raided, one of us is going to be a lot better prepared.

(If you don't live in the US then this post doesn't really apply to you but you should still be well versed in the most lethal form of defense you can legally obtain. Because Nature does not care.)

If guns were outlawed in the US then I'd carry the biggest fucking blade i could on my person(*that's 6" non folding in most states*). I have a Taurus Judge loaded with 410 shotgun shells on my dresser, right next to my Khukuri blade, with a machete by my door and another hidden on my bedside, a 6 foot hardwood Bo staff as decoration downstairs, another machete and khukuri hidden under a couch, an AK with magazines in my closet, a 44 in my desk at work and a mossberg 590 in another room.

the AK is pretty much only useful if the US ever was invade which will probably never happen. The machete has enough weight and size to cleave off any limb but to large to effectively wield in a house(*I mostly use them to clear brush outback*), the khukuri won't be taking off a torso or head but it will easily sever a hand or arm if a weapon is drawn and coming around a corner. Being 6'2" 200lbs, The Bo staff is powerful enough to knock a man to the ground in a single good blow while i reach a blade or gun. It's also stylish and easy to hide in plain view and no one is going to cut themselves on it. The judge is pretty much the best home defense pistol you can buy. Shotguns are your best home defense bar none.

All of those these weapons are different, they have different methods of use, different purposes they were built for. But all of they are all built for one thing, killing. Some do it better than others, some would fail in a situation where others wouldn't. You should be well versed in many different forms of self defense, not just guns. I've trained in martial arts since i was 6.

Overkill? Maybe? Paranoid? Could easily be argued for. But you know what? If anyone comes in my house with intent to kill or threatens my life or others, there's a good chance I'll still be the one alive the next day. My 3 other roommates all have guns also, we regularly go out and shoot and become accustom to any weapons in the house. Oh, and one of my roommates is a chick.

When it comes to life and death situations, mother nature does not give a fuck. Mother nature will say straight to your face, *"fuck your morals, fuck your ethics, fuck your religion and fuck your humanity.*

One of you is going to die today, hope you prepared."

Lessons learned

This is always hot topic of debate. Everyone always has an opinion, but you know what? **Nature. does. not. give. a. fuck.** The universe gives no fucks about any of that. It doesn't care what you think, what other people think, what is right or wrong, what is moral or immoral. No amount of high horse rational will save you, all the opinions, judgements and shaming you get for whatever stance you have on weapons will not matter. Your morals will not save you, you're ethics will not save you, your religion will not save you. You kill or die, end of story.

Learn to protect yourself and your loved ones, whatever weapon you can legally obtain, you should be well versed in using it, no excuses. You are a man, it's your job. It's a shit job, but it's your job.

TL;DR

Mother nature does not give a fuck

Cited girl is alive today because she was prepared

Don't be unprepared

Edit:

deescalation

I figured I'd add this. For anyone that has trained in a defense martial arts, a lot of those teaching are actually how to avoid a fight all together. While my post is very heavy into protecting yourself and being prepared, how evolution has built us to be this way, etc. Being able to identify a threat and deescalate it was not within the scope of this written. However it is just as important if not more to be well versed in how not to get into a conflict. Sometime the best defense isn't a weapon at all but just using your fucking brain.

I've seen a few guys in TRP that are self defense instructors, they can give much better write ups on this topic than i could as this post is already pretty long. Feel free to comment on deescalating situations.

I would personally recommend taking a martial art, most of them teach techniques on this. Also read, *"What Every Body Is Saying"*, a great book for reading non-verbals and how you can convey body language yourself to show submissiveness that can quickly calm an aggressor. Those same submissive body language ques can also be used as a ruse to fake submission for a quick and lethal blow if needed.

Off the top of my head,

- present your palms to the attacker, as if to show you hold no weapons. Strong sign of submission and compliance
- shrug your shoulders up as to hide your head, called *"turtling"* sometimes
- Just take a fucking step back
- Don't gorilla flair or power pose. Often guys will puff up right before a fight, this is tied with or

mammalian brains and something we share in common with all primates. It's a subconscious thing so paying attention to yourself can sometime be hard, especially if alcohol is involved.

- piercing eye contact is obviously something not to do as its a show of dominance or non-compliance
- If you are in your home and suspect someone inside, the sound of a shotgun cock is probably the #1 best way to make them shit their pants and run the fuck away.

The Lens of Nature: The Purpose of the Human Male

25 upvotes | February 4, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

Yesterday I posted a topic titled "*Guns*". It advocated that every man should be ready and prepared to deal with the possibility that one day you might be faced with a life or death situation. Some of you took that as advocating for being a whiteknight cuckold and that you should die for some random on the street or a tinderella slut.

If your interpretation was the latter, plain and simple, I've failed at conveying the message i was trying to send. I focused too much on a politically charged topic, that is guns and it detracted from the core concept I was originally writing for.

So time for round two.

Edit: I strongly suggest you go through my post history and read, "*Understanding Women's 3 brains: The Basics*". It's an article on understanding the separation of the frontal cortex(*rational thought*), mammalian brain or limbic system(*subconscious, reactionary, animalistic behavior*) and the R brain or reptilian brain in the context of sexual attraction for women. If you are not familiar with any of that, this post will be very esoteric for you. Pretty much everything i describe in this post is in reference to your mammalian brain, not the logical frontal cortex.

What Did Evolution Design the Human Male For?

I'm specifically choosing to say, "*human male*" because in this article, I want you to take a disconnected view of humanity. In debate and scientific study taking a dissociation stance on the subject at hand is very important. Doing so enables you to take in opposing views and still keep your emotion in check, even if you are 100% against them. In scientific study this allows you to not form a bias from previous experiences or information that contradicts your hypothesis.

Part of the acceptance phase of TRP is to just accept that humans are humans, girls will act like they are programmed and guys will do the same. You analyze, deduct and correlate your experiences and knowledge to paint a bigger picture and understanding of human nature. That is what TRP is built upon. The study of human nature from a disconnected stance as if you were studying any other species.

So, from this point forward in the post, we are going to look at humanity as an outside observe of the species instead of an active member inside it. This disconnection will allow you to objectively question and study human nature.

Our Ancestors

Let's start pre 220,000BC to take it even a step farther back. For those of you that don't know, that's when the first homo sapiens walked the earth. Before that, no homo sapien existed. Our ancestors

homo hedielsbergensis with all intent and purpose, is almost completely anatomically identical to modern day humans(*Chimps are 1.2% different from us if that gives you an idea*). But they lack one key thing, *"The Great Leap Forward"* or behavioral modernity. This is when our ancestors developed rational thoughts, bone tools, burial, self ornamentation(*peacocking*), figurative art, that voice in your head, hamstering, etc. (*This is all brought forth via the frontal cortex, one of three brains humans have. If I lost you there, you need to read "What Every Body Is Saying"*)

Guess when this happened in our species? Well, actually only about 50,000 to 80,000 years depending on which study you choose. Ya, that's right, *Homo sapiens* walked the earth for about 150,000 years before we developed into the true *"modern day"* *homo sapiens* you see walking around you today. For reference, wolves were domesticated 30,000 years ago and civilization started 15,000 ago.

Why am I talking about this? Because 50,000 years isn't even a blip on the radar compared to how long our species has been going through evolution. Guess how old our closest relatives are, the chimpanzee's. One million years? No.

Two? not even close.

Four? Still way off.

7,000,000 years ago our ancestral lines merge with chimpanzee's.

This is us 25 million years ago

Your 30 million year old grandpa

Your 75 million year old retarded late brother Thad that got ate by a T Rex

Your 220 million year old dad with probably the most Alpha Jaw line in your family ever

What do all of these relatives have in common? They all have females and males.

The Evolution of Attraction

back to 7 million years ago. Chimpanzees, gorillas, orangutans, all of them are related to us. All share behavioral traits. Mate guarding, peacocking, power poses, eye contact dominance, fight or flight, flair up before a fight. These are all behavioral traits brought forth by the limbic brain or mammalian brain, the second of 3 brains we have. (*Again, if I lost you, read "What Every Body Is Saying"*)

Guess what females find attractive. The Biggest, the strongest, the most dominant and protective males. This is the exact reason why Chad is sexy and millions of women despise bluepill men.

here's a little TRP tip for you. If you ever find yourself in an argument with a bluepill or feminism about *"beauty standards"* or what men find attractive. Just ask them this, *"what do you think evolved first in our species, rational thought or sexual attraction."*

Watch their heads explode

These traits of attraction, or i should call, these behavioral traits of attraction, have been in development for 7 million years or more. Their are superficial traits of attraction like facial symmetry or social status that developed much more recently but that's beyond the scope of this post.

"Guns"

TRP is a buffet, you take and use what you want and discard what you don't. But you should be educated on the dynamics of what happens when you deny your biological programming.

In my "Guns" post i advocated that you must protect yourself and your loved ones. But i failed to explain the mechanics behind *why* you should. A commenter replied to the post saying that it was complete BS and he'll never fall on a sword for some random slut. And he was right, he shouldn't. The quote above was my reply to him. He doesn't have to but he should be educated on the consequences of whatever actions he decides to take in a moment of life or death.

Now, the incident i cited in "guns" was of a man on a date with a woman. Drugged robber comes into bar and threatens to start shooting people. This guy is from France, he's not accustomed to guns. She was, she shot said robber. He did nothing, even tried to stop her.

Lets look at that situations refined to just the paragraph above and through the lens of nature. Not the lens of modern day status quo, not a moral lens, not a self preservation lens. The lens of nature. The Lens of dog eat dog.

What is the purpose of a Male mammal as far as nature or evolution cares?

To protect and fuck. from today to 7 million years ago, that's your job. That's been your job since, rest his soul, Thad got ate by that T-rex. That is your soul purpose as far as mother nature and evolution cares. This is why whiteknights evolved into existence, they are evolutionarily programmed to protect, all males are. This is why since written history, armies have been fielded solely of men. You think generals or tribal leaders, shaman, Chiefs and warlords logically sat down 20,000 years ago and said, *"you know what, which sex should we choose to use for war as our civilizations grow? Men or Women?"* Fuck no, it's always and will be men. It's a trait shared by almost all mammals. Male lions protect their pride. Bulls protect their herd. Gorillas do this, elephants do this. Almost all mammals that have sexual dimorphism share this trait. It's not a social construct of human civilization.

It's a shit job but it's the job all male mammals where built for.

If you can't protect, you die. Your children die, your genetics die and your DNA cease to exist in the gene pool. **Nature. Does. Not. Give. A. Fuck.** You today, are the direct result of evolution. Of trial by fire and millions of years of death and survival. Where others fell and died off into the oblivion of extinction, your ancestors built you to be the alpha fucking predator of the world. Our species today are the pinnacle of evolution and survival in the eyes of nature.

Until you are not. Each generation is born with a few genes that have mutated. It's evolution way of testing out new waters to build an even better model than the one before. Some of those genes, control hair color, some control height, some don't do jack shit. Some control disposition in behavior. When a gene changes, natural selection takes stage and nature decides which animal is better suited for survival.

Here is the kicker, the opposite sex controls what is attractive and what is not. And attraction is whatever the opposite sex thinks will give them and their offspring the best advantage of survival. Rational thought gave way to civilization and working cooperatively. Rational thought gave way to

beta males using logic to trump emotions and behavior to attract mates. Before rational thought, behavior and size was the king in slaying pussy. *(this is why body language and your presentation fucking matter)*

But you don't just discard millions of years of evolution over night *(or 50,000 years)*.

Back to the guy and girl in "guns".

The guy that didn't act, he probably did the right thing for himself. Self preservation should be first and foremost for you. I wouldn't recommend you taking on an armed assailant to protect some random slut. But what if that was his wife? What if his children were with him and his wife?

Well then, that dude is about to have some serious fucking issues in his life. Any women that has to take the pants in the relationship, fucking hates it. Plain and simple. Women do not like to take the masculine role in the relationship. And the most masculine of masculine traits you can fucking have is to say, "Ya, I've killed someone before."

That man failed in the eyes of nature. Her mammalian brain will never relate him in a true masculine light again. If that incident happened 20,000 years ago and it was a raiding rival tribe, they'd all be dead. His genes would be dead and his kin would not pass on his genetics. Women are biologically programmed to be repulsed by men that fail to take actions or to protect. Females have to be programmed like this to ensure their own survival and their kins.

If that was his wife and children. Expect to be cucked in the next year or two, if you're lucky and not straight out divorce raped. She might logically be ok with your actions. But taking someone's life is a serious fucking event for anyone and she will subconsciously despises you, and that despise will fester into her logic eventually.

For the newbies, this topic might be a bit abstract for you. TRP is very esoteric but as you study more you'll learn how subconsciously held views fester into rational thoughts. Most people think rational thought comes first>then actions>then reactions>then subconscious beliefs. It's been studied and proven to actually work in the exact reverse order.

But luckily in today's civilization, the threat of death from assault very low on shit you need to worry about. I wouldn't recommend him falling on the sword for some girl on a first date.

You should be educated on the dynamics of what happens when you deny your biological programming. TRP is a buffet, you take and use what you want and discard what you don't.

Lessons learned

You of course can choose not to follow biological programming. The vast majority of the time you probably should. But you should also know the consequences if you do fail to take action. Especially if it involved your wife or children.

My Personal advice;

You should be prepared and confident that if your life is ever threatened, you will be the one alive tomorrow.

You should take a martial arts

You should take gun safety classes and be very well trained at using it if you live in the US

You should carry a weapon on you if legally can

you should protect your children and wife

You should learn how to deescalate a situation(*martial arts teaches that. Also read, *"What Every Body Is Saying"*)

You should use your fucking brain to avoid potential conflicts so you don't have to use lethal force. But sometimes, like the man and woman at that bar, you won't be able to avoid it, and **Nature. Does. Not. Give. A. Fuck.** if you are prepared or not. Nature will walk straight up to your face and kick you in the balls while saying, *"You better be fucking ready, someone is going to die today, hope you prepared."*

And lastly, you shouldn't risk your life for some random slut..... I really shouldn't even have to state that...

The Golden Rule: How To Not Get Fucked In Business

1422 upvotes | February 9, 2016 | /r/TheRedPill | [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 gets 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 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 shinny 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*

yourself 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.

The Dark Rule: How To Fuck Someone Over In Business

554 upvotes | February 9, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

This post is the second of two posts and is the ying to the yang of my other post, *"The Golden Rule: How To Not Get Fucked In Business"*.

In TRP we teach from an amoral stance, as in, anything goes as far as discussion. In my first post I discussed how to play by the rules and protect yourself. In this post i'll contrast the other perspective of the story. In the moral spectrum, the Golden rule is how to play morally correct. In the Dark rule, this is how you navigate as a machiavellian or immorally.

If you haven't read *"The Golden Rule: How To Not Get Fucked In Business"* then this post will have no context, go read it before continuing.

A year ago I attended a trade show with some business clients. It a great place to network, meet new people, review the latest and greatest technologies in my industry and scout out any new potential business partners or investment ideas. I've been the President of my division for 10 years and in the trade for 30. I know a lot of these people and everyone is familiar with me. Quite a few of my vendors and customers are in attendance too.

This is where i met Kevin. Kevin was a young and eager guy brand new to the business. He was working for another company that brought him along. This is his first trade show and only knows the guys in his company. We got to talking about how he isn't quite satisfied with his current work. He tells me he's about to graduate college and his plan is to become self sufficient and to start his own company upon graduation. We talk about a lot of things through the day and generally hit it off really well. He tells me about his new wife and that they are expecting soon. He shows me pictures and how she is taking a few years off of her nursing career to raise the kid. They still don't know the sex yet. I hand Kevin a business card and tell him that I may have a job opportunity that he fits the bill for. It's still in the works and I can't give much details at this time but I'll contact him in a few months to see if he'd be interested in working together. Kevin seems really receptive to the idea.

During this show I also met a guy named Tim. Tim's seems to have a level head and has been in the trade a few years. He started his own company about a year ago and has been working tirelessly to secure new accounts and build his business. His plan is to cast his net as far and wide as he can. He has a very specific niche in the market and is trying to claim as much work from it as he can before other companies move in to compete. I hand him a card and let him know I might be interested in working with his company on a job. It's not set in stone but expect to hear something a few months from now.

A few months later I call both men. I give it to them straight and quick. We are projecting to be spending a million a year on this work. Our first order of the year will be 100k purchase order.

Tim already has a lot of work on his plate. He's opening and closing orders every month. He's got a good grasp of his income to expense every month and how much money he has back for growth and improvement in the company. He can accurately project how much money this work will take to start

this new contract. He analyzes the numbers and realizes that in order to take on a new customer with this amount of work, it would put him in the red. He would have to front the money initially to kickstart the work. on top of that, his yearly sales is already projected at around 1 million. An extra million would put this new work to at roughly 50% of his total sales for the year.

He concludes It's too much to risk at this time. The money it would take to start is a risk he can't afford to take. he calls back and lets me know that he will have to regretfully reject my offer as his company isn't to the point of taking on such a large amount of work. He tells me however, if my company can front the initial cost for the startup, he can pay it back with some interest.

I let him know we will take that under consideration for who we choose to do contract.

Kevin on the other hand has graduated from school and is already lined out a building for purchase and working with the banks on some startup loans. He's been working with a few others in the industry trying to secure some work so that the banks will finalize his business plan and give him the go ahead on the loan.

He tells me that he is the man for the job and would love for my company to be his first customer. If I'm able to give him a month to finish with the banks. He will need some paperwork from me to finalize for the bank. I let him know I'll get back to him.

At this point I have two options. I can go with Tim who has proven to be a businessman that knows what he's doing. But, if i go with Tim my company must front the startup cost. Accounting doesn't like that. I don't like that as my bonus is based off of my performance and how much money I can save the company.

On the other hand I have Kevin, a very eager go getter that is willing to start the contract with no up front money required from me. My risk from him isn't money but a lack of reputation. Kevin may fail or produce subpar results. However I weigh the risks and this particular contract isn't extremely technical. Kevin seems capable and I don't question his drive.

Kevin gets the contract

Halfway through my vacation in the Rockies I get a call from my purchasing office. *"Mr. Redwood, Misogynist Inc. has just filed bankruptcy. They were 58 million dollar in sales for us and our most profitable account."*

"Fuck. Fuck. Fuck. FUCK."

"I'm going to have to downsize somewhere. I need to call accounting, how much money do we have back to weather this setback? How far out are out payables? Who do we owe the most to right now and how far out are they? Shit, they are already past net 45. We are going to tighten up and hold a few checks from our other customers. We can't afford to lose our second biggest customer and we can't let our main vendor freeze our account or we are dead in the water."

I get back to the office and my secretary tells me Kevin has finished the work and I need to inspect it to approve of the check. I don't have time for this shit, we just lost our biggest customer. Send my nephew Gronk over to check it out. Don't send the check though.

A week later my secretary gets a call from Kevin. Shit, he's wanting his money. I like the guy but I'm looking at losing my job and so is the 2,500 employees if I don't handle this lose of 58 million in

work. *"What are the chances of him taking us to court over this and it's impact on my company's reputation?"* Let's see, he just graduated college, he's got debt from that. His wife just had a baby and is unemployed, he obviously has a bit of money or he couldn't have started the business and fronted the money for materials. Whether he took a mortgage out or had money saved doesn't really matter. I know for a fact that I'm his only customer right now. Since he is a brand new start up and been in the industry less than a year he will have very few contacts so the hit on our reputation will be minimal.

On the opposite end of the spectrum I owe my second biggest vendor around 5 million in payables and am out 45 day on the last PO to them. They've been in business for 30 years and have their own legal team, netting around 120 million a year. If I don't pay them they will freeze my account and sell me no materials for any of the other contracts I have. My company will effectively be rendered useless.

Hmm, which company do I pay?

Lessons Learned

I bet you thought this was going to be a story of some scumbag CEO that fucked over a little guy. Sometimes that can be the case. I have seen just generally shitty people take advantage of the naive. But that's a narrative everyone and their mother has heard. The Evil corporation fucks over the little guy.

That tried and true scenario of Good Vs. Evil is great for movies like Star Wars but business is rarely that black and white. As an owner, you will have to make tough decisions. You will have to do thing you don't want to do. You will have to decide who gets to take home a check and provide for their family and who has to get fired. In this case an employee didn't get fired, some guy that started a business and failed got fired.

If you are a good businessman, you can foresee these thing before they happen and take measures to avoid risks like this. Tim saw it. Kevin and I didn't. I was too busy having fun in the Rockies and didn't realize one of our biggest customers was in trouble nor did I take any action to prevent them from becoming a large chunk of our sales. Subsequently my company suffered and in Kevin's case, he got his first taste of capitalism.

Machiavellian Review

But I promised you a machiavellian analysis of this situations. A dark triad review, so here it is. you can use this knowledge for immoral purposes. If you have the wealth, power or influence, you can fuck guys like Kevin over all day every day and there is little to nothing they could do. The more in debt they are, the more you own them. The more money you dangle in front of them, the more you entice them to spend and invest more on you, the more you own them. The less revenue streams they have, the more you own them.

I've seen guys like this. They jump from job to job conning guys out of their money. Hell, some of them are so good they can cross industries and still make a killing. But, once you burn a bridge in this manner, you knock over the tanker truck that was driving across it. Producing an oil spill that lights

and floats down river.

You should know the consequences of taking the immoral path though. Not just the legal ones, that's obvious, prison and fines out the ass if you get caught.

The Consequences of The Dark Path

The oil spill is word of mouth. People talk. Industries and business owners know each other. Just like you know you're coworkers, businessmen know businessmen. If someone fucks over one of my customer or vendors, I know about it in less than a week usually.

When a new customer comes looking to do business with my company i ask them, *"Who have you worked with before?"* Then I call that company, a lot of times i know the company. I ask about their quality of work, their business practices, and straight up, *"Is this someone you will continue to do business with?"* I vet my customer just like i vet bitches. I gather as much knowledge as I can so I understand myself and my enemy.

If you fuck someone over, don't plan on it being a career path. Eventually you will build a reputation and no one will work with you. Or you will be in prison, or fuck over the wrong guy and he kills you. You fuck with a man's livelihood or take everything he possesses and he will have nothing to live for. Yes, it does happen.

You may find the odd schmuck to fuck over, you may be able to move locations and start again. But eventually guys like this don't last.

My personal opinion, if you want a successful business. Be like Tim, it is sustainable, safe and legal. Build your company slow and steady and don't over reach your capacity. It's better to take a ton of small risk than one giant one. Tim's business model isn't just safe, it's scalable. As each one of his contracts grows, those customers will give him more and more work, building upon a great business to business relation. It doesn't matter if a company pays you 32 million a year in work or 30k a year. The only thing that matters is if that 30k is 10% or more of your total sales.

Good and long time customers can still fuck you over though. I knew a customer that got fucked by a company that did work with them for 20 years. The owner was in his 60's, my customer told me the old guy was a great businessman and well respected. But the old man had other plans. He was close to 70 and was done, he wanted out.

So he contacted all his vendors, ordered as much shit as he could from all of them. Liquidated it all, didn't pay any of his vendors a dime and moved to South America. I believe he made off with 350k+.

His justification? He said it was his retirement and he earned it for all his years of work.

How's that for a hamster.

edit:

Apparently a lot of you are missing the main point of Post #2. This actually isn't a post on how to go dark triad on some motherfucker. It's actually written exactly to do the opposite, denture you as it isn't a sustainable lifestyle in modern day capitalistic society.

Here was my thought process coming into this second article.

Upon sitting down to write this second article I wanted to take the stance of an evil CEO that's going to fuck over Kevin. As, if you read just the first article, that is exactly what it looks like. I purposefully left the first article open as to the intention of the CEO that fucked Kevin. This is because it's a common belief due to our culture and media(*holleywood*) that CEO's and corporations are inherently evil. Now for anyone that actually had business experience, you know this isn't reality. A lot of times CEO's and corps aren't evil, they are just protecting themselves and minimizing damage(*like the 58mil client filing bankruptcy*). But, for movies and holleywood, you need a clear, bad guy vs good guy or evil vs good as it makes a great movie, but it is not how reality is. I was aware of this stigma upon writing.

Through the second article you see that in fact the CEO isn't a shitbag, he's just a guy trying to protect his company and employees. He has a tough decision to make and from this line, *"Hmm, which company do I pay?"* you as the reader decide the action to take. I purposefully left it open as there is no true right or wrong answer. You just have to decide as the owner which is the greater risk, pay Kevin and try to manage paying your vendors or cut Kevin and hope for the best.

Business is rarely as black and white as you see in movies.

As for the dark triad review. It is actually written to denture you from following that path as in the modern day with online records and reviews, it is rarely a sustainable career choice. I wrote it so you understand that fucking people over in business sounds like a great revenge fantasy or some power trip, but in actuality, you will end up getting burnt or in prison in the long run. I even personally give my opinion and stance on the subject,

"My personal opinion, if you want a successful business. Be like Tim"

I understood coming into this article that a lot of guys won't have any real world experience with business to business relations or they will come with the cultural stigma of an evil CEO/corp. This entire article was written for you and to give you the plot twist and perspective that sometimes it isn't that black and white.

When you learn and understand the multiple perspectives you can have on any aspect in life, you can better understand the game we play. This article was written with the intent to give you multiple perspectives instead of the tried and true *"Evil Corp fucks over little guy."*

Some of you stated that this sounds like Horrible boss's 2 plot. Haven't seen it but I'm guessing the boss is some shitbag owner or CEO. This article was intended to give you the exact opposite perspective of a shitbag CEO and to understand, sometimes business isn't that black and white. Again, it makes a great movie, but it isn't reality.

Don't Ever Talk To The Police

732 upvotes | February 11, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

50 minute video from a lawyer and police officer of how you conduct yourself with the police

Body

We often talk about different scenarios in regards to the law, but after a quick search on the sidebar, i found this video hasn't been linked here.

I watched this video over 5 years ago and it rings in my head every single time i see a police officer.

Don't Talk to Police

This is a mandatory watch for any RP guy. Whether you have you're crazy wife claiming you beat her to the tinder slut you invited over for Netflix and chill and she magically wound up with your knuckle children on her face. Never mind the fact that she text you 20 minutes later saying, *"Had fun, we should do it again. ;)"*

The polices job is only to gather evidence to convict. They don't give a shit about your problems, how fucking crazy your wife is, how much of an ass that guy was that you ended up knocking out or the fact that it was actually an orgy and you can call 4 of the guy and 2 other girls to confirm your story.

They don't give a fuck, don't talk to them. Their job is to gather evidence, not protect you. Be polite, be respectful, but don't make their job easier.

As a man all the odds are stack against you in this day an age. You are guilt until proven innocent. Don't make it easier on them.

Lessons Learned

Never speak to the police

Edit: I would actually recommend you listen to it multiple times to ensure it is ingrained into your head. It can be very easy to get caught up in the moment and let emotions drive your actions when situations get out of hand. Especially if alcohol is involved. Watching it multiple times ensures you won't forget the information when you need it most.

Edit: Unless i missed it, I also think this should be sidebar material.

Edit: Also, use common sense with these things. If you are smart enough to record conversations and interactions and have clear evidence for your defense, don't be an idiot and sit there silently. If they have no other evidence other than bruises on a girls wrists, guess who's going to jail. Never mind you that she came at you with a knife and you held her down to not get stabbed. *(My mother did that to me once actually)*

It's should be pointed out though that if you are doing your TPR homework, you should know how to identify crazies and get them out of your life before a situation like this ever even occurs. If cops are at your door because you are dating a crazy bitch, you fucked up long before that day ever happened.

Again, AWALT applies, never handle the gun like it's unloaded, but some girls are higher up on the crazy spectrum than others. Always record any and all information that could protect you in the event that a girl throws you to the wolves.

With that said, you can still provide evidence in your defense and still choose to use your right to remain silent.

"Officer, I have direct evidence on my phone that proves she's lying."

"That's great, now what exactly happened here?"

"I'll show you the recording"

"We need you get your statements."

"I don't feel comfortable talking to the police without a lawyer, sorry it was drilled into my head since I was a kid. My video/audio will show you exactly what happened."

Day One of your Captain & First mate dynamic

221 upvotes | February 23, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is a re-post from main to Alt account, the original has been deleted.

After reading through the comments in, "You are leading every woman, whether you like it or not." a lot of guys were asking for resources on fostering a leadership role with a girl. I figured this would be a good time to bring back this post for any newbies that didn't originally get to read it. It will also now be permanently searchable

Summary

Today I'll share with you an easy and straightforward method of building a Captain & First mate relationship.

So you found TRP, started lifting, made some changes in your life and now you want to try your hand at getting one of those fancy first mate relationships you keep hearing about? For those of you brand new or yet to experience this type of relationship with a woman, It's fan-fucking-tastic and your women will love it too. When a girl admires you, looks up to you and most importantly respects you, she'll do anything to make you happy and please you. **And, more importantly, what a lot of bluepills don't realize, she will love doing it. I've never met a woman more intrinsically happy than when she is following a strong male.**

I've been in every relationship you can imagine, I've been the aloof, the fwb, the uninterested, fuckbuddies, hard core blue pill, dead bedrooms, teenage googly eyed love and Captain and first mate. I can tell you out of all those different dynamics with different or even the same women, no woman is happier than when it's a Captain and first mate relationship. There is a reason TRP advocates it so heavily and as surprising as it may be for some, it's not because we are all psychopathic misogynistic shitlord asstwhats.

But, how do I start this dynamic Clint?

Putting on The Leadership Training Wheels

The first step is setting the right tone with her. This isn't a job interview and she isn't your subordinate, she won't just magically start following you, **you have to build it and earn it.**

You start with taking your girl to do something you love doing. Something you're amazing, passionate, skilled or knowledgeable about. Something that when the topic comes up you light up with enthusiasm like the dog from UP chasing a squirrel. Something that you can't wait to tell everyone about. That's really it, I could just end the post here.

But I'll dive deeper.

The core of Captain and first mate is a willingness to follow you, respect and admiration. These are all earned in different ways. Today we will just start with the first stepping stone, a willingness to follow you.

First things first, screening time.

Screening

If she isn't willing to follow or join you in something you enjoy or love doing. Drop her ass and find a new chick. You don't have to have everything in common but bare minimum she needs to have the mutual respect and enough curiosity to at least try to be interested in something you like, even if initially she might not really be into it. Don't waste time on a boring, unadventurous bitch, you're here to conquer the fucking world and she can fuck off if all she want's to do is netflix and chill. If she at least puts forth the effort to join you in something she seems hesitant or uninterested in, you should be good enough to pull her into your frame with your passion of whatever it is you're doing. That's the first step, put that in your list of shit you need to screen for.

Your Passion

Now, take her to do something you are awesome, skilled, knowledgeable or passionate about. It doesn't matter what it is, it can be my little pony bro-con or whatever the fuck it is those guys do. The point is, it needs to be something you fucking **LOVE**. I can't emphasize this enough. It should be something you eat, sleep and breath. And if you don't have something like that in your life then you need to stop being a boring little beta and get out in life and find a hobby you love.

Things to steer clear of activities like video games. Yes they are fun, yes some chicks love them but that type of activity doesn't foster a leadership dynamic. It needs to involve multiple, face to face people and be engaging. The more physical the better. You need to flex your knowledge in front of her and convey your emotional connection to the activity.

But guess what, I got your back because if you're 6 months or a year into TRP. You should already have at least this one thing in your life that you are somewhat competent at. It's TRP staple numero uno.

You guessed it, fucking lifting.

If you haven't been slacking on your TRP homework you should be mildly proficient at lifting shit up and putting it down by now. Or you'll at least be light years ahead of 80% of guys and probably 95% of girls. You don't need to be Arnold Schwarzenegger to take your girl to the gym and show her how it's done. All you need is to be moderately strong and knowledgeable about it. However, the more proficient you are at it, the stronger this bond will form. If you haven't started studying nutrition, proper form and everything else in between on fitness. Today you need to start.

But again, you need to love it. There will one day be a point in your lifting career that you will love it. Trust me, that day will come and it comes for all, the hard part is getting there. If you have yet to wake up and be excited to hit the irons then you need to keep lifting and postpone the gym date till you do. This day usually comes soon after you start getting hard IOI or people generally complimenting your physique. This creates a positive feedback loop in your body with some chemicals and other shit that we won't dive into for this post but just know, this day will come for you if you stick to lifting and one day you will fucking love it. This is just one example that should cover ever TRP guy.

Alright so why the fuck have you written all this Clint? Get to the fucking point.

Because of two reasons. One, when you know more shit about something than someone else, you're

valuable. Two, you bring her into your domain and there, you are the leader.

In Your Domain, You Are The King

You get to tell her what proper form is, how to track her progress. You get to practice positive and negative reinforcement in an environment suited for it. The gym is the perfect environment to groom a first mate in. You can teach her what her body actually does with protein, sugars, starches. What macronutrients are. Or help her on any ailments she may have such as back trouble, sleep issues, daily fatigue. And if heaven forbid she actually knows the definition of a calorie before meeting you, slap her on the ass and fuck her on the roof of your car because I've never, ever met a chick that could tell me what the fuck a calorie even was. *(Always give positive reinforcement)*

It's a common psychological phenomenon in game that if you touch a girl, she will be more receptive and comfortable when you touch her again. Or if you make her meet you at her house, she is more likely to be comfortable coming back to it later in the night. If you give her a tour of your house and spend a few minutes talking in your bedroom on how you built your own bed and furniture, she will be more comfortable coming back into your room later.

It's psychological conditioning 101. When you lead her in the gym, she will subconsciously be more willing to follow you outside of the gym.

There are many different ways to developing a Captain/First mate relationship but I find that this is the fastest and surefire way to get off on the right track from the very start.

Next week I'll cover Respect and how it plays a critical role in fostering this kind of relationship.

Lessons learned

Take your girl to do something you love and lead her.

The Captain and first mate dynamic is often mocked as being extremely controlling or misogynistic. It's actually the exact opposite. You will have to earn your first mate and anyone else that chooses to follow you. A girl will not follow a weak man, plain and simple, it's your job to be a great captain or she will leave. The idea of this being a controlling relationship stems from the no agency fallacy we often see from bluepills.

If you're a shit captain, expect for mother fuckers to be jumping overboard like it's the titanic to find a new ship. You have to be a Great captain to get a good first mate.

Anger Phase Vs Acceptance Phase

66 upvotes | February 26, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

By now I'm sure all of you have seen [this video](#) of the the beta videoing and confronting his cheating girl.

I saw a lot of comments that can be separated into two categories, anger phase men and acceptance phase men.

So today I'm going to analyze all you misogynistic fucks and show you the difference as we often talk about the phases but it's usually in a vague and abstract way.

Body

Thank god I read the recent post on here about how the length of a relationship means nothing because honestly it really doesn't. However even though the man's anger in the video can be seen as "blue pill behavior" it is a totally legitimate response to injustice. Men simply do not like to feel powerless in relationships, which the video clearly demonstrates.

A lot of guys in the anger phase hold onto their "morality". This usually where I see anger phase guys stem their anger from. They see a girl do something morally wicked and proclaim, "SLUT!". Well yah, she is a slut, but why the fuck are you surprised if your are TRP enlightened?

Nature doesn't give a fuck about morality. The beta male simple fucked up by not understanding how females mate select. Personally, is the beta's response legitimate? I'd say no. He is acting like this because he wants the woman, to that end, his response is not legitimate at all. To that end he fucked up harder than using a gas station condom with a \$2 hooker.

Morally? justice wise? ya maybe, but I'm sure he'd rather have the girl than the moral high horse. Every RP man knows how he "should" have handled it, morality or not.

Damn...good find.

I got "cheated" on by a chick. She sat me down and was like "I have something to tell you". I was like OK. She put on this sad face and tried to force some tears...."I've been seeing someone else". I just looked at her and kind of chuckled. I replied..."Oh I see...I though you knew". Her, "Knew what?". Me, "I never considered you and I something serious. I was just in it for some sex."

Her fucking face was priceless. She honestly couldn't believe that I wasn't upset that her slut ass was fucking other guys. Even to this day...after she is engaged...she still hits me up on FB to see when I will be in town next. (I have since moved for work).

| Basic bitches are everywhere, my friends.

This is a replied comment to that comment;

| Anybody else not aware of the real world dynamics would have either been upset or tried to talk it out. You pretty much set her straight and turned her into a potential plate.

This is acceptance phase. No anger or emotional driven narrative. Just a dude seeing the human nature for what it is.

| “Infidelity, violence, deceit, envy, extreme avariciousness, a total want of qualities, with impurity, are the innate faults of womankind.”

This, haha, this isn't acceptance phase.

Can you really sit here and blame her? Fuck, listen to that dude. Imagine being a girl and dating a guy like that. I'd fucking cheat too.

Let's break it down though as he points out a lot of common emotions anger phase guys have.

Infidelity. Moral construct brought forth by the idea of marriage and civilization. Infidelity didn't exist before civilization. Before that, whoever was the biggest mother fucker got the chick as he'd beat anyone else's ass that tried. Just like how the dude amog'd the fuck out of the beta in the video.

Violence. Gorillas are violent, do we view them as right or wrong? No, just animals being animals.

Deceit. One of the more interesting actions on the moral spectrum. The idea of deceit stems from our general understanding of, *"You help me and I help you, then we both win"*. Deceit actually developed before civilization. As soon as humans realized they could work together they also learned they could fuck one another over. Still a moral construct though.

Envy. Wanting what someone else has. Beta's and white knights get mad when they see chad fucking the girls and can't understand why they would go for him instead of the templar white knight. *"How could she like him!"* they proclaim. *"I'm so much better than him!"*. Ya, you are morally better than him. In societies eyes you are the better pick. But guess what. He's still gonna fuck the girl cause you don't understand mate selection and he does.

Extreme Avariciousness. Greed. Woman want the best male they can get. This ensures them the best chance of survival for them and their offspring.

Why are you mad at her for following her biological imperative?

Oh ya, because it's morally wrong.

| a total want of qualities, with impurity, are the innate faults of womankind.

Fault? I see no fault in this video as far as nature is concerned. A chick can't stand this beta bitch that's even weaker than her. She branch swings for the alpha who clearly demonstrates he is a superior male(*as far as evolution cares*). Just like nature and evolution intended. If this altercation happened 100,000 years ago it'd be like watching a Silverback Bull beat the shit out of another male that tried to take his property (*females are property in some species, we call it mate guarding to church it up. In reality it's a male beating the shit out of any other male that tries to take what isn't his*).

When men get caught cheating they actually care about the other persons feelings.

For women its like the opposite, very telling.

A reply to that comment;

They go into hyper rationalization mode. It's not that she doesn't care about the other person's feelings, as much as she's too busy protecting her own self image at that point.

This is acceptance phase. Again, no emotional driven logic. He's simply stating a biological reaction that all girls do.

most woman have some capacity for empathy, it just doesn't apply to betas. Men are suppose to be stronger than woman, why the fuck would she feel bad for a man weaker than her?

Also, their mental defense mechanism for self image preservation is pretty much like a man's fight or flight defense mechanism. If a woman loses her image in a tribe 100,000 years ago, she's as good as dead.

I don't blame her for choosing self preservation over being empathetic. If this was in the stone age inside a tribe she'd be royally fucked right about now. Self imagine to a woman is what muscles and size are to a man.

Survival of the fittest mother fuckers.

Lessons Learned

If you are in the anger phase, that's fine. It's a completely reasonable response due to everything society has taught you about what is right or wrong. I'm not ripping on you or giving you shit as we were all there once.

But you need to understand that nature doesn't give a fuck about what you think is right or wrong. Your morality will only hinder your progression towards TRP enlightenment. It's why blue pills read TRP and call us misogynistic. They hold their morality closer to their heart than reality. They can't believe we would see men and women as animals instead of these divine creatures. That we are somehow above our animalistic nature and it has no bearing or control on our actions.

Why does this hinder your progression toward TRP enlightenment?

If this video gets you angry, imagine what your frame will be like when you get cheated on or a woman crosses you. Instead of being a innocent bystander watching a video from the comfort of your living room, it's happening right in front of your face and is directed at you. Men that get angry act like that beta. Their logical driven brain(*frontal cortex*) shuts down and the animalistic mammalian brain takes over. Men that get angry go out and do stupid, irrational, dangerous shit. Men like that go out and shoot both of them. (*If you wish to learn about frontal cortex vs mammalian brain go through my post history for a better understanding of their functions*).

You wont be able to conduct yourself in a logical and safe manor if you can't get past your emotions. Anger stems from not understanding the dynamics at play. A bluepill like the guy in the video has no

concept of what an attractive male is or how to keep a woman happy. Then he is crossed and everything society has taught him didn't work. He was lied to, but he doesn't even realize the lie. He is living a fantasy of what he's been trained to believe.

Luckily TRP will teach you to spot the lies and understand the deeper dynamics of men and women. Your anger stems from your sense of morality. You are still hold onto your ideas of what is right and wrong. All of which was taught to you by the culture you live in. There is no right or wrong as far as evolution cares. There is only the drive to have the best chance of survival.

Anger is a phase you must push through.

Women will be women.

Men will either be like that beta, or like that alpha. It's only nature.

Nature designed man and woman to seek the best possible chance at survival. In the video that's exactly what she did. Branch swing to a more alpha male. As far as nature cares, I see no problem with her actions.

Nature and evolution doesn't give a fuck about what is morally right or wrong. It cares only about survival of the fittest.

Be Her Escape

308 upvotes | March 23, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This a comment I left a few weeks ago on a post about holding frame and never explaining and a compare and contrast of how it would have went down pre-TRP. Some of you suggested it should be a post on it's own so here it is for you all.

Handling Situations the TRP way

One time my plate came over when I was having a bunch of people over. She walks in and in an instant everyone notices she's pissed and extremely stressed. It was like watching a lion walk into a room filled with deer. Everyone stopped what they were doing to watch. She walks in and slammed the door shut, with an intent pace like she's on a mission, no eye contact to anyone, just fucking pissed. One of those things were in a half second of sizing someone up you know instantly, something is wrong.

What did everyone else do? Guys and girls, *"Omg, what's going on? What did you do Clint!!!? is she alright? Go talk to her!!!"*

Me? Stone fucking cold. I look at a girl that hit me with one of those questions and replied, *"Eh"*. Shrugged it off, took another sip of my drink and continued finishing my conversation I originally was having with another person. Completely nonchalant like it didn't even phase me.

I finished the conversation, got myself another drink, someone told me to go check her again, *"Alright, I'll be back"*. I slowly walk up stairs, turn the corner into my room where she's dropping her stuff and changing.

"Tell me whats wrong"(I thought some shit like her sister is in the hospital or something)

She explodes. Word vomiting like she can't throw it up fast enough. *"Everything! Today has been such...."* she rattles on for a minute or two, i just stand there silently. she finally finishes.

TL;DR she had a bad day.

"K, now that you got that out it's time to have a fun night, here's a drink. Get ready and I'll be downstairs waiting for you". I kiss her, grab her ass and walk out.

She's fucking grinning from ear to ear.

I walk downstairs and this whole thing is over in less than 3 minutes. Some of the guest are confused. *"Clint, what the fuck was that? Why the fuck are you down here so soon?"*

"I handled it"

"What? She look liked her mom just died?"

"I handled it, she's good"

she comes down about 5 minutes later like she's standing on a fucking rainbow pissing skittles and gold coins.

Handling Situations the Before TRP

Now here is what I would have done before TRP.

| She walks in and in an instant everyone notices she's pissed
immediately run up to her or follow her upstairs like a lost dog trying to entertain his master.

| "Omg, what's going on? What did you do Clint!!!? is she alright? Go talk to her!!!"
I would have taken the beta shaming as if it's somehow my fucking fault she's upset regardless that there is zero evidence to support that.

| I slowly walk up stairs, turn the corner into my room where she's dropping her stuff and changing.

| "Tell me what's wrong"
I would have slowly walked in the room, timid and scared of what I was about to face barely peeking my head around the corner and asking her something like, *"Baby, is everything alright?"*
Fuck that, you're a man, you know something's wrong. You can read your girl like a fucking book. Cut the shit and get to the point. Don't ask her what's wrong, tell her to tell you exactly what's wrong. Otherwise she will dance around the subject for fucking who knows how long. (*I actually planned this part out as I was getting my drink downstairs and how to handle the situation, thanks to TRP of course*).

| "Everything, today has been such...." she rattles on for a minute or two, I just stand there silently. she finally finishes.

"I'm sorry honey, here's a drink, are you alright? Is everything ok? Anything you want me to do?"
Fucking Jesus Christ on two sticks. I can not believe I used to be like this. She had a bad day, she's a fucking adult, she can handle it. She isn't some fucking defenseless fawn you have to always check on. Don't let her emotional state influence yours. You bring her into a good state, aka your state and then everything is fucking peachy.

We would have spent the next 20 minutes to possibly hours talking about her bullshit. All the while, she would be focusing herself on all the negative shit and building up even more anger and stress. All of this would fester and escalate the situation. This is also a dangerous fucking road as when a woman is emotionally charged it's very easy for her to misinterpret anything you say. The more you say, the more risk you run of her taking it wrong. Then, all this shit is aimed at you. Then the cannons start firing *directly* at you. I believe any man that's dated before RP can perfectly relate to this scenario.

You know how you get rid of stress? Sex or deal with it. You want to be her escape from stress, not her emotional punching bag she shits all over. Let her talk to her girl friends if she really needs to vent, they are built for that shit, it's what women do. Men, your job is to be her escape.

| "I handled it"
| "What? She looked like her mom just died?"

| "I handled it, she's good"

And lastly, never explain yourself. Early into my TRP life i would have boasted about fixing this so quick. Look at me, I'm Clint. I can handle a girl being ridiculous. Good for you now shut the fuck up and stop bragging cause what you just accomplished is the equivalent of making a little kid stop crying. Never explain yourself and always say as little as you can, 48 laws.

By leaving it ambiguous as to "*how I handled it*" people will only hamster away at their ideal possible way **they** would have handled it. when you let others imagination fill in shit, they will always fill it in with the best way they can think of if they were in that situation. You give them the starting scenario, aka girl fucking pissed, then the end scenario, she's fine within 3 minutes of spending time with me. Everything else? The guests can fill it in with their imagination.

Forewords

I live with 3 roommates, 1 of which is a girl and our house is pretty much the hangout house. All parties an social interactions happen here. Through this unique situation I often find myself being the escape for my plates and their lives. Some of them have stressful jobs, some have been party girls, some have been the shy girl, one's even a single mom that has been an amazing plate. But all of them have something in common. When they are with me, they leave all their baggage and shit at the front door. Sometimes I have to remind them this and help them drop it, like this story. She brought her emotional tornado into my house and disrupted the fucking house zen. I reminded her that she can leave it at the door and now enjoy herself.

I find that by being a girls escape shit tests are non-existent. I'm 5 months in with one plate and have yet to receive a shit test with the occasional comfort test. They are always ecstatic and happy to see you. You don't have to provide an amazing experience, you don't have to be a dancing monkey or expend tons of energy. You just have to provide her an experience *different* than her normal life. If you do that you'll be light years ahead of every basic mother fucker out there.

The Autonomous Man

69 upvotes | March 23, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

This post was written a few weeks ago to parlay [/u/GayLubeOil](#) post "*Hey Guys I Just Wanna Get Girlz*". I suggest you use the search bar and reread it. It's a short post so won't take long.

This will be an analysis of a self revelation 10 years in the making.

"Yes Sir"

TRP is not the Ten Commandments to becoming alpha. Hell, it's barely even a roadmap. TRP is a toolbox, buffet or lockerroom of men sharing experiences and knowledge on how to get ahead in this world.

If you can't think for yourself, you are only taking action because it's what TRP says to do or someone else told you to do it. You are holding yourself back to a tremendous amount of potential.

Don't mistake this for me saying TRP is wrong, it's definitely not. TRP is the most accurate model of reality I have found to date. This post is about forging your own path, but will get into this in a minute.

Back when I had my first taste of the real world, aka 15 and busting my ass for \$8.50 an hour I started working for my families business. This business taught me a lot and was my rite of passage if you want to call it that. I went through a gradual change till one day a teaching just naturally rooted itself into me, even though i didn't consciously see it till now. It's taken me a long time to even self actualize it let alone articulate it.

Looking To Others

If you are like me, aka grew up in the last 30 years or so. You went to school, got indoctrinated into the public school system and subsequently came out as a polished cog for the machine that is our society. When I graduated, plain and simple, I did not think for myself. I was taught all through K-12 to listen to my teachers and adults and do what i was told and never question it. Abstract thought or going against the grain in public school is very much not tolerated just like talking about TRP today isn't tolerated.

It doesn't fit the status quo nor feed the machine, get back in line peasant.

To give you a perfect analogy on who i was, if you've ever played an RTS game, you know one like Red Alert, WarCraft 1, Star craft, etc. you always had those workers units running around building stuff, except for that one guy. That one NPC that would do his shit, stop and fuck off. You know the one sitting there playing with himself idle to his days content, only acting once you select him and told him to do something.

Ya, that was me, if I wasn't told what to do I would sit idly by til i found a manager and ask them

what i need to do next.

Within a few months i learned that I had a few set things I could do if i finished my assigned work. Instead of idly playing with myself, my managers told me, *"Clint, when you are done with this, you can always go do this, it will always need done and it can fill your time till we find something else for you to do."*

"Yes Sir"

This is around the phase where i stopped running to my managers every time i finished something and realized that there are other jobs I can do and not be wasting their time. One of my managers and mentors was also a possible clone of Clint Eastwood from Gran Torino so I didn't bother him unless absolutely necessary. This was my first true taste of thinking for myself. But, i wasn't completely disconnected yet.

Thinking for Myself

After graduating high school and working there for a few years one day my father finally pulled me aside and said, *"Clint, this business isn't ran by people who are told what to do. You need to go out there and look for things to do without even being told. One day I and your managers will no longer be here to tell you what to do. It's that day you are going to be put through the fire."*

This revelation hit me pretty hard. I never thought about the future like that. Hell i was still in high school and more focused on clocking out so i could go buy more video games than contemplating a life without my father.

Around that time i stopped following orders and started observing. I'd notice a worker would leave something out, instead of just walking by to take my break, i'd stop and take the time to put it up. No one told me it needed to be done, I just knew it *had to be done*.

Eventually I gained enough knowledge to start seeing things others didn't. I would learn about something completely unrelated to my work, but with a bit of abstract thought I could see how it could be applied to benefit my work. It was going against the grain. Trying something new. Someone would show me how to do a job and I would figure out how to make it faster or create a tool to improve it. And as some of you veterans might predict, it was met with hostility, doubt and resistance the whole way through until it finally matured enough to started bearing fruit.*(sorry won't go into detail on my career)*

This was the first time I thought for myself, it wasn't some huge revelation but it set the stones in place to create the person i am today. This line of process was brand new to me. Thinking on my own rather than look to someone else was completely foreign to me but It wasn't a process that happened over night. It's a long, desolate desert that you just start walking through blindly till one day you finally turn around and realize the mountain range you started at is miles in the distance.

Valentine's Day

I've came a long way since then. My job today was pretty much built upon me going against the grain and forcing myself to create my own job. No one told me what to do or how to do it, I just did it because I wanted it and I felt it needed to be done. I taught myself the skills and knowledge needed to do the job i wanted. Which at the time, wasn't a job position at my employment. I forged it through

hard work and a ton of clashing heads with my father and a few coworkers. Anything new you present to an established entity will be met with doubt, skepticism or even hostility. Doesn't matter if it's even your own father you are presenting it too.

Today, I pretty much autonomously do my own thing. Work or social life. And this mindset was brought with me upon finding TRP.

This last V day I bought my main plate \$70 worth of flowers to be delivered to her work and around \$120 dollars in other stuff. There is also a lot of things i do counter to TRP teaching depending on the situation.

Some of you are probably saying right now, *"WTF CLINT! Have you not learned anything from TRP!?!? Never buy a bitch things, that's the quick lane to the betazone and getting cucked."*

If you were thinking that, I'm glad my rage bait worked on you. But, TRP is not a scripture to be followed to the T.

TRP is just like my job back when I was 15. I came to work, just like you come to TRP, I was told what to do and I did it, just like you newbies are doing with TRP.

Why? Because you're new, you have no experience in what the hell you are suppose to be doing. You don't know the flags to look for in a girl because you've never experienced a crazy. You can not see the signs just like I couldn't see that tool laying out of place till my father told me to start observing.

What do i observe in my main plate? A woman that is bar none 5 steps ahead of the past 20 girls I've slept with. She is the most submissive and feminine girl I've had, period. She goes out of her way to do shit for me all the time. She never complains, she never nags, she is always ecstatic to see me yet she knows my time is valuable and more importantly respects it. She has probably spent \$200-500 on me in the past month.

If I treated her exactly like TRP preaches to treat girls. She be gone before you could tell me AWALT.

You'll soon find out there is actually a multitude of possible ways to handle a situation. Right now TRP has taught you the beta way and the TRP way. Only through experience will you find more and more paths that will lead to different outcomes. Some methods work tremendously well for one man but for another man it won't work at all. I am a natural extreme stoic, I lack warmth so if i was a die hard Agree and Amplify guy it just comes off as a cold smart ass. It works, but it's not the best method for me. Some methods are great, some methods suck, some can help your soar to heights you've never imagined, some will bring you crashing down in a heap of fire.

The important thing is, it depends on the man implementing them and if it suits his character.

TRP isn't the 10 commandments of Men that must be followed to the T or you'll forever burn in the pits of womanly hell(*we'll you might actually*). TRP is a huge resource of knowledge and wealth. It has improved my life tenfold. But like all things it is just one toolbox in a garage of experiences and knowledge I have accumulated through my life. It's one thing i use and combine with other teaches to produce a superior outcome. Just like how I noticed something different that could be applied to my work at hand. Which eventually lead me to creating a new job position.

Every so often I see some of you guys in comments taking TRP to it's literal end. This is following without thinking at the root. It's fine to do as a newbie but realize that eventually you are going to have to take the training wheels off. It's not how a self realized man works. It's not how an

Lessons learned

If you want to speed up your progression for this, my suggestions are the same as GLO in his post *"Hey Guys I Just Wanna Get Girlz"*, seriously, go fucking read it if you haven't.

Don't allow yourself to be spoon feed everything. Don't let your mother, father, manager or boss or friends coddle you. Try something new, something different, something you've never done, something scary and intimidating. Men are forged in the fires of difficulty and hardship. When they say you can't do it, that's the moments when you will either stay a boy or force yourself to be a man and say, *"Fuck you, I can"*.

I can not count the number of times in the past 10 years that I've been doubted, second guessed and assured what I want can't be done or isn't feasible. Sometimes they were right, but sometimes I was right. But every time I said, *"Fuck you, I'm going to try"*.

Conor McGregor didn't come to hold two UFC titles at once because he second guessed himself. Steve Jobs and Bill Gates didn't become technology giants because they had a ton of self doubt or listened to everyone that told them it won't work. You think Muhammad Ali had crippling self doubt? Alexander The great? Genghis Khan? Christopher Columbus? Terry Fox? Shaka Zulu? Churchill?

Every one of those men I guarantee failed a thousand times over. The difference between those men and most men, when they tried something and it didn't work they didn't bow out of the race. They doubled down, learned from their mistake and improved their methods. I've failed a thousand times over. I've fucked up so hard before I developed health issues from it. Hell Churchill himself sent thousands of men to a slaughter in WWI and paid heavily for the fuck up to where he almost lost his career. he recounts it as his worse decision ever made. But through that fuck up he learned invaluable lessons that made him a great leader for WW2.

Look at any man in history that's done something with his life and I'll show you a 1000 that told them they couldn't do it. Some of your closest friends and family will be your worst supporters. A lesson i learned real quick is to tell no one about my ambitions or goals, especially my father. You submit results or shut the fuck up. Money talks, bullshit walks.

No one is going to give you your rite of passage like the old days. Our societies don't offer us that luxury anymore. You are going to have to force yourself to forge your own hardships and trials by fire.

We don't go to the gym day in and day out because it's easy. We do it because it's hard. Because we know that even though it's painful now, tomorrow we will be better than those that failed our gave up. Knowing this is only half of the equation. Knowing this is just bar entry for success. If you want to be top 1% you also have to want it more than anyone else.

My father once told me, *"The mediocre compare themselves to the worst. The successful compare themselves to the best"*. I remember when i first started working, if I fucked up I'd point at the worst guy in the company and say something like, *"Well _____ does this!"*. I was hamstering, I was bringing another down to make myself look better. Now, i shut the fuck up, accept the ass chewing, admit the failure and learn from it so it doesn't happen again. Today I compare myself to the best man in the company. TRP will teach you to stop being the mediocre 16 year old I use to be. Today I don't

use TRP to teach me how to reach the top 20%. I want the 1%, I want to fucking crush everyone in whatever i do.

Look at any successful man and history and you see another correlation. Patton had Rommel. Jobs had Gates. Carnegie had Rockefeller. All these men and many more had one thing in common to reach the top 1%. They all had rivals, and every rival was at one point better than them. They compared themselves to the best so they could beat the best.

My father also taught me perfection is impossible and a futile pipe dream. Men can go mad chasing it, but you don't have to be perfect to be the best.

Men take the hard roads, They see a road where there is only forest, wilderness, danger and an unknown. Men are pioneers that explore where others can't see or are too afraid to venture forth into. They take the routes that no one else wants to try or can not see.

Men Manifest their own fucking Destiny.

Boys follow the pack and stay on the road built by the men before them.

Day Two of your Captain & First mate dynamic: Respect

25 upvotes | March 23, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

Last Month I discussed *Day One of your Captain & First mate dynamic* and a very easy way to start building your this relationship dynamic.

Today we'll talk about respect and how it plays a role in the C&FM dynamic.

Body

Respect is the seedling to admiration. Without respect, you will not reach admiration from your girl nor will she follow you. Respect is just the stepping stone we need to cross in order to get into next times topic, admiration.

Respect is the here-and-now social dynamic in any group of people. In terms of discussion for today and in TRP philosophy, every man and women has a social hierarchy in any given group. That hierarchy is not resolute though. It is dynamic, ever changing depending on the environment you're in. Gronk owns the domain that is the Frat house, Surf dudes own the beach, car guy owns the drag strip, Gymbro owns the gym.

This is a relic dynamic of a bygone era back when we lived in tribes. We naturally create a social pecking order whether we want to or not.

We will stick with the gym date example from last week for the entirety of this series.

Respect is not just earned, it can be transferred/mimicked

This is a social phenomenon that I see talked little about so I'd like to take a minute to define it.

Ever notice how when you walk up to a new group of guys, within 5 minutes you subconsciously learn the social pecking order. The guys at the top are shown a lot of respect and praise while the lower you get the less is shown. Usually the guy at the bottom is the verbal punching bag that always gets messed with.

Don't be the guy at the bottom of the social pecking order and bring a new friend or a girl into the group, because the girl/friend will mirror this level of respect.. Even if you initially convince a girl you are King shit when you pick her up or game her, if your friends treat you like dirt, you'll take a massive social hit in the eyes of your girl.

Transference of Respect - Every new person brought into an established group will quickly learn your social rank and subsequently mirror the same level of respect that the group as a whole shows you. Once your rank and level of respect are learned by the new member, it will remain at that level even if certain members of the group are currently not present.

The level of respect is directly proportionate to your social rank and as the group grows larger your level of respect is only compounded further.

If you are the low man on the totem pole, your girl will reference you as low value and subsequently show you low respect. This is why you cut out toxic people or people that show little respect to you and also why it is paramount to make a good first impression.

The universal phrase is, *"Respect is earned"*. Well **respect is also transferable and that is the social shortcut we are going to use to quickly build up your SMV in your girl's eyes.**

Size Does Matter

In the animal kingdom the largest animal is the one that gets fucked with the least. There is an intrinsic instinct for animals to show respect for their larger brethren. You should be lifting and gaining. Nothing more really needs to be said here because it should be drilled into your head by now to always lift. However you may ask, *"When am I big enough to bring your girl to the gym?"* When you start getting complimented out in public and girls throwing you IOI's i'd say that's a pretty good indicator that people are consciously noticing your size. If it's by complete strangers then even better.

Don't take that as, *"Don't start this process till I get compliments"* though. You should actively be working on this process way before you are ready to bring a girl with you.

The more Public, The Better

Respect is why in *"Day One"* I heavily advocated taking your girl to the domain that not only are you awesome in but is also social, having multiple people there. The more public the better. Women intrinsically place value on your social rank, even if the majority of the people there don't even acknowledge you. When you demonstrate a high social rank anywhere, your girl will associate that value to you later, regardless of the environment you are in. It's the same psychological phenomenon we discussed in Day One where leading her in the gym will result in her following you outside the gym.

You want to treat the gym as a stage. You are the veteran director and your girl has just arrived for her first audition. When taking your girl to an activity you should be **one of** the top alphas or at least a respected member. I say *"one of"* specifically because in a public area such as a gym, there will be cliques of people. Some of them you might just say *"hi"* to. Some might be pretty good friends that you see every day and some you may never speak to at all. The majority of people at the gym play no role in your setting other than being a background filler for your main performance. For you the director, your efforts in this setting don't require you to be the top alpha macho gymbro freak-beast man of the gym. No, you only need to have a reasonably high social rank in a small group of gym goers.

These are the guys you walk up to and brofist, say what's up to, shoot the shit over the crazy night you had Saturday where you got the midget stripper to snort cocaine off your recently divorced beta friends face. This can actually be a group of guys or multiple acquaintances. The important thing you are doing here though is demonstrating you have a large social circle, are obviously confident in talking to people and due to natural social hierarchy forming, people will naturally show you respect by the more people you know. These people are your main source that you can use for the transference of respect. If they are girls, even better.

Ever notice that guy that just knows everyone at the gym? The guy that has no trouble walking up and talking to anyone? You've probably never looked at it this way but next time you walk into the

gym, try to distinguish the social hierarchy. It's not necessarily the biggest dude in the building. It's the most charismatic and friendly one.

You need to be that guy. If you're big then it's more of a bonus.

"But Clint I don't know anyone or can't talk to anyone?"

We'll it looks like you aren't bringing your girl yet then. It's time to make friends...

Building Your domain

Your domain isn't just a building, the machines or the weights and bars. It is the experience.

Everything that your girl will be subjected to is what you need to focus on. Take note of the people you are bringing her around. A LARPing event, as fun as it looks to beat the shit out of each other with fake swords, probably isn't the best place to take a HB9 because most of the people there will be seen as low SMV from your girl's perspective. Mainstream stereotypes do in fact have a very strong effect on women and how they will perceive you and those you associate with.

Look for pretty much what TRP teaches you to strive for. Look for people that are strong willed, dedicated, warm, funny, social, personable, entertaining, etc. Physical appearance also plays a role. A guy with 10 hot friends looks a lot better to a girl when she talks to her girlfriends than a guy with 10 ugly friends. Don't take her to Blizzcon unless you are partying with the booth babes or Dev's at the after party.

the easiest way to build this social circle is to invite people. I hound my friends every once and a while to quit being pussies and join me at the gym. It's somewhat effective but can be tiresome.

Inviting girls you know to train them is also a great way but the majority of them won't stay disciplined enough to be their on a routine. Becoming a personal train would also be a great way to build a circle and give you a bit more credibility for training along with the extra income.

The much harder but also much more effective route is to just make friends. You can be fairly confident that the regulars you see at the gym every day will be there again tomorrow so you never have to worry about running into people you know. this also improves you. Work on becoming more social and charismatic. I recommend *"How to Win Friends & Influence People"* by Dale Carnegie. It's a great book and I highly recommend it. It covers many different stories of people and how they became successful in relation to their interpersonal skills and socializing. Even recalling the biography of Teddy Roosevelt at one point. A brief example of the book is;

- A person's name is the most valuable thing you can give them. Always remember a person's name. Nothing pleases someone more than a random stranger that only spoke to them for 30 seconds remembering their name.
- Listen, don't talk. People love to tell you about themselves, so let them. Ask for advice from the seasoned guys at the gym. Ask someone to spot you, what position or form they prefer. Do they have any suggestions on something you have plateaued on. Just yesterday i asked a dude for some tips on sumo deadlift, now i have another dude I can use a social proof if i bring a girl to the gym.
- Give a sincere, genuine compliment. I'm horrible at complimenting people so It's been my main focus lately. It's actually quite easy I've found and the reactions you get are never anything but positive. I'll scan the person and the first thing I see that I even remotely like, like

a dude wearing a funny broscience shirt, I'll blurt out a compliment immediately. Thus insuring it's genuine and free flowing. Never think about what you should say, just say it. People know when you aren't sincere, even if it's subconsciously.

And lastly something I learned through personal experience, take your fucking earbuds out. You are in no way approachable when you have them in. It gives off clear body language you aren't here to talk or make friends. For the first 8 months of my lifting i just listened to music and lifted. The day i put them in my pocket was like a brand new world. People act completely different when you give off a warm and welcoming persona. It's a small tweak with a huge impact.

For a more full overview of the books content check out [it's wiki here](#).

Two other books that i won't go into but need to be read are "*What Every Body Is Saying*" which will teach you the importance of body language and non-verbals. And "*The Charisma Myth*" which compounds on body language and gives you a ton of tools and knowledge on what charisma actually is. Spoilers, it's not magic fairy dust you are just born with.

Things to avoid and things to focus on

When building your domain, there will be things that can derail or sidetrack your efforts. If you still have friends that consider you to be low ranking and give you shit constantly. First you need to get rid of them but if that's not possible, you need to never have them at your domain while you are with your girl or while you are building the domain. The disparity between their view of you and the view you are trying to build can have extremely detrimental effects. From the understanding earlier of transference of respect, it should be obvious as to why this is bad. With your domain, It is possible to one on one, improve your rank with your friends via the same way you improve your rank with your girl but that's a topic for another day. I might add that as a bonus at the end of this series.

What you want to focus on is having your girl in a public or crowded place, but also isolated enough that she will be focusing on you and not anyone else because there is always a chance she will know some people there. You want her to be immersed and learning from you, not distracted and chit chatting. When you first arrive immediately B-line it to anyone you know and strike up a quick conversation. Make some quick 1 off comments to acquaintances. Show that you are comfortable and this is your domain. Then get down to lifting, keep her moving around, don't spend 45min at a squat rack. this is game 101, the more you move around, the longer time it seems she's spent with you and the more rapport you build. Isolation also allows you easy kino and the gym is perfect for that.

Closing

Ultimately it's up to you to get out and actually start making friends and a quality social circle in whatever activity you choose to do. This is just one way you can quickly gain respect from a girl. If your skill or knowledge is high enough and you show enough passion you will also earn respect, but at a much slower rate. Women are social creatures, use that to your advantage. When you demonstrate your social proof in tandem with your passion it only compounds and accelerates your progress with her. There is tons of books, post and reference on TRP for you to start improving social circles and making friends. Just don't fall into the rut of constantly reading everything you can on the

subject and not actually going out and implementing what you've learned.

Hustle and quantity over reading and quality.

Once you have the skill and knowledge of an activity & your social circle built, you should have everything you need to have a quick, easy and repeatable process to bring your plate, fwb or LTR into a captain and first mate dynamic. Next week I'll discuss the long term effects of this dynamic and how admiration is built and it's effect on a relationship and what to expect.

Day Three of Your Captain & First Mate Dynamic: Admiration

75 upvotes | March 24, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

Yesterday I posted Day Two of building your Captain & First mate dynamic. It was long winded and I'll admit, not an A+ post on its own. But it's a crucial stepping stone to a much bigger dynamic at play, which we will discuss now.

I suggest you go through my post history and read Day One and Two if you haven't.

Context

[deleted] left a comment on a post a few days ago about why women constantly try to hold us down, tell us we are fine the way they are in general they try to bring our SMV back down.

"I don't like ripped guys, I like my man with a belly. Makes cuddling better!" Is the general bullshit theme of this argument.

Here is my reply in depth.

How To Inspire

Also by turning you into a scrub, she doesn't have to try as hard either. She can just sit around and become fat and ugly herself since you clearly won't be going anyway. - [deleted]

This is the main reason out of all of it. Humans are innately lazy. Women are no different. If you don't set the bar, they have no reason to care. Women mimic the quality of their man.

I've been seeing this girl for a while and she's a... ermmm... fitness chick but kinda the one that goes and lifts with her friend who married to a powerlifter. She knows some stuff but isn't fully invested. She enjoys it, just not gym rat level dedication yet.

She made a comment to one of my friend a while back that she feels she almost doesn't deserve me. I'm growing rapidly as a person through all of TRP teachings and it's causing her dread and wanting to do more.

I finally took her on a gym date to show her how I work out. Didn't overload her on weights or anything, just doing the same reps/sets I am but at her weight class. I introduced her to my little friends 21's and 30 reps dropsets where she drops every 10 reps.

I utterly destroyed her. She was astonished by how grueling of a workout I put her through. The whole week before she was talking some smack on how hard her friend and husband train her over at a powerlifting gym. I just stayed silent and bit my tongue. What you don't say can't be used against you. If i talked mad shit and it turned out she actually did workout really hard then I'd just look like a fool. By not telling her how bad I'm going to kick her ass, it hit her hard and abruptly. Always say as

little as possible, 48 laws.

At the end I saw a little bit of defeat in her eyes at the end so i just asked her a simple question to motivate her.

"What's the difference between me and my friends compared to everyone else in this gym?" (Pointing at all the career elliptical/treadmill people, yoga/Pilates class girls and kids hanging out by the machine like it's a watering hole)

"I don't know?" as she's collapsing off the leg raise which I think was her 8th set of ab workouts for the day.

"I want it more"

Analysis

Dread game is real, it doesn't have to be manipulative, you don't have to be a shitlord, it doesn't have to be done out of malice but it's damn effective. In this case I actually used it to inspire. This all happened just yesterday, she hit me up a few hours ago saying she's trying to rearrange her schedule to go with me again because she loves how much I kick her ass and push her to do better. She can also barely walk today.

But lets be real, it's easy to go to the gym for a few months. Motivation is fleeting and useless in the long haul. Discipline and a basic introspective understanding of her body and health is what you need to look for in a girl. I anticipate dread will eventually run out in the long run. At which point laziness kicks in, shit test will start and she'll tell me she's tired of my V taper six pack. Really she's just tired and turning lazy and wants me to stop setting the bar so high. It's those moments when you should inspire. Inspiring breeds admiration but it's takes much more than just that. They'll admire the fuck out of you for keeping them focused, staying stronger than them and driving them to better themselves but you can't inspire if you can't even discipline yourself.

Women need a strong man for the moments they want to quit. It's easy to do things when you want to do them, it's the days you don't that test you. Most women and men will fail at this crucial moment. I have done this, you have done this. Some of you might give into your desire to fuck off for a day. I know I use too. People will make excuses, *"I'm too tired to go to the gym"*, No mother fucker, being tired is your punishment for not going to sleep early enough the night before.

Allowing yourself or those that follow you any slack is enabling and reinforcing bad behavior. Every time you skip your goals you set because of some excuse is another notch on the belt of reinforcing bad behavior.

I'm the first to admit there's days I don't want to go to the gym because after waking up at 6am and a 9 hour work day I just want to go home and pass out. I'm human like the rest of you, we all do it. There is days I just can't fucking sleep for whatever reason. If I give in, go home and sleep, all I'm doing is telling myself *"it's ok that I stayed up till 2am and got 4 hours of sleep"*, *"It's ok that I can't manage my stress levels so they keep me up at night"*, *"It's ok that i forgot to run to the store to grab some Zzzquil because i know I might have trouble sleeping tonight."*

I literally tell myself in these moments, *"No bitch. These are all excuses. They will all hold me back. They are all hamster talk."*

It's hard to see these things for what they are. It's extremely tempting to give into your bodies desires. Just like gluttony of the 350lbs landwhale at your office, you too are human and even if you have 7% body fat with a V taper that could cut glass, you too are susceptible to giving into your bodies desires. Even the most introspective of us can easily let them slip by as if we are as blind as the landwhale stuffing a box of Twinkies down her muzzle.

Fuck that. No. I'm going to pay the price in pain and anguish and suffer through my fuck up so I don't do it tomorrow. The greatest personal trainer you'll ever have is pain and anguish. Every inch you give yourself, trust me, you'll take the mile too.

Lessons Learned

The gym doesn't just improve your body, it improves your discipline, your ability to find and destroy weaknesses in your mentality.

I treat my body like it's my enemy. It's the vessel to my mind. My mind has goals and my body is just there to get the shit done. As long as i don't damage the body I don't give a shit how it feels or it's influence on my mind. It has desires and needs that will get in the way of my goals. My body wants to shut down, it wants to collapse, but I know my body better than it does. I know if I go to the gym first, then going home and pass out, it's not going to kill me. These feelings, desires and wants are just my body being a little bitch.

The fascinating thing about this is, your body and mind is a master of adapting to it's environment. The more you force it into uncomfortable situations, the more your body will naturally adapt itself. Every day it gets easier, every day you can set the bar a little higher. It starts as a snowball and eventually you'll turn into an avalanche.

Check out [/u/IamGale](#) post, "How to Win at Life Through Emotional Domination" for more information on this Phenomenon

Once you can effectively stop yourself from these pitfalls. Identify your bodies excuses, your minds excuses. Your discipline will rise, it will spill over to other aspects of your life.

Then You can spot them in others and those that follow you. When you refuse to allow them to give into their excuses. When you teach them that they can overcome their body & mind with just a little willpower and discipline, then they start to admire you.

PSA: Power Is Dangerous

76 upvotes | March 28, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I remember when i first found TRP almost a year ago. I was amazed and awestruck at how accurately it depicted my life. I remember reading all these new phrases and concise one liners that pretty much explained everything I've seen in my life in the context of women. I wanted to immediately go out and try all this new stuff. Apply this knowledge to my life. I got a gym members ship day one. I wanted to share it with everyone. My friends need to know this! Justin needs to ditch his bitch ass girlfriend and this is perfect for him! He'll totally understand!

Ha.

Luckily I never acted on those latter impulses.

Knowledge is Power. Power Is Dangerous

The knowledge and insight you will find on this subreddit is vast and extensive. You can literally find a post for anything you want here on any aspect of your life, personality or relationships.

But it comes at a tremendous cost.

If you misuse this knowledge. If you jump the gun. If you don't fully understand all the dynamics at play. If you have an inflated sense of ability or ego, TRP will destroy you. I've came close and flirted with the figurative reaper a time or two before myself.

Last week I read a story about a guy that approached 100 women on his campus with the same canned pickup line. By lunchtime the school had a service announcement that there's a creepy dude harassing girls and to watch out.

This weekend I had a few guys message me with some problems and the general correlation i found was they lacked understanding of their ability or the situations at hand.

I've been seeing an influx of guys coming here and fucking up their life because of TRP teachings and the common denominators seem to be; The Guy overestimated his skills. The Guy didn't fully understand the social dynamics at play. The Guy lacked the knowledge for the situation. The Guy took TRP to literal and used a cookie cutter answer to a complex situation.

All of these reasons revolve around two roots;

- **Guy lacks knowledge** (*Hasn't read enough TRP, Misusing it's teachings, not grasping contexts*)
- **Guy isn't thinking for himself** (*over estimates ability, cookie cutter answers, no experience*)

Unfortunately the only way to learn how to cook is to grab the hot skillet and get burnt a time or two. The only way to destroy naivety is to get fucked over like that time the used car salesman told you how awesome this Pontiac Aztek is. The only way to gain knowledge is to study those before you. The only way to understand social dynamics is to go out and actually socialize.

It's an inevitability that some of you are going to bite off more than you can chew and get fucked for it. Every guy here needs to realize TRP isn't your savior. You are going to fuck up, accept this. If anything, TRP is going to greatly increase the number of fuck ups you have and the severity of those fuck ups. It's the very essence of being a man. Any man that doesn't fuck up hasn't tried, any man like that is what we call a boy. TRP can't line out every scenario for you. Social dynamics and human interaction can't be refined to an equation that can be applied to all scenarios. There are too many variables, to many possible outcomes, parameters and scenarios.

TRP only gives you the most common scenarios we men see. TRP will give you some common answers to these scenarios. But TRP isn't an equation, it's a playbook. Its up to you to be your own coach and choose what works best for your given situation. I could give one guy advice that if used by another, would completely wreck his life. Social interactions are completely contextual and have to be reviewed from a case by case bases. It's one of things I'm very conscious of when writing as it's hard to cover some topics that can have extremely broad answers or be misused.

It is inevitable that one of you reading this is going to fuck up hard. It's your responsibility to make sure you aren't That Guy™.

Knowledge doesn't equal Ability

The other common occurrence i see is ego or an inflated sense of ability.

Let's line this out right now, TRP, knowledge, reading, understanding **does not** equal ability.

I've seen it too many times to count. Some guy reads a ton of literature, then goes out and uses it and it completely blows up in his face.

Why?

Because power is dangerous. And knowledge is power.

I could spend the next year studying, learning and analyzing the dynamics of basketball, or soccer, football, cheese, name it. I could study it.

But guess what, none of that equals ability to play the game.

Don't let TRP's knowledge get to your head. It does not correlate to ability. The only thing that will make you better at talking to women, dealing with women, addressing and learning about women is....

Wait for it....

Interacting with women!

I know, shocking right? Here's my broad advice that can be applied to all.

The Absence of Humility Is Not Confidence, It's Ego

My advice is for you to objectively look at your actual ability and experience with women. If you are a virgin neckbeard that just found trp and is just starting to lift, has literally never held a girl's hand then my advice to you is, TRP is really fucking dangerous for you. You are going to be given a tremendous amount of power over a topic you have no experience in. You can catastrophically fuck up your life because you lack the experience and understanding that can only come from actually socializing and interacting with women. You'll can easily fall down the hole of the guy that thought it was a good idea to approach a 100 women on campus with the same canned line.

If, however, you are a guy with moderate experience and ability with women. Say you've dated a few girls in your BP days, you've banged some bitches, maybe had a ONS before. Then you have a much better ability than knowledge ratio compared to the incel virgin. You can tread a little more dangerously. Dive a little bit deeper into the waters. The chance of damage is less for you because you are a somewhat experienced coach.

And lastly, if you came here and are already a decent PUA, womanizer, etc. Then you will have a lot of experience vs knowledge. You are a natural alpha to an extent. You intrinsically understand the teachings because you've lived them. TRP will pretty much be the final pieces to your puzzle. You already knew most of this stuff, you just didn't have names for it or where missing a few things.

For the incel virgin, TRP is like giving a toddler a machine gun. Ya, he might figure it out and keep his aim on point. But he's also just as likely to fall on his ass and shoot everyone around him, including himself.

The player, womanizer, hustler is more like giving a machine gun to a war veteran. Lot less likely he's going to misuse it or fuck up.

Realize you might be somewhere in between the toddler and veteran. Don't go out thinking you are now Rambo just cause you have all this new knowledge.

This has been your TRP PSA.

Be conscious of your ability to knowledge or you're going to burn yourself. Don't be That Guy™.

Some of you are going to need to dial it back a bit. Pace yourselves. Not jump head first into white waters when you haven't even built yourself a paddle yet.

If you've just found TRP and think you have it all figured out now, you are in for a rude awakening when you try to step on the court with a player like Micheal Jordan.

If You Own A Business, You can Never Get Married

263 upvotes | March 29, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Since Elon Musk is getting divorced again, this is a great time for this post. This one's going to get deep and personal but today I'm going to share with you one of the fundamental experiences in my life. This event took place over the entire course of my childhood and is the main reason why I never even entered the anger phase. When I found TRP it was literally like finding the pieces to the puzzle that explained my entire childhood.

As some of you know I've written about successful business practice a bit but today I'm going to talk to you about a core principle my father taught me through his teachings, along with me actually living the experience.

The Wicked Altruist

My father is one hell of a man, but like the vast majority of men, he was naive to women's nature. He was born in the 50's and married way before the internet ever existed. He was also raised from great depression era parents so those conservative values and beliefs lead him to the situation that almost destroyed my entire family almost 20 years later.

See, my mom decided to become a stay at home mom when I was born. That was fine, my father was running a business and making a killing. My grandfather actually started the business in the 40's and my father was soon to take the mantle. When they married, owning a business never even crossed his mind.

But once I hit K-12 the stay at home mom thing didn't end.

For 18 years my mother did nothing but sit at home, not clean, take care of, or maintain a house my father built purely from the money of our business. For 18 years she was a net drain on the family. She selfishly and solipsistically bought random, worthless shit and maxed out credit cards. We are talking probably 100-200k expense in 18 years, all worthless shit. Eventually my father's reality turned him RP but it was a long and painful experience for him. Eventually he grew a spine, he'd destroy credit cards but she'd just go right back out and apply for more. She'd often retort that she earned this for all her hard work. This work she was referring to was mostly extreme forms of tough love bordering on neglect with me taking care of myself by 10 years old.

Eventually my father had enough, divorce time. They separate around the time I hit 5th grade.

Wait... she's getting half of my business?!

Shit, reconsideration.

They decided to *'work it out a bit'*.

I'll give my father one thing. He's tenacious on making shit work. Great mentality for business, naive

and stupid to try and apply it to human nature. Sunk cost fallacy was strong with him.

But he's wiser this time. He actually does try to work it out with my mother. They get back together for a bit but now she's getting addicted to prescription drugs, buying more shit. Just in general being totally worthless and toxic to a family environment. All the while telling me how horrible he is, how he's a piece of shit and doesn't care about me or her.

Ya, the guy working 60 hours a week while you do literally nothing for 18 years is the piece of shit. I was young, but I wasn't fucking blind.

I want to stop for a moment and address something. It pains me to paint this picture. I don't think any son likes to talk ill of their mother, even if they are horrible. It's something innate about us. This isn't an easy thing to talk about. I held a lot of resentment and ill will towards my mother, but you are only getting one contextual example. In a lot of ways my mother wasn't evil or wicked. She was an avid animal rescuer. She would work on battered women boards, she had traits of real altruist. I'm telling you this because it's easy to dismiss this as if she's just one more nasty women. That there was red flags my father could have seen. That he was just blind.

Let me lay it out. My mother, on paper and before i hit k-12, was a perfect trophy wife. She got shit done, she was a good woman, and was a great mother till i hit about 10 years old. This isn't your run of the mill tinder slut or bar hopper we are talking about. She was an all state sprinter, graduated college for business and sales. Even made bank before getting married.

But she's still a woman. And left unmanaged, they will wreak havoc and terror.

Eventually my father had enough again. But this time he made preparations. He sold off his shares back to my grandfather and grandmother. If she got 50% of the business, the company would go under. I should note, and this is very important even though it's only briefly stated in this story, **selling off his shares to my grandparents was done many years before the next separation.** If you do this a month before filing, courts will count it as fraud and you'll be fucked. This was done as a preventative measure way before there was rocky waters later on.

Realize this though. This business, has been the support of my family for over 70 years. 70 fucking years this business has support my grandmother, grandfather, uncle, nephews, aunts, nieces, brother in laws, nephew in laws, son and daughter in laws. Over 10 separate families over a span of 70 years has lived on the support of this business that started from nothing. And I haven't even talked about the workers and their families that rely on this source of income. Then we are talking over 100+ lives that rely on the business.

Mathematically, taking 50% of the business for my mother would be a worse decision than just taking alimony for the rest of her life while the business grows even more.

Let me line out real quick how exactly divorces happen with businesses for those of you who might not know.

The court will hire an appraiser to come out and assess all of your equipment, inventory,

land, buildings, assets, everything will be gone through with a fine tooth comb. Sounds reasonable right?

Well not exactly. See, in businesses like construction, manufacturing(*In Elon's case*) these *appraisers* are nothing more than pencil pushers. They will not know shit about your industry or trade. They won't know shit about the machine you have, how much they are worth or how much you can actually sell them for. They will write down the serial #, do a quick search of relative market value(*which can drastically vary depending on the options you have on the machine, extras added, improvements, etc*) and then highball that estimate for the court.

So lets say Elon owns a \$250,000 machine. This machine will almost instantly drop value as soon as you turn it on. Just like driving a new car off the lot. You'd be lucky to sell it for 50-70% of it's actual worth. But guess what, the pencil pusher doesn't know that nor care. Whatever the books say it's worth is what you are going to pay your ex wife.

This usually results in the courts over inflating your worth, but they don't give a shit about you. You are going to pay whatever they decide.

In my fathers case, if my mother got 50% of the business. Even if we liquidated all our assets, land, literally sold everything the business owns, it wouldn't have even come out to 40% of the total my father would owe her. He'd be pinching pennies for the rest of his life and a slave to the system trying to come up with the remaining total. A man that at one point helped build a multi million dollar business.

So, did my mother make the logical choice?

Haha fuck no, *"burn the bitch to the ground and give me half"*. Women don't work on logic, they work on emotion, and her emotion at this point was furious anger and destruction.

My family wasn't too fond of my mother at this point. But, i was still young, courts wouldn't listen to me. She shut me out from everyone. Used me as a weapon against them and my father. I didn't see that side of the family, the one that supported me for over 5 years except for like christmas. They all lived 5 miles away.

"Wait... I'm not getting half of the business you say?!" As her lawyer lays out the finances to her. I'll give my father one thing, he's a fucking hell of a poker player. He didn't tell her shit, he held his hands tight and let her dig her grave. He used this divorce as a catalyst to let her show her true colors in all their dark glory. She was completely blindsided by my father's preparations this time.

"I think I'm going to work it out with him actually..."

Today they are still married. Which I'm fine with because he's now pure fucking alpha, doesn't put up with her shit and she tows a fucking line that has been woven for the past 10 years.

Hopefully this story depicts how fucking toxic and dangerous women can be. And again, in all rights, she was a perfect wife at one point. There is literally nothing he could have done to foresee this.

Today we have TRP, we have the loaded gun teachings. I don't think some of you truly understand

this concept though. Every women is a fucking gun. Even the best woman you will ever find has the potential, and now the civil power to utterly destroy you and everything you've ever worked for. I think, if any conclusion should be drawn from this story, it's going to be one drawn by me, because I lived it. So here is your lesson learned and it's the only lesson out of this story worth discussion.

Why did this happen?

Because my father lacked a spine. Women are reflexive creatures by nature. They will adapt themselves to the man they are with. If you are weak, they will turn destructive. If you are strong, they will work for you, not against you.

If he had managed her better. If he had more experience and knowledge of women's nature. Non of this would have occurred. He would have seen the signs before they turned toxic and detrimental to the family. I don't write to teach you guys to treat women like shit or to hate women. I don't hate my mother or really hold any resentment anymore. If anything TRP taught me that she's just a woman, she was put under specific pressures and situations that catalyzed her into the wicked form that she almost destroyed my family with.

I write and teach you guys to realize there is good and evil in all women, just like there is in all men. We all have the capacity to do truly wicked and vile things. The only thing stopping us is our collective experiences, knowledge and morals. The dark triad, Machiavellian teachings are not just taught here to get ahead in life. They are taught so you aren't naive to them. So you can see other projecting those traits. So you can protect yourself. TRP is just as much of a sword as it is a shield. We talk a lot about the wicked side of woman's nature here. I think some of us forget that even our mothers have the capacity to be good as well as evil.

Why won't I ever get Married?

The short answer is my mom. The long answer is, I care more about my coworkers and providing a stable life for them and their family more than I do some selfish and illusionary idea of having a woman all to my own in sickness & in health.

I also don't ever want kids so that uncomplicated my situation more than maybe some of you.

So ya, I never entire the anger phase. That phase passed when i was a kid. I often write from a neutral, understanding, mediator and acceptance phase stance. Because literally no amount of evil, vile or wicked nature can shock me coming from a woman anymore. Because I saw the best of woman and the worst of woman all from my mother own mother.

And you know what. Once you see the darkness, it makes the you appreciate the light that much more.

Edit

I'd like to also address the civil laws and atmosphere of our society. Currently marriage is a shit deal for any man that's has aspirations of improving his life, building a business or becoming his own man. Marriage will royally fuck you. But that can change. No one knows what the climate of our society will be in 10 years. Maybe with gay rights passing and women realizing they are both going to get fucked we might have revised civil laws.

Logically what my father went through is net detrimental to the society at a whole. This is a perfect example of the destruction gynocentric mentality can have on a society. I'll lay it out crystal clear for you though.

Option #1

Wife only gets a small portion of a mans accumulated wealth on divorce. A light alimony that is paid out over the course of years. No businesses are destroyed. No working families have to relocate or find new work. A minor victory for the woman but a good settlement for the society as a whole.

Or

Option #2

Wife gets 50% of all assets. Destruction of companies. Re locations and outsourcing of work. Society gets a shit deal and woman gets a ton of money that will statistically be spent and wasted within a few years.

Ya, our civil laws are fucking this country as far as I'm concerned.

You Can Learn Something From Anyone

100 upvotes | April 1, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

TL;DR

The Loaded Gun of Value

Just like the loaded gun analogy, this teaching is the exact opposite. Expect to learn something from anyone, even if at first you see no value to be had. Just like treating all guns as if they are loaded, treat any new info or person as valuable, even if you can't see it yet.

"Great men don't grow into harsh critics, they become mentors to younger men." -
[/u/MentORPHEUS](#)

Yesterday there was a post made by [/u/IamGale](#) called *"How to Make Fuck You Money"*.

The top comment with 287 upvotes was;

The audacity of a 22 year old self proclaimed 'psych & marketing guy' making fuck me money to make a post like this about making fuck you money is a new level of retardation.

For the past couple weeks If you've been following my posts or comments I've been lining out a lot of innate weaknesses of human nature. Weaknesses we all have, things we all share, and I've been helping some of you to stifle and overcome them. I've made detailed comments like, *"Reveling In Discomfort"*, teaching guys how their fight or flight activates, how to control anxiety, how to not attach yourself to an identity or label and the pitfalls that come with that and everything in between. Most of my writing lately comes from introspectively analyzing this sub. I notice correlations in the readers and try to help them understand the pro's and con's of their logic praxis. I then dissect and try to understand their line of thought and correlate it to how I think and my logic praxis. Once I gather enough info I see the strengths and weaknesses of not only them, but myself. This sub has taught me more about myself in the past few weeks than the past 10 years of introspection of myself(*I've been doing self improvement a long fucking time*).

Why do I do all this? Because I understand;

What I Learned From a Racist

I talked to a European racist for 3 hours a week or two ago. While most people attacked and dismissed him I was intrigued. I want to figure out why he thinks the way he does? What made him this way? What was his background? Could he have merit to his beliefs? Could he be right? I want to dissect his internal monologue and figure out where he derives his beliefs and ideals.

Why? Because I know i can learn something from anyone if I look long enough. He eventually showed me a glimpse of the thought process behind a bigot. His first comments where as you'd expect from a racist; brash, short and not very detailed or explanatory, just half baked assertions. My knee jerk reaction was to say, *"You're a fucking Idiot"* but I consciously stopped myself. I remembered I might be able to learn something from him.

I had no idea what I'd learn but I started looking none the less.

When i learn about someone I can use that knowledge. When i see a similar thought process again, my mind will correlate it and I'll know how to effectively understand them, reason with them, meditate with them, use them or utterly wreck them if needed.

"Know yourself and know your enemy" - Sun Tzu.

His weakness ended up being using outdated science to justify his fringe beliefs. Now, If I run into another bigot, all I have to do is root out his shaky foundation and utterly destroy him with it. If you want to look at it like a video game, I gained experience and knowledge on how to handle a bigot.

I should note that going into the conversation I had no preconceived notions of what I would find. Basic outcome independence. If he had given me scientific proof that backed his claims then I would have revised my own personal beliefs and idea's behind the topics at hand. But that isn't an outcome that happened.

While he didn't teach me anything directly. I actually learned a lot by him challenging me and my beliefs. I had to double down and research my beliefs. This, in itself was valuable. I can also use this knowledge in the future if ever needed.

People that you disagree with can help you grow, they will probably help you more than those in agreement with you. The word *"sycophant"* has a negative connotation for a reason. The mere fact that he challenged me forced some personal growth.

I've been watching [/u/IamGale](#) for the past two weeks also, I've addressed this post with him before hand.

Every post he makes I see correlations, every piece of information he gives me is knowledge that can be used in vastly different ways. From the 48 laws, *"the more you say, the more can be used against you"*.

Now I have no ill-intent or malicious plans for Gale, I'll actually be talking with him later today on skype to help him out. He's merely my sticking point, aka guinea pig for this topic today.

My Correlation Praxis

For anyone that doesn't know, a praxis is an accepted practice or belief. This is my somewhat chronological method of analysis with any situations, problem, person or environment.

The correlations I see in gale;

- Inexperienced in writing to a specific audience. It shows through in his copy/paste style format. His marketing 101 techniques he used in his intro.
- Hustler. He posts a new topic every day, shows he's dedicated to what he likes. He even makes a post about hustling and he's dead on with it.
- He covers vastly different topics each post. This shows fascination, intrigue, willingness to learn.
- Young. Shows through in his writing and eventually he states his age.
- Shows discipline, understanding, mediator. Can receive criticism without taking offense. Impressive for a 22 year old.

I can seriously relate to IamGale, I see a young version of me in a lot of ways.

But lets now look at TRP as a whole and what correlations I see;

- Enjoys a bit of humility, self depreciating humor, satirical humor. I can use this.
- Most readers are fairly self aware. They'll see right through bullshit and call it as it is. TRP is not for the thin skinned. They won't take well being played as fools.
- They like pragmatic advice. Applicable advice. Shit that works and can be proven. They don't care about feelings, emotions or morals. Show me the HoeFax or GTFO.
- They will be more acceptable to renown posters(*Endorsed guys*) than random new guys.(*Social hierarchy 101*)

Now, combine these two completely separate observations together and you'll easily see something I can sell to someone.

Who's that someone? IamGale of course. I contacted him and lined this exactly out for him. If I wanted to I could charge him for it. This is the basics of consulting. Identifying weaknesses, correlations to clients and their targets and helping them achieve their goals.

Im seeing things he isn't. I can be his adviser and help him. I now just need to have an effective pitch. His faults are;

- he doesn't know his enemy(*figure of speech here, you dense fuckers*). Enemy as in his audience.
- He failed to see that his copy/paste "*10 things to Make you Awesome*" and advertising 101 won't work here.
- TRP isn't run of the mill masses that will blindly believe everything they read. They will fine tooth comb every one of his posts.
- He didn't see they like pragmatic advice over theatrical advice.
- He didn't correlate that his age might negatively affect him when writing an article like, "*How to Make Fuck You Money*". An article about millionaires and how to make millions won't be well received by being written from a 22 year old that sounds like he's trying to give you a sales pitch.
- He shows a lot of eagerness and willingness to learn, but he doesn't seem mindful of it. This can cause you to jump the gun and not think things through. Probably thee most common trait i see in the young and eager. Ever been told to slow down or pace yourself? If you've heard that before you suffer from this.
- All these observations together can then be used to deduct that he doesn't realize the importance of renown in a community. He's acting like an endorsed member without first earning the endorsement. He's the new guy on the block that's overstepping himself.

But now it's time to help you, time to be the TRP audience's adviser. Let's get back to IamGale's post, but first lets put some context in.

IamGale's post contained 2182 words which comes out to about 8 pages on standard 11x8.5 paper. He had 35 different cites all of which where links to highly successful people. The post itself was a mash of a bunch of different careers and processes to making money. Different industries, careers, methods and practices where used as examples. However the post itself was half baked. Wasn't formated well for the delivery he was posting. He didn't really address his thought process or reasoning behind "*why*" he was posting or it's importance to the reader. Which is bad as the reader is left to make his own interpretation of the value and importance of the post. And readers will have drastically different interpretations when you fail at this.

Now onto this quote;

The audacity of a 22 year old self proclaimed 'psych & marketing guy' making fuck me money to make a post like this about making fuck you money is a new level of retardation.

This comment had 287 upvotes. 287 people that I'm seeing I can help with something. What correlations do I see here? How can I help and advise here?

Everyone that upvoted this comment doesn't understand that,

You Can Learn Something From Anyone

At face value, [/u/IamGale](#) didn't have a great format or direction for his post. But you know what his post has a shit ton of? 35 cites to a ton of extremely successful individuals that everyone here could learn a fuck ton from. 35 cites that he personally scoured the internet for. 35 cites that he's probably all read and see's some value in, which he thought would be useful or beneficial to the members of this sub.

Most of you attack him for the face value of his post without seeing that he's basically spend a ton of time collecting a ton of resources for you. He's the intern you send out to go find a bunch of shit that you can use. You give the intern a problem, in this case he thought you guys should learn about highly successful men, and then presented it all to you. Some of you got it, some of you didn't.

I'll personally back his post just from the sheer amount of cites he linked and I'm going to personally read through every one of them. His post before this one was about Neil Patel and his 12 month venture into a brand new blog which he is using as a case study. I've read every single one of them and have learned a lot from them. I'm going to continue reading and learning from Neil Patel because he has shit I can use.

TRP 101, *"Use what fits you and discard the rest"*.

Most of you might not find his cites useful. But just like the racist, I didn't know if I'd be wasting my time or actually learn something. Just because you don't see an initial value, doesn't mean its not there. And it terms of a forum, down voting it deprives that possibility to someone that might find it useful.

Now, here is **why** most people focus on face value and why IamGale got ripped apart.

There is an innate design of humanity to focus on the worst possible outcome. I'm sure there is a name for it in some psych book but the point is, if you are human, you like negativity. There is a

reason the Colosseum is one of the 8th wonders of the ancient world. There is a reason UFC is one of the tops sports in the world right now. There is a reason every time you get on facebook, it's mostly a bunch of people bitching about how hard their life is. There is a reason this correlation is shown throughout all of human history. There is a reason IamGale's post was received negatively.

Human's will focus on the most negative thing they can find

When you look at it through evolution's point of view, this is a perfect design. 100,000 if you didn't spot and focus on a negative stimuli like say, a fucking lion, guess what, those ancestors don't have any offspring today. But this psychological relic is from a bygone era. It wasn't designed for higher cognitive thought. It was design to keep you alive, not to be used when you are verbalizing random words together to form a sentence to some other random person. *(Cognitive thought only evolved 50,000 years ago. Our much older subsystems from millions of years of evolution still have some integration and bug-fixing to go through)*

Now that you know this. You can stop yourself from attacking things at face value. Gale can be conscious of these pitfalls when writing to the masses and learn that they will tear apart any of his post whenever they can spot a weakness, because it's human nature to focus on the most negative aspect.

Now you the reader can literally learn anything from anyone, even a racist. All you have to do is be conscious of your knee jerk reaction and your evolutionary design to do so. you can find value in almost anything. Sometimes it's a waste of time, but not if you think abstractly enough about it. I could learn something from a 4 year old if I wanted to and spent enough time on it.

A lot of my writings are to teach you about your past evolutionary design and how it can help or hinder your personal progression. Some of these psychological designs are useful, but like this one, it can be detrimental for self actualizing and learning.

Lessons Learned

Human's will focus on the most negative thing they can find

You can Learn something from anyone

Combine these two teachings and you can quickly open yourself up to new ideas and apply them in abstract ways for the benefit of yourself or others

I do this every day. My job was built around identifying completely unrelated things and applying them in abstract ways to produce a superior outcome or process. This is the basic building blocks of invention. Take two completely separate things and combine them. If you want to be more creative, this is where I'd start.

Curiosity drives growth. If you lose your curiosity, if you can't be intrigued by those you don't understand, it will stunt your growth. I can teach you that you can learn something from anyone, but it's up to you to apply some self discipline on your knee jerk reactions. To use your head and apply some abstract thought and unconventional methods to make it worth something valuable. It might end up being valuable to you, or someone else. If it's someone else then you can probably make money from it.

I could have easily deducted nothing from the Racist even after 3 hours of talking to him, dismissed it as a wast of time. I could have easily given into my knee jerk reaction and taken his comment at face value, just like those in IamGale's post. But I remembered i might learn something. Instead of letting my emotions drive my response I let my curiosity do the talking. I detached myself from the conversation. Then I learned what I needed from the racist. Now I can remember that conversation and use it in the future.

Him challenging me also allowed me to grow and gain more knowledge. Just because someone isn't overtly giving you something(*overt as in knowledge, a produce or service*) you can still covertly grow just via them challenging you.

(Take a look at SJW's for an example of when you refuse to be challenged and what type of person that line of though produces)

The Loaded Gun of Value

Just like the loaded gun analogy, this teaching is the exact opposite. Expect to learn something from anyone, even if at first they don't pose much value. Just like treating the gun as if it is loaded, even if it's not, treat the new info as valuable, even if you can't see it yet.

Fuck with Your Food

230 upvotes | April 4, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I was watching my persian white ragdoll cat this weekend and something hit me. My cat fucks with his food, mice, toys just like how i fuck with my women. He has no front claws and by ragdoll nature, he is the epitome of IDGAF (*Ragdolls are breed specifically to NGAF*). If he finds a mouse he doesn't kill it, he bats it around, watches it in amusement, he spins it, flips it and when he's finally done with it, he just walks away.

I realized that in the last few months of my TRP journey I'm doing practically the same thing.

I don't get mad or angry with women anymore, just like he doesn't get angry at a mouse.

I don't try to lock down or control the women i meet. I don't get upset if they don't call back or think to much about 'why' they are doing anything. I don't try to be their boyfriend anymore just like how he doesn't try to kill the mouse.

Just like if the toy isn't moving or showing engagement. If a woman isn't showing interest it doesn't bother me anymore. In fact it's actually a turn off and like my cat, I'll just walk off. I find I can't be attracted to a girl anymore if she isn't also attracted. Just being hot isn't enough anymore.

I laugh at all the shit women do around me. It's funny, cute, innocent and naive. I've grown to appreciate their youthful femininity just like he is intrigued and amused to watch a mouse.

Sometimes I'll fuck with my women. I'll point at the floor for the 6th time that night and go, "*WTF are you dragging around the house?*" And just like the last 5 times, she'll look down like the naive little girl I've grown to know. And just like the other 5 times, she'll whip back up and call me an asshole for tricking her again. Just like how he can never figure out where the laser comes from.

I'll wait for the perfect moment of her not paying attention, then jump at her startling and freaking her out. Just like how he gets into his crouching stance to prey and to pounce on a toy or my foot.

I'll randomly pick her up and throw her on something soft. Just like he tosses the mouse around.

When we are laying in bed about to pass out, I'll wait quietly till she's half awake, half passed out and go,

"SPIDER, FUCKING SPIDER! THERE'S A SPIDER IN THE BED". Then laugh as she becomes one with her inner jedi as she force jumps out of the covers and bed in one fell swoop.

If we are walking past in a hallway, I'll make sure to declare my misogynistic dominance by push my body up against her till she's pinned against the wall and can't move.

If she's feeling feisty and challenges me with playful punches, I'll make sure to bull rush her and do a basic judo leg sweep. Just like how he attacks my feet while working at the computer, but not enough to actually hurt.

If she wants to make a snappy comment, I'll remind her that she's my *'Favorite little Princess Tinder Slut'* or my *'Trapqueen Extreme'*. Then I'll make sure she addresses me by my proper title, *"Sir Fuckboy Supreme"*. Just to remind her of our dynamic. This usually results in pornstar sex later.

Why do I do these things now? When I use to never do shit like this? Well, I wasn't taught any of it. TRP didn't tell me any of this stuff. Just like my cat, I just don't give a shit. She is my play thing. To have fun with and enjoy. I've practiced IDGAF so much that I really don't give a fuck anymore. All these things are the natural result of not caring. I didn't learn them from some PUA website or TRP. As a woman would put it, *'it just happened'*.

I don't hang out with her because I'm trying to Wife her up. I'm not hanging out with her because I'm thirsty or whipped or because she's my only option. I hang out with her because I want to. I have no other use for a woman anymore than because I enjoy her company. I now appreciate her like he appreciates a quick game of catch the laser. Just like the catnip, women are a great little dopamine kick.

But then he gets bored and just walks off. He goes and does the things that are core to his nature and have never changed. Like eating, sleeping, shitting and the occasional staring out the window contemplating the existence of the universe.

Lessons

Learn to Enjoy your food

Learn there are many types of food out there

Don't take your food too seriously, it doesn't

Fuck with your food

Find what is core to you, it rarely changes

(If you want a cat, highly recommend getting a ragdoll. Bitches love ragdolls)

Mr. 150

184 upvotes | April 14, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Alright you misogynistic shitlords, I've been super busy with a side venture lately that I'll be using as passive income to my main line of work. It's something that was inspired by TRP so here's my quick *Cheers* to everyone here that's helped me grow and the community as a whole for driving me. I'm writing this post to give you insight on how I plan on executing this venture.

Now let's get started. I will be attaching relevant laws from *'The 48 Law's Of Power'*.

This isn't my first foray into personal business nor will it be my last. Some of you may know I work for a family business(*Yes I'll get around to writing on family business eventually*) but today we are going to talk about two mentalities I have correlated in the 11 years of meeting all kinds of business owners throughout my industry. The first mentality is;

Fuck You, Got Mine

Law 5 - So Much Depends On Reputation - Defend It With Your Life

This is pretty much the go too mentality I see perpetuated in today's society and even here in TRP. We are talking wolf of wall street motherfuckers. We are talking slapchops and shake weights and shamWows and fat burning pills. Those people on instagram pushing energy drinks and plastic wrap that burn tummy fat and booty building pills. If you follow Bradley Martyn lately, the guys his ripping apart for selling bullshit \$400 challenges. The CEO mentality I wrote about in my last business article, *"The Golden Rule: How to Not Get Fucked In Business"*.

I deduct all these types of people into one category. The, **Fuck you, Got Mine** category.

Now let's move on to a business model I learned from a man that sold **40%** of his company for 150 million dollar back around 2005. We'll call him Mr. 150 for simplicity. I don't have a catchy phrase for this mentality because quite frankly, anything worth something is hard and long. Pun intended.

The best Business Deal for Next Year Is The One That Benefits

Both Parties Today

Law 5 - So Much Depends On Reputation - Defend It With Your Life

Law 27 - Play on People's Need to Believe to Create a Cultlike Following

Law 29 - Plan All the Way to the End

Every single one of you has either held, seen or owned one of Mr. 150's products. I'm not going to name him or his company but I guarantee you, if you live in America and even some of you Euros, there is probably a 90% chance you know this product or have owned one at some point. Mr. 150 has been in business longer than some of you have been alive, myself included.

I got to speak with Mr. 150 once about 8 years ago on his business model back when he first started and he told me this,

Mr. 150, *"I designed my business around my customer service, not my product."*

Wait, wtf? This was counter-intuitive to everything I've ever read about business. I had to know more as it made no sense. You must have a good product or no one will buy it. This dudes crazy(*he really is kind of eccentric, picture a mad scientist almost*).

"No, there will always be someone out there that is going to end up beating your product. There will always be a younger, faster more driven person than yourself. It's the natural cycle of technology, you will eventually be outpaced. You can't keep your youthful drive and enthusiasm forever. Eventually you will burn out. Yes, you can hire people to possibly take up the mantle but even that is a gamble. Eventually you will grow tired of your passion you once loved. Eventually you just can't mentality compete anymore. No one loves anything forever."

Uh... Ok, what does this have to do with focusing on customer service and not making the best product?

"People don't buy my product because it's the best. I'll be the first to tell you there are better alternatives on the market. But no one can hold a candle to my customer service and satisfaction. While all my competitors beat the dead horse of innovation to out produce one another, my technology hasn't changed in 20 years. But I'm still the leader in my industry."

Ok, you have a point, you do dominate your industry.(*Mr. 150 really did, his company is synonymous with his industry. It's like saying pop or cola and everyone immediately pictured a bottle of coke. That level of renown.*)

"I'm still the leader of the industry because everyone knows when they buy my product, they can trust the name. They know my product won't fail. It isn't the best, but it will not fail, and if it does fail I will replace it free of charge"

Wait, you replace your stuff free of charge? How the hell can you afford that?

"Because I design my products to be brickshit houses. "The Best" is subjective. Is mine the best performing in the market? No, but mine will last 5 times longer than any other because I designed it to. People buy my product because they can trust the name. They know it will work and if it doesn't I will replace it. I can charge more than the bottom of the barrel competitors because of my name. People don't buy Harley or Colts because they are the best, they buy them because they are Harley's and Colts"

I had this talk almost 8 years ago, back when I was too young to really grasp the entirety of it. I knew it was important because it came from a dude that just made 150 million dollars so it stuck, even if I didn't fully understand it.

Today, 8 years later from that conversation, he has no part in that business anymore, but it still dominates the market. And it's biggest product is now 30 years old and still hasn't changed. They have newer products to cater to niche markets but that original brickshit house is still #1 and is what built his business to finally be sold for \$150,000,000. The company has an extremely loyal customer base from his business tactics built 30 years ago. He built a cult like following.

Burn The Bridge or Repair It

Law 31 - Control the Options: Get Others to Play with the Cards you Deal

Day 29 - Plan All the Way to the End

A few years later my father sat me down after a business deal with another customer and explained to me why he did what he just did. My father was in a position to completely destroy this man. My father could have asked for the Sun and this dude would have had to deliver the Sun or burn.

Father, *"I could have gotten a better deal from that. But i didn't."*

Me, *"wait, what? Why didn't you?"*

"Because i learned a long time ago that the best business deal isn't the option where you fuck over the other party, it's the one where both parties win. I'm not in this business for the quick buck. I've been doing this for 35 years. I don't care about the quick buck. I'll make way more money from this guy over the next couple of years than to burn the bridge now for a quick pocket filler."

Money Is Made By Value

Day 29 - Plan All the Way to the End

A month or two ago some guys at TRP taught me the best thing you can ever do in business is become someone of value, then you can sell this value. This value can be knowledge, expertise, a product or a service. You can make money passively off this value without even selling it. You can design your business to be passive if you design it from the very beginning. The key is to always be building yourself. Every day a 1% improvement and one day you will be someone worth value, that you can then sell.

Plan to the end, every day.

Friend or Foe?

Law 2 - Never Put Too Much Trust In Friends, learn how to use enemies

Law 31 - Control the Options: Get Others to Play with the Cards you Deal

Law 43 - Work on the Hearts and Minds of Others

Law 33 - Discover Each Man's Thumbscrew

Law 29 - Plan All the Way to the End

This entire winter my company had an employee of 20 years that literally knows anything and everything there is to know about his work. Some people would look at this as a threat, some might fear he could turn or sell us out or start up his own company and steal our contracts from us.

What is the logical course of action? Well of course we bought him a building, fronted the equipment and let him start his own company. We now get a fixed cost and control the assets while he rakes in

more money and profits by subcontracting.

If you have read the 48 laws, you probably have a story buzzing in your ear right now. The story of the Chinese Emperor selling out the land to all his generals so they wouldn't turn and cut his throat for a power grab.

All these stories have 2 things in common. Building up those around you and building value to your name or brand.

We could have easily fired our 20 year employee and just hired a new guy that was less threat for less money. For a long time we payed this man double what we could hire a new guy for. For about 10 years he was overpaid, but he didn't leave us because he knew he couldn't make more money anywhere else. Like Mr. 150, we were the most trusted name on the block. He was our employee, but in a lot of ways he was a loyal customer too.

My father keep him because he understands the value of a deal that both parties win. And 10 years later my father finally cashed that chip in. Now that entire section of our business is handfree. My father doesn't have to fuck with it anymore and he has a 20 year business relation with a man he can trust and count on that he helped build. But he played it smart to control the overhead so the guy can't just steal all our work.

I see so many companies in my industry design their business around cheap labor to maximize profits. But they always end up outpaced or out competed. The owners never build their business with what it will be like 20 years from now. Their employees come and go and they never get a loyal one because they never pay enough to keep them. So when the owner gets old he may or many not have a brand worth selling. But he definitely won't have someone he can delegate out and become hands free from because he never invested in the long business plan. Only the short one.

If you want to build a business that will one day become hands free, you will have to find a good employee, one that has the qualities of a leader, then pay him more than what he can get anywhere else. Then he will become loyal, then you train them and one day cash that chip in by controlling his options. He gets a great deal and so do you.

Build those that have potential up and reward them for it.

My Own Venture

Today I'm starting my own personal venture and all of these lessons are finally clicking. I realize what Mr. 150 was saying. I realize why my father didn't charge that man the Sun. I am connecting the dots of those I talked to here at TRP about building value, selling it or turning it into passive income. I'm seeing how shortsighted the *"fuck you, got mine"* mentality is.

Mr. 150 didn't build his business to fuck the customer over. He understood the best deal is one that

both parties win. He understood that one day his passion for something he once loved would be gone. And he knew he wouldn't be able to compete in the rat race forever. He was honest and true to not only himself but his customer.

Mr. 150 built a name from trust. He built a brand, he built a cult. He built a name that when spoken, you know you can trust them. He designed his business from the start to be hands off once he could no longer compete. He didn't do it for the quick buck. He could have designed his business to have second hand customer service and a great product. But like all his competitors, he'd still be in the never ending rat race of technological advancement. Forever a slave to the market. He didn't become the dominant brand of his industry over night. He built it from years and year and years of the best customer service anyone could ever want with a dependable and reliable product. He didn't care about building "*the best*", he cared about his Brand, its value and his customers trust.

He didn't sell his company for \$150,000,000 because of their products, he sold the **Brand** for 150,000,000.

(On the flip side, picture a company like comcast, do they strike you as a company that builds loyal customers? If they didn't have their monopoly customer would be jumping ship faster than the Titanic)

Today I'm starting my own endeavor. I might crash and burn, I might make some decent cash or I might make bank. I have no idea, but from the advice of [/u/IamGale](#), I'm going to stop thinking about it and just start The Hustle.

Law 35 - Master the Art of Timing

I've had 11 years of gathering knowledge, information and learning, I've been schooled from some truly brilliant and successful individuals thankfully but it's time to try and put it to use. Quite frankly I don't care how it turns out, I'll grow and add value to myself through the experience regardless and I'm not worried about making money, I'm confident enough now in my 9-5 career that I'll make a living no matter where I go. Statistically every millionaire today has gone bankrupt 3.5 times. Statistically I'll fail, but I'd rather try and fail then continue theorized what could have been. It's time to start mastering my own time. There is a time for planning and there is a time for action.

Know Yourself & Know Your Enemy - Sun Tzu

Law 23 - Concentrate Your Forces

TRP has given me great insight into who I am, my strengths and weaknesses and how to manipulate myself and not fall short this time(*I've done personal ventures before but they didn't land me bankrupt*). Just like Mr. 150 knew himself 30 years ago, TRP has helped me be honest with myself, my weaknesses and strengths. Accept them and work around them this time instead of against them.

Day 29 - Plan All the Way to the End

Right now I've already sunk a grand into this venture just to get it running, a small risk when you look at the money you'll make in a lifetime. I have no idea whether I'll go broke or turn a profit. I expect it won't even break even for 6 months if that.

Law 28 - Enter Action with Boldness

Don't really care though, I'm confident I'll survive no matter the outcome. I'm doing it because i want to, not because i need too.

I'll update in a few months. I guess this post is one part a thank you to TRP and one part a post to kick some of your asses into gear if you are contemplating making some changes in your life. One of my greatest weaknesses is reading and theorizing to much. Go out and just start doing.

My post frequency is probably going to drop a lot

Oh ya, Mr. 150, need i remind you, only made \$150,000,000 on 40% of his business. He sold the other 60% for an undisclosed amount a few years later. I suspect he's now Mr. 300-500 million. Not sure, not gonna ask him.

Lessons Learned

Plan to the very end

You eventually want your business to be hands off so you can tackle a new venture or passion, you

won't love it forever. You can do this by building a brand then selling it or building up those around you then cashing that chip in to lessen your load. Make them invest in you and control the cards like my father.

Master The Art of Timing

There are a lot of guys reading here of all different ages. Some of you aren't ready for something like this. Some of you are way past due to push yourself out of your shell. You know you better than any of us will. It's your job to master your own time.

Law 23 - Concentrate Your Forces

I know my weaknesses. I use to fight them. I use to try and do the classic 9-5. But that's not me, that's forcing myself to be something I'm not. Break the chains and do your own thing, if that's who you are.

One of my biggest strengths is also my greatest weaknesses. I think and contemplate way too much. I dive deep into rabbit holes, I fantasize and theorize about everything. I'm innately curious and I've been like this since I was a child. It's allowed me to amass a great deal of knowledge for my age as I always ask the question "*why*". but it's time to acknowledge this weakness/strength and wield it into productivity.

I also understand my reward circuits, the power of visualizing and the danger of fantasizing of something you have yet to achieve. I'll pat myself on the back when this venture is finished. Until then I've done enough thinking and theorizing. I need to start learning from trial by fire, I've learned enough from studying others.

My second greatest weakness is procrastination of goals that don't have deadlines. So I watched [this TED talk](#) and now have a week calendar sitting in my room. I want to retire at 50, I've already wasted half my time doing nothing. It quickly puts your life and time into perspective. I mark a box off every week now. I've also laid out simple short term goals and long term goals with basic deadlines of when they need to be done to promote urgency.

I learned that size in the animal kingdom does matter. The bigger you are the more respect people show you, the more they will listen to you and the more your words will hold weight. So In a year I've gone from 6'2" 175lbs skinny fat to 6'2" 201lbs and ripped. I can confirm that people do indeed respect you more, listen to you more and value your opinion more. I can wield this in my business venture.

90% of all this introspection was learned from this Sub, I've advanced personally in this past year and a half then the past 25 years of my life. I've always fancied myself to be a very introspective person but TRP is literally like taking introspective steroids.

Always be building Value

Every day i do something to improve myself physically, educationally or financially. Every day, eventually those 1%'s will start becoming something of value, then you sell it.

Build a Cult Like Following

My personal venture is designed around being completely honest and true to the customer. My aim isn't to make money. It's to have a loyal customer base and building a Brand that is trusted. The money, like girls, will naturally come.

How To Make a Girl Squirt

362 upvotes | April 14, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

This is a comment I left to someone looking for some advice on making a girl squirt. I planned on it being short but I keep adding shit, so here is everything I know about turning the waterworks on.

Squirting Facts

First lets line out the blue pill lies.

Yes, every girl can squirt. I have tested this thoroughly. 90% of the girls I've slept with I've made squirt with a simple technique. The other 10% stopped me mid technique because yes, it does feel to them like they are about to piss and it can be highly embarrassing to a girl that's never felt that before.

Most girls have never squirted. After I was seeing a general theme of these girls squirting. I flat out started asking them, *"You ever done that before?"* At first they would tell me no. I figured this was just ego stroking but after the 10th girl in a row told me she's never done that before I have to question if they really are lying to ego boost. Coupled with the look on their face afterwards I believe most of them really never have.

However, **only a rare percentage do it naturally.** My personal finds are only 10% of girls do it naturally. As in they will squirt from penetration, anal, clit and even had a girl squirt from deep throating me once. That was... really fucking interesting night. Even have a video of it. No, don't ask for it.

And for all you skeptical fuckers out there let me lay it down to you this way. squirting is a complex process of organs. There isn't a magic gene that miraculously makes these organs or processes disappear. For fuck sake we still have an obsolete appendix that hangs around and does jack shit.

The Spiderman Technique

middle and ring finger inside her, palm on her happy trail. curl the fingers towards your palms like spiderman shooting a web. The spot feels really smooth and different than any other part of the V.

Then you can either use your fingers to curl up and down on the spot or the more advanced technique.

That's really it, that's all you have to do but we are going to need to set the stage which we will talk about in a minute.

The Jackhammer Spiderman

This is an advanced technique, do not do this your first couple of times. It's dangerous.

Same technique but now lock your finger ridged, like they are steel and don't relax them. Lock them like your flexing those biceps to salute the gods of Swolehalla. Use your entire arm in and up and down jackhammer like motion. It's not in and out like a pile driver or one of those sex machines girls use because they can cum with their betas.

Your arm is 90° from her body while she is laying down on the bed. Your arm is basically a flag pole sticking our her vagina straight up to the ceiling and your hand makes an L shape with the spiderman anchor. You can actually do this right now while reading. Make the spiderman motion, then hang your hand down vertically like a flag pole. move the arm straight up and down in a jackhammer motion.

Then, very important here, you basically want to squeeze the snatch between your spiderman grip. I know some of you autistic fucks will mess this shit up so be care with this. Start out slow but basically you are hitting the spot at the same time as lightly pulling and pushing her pelvis up and down. Start slow, some girls can only take a little bit, but most girls and be jackhammered pretty damn hard. Some girls can literally be picked up by their vagina if you are strong enough.

No fucking joke, some girls will actually go wild if you can pick them up by their snatch. I have no idea why. If a chick could pick me up by the dick I'd be terrified but some girls fucking love it. I don't even question it anymore.

The key is make sure your spiderman grip is strong, if your hands slip, **you will hurt them.**

Don't be a fucking idiot, use some common sense. I wrote a post about knowledge can be dangerous a while back. This is one of those fucking times. Take it slow, if you are really drunk you need to not be drunk doing this. It's fucking dangerous. And don't ever do this technique the first time with a girl. This is plate level technique.

If you've never done any of this start with the basic spiderman. Once you do it a few times you can really read a girl when she's about to cum. Do forearm dumbbell curls to strengthen your fingers and arm so you can do it longer. I've had a girl cum for a minute plus and could have gone longer but my arm gave out. Squirting hands down is the best orgasm a girl ever has. I've asked most of the girl in a round about way and 80% tell me that's never happened before and all of them are fucking amazed when they do it. I've actually had ex plates get pissed at me for not seeing them or ending it and

they'll say some shit like, *"You cant just make a girl fucking squirt then ditch her!"*

Bitch don't be crazy and you'd still be around.*(That was the one I slapped at the bar because she was into public humiliation, degradation and shit. For those of you that follow my stories. Total basket case but damn she was kinky)*

The Overload Technique

I firmly believe 100% of girls can squirt but it is also 100% mental. It is neural pathway that most girls have never experience or used before. It's there, but most have no idea how to do it, what it feels like or what to expect. You have to do some shit to get them there. It's not a walk into the restaurant and order my double deluxe pound-town entree with a side of water works kind of thing. This shit takes work.

The 1# thing that will cause you to fail is your inability to get a girl over her mental hurdle. That mental hurdle is that when a girl is about to squirt, it will feel to her like she's about to piss all over your bed. Most girls will stop you before they let loose. You have to get pass this.

I prefer shock and awe tactics for this as I'm a very dominant guy so it fits my nature. If you have another way feel free to share it.

If i'm with a new girl I get her really hot and bothered with foreplay, sex, dominating her a bit, just get her super worked up. I will use game and teasing hours before we ever get home and in bed. I fuck with girls HARD, getting them turned on way before.

Once you are in bed and have them really worked up, as in you are going to pound town on them in the very moment. Stop, pull out quick and in the heat of the moment while she's on her endorphin high go to town with the spiderman technique.

To paint the picture of how I do it. I'll bend their legs up to their face, legs together, not apart, go to town for a bit, choke them if they are into it, do anything else that's dominant and they enjoy. Then when they are screaming or about to cum, dead stop, pull out, ring and middle finger in, start doing your bro curls on the spot. You can play with different rhythms, speeds and pressure to find what works well for you. And yes rhythm, speed and pressure will change your success rate. You'll eventually get to the point that you will have specific rhythms based on how turn on she is. Fast and hard for a girl that's right at climax, slow and steady if you are working her up.

They usually blast like a fire hydrate within about 5 seconds. More than that and you didn't turn them on enough and they'll stop you. If you succeed though most go into a daze, some eyes roll up. Some go non reactive, they're brain just shuts down, they go half retarded or something. Had one have an asthma attack and i had to give her mouth to mouth for a minute while she was still soaked. That was a funny one.

Personal correlations I've Experienced

There are two types of squirters from what I found. It's all 100% mental, every girl can do it, but some girls are really in tune with it or just naturally squirt. My plate right now, the one that actually had the asthma attack and squirts from depththroating, she is just a natural. She's done it since she was a kid and she'll do it from penetration, anal, clit, doesn't matter.

Other girls will only squirt from the 2 finger technique. But I've never had a girl not squirt with about a 90% success rate and again the other 10% stop because I didn't turn them on enough and they felt like they were going to piss.

Pro tips

Domination

Being dominant is key. Another 100% correlation I've seen with every woman. They all love being dominated. The more you are, the better chance you'll have of unlocking the waterworks. Lift, #1 best thing you can do to improve your dominance. I'll shoulder press my girls and launch them like a little kid onto the bed. Anything and everything you can do to be more dominant will help you here.

The Shoulder Squirter

If you can throw them over your shoulder after fucking them good and you do the spiderman technique they will explode. I've had a 100% success rate with this one and the most intense orgasms I've ever seen out of a woman. They won't even be able to walk for a minute or two.

Learn From Professionals

Go to pornhub and search how to make a girl squirt. There are some pornstars that actually teach it. Be careful your first few times though. You have no idea what it feels like or how to do it and you don't want to hurt her. Once you get it down though you'd be surprised how rough most girls can take it.

It's All In The Mind

The key though is to overload the girls mind. You are basically trying to short circuit her brain. Any girl that hasn't done it will feel like she's about to piss and stop you. So you have to get her super turned on then just do it fast. The sensation will be so overwhelming they won't even be able to form sentences or stop you. If you set the scene right they will exploded in about 5 seconds and it will feel so good/weird to them they will just let go and it will happen. If it's there first time it will be very common of them to just daze out into an ecstasy induced oblivion. Most of them will literally go half retarded. I've hear girls say shit that isn't even words, they mumble incoherently trying to formulate a word, let alone a sentence. It's hilarious. Afterwards girls that have never done will sometimes flat out be like, *"WTF did you just do to me?"*. Just smile and nod, *"Sorry, don't give away trade secrets"*. 48 laws, always say less than necessary and act as if you do it effortlessly.

The Squirt & Choke

Pretty simple. If she's into being choked it's a surefire way to get her to squirt. Pull out, start choking and spiderman her at the same time. The combo of overloading her and lack of oxygen makes for a super intense orgasm. This isn't a write up on how to choke so if you don't already know how to choke, ignore this tip, you'll fuck it up and hurt her. There is a lot more to choking than just wrapping your hand around her neck. If however you know how to choke, apply enough pressure to her comfort level then release right as the water works start. She'll inhale right as it lets loose and probably shoot across your room.

Warnings

Don't try the jackhammer technique till you are confident you won't hurt them . A newbie shouldn't try it. Some of the first girls I made squirt I either straight up asked them if they've ever squirted then gave them an arrogant remark like they're going to with me or some shit. Or I'd do the overload technique, but a lot slower to not risk hurting them.

Once you get experience though, girls are surprisingly really fucking tough.

Again, don't be a fucking idiot about this. I'm sharing a technique with you that can hurt the girl. Don't be arrogant on your ability. Don't fucking do this drunk and be fucking conscious of your own strength and ability.

Other Random Advice

Also, the vagina kinda swells up afterwards. It's a weird feeling, they actually tighten up a bit but every orgasm after squirting is much more extreme for them. They'll go wild from clit or penetration.

After I get a girl to do it once I pretty much always start foreplay with a little bit of it. If they are a natural like my plate right now they will actually cum over and over and over. A girl will cum from pen or clit WAY fucking easier once you make her squirt. It's like unlocking easy mode of sex.

different positions will make this easier. The more their legs are closed up, the better. Don't have their legs spread eagle, idk why but it makes it way harder for them to squirt. The closer the feet are to their heads, the better. If you are strong enough you can hold their feet to their heads while using your other hand to do the technique. lets you manhandle them a bit while getting them off. Make the orgasm more intense for them.

I have no idea why, might have something to do with blood rush to the head but that's just a half asses guess.

It will become easier and more frequent with a girl. Once she does it once, every time it will be easier for her. She will orgasm for longer and she'll be shooting more volume. You can even get them to do kegels to increase their intensity.

Doggy style can be the hardest and they will also roll over and stop you if they've never done it before.

Enjoy your new supersoaker. And buy a waterproof blanket or sheet. They actually make some really comfortable ones if you have the \$.

Theorizing Vs Acting (Is Squirt Piss?)

56 upvotes | April 15, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Well then, this was an interesting morning to wake up and check my inbox.

Apparently some of you have some concerns about the science behind squirting.

I'm reading through this comments and holy shit boys. If there was ever a great example of group infighting this would be it, I feel like I'm watching the internet explode back with the Black/blue vs White/Gold dress thing happened, but that's a post for another time.

Lets get started

Is Squirting Piss?

My Answer: *I personally don't care what it is*, but yes, a girl can piss with this technique.

But that's not really explaining anything so let's start with my experience.

- I've made over 20+ girls squirt since TRP.
- Only 10% of those didn't because they stopped me before they let loose.
- My current main plate is a natural, as in she does it from any stimulation.
- My main plate has only "*pissed*" once during squirting and she does it every time we fuck, either through pen, clit or I make her with the spiderman technique.
- I'm guessing here but between the 20+ girls and my main plate I've probably made girls squirt around, eh, 300-500 times with various girls.
- Once out of 500 times it was piss. With a girl that as literally squirted 100+ times.
- I have never had another girl piss while doing this.

How did I know it was piss that 1 time and none of the others?

Because piss smells like fucking piss

All 499/500 times it smelled nothing like piss. Piss is a fucking turnoff for me. Nothing kills my vibe

quicker than a bad odor. I fucked a hippy chick once, the kind that loves EDM raves and MDMA and she refused to use deodorant for some hippy liberal bullshit reason, so I kicked her the fuck out because I couldn't take it.

I don't like nasty ass smells like any other sane person. It's a basic biological reaction to avoid bad smells. Why? Because bad smells = fucking infections and shit that can hurt you.

At the end of the day I don't give care what the liquid is. It never smells like piss, it never makes me sick. It doesn't leave my room smelling like a litter box.

If it doesn't look like a duck, if it doesn't smell like a duck, if it doesn't quack like a duck. It's probably not a duck.

So quite frankly I don't care what it is or the science because here is what I know from experience and testing it.

The Most Intense Orgasm You Can Give a Girl

I'm not a dude that just *has sex*. I've studied sex as much as I've studied anthropology, neurology or biochemistry, game, etc.

I study shit, it's what I do.

I've spent hundred of hours reading about sex, learning from professionals, watching doctors of sex. I do it because I want amazing sex. I want to alpha widow chicks. I don't want to be top 20%, I aim for top 1%. Check my post history or any of you that regularly follow my writings. The same level of dedication to those interest I write about are the same level of dedication I apply to sex and understanding a woman's body.

Every dude that's done this technique can attest to it's power, because I read every comment in both the PSA and my other post. Every dude that's done it is selling it like it's the holy grail to fucking.

Why?

Go google, "*Forced Orgasms*" or "*BDSM Forced Orgasms*".

That's the orgasm you will be giving a girl.

Your chick will literally be convulsing in your bed. Their brain shuts the fuck down like you are tazing them. The squirting is just a side effect. The real result is the chick will start speaking like she's a fucking demon. Her eyes might roll back in her head. She might rip your headboard off. She

might convulse and donkey kick you off your bed. She might not be able to stand for a minute or two. She might not be able to breath and you have to give her mouth to mouth. These are all things I've fucking seen because I've tested it like I've tested everything I write about.

Have you experience similar results with vanilla sex or even highly dominant vanilla sex? I sure as shit haven't. I've lifted a chick up by the throat as she riding me like she's my personal flashlight. I've wiped a girls ass with a 9 tail till she bleed. I've made girls wear remote control vibrators to bars, making them edge for 4+ hour straight. I have tried everything under the sun I've read or learned about sex.

None of it compares to the mind shattering orgasm a girl has with the spiderman technique.

If you want an example of the level of depth I get with this shit, I'll give you an example of just last night, you can skip this if you want, it doesn't add to the OP, just an example of how I test things I learn about.

Fight or Flight & Sex

I've been studying a guy named Wim Hof lately, thanks to [/u/IamGale](#) for showing me him.

By studying him I started diving into the rabbit hole of endocrine system, adrenaline and hormone releases. I've been reading scientific publications from PubMed, watching interviews with online with doctors over biochemistry, etc. Just jumping down the fucking rabbit hole, deep.

I've learned from *"The Charisma Myth"* that you body is pretty much detached from your logical process, aka rational thought, frontal cortex, etc.

As in your body will have a response to a stimuli no matter how rational or logical you are. Anxiety is a reaction to your body perceived a threat. That's it. It has nothing to do with logic. The threat can be a logical threat, but the system that controls it is not controlled rationally. Rational thought or *"The Great Leap Forward"* as anthropologist call it, only evolved about 50,000 years ago. Sexual response has been evolving for millions of years. This should be TRP 101 for most of you.

From studying mob mentality I learned that during fight or flight your body actually shuts down all none vitals. One of these non-vitals is actually your rational mind, aka frontal cortex. This allows your body to focus more on it's more primal systems. *(Hint were I'm taking this, sexual response is a ancient biochemical response)*

Why is rational thought considered non-vital? Because it's only 50,000 years old, it's still an infant as far as your body cares. It hasn't had time to fully integrated into our deeper subsystems. If you want to visualize it for an analogy, evolution is basically building a

skyscraper and that skyscraper is your mind. Every 100,000-500,000 years it adds a new level, with new mechanism that does shit that allows it to survive it's environment.

I learned from studying Rape Culture, thanks feminism, Women that are raped report somewhere around 50-70% of them climaxing during the event.

If you look at this through the lens of understanding biochemistry and fight or flight, they are orgasming not because they rationally like it, no sane person thinks rape is a good thing. But through the biochemistry lens you can easily deduct that fight or flight is activating. Adrenaline is spiking. Heart rate is increasing, blood flow is increasing. Orgasm occurs because of this fight or flight response.

So, what do I do when I learn this shit?

I don't go, *"That's bullshit!"*

I don't go, *"Hmm cool"*

What I do is combine my learns with a little abstract thought and go,

"How can I activate my girls fight or flight response to make her orgasms more intense?"

"Hmm.... Is there people already doing this?"(I ask myself this question a lot because I've learned you never have an original Idea, if you think of something, 99% of the time some is already doing it, just a life lesson)

"Yes there is, it's called the entire BDSM scene. They do exactly that." They don't really explain the biochemistry part but that's exactly what it is. inducing fight or flight by using pain to activate pain receptors to trigger your primal activation of the endocrine system and release of adrenaline. Your body doesn't care if your rational brain *"knows"* it's safe. Pain receptors are millions of years old. They are directly attached to your endocrine system. You hurt someone psychically and adrenaline is release.

I've spoken to some guys here that fuck taken girls or cheat on their girls and they will also confirm, yes adultery sex is extremely intense sex. Why? Because you are perceiving a threat so the adrenal gland activates and sex becomes really fucking intense.

Studying history, specifically Roman and Greek history, the literature often ties sex, violence and war together. Hmmm..... Am I seeing a correlation here?

From all this random information i can deduct, **Adrenaline is steroids for sex.**

So what did I do last night after I pieced this puzzle together?

"Babe, I've been reading about sex lately. I'm going to whip you pretty fucking hard tonight (she likes whips). What I'm aiming for is for your mind to actually shut down. I'm trying to trigger your fight or flight (I've talked a bit with her about this stuff). Basically I'm trying to scare the shit out of your body. Use your safe word if you need to but I want you to let the pain go longer than you normally do"

Disclaimer. This is NOT a ONS. This is a 7 month main plate that thoroughly trusts me that I won't actually hurt her'

She can't walk today but she told me that was the best sex she's ever had

That should give you a glimpse of the type of dedication, learning and experimenting I do for anything new I learn. I don't accept it at face value, I don't reject it. I absorb it then use some abstract thought to see if I can apply it to something.

Explanations Vs Results

You guys can argue about the science and theorize all you want. There's big difference between talking and actually doing it.

Why do I say I don't give a shit what the liquid is?

Because my goal isn't the squirting. I care about the chick laying in my bed having body tremors because I just fucker her better than any dude has ever fuck her. I stated in the last post that some girls will say shit like, *"What the fuck did you just do to me?"*

I was being humble. I know you readers probably won't believe it if I told you **every** fucking girl will say it. I thought it was ego boosting at first until **every** girl that had never squirted before was in shock from it. They weren't in shock because they squirted though. They were in shock because they lose complete control of their body, start speaking like a demon or their eyes roll back in their head. I

did this to an 18 year old with an N count 40(*ya, regret that one*) and even she said, "*That was insane, what did you just do?*"

Most dude that don't study sex **can not do this**, plain and simple. I remember my bluepill days, If I didn't find TRP i would have never found this technique. I would have spent the next 50 years having vanilla sex with many some light bondage.

Most girls I've fucked have never had it happen to them. It's not something you naturally learn unless you are slaying pussy as a natural, which means you probably aren't reading TRP. It is a very forceful, dominant experience and most dudes in our society are to fucking pussy to try this shit.

I don't care about the science squirting. I find a new piece of knowledge and I go out and test that shit and see the results just like i tested fight or flight last night. I'll continue to test fight or flight till I decide I like it or not or if my girl likes it. If I like the results I use it, if I don't I move the fuck on and don't argue about it because I realize some people might like it, some might not.

Lessons Learned

Go google "*Forced Orgasms*" again if you want to see what it looks like. I'm at work so I can't exactly find a video to show you right now but any dude that has done this can probably find a video and link it in the comments. I'll confirm that is what it's like.

The common theme I'm seeing of skeptics is;

- It's piss, why would I want piss?
- I don't care about a girl cumming, why should I do this?

My advice for all you guys arguing about it. Stop talking and go try it. Theorizing and acting are two completely different things. You are talking about an experience you've never had. It's like telling someone not to take MDMA when you've never even seen what MDMA pill looks like, let alone tried one.

If you don't think you'd like it cool. But don't knock it till you have a girl in your bed having full body tremors speaking an ancient Satanic language. You are just selling yourself short from a potentially whole new way of sex. When I tested it it was like going from T-ball to MLB.

And this applies to every teaching of TRP. You should do this with everything you learn. Don't reject it, don't accept it, go out and fucking test it and see if you like it. That's the whole point of TRP. To push your boundaries of what you thought you couldn't do or wouldn't like doing. For those of you who have followed my writing from the start, if you want to grow and improve yourself as rapidly as I have, this is the exact method I do with everything. Find it, learn it, Test it. I don't care about theorizing, I care about results and I test those results. Soon as I'm done I move on to my next thing to test.

I acutally wrote about this just yesterday on *planning to the end*. The end here is the result, I care

about the end result, not the method, not the teachings, not the theorizing. I want a girl in my bed with her entire body tremoring, eyes rolling back into her head. And I found a method to get that result.

I hope you guys are critical over everything you read. I am. But I don't jump to conclusions or talk about what I haven't experienced. Everything I write I write from going out and fucking trying it. If I like it, I use it. If I really like it and think it's worth sharing then you guys get to read it.

I'll be using the spiderman technique on ever girl I ever sleep with. but to each his own.

This is TRP, this sub is designed to push you out of your comfort and try new shit. Go out and try shit and stop talking about it. Decide if you like it AFTER you've done it.

How To Make Books Your Bitch

134 upvotes | April 16, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I'm fucking busy lately.

I've got about 10 books I need to read on my shelf and another 30 in my amazon cart. This is a lot of fucking reading. Thanks TRP.

I've taught some of you this tip in comments but never made a post on it.

Here is how I make books my bitch.

My Method

Buy Book.

Buy The Audible Version

Set Audible speed to x2 or x3.

Read along in the book while audible verbalizes it for you

You'll read most books in 4-6 hours.

Benefits

The #1 best benefit of this method is **the retention**. Not the speed.

Have you ever read a book and then look back and think, *"I don't remember half of what I just read?"*
Have you ever listened to just an audible and you eventually daze off into oblivious contemplating the existence of morality? Only to realize you didn't listen to the past 5 minutes of the book?

I have.

I have a retention rate of about 40% just reading. it's about 30-50% with audible alone.

With combining the two I can remember somewhere around 70-90% of a book.

Why? It's science bitch.

You are combining two sensory inputs to absorb information in synchrony. Your mind can process and categorize the information twice as effective instead of just using your eyes or just using your ears.

Yes, you usually spend double the money but if you get an audible membership you get a point every month for \$7 for the first 3 month and they throw deals out every once and a while that end up being cheaper than not having a membership.

Well worth it if you value your time or don't have a lot of it.

Enjoy

Dick Health

773 upvotes | April 18, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

For the past year of being here at TRP I've seen comments and questions throughout this subreddit along the lines of guys having erectile dysfunction issues, self esteem issues, performance anxiety, lasting to long in bed and everything in between.

Yet I've never seen a post on it.

I've been messing with increasing my performance in bed way before I found TRP and today I'm going to share with you everything I know about getting the most out of your dick.

I am not a doctor, not a nutritionist, not a health fitness advisor.

I'm just a dude that experiments with shit and this is what I've found.

Edit

Apparently I didn't my make this intro clear enough. I'm in no way a nutritionist or health advisor. This is just my personal findings and what has worked for me. I've tried all of the stuff listed here and found it beneficial.

It's up to you to do the research on what you should or shouldn't take. This stuff I'm showing you today is not to be consumed mindlessly. I'm telling you to put shit in your body. The importance and risk of that should be apparent to all. It's no ones responsibility other than your own to know what that stuff is and what it does before you eat it. I've given you a brief description of benefits. I've purposefully left some of this vague so you do your own research as you all should. I repeat it constantly in this post. *"Google it, Research it, etc."* This merely a huge conglomeration of stuff I've found.

I'm not your baby sitter or your doctor. It's up to you to make sure you know what you are doing to your body or what you are putting in it.

[/u/Mooshaq](#) has corrected a lot of of info on the supplement section. check the comments, he's way more qualified to advise you than me on that. I'm just a guy that tried it and saw results and decided to share them.

Supplements

There is no supplement that will make your dick bigger, sorry, no easy road. However, there is a lot of supplements for sexual health depending on what you want.

Erectile Dysfunction (ED)

L-Arginine: 1,000-3,000mg daily

I love and hate this stuff. Bodybuilders and athletes use it as it increases the amount of nitric oxide in your blood(*same thing viagra does*) so more oxygen can be transported through your blood cells. It will also make your dick feel like it was chiseled from granite.

I lift so it does a double for me. The down side though, it tastes like complete ass. Like you are drinking out of a sulfur pit. To top it off, you also should take it on an empty stomach, with water and no sugar. You can find this stuff in preworkout also. Over 4,000-5,000mg a day will also activate your pituitary gland to start producing HGH(Human growth hormone), also great if you lift, not really sure if it helps for PE though. I personally haven't tested that high of an amount.

If you have ED issues. I'd start with this. But do your research on it first. It's one of the more side effect adverse supplements on this list.

Note that if you have any form of HPV, herpes, cold sores, etc. L-Arginine will make them flair up. If you fall into that category then I suggest you check out L-Citrulline. It's also highly recommended but I've never used it so I don't feel comfortable recommending it.

Ginko Biloba: 120mg

This stuff is great, not very big improvement in firmness but it's just an all around great herb. If you have bad memory, take this. It is great for your cardiovascular system.

Horny Goat Weed:

It's not called Horny goat Weed for no reason. if you have last to long in bed. check this stuff out. If you have trouble getting it up, check this stuff out.

Marijuana

I personally smoke with a purpose, not for recreation. It clouds my head and i can't think straight but if I want to plow a girl for a few hours. Weed is my go to thing. It turns me into Hercules in bed. I have no idea why but it does.

Cumshot Increasing

These are all out of a thread on Thundersplace called "*Holy grail of cum load increase*". Google it if you want to learn more.

x1 1200mg of Sunflower lecithin(Not Soy!)

Sunflower lecithin will increase your cum a lot and make your orgasms way more intense. Make sure **not** to get soy for two reasons though. One, it doesn't work as well and two, it decreases testosterone which unless you're a chick, you don't want.

x1 Zinc 50mg

Makes it a bit thicker and a bit more volume but don't take too much as high zinc is dangerous and ill also make your face really flush. I take 1 50mg every other day. It can also be hard on your stomach, take it while eating.

x2 Pygeum 100mg

Take one in the morning and one at night. Huge increase in cum and precum volume.

Bigger balls

x1 damiana leaf 400mg

Pretty simple, makes them bigger, no side effects.

Make your cum taste like sprinkles

Not really sprinkles, but your girl will definitely notice.

1x True cinnamon (Ceylon) 400mg

no side effects, makes it taste better.

x1 Celery Seed extract pill

same thing but also helps cardiovascular a bit.

Fruits and pineapple juice

Just improve your diet. Stay away from high sodium stuff.

Sleep

What does sleep have to do with banging bitches? Well, a lot. If you aren't getting at least 8 hours of

sleep a night you are only hurting yourself. If you lift intensely like me, I'd suggest you actually get 9-10 hours of sleep. I know when I'm doing the gym 6x a week, 8 hours isn't enough for me.

Supplements like l-arginine, ginko biloba, zinc are all good boosters of sleep quality but I've found a supplement that helps me out tremendously while sleeping.

Magnesium Citrate: 200mg 30 minutes before bed

If you live in America more than likely you have a mineral deficiency. A good way to tell if you do is, Do you have restless leg syndrome? A lot of studies show that if you have it, you are deficient in something. Even if you don't, I can make a pretty educated guess that probably 70-90% of you are missing something from your diet.

Dick health aside, I suggest you start experimenting with sleep quality and supplements regardless if your dick is already chiseled from granite. This stuff has helped me out in a ton of other areas in life. According to the National Sleep Foundation's inaugural Sleep Health Index, 45% of American's don't get enough sleep or don't get quality sleep.

Trust me, just because you are getting 8 hours of sleep, doesn't mean you are getting 8 **good** hours of sleep. Start experimenting with supplements and sleep. You'll be glad as fuck you did. I don't always take all these supplements. Too much money and time but I always take magnesium citrate.

ZMA

This actually a combo supplement usually consisting of magnesium, potassium, zinc or iron. All minerals most of us are deficient in. Different brands have different stuff in it. Check the labels and test what works for you. Sometimes it has stuff called Theanine in it which personally gives me crazy ass dreams and usually results in me waking up drenched in sweat. But, a lot of people don't get that reaction and love the stuff. Find what works for you. It's an awesome supplement to start out with.

Zzzquil

One of the hardest things I've struggled with is how bad I fucked up my sleep cycle back when I was a teen. You know, staying up till 12am every night. Pulling all night benders playing video games with friends. I did this almost daily.

Well guess what, that shit does have a long term effect on you. Your body will adapt it's endocrine system to release melatonin for the average hour you usually fall asleep. Go to bed at 12pm for 10 years straight during your teens and you've got some serious shit to fix.

Since I've been 18 years old I've had to get up every day at 6 o'clock in the morning. for 10 years I've been dragging ass and finally wake up around 11am-2pm. Now, i can fall asleep any time between 4pm-8pm. But as soon as the clock strikes 8pm. I'm wide fucking awake till 12pm. I attribute this fucked up cycle from my years as a teen. For 10 years, I have never fallen asleep between 8-12pm.

Eventually I figured out I could fix this. And I started taking Zzzquil every day for 3 months straight. 7-8pm like clock work. What I was doing is basically inducing my bodies sleep cycle. You don't have to do this for the rest of your life. You just need to do it till your sleep cycle gets to where you want it.

I did those 3 months a year ago. Today, my sleep cycle is still fucked up, but not nearly as bad as it

was for the past 10 years. I can fall asleep now between 8-12. sometimes I need Zzzquil still but rarely and usually just a tiny sip kicks the cycle into action. Couple this with the other supplements on this list and you'll be amazed at the quality sleep you've been missing out on.

Marijuana

Like I said, I personally smoke with a purpose, not for recreation. If i want to sleep like a baby I take a few hits and some Zzzquil. Knocks me out cold.

Find What Works for You And Discard the Rest

A lot of these supplements can be copied and pasted for other benefits. Sunflower lecithin is in the cumshot category but it will also help you cardiovascular so it does improve ED. I suggest you buy one of these supplements at a time, use it for 2 weeks and pay attention to any increases. Also look up any side effects or possible issues you might have with preexisting conditions. I'm a perfectly healthy 26 year old male. No chronic ailments. That might not be the case for you. This is only my personal findings. It's up to you to test these yourself.

Use what you find useful and discard the rest.

I Last To Long In Bed or Have Trouble Staying Full Mast

A lot of guys actually have this issue. I did from the first time I fucked a girl. I actually had it so bad that performance anxiety couldn't even let me get it up. We all know of NoFap and all it's benefits but personally I've found that I can control or manipulate my erection quality and stamina just by being mindful of the porn I watch and the frequency at which I do it. It takes willpower but it is manageable.

Now, some of you may have actual physiological reasons why you last to long or bust to quick. But, from my studies it seems that the vast majority of guys with these issues aren't anything physiological, it's all psychological.

If you watch porn, it will effect your performance in bed. bottom line.

If you choose to go nofap then to each to his own. I personally don't go NoFap but do whatever you think is best for you.

Guys that last too long usually have two things in common. They watch a lot of hardcore porn, kink stuff, etc.

Or, they have something called **Deathgrip**.

Deathgrip literally is what it sounds like. You are choking your chicken way to much. You are desensetizing the nerves. Your hand feels way different than a pussy. So when you finally slip your dick inside a chick it's gonna go, *"WTF is this? I'm use to fucking something that feels like I'm wearing 20 compression shorts"*

Solution

Always jerk off with lube. Always. Always, always, always.

Buy a **fleshlight**. I know, it's weird. it was weird as fuck when I ordered one but the shit works like magic. You probably wont even cum the first time you use it or even stay hard. If that happens then I can guarantee you that you just found your problem.

Experiment with the frequency of using the fleshlight. I've done this so long I can switch between when I want to use a fleshlight or my hand and I'll notice a direct correlation to how long I last in bed with a chick. Your erection quality will also greatly increase. Using a fleshlight with some of those supplements and you'll be able to drill a chick to the center of the Earth.

Porn quality. Stop watching hardcore porn. Switch to pictures only if it's really severe. The less visual stimuli the better. I see a big difference between just using pictures vs watching soft core porn vs watching hardcore porn.

Again, experiment, be mindful of what you are watching and how much.

I Bust as A Nut Faster than a Bottle Rocket

Pretty much read the last section and do the opposite. Stop using lube. Watch more porn or more hardcore porn. be mindful of it's influence on your performance. Deathgrip more. etc.

In the next section we will be discussing some stuff that will also desensitize the nerve endings of your dick.

Penis Enlargement

Disclaimer # 1

This shit takes dedication. Like, going to the gym everyday, dedication. What I'm going to be talking about is literally workouts for your dick. If you don't see yourself as someone who can get up and go to the gym every day, you probably won't see good results from this. It takes a minimum of an hour a day, every day. **Minimum!**

Disclaimer # 2

This shit **can** fuck your dick up, if you're an idiot.

If you're an idiot.

If you're not an idiot, it is completely safe until you get to the extreme versions of PE (*Penis enlargement*) which i won't be discussing anyways as anyone new to this shouldn't even bother reading into extreme versions for at least a full year of dedicated PE. You need to learn that stuff from long time professionals, not here at TRP. I'll be listing forums where you can check this stuff out at.

This Is BS right?

Ok, lets address the giant elephant in the room. I know half of you are about to scream, *"BS! If you could make your dick bigger everyone would do it!"*. Well anyone can become a doctor or a stock broker or a rocket scientist. Guess why not everyone does those things though?

It's fucking hard.

Like I said in the disclaimer, this shit takes dedication, a lot of time and research. If this was as easy as a pill everyone would take it, but it's not, so these methods aren't terribly popular, but they do work.

How Does It Work?

Well it works the exact same way as *"Suspensory Ligament Release For Penile Lengthening"* surgery. Yes, there is a surgery you can get to make your dick longer, go google it if you don't believe me. They go into it and cut the ligaments attached to your dick. This allows it to extend further out. Typically the surgery results in 1"-2.5" of length gain.

But, the downside of that surgery is your dick won't be saluting the heaven anymore at full mast. It kind just sticks straight out since the ligaments can't propping it up.

Does this method have the same downside?

No, all we are going to be doing is stretching the ligements, not cutting them. I went from 5.75" to 7" length and my dick can still salute the gods of Swolhalla.

Another bonus of doing this is you don't drop a couple grand to gain an inch or two. It just takes a ton of time.

Lets get started. Through the post I'll be linking forums dedicated to these techniques. If you still don't believe me, just go to one of the forums, sign up and find the "*Progress Pics & Reports*". Every forum has one and there are tons of guys with pics to prove it works. You don't have to take my word alone on this.

The Newbie Routine

The newbie routine is designed for, you guessed it, newbies. It consists of a 5 minute warm up, x2 30 second stretches in five directions(*total of 5min*). Left, Right, straight down to the floor, straight up towards your face and straight out at a 90° from your body. Then another 5min of a workout called jelqing that increases girth.

This is all directly from Thundersplace. A PE forum, go google it.

Length Gains

The way this works is the exact same results you get if you were to do Penile Extension Surgery. But instead of cutting the ligaments attached to your dick, you are slowly stretching them out over time.

Heat up a rag and place it around your member for 5mins, this is vitally important for loosening up your cells which always them to stretch and also to avoid injury.

After the warmup there are two stretches I find the most effective/easiest to do. You have your basic stretch, which needs no explanation really, just grab your shaft and pull in the desired direction. The second stretch though is called the **V stretch**. Basically the same thing but as you extend your penis, you use your other hand and place it right in the middle of the shaft and use that hand as a pivot point

to apply extra force. Making a V shape out of your dick as you pull. This gives you more leverage and a greater stretch but again, be careful. The harder you pull the more chance of injury.

I've found the best way to gauge the effectiveness of a stretch is while you are doing it, do a kegel. If your dick pulls your hand back or the head of your penis retracts a bit, you are not stretching it enough. Apply a little more tension till your hand or head no longer moves backwards during a kegel.

Girth Gains

This is a bit harder to explain with just text. The basic technique is called a **Jelq**. I suggest you google it and watch a video to preform it properly.

The basic idea of it though is it pumps blood into your dick and then you clamp on it a bit to keep the blood in there. Thus expanding the cells, veins, etc. Research this technique properly because you can damage your dick. Black color is bad. Red dots after you finish is bad.

This will also desensitize your nerve endings so if you fall into the category of lasting to long. I'd fix your stamina issues first before doing jelq's.

if however you bust faster than a bottle rocket then this is the perfect exercise for you. Do this a few hours before fucking a girl and not only do you get a good pump but you'll probably be fucking like a pornstar.

Closing

Again, test and experiment. Everyone physiology is different and you many need more or less of anything I've discussed here today.

I started doing PE almost 2 years ago. I started at 5.75" x 4.8", With the newbie routine I reached 7" x 5" and with a water pump I'm currently 7" x 5.5". And yes, there is a noticeable difference in the bed and how girls handle it. It is permanent as far as I can tell. I haven't done an exercise in over 5 months and I've lost none of my gains.

Random tips

Stay away from pumps for your first year. Your dick can't handle the stress and pressure and you will fucking hurt yourself. You need a minimum of 6 months jelqing before you ever think about a pump.

I suggest you actually learn how to measure your dick properly with bone press length. It's widely talked about over at the forums that the Ideal size for a girl is 7-8" length and 5.5-6" girth. Past that

and you will actually be hurting yourself more than helping. Most girls will struggle with 6" girth and past 8" length you are going to be pounding the cervix. Go check out BigDickProblems Subreddit to learn more about that. It's cool to have a 9"x6" dick but you will be limiting your pool of potential partners.

Once you hit 5.5" girth or higher, you will need lube no matter what. Don't use spit. I've tested a ton of lube, hands down **refined coconut oil** is the best thing ever. It tastes good, smells good and won't leave your bed a mess. I will never use another lube beside coconut oil.

Once you have a solid foundation of jelqing(*6 months minimum!*) and you think your dick can take it. Research pumps, don't get an air pump though. Water all the way. If you plan it right you can use the pump a few hours before sex and it will give you a temporary boost of girth. I went from 5 to 5.5" with the pump for permanent increase but I could grab my pump, use it right now for 15mins and I'll be sitting at 5.75" for the next 6 hours. These techniques do have permanent and short term boosts. You'll notice a difference when you fuck a girl with an extra .25". It doesn't sound like a lot but it is. Note though, you will be desensitized for those 6 hours so be mindful. I wouldn't do this unless I'm certain my EQ and stamina are on point. You risk just sitting there with a pumped up dick looking like an idiot.

Those supplements I listed, the "*Cumshot Increase*" list, those will make your flaccid dick bigger. Doesn't increase your erection size but you will look down after taking them for about a week and notice you've got a pretty noticeable hanger.

Once i hit 7" and 5" girth I had to rework my underwear drawer. If you take the "*cumshot holygrail*" supplements you will be bluging. I'm 6' 2", and i have issues sometimes with shorts and sweatpants. If you are shorter than me, you definitely will. Go over to BigDickProblems subreddit, they have a ton of resources on underwear for larger guys.

Also an issue past 6" length and 5" girth is condoms. Anyone that tells you all condoms fit any size is a fucking idiot. If you are 5" girth or higher you need large condoms, either magnums, yes magnums, or any other brand. The US sucks at condom sizes and metrics. Again check out BigDickProblems, they have a ton of info and sources for quality condoms for guys above average. There are some awesome EU condom companies you can buy through amazon to get shipped to the states. I personally use 63mm condoms at 5.5" girth.

Once you hit 7" length you will start to tickle most girls cervix, I have yet to hurt a girl but i can feel it. You will need to research and learn positions for the length you are. There are some positions that don't work well for me now. From reading a ton on forums and bigdickproblems subreddit I've found that once you hit 7.5" you do risk hurting a girl at certain positions and 8" and above you won't be able to do some positions at all and you'll have a high chance of pounding the cervix. Every girl is different though. I've found some have shallow vaginas, some have really deep ones.

If you are 7.5" or above, google, "**Posterior Fornix**". Learn how to hit that spot and massage it. You might alpha widow a chick with that technique alone.

Don't Neglect Girth! I know, having a 7-9 inch dick is awesome bragging rights. But trust me, when i finally got a pump and went from 5" girth to 5.5", it was like a whole new world for girls. There faces when you stick it in are different. They will cum from positions they usually don't. I neglected girth during my newbie routine and didn't do a whole lot of jelqs because it took more time. I wish I had only done jelqs. Length was easy for me, not always the case for some but make sure you do jelqs too, it's where the magic really happens.

6" girth or higher and you will actually find more success with girls 25 and older. If they have a kid even better for you(*I know, TRP blasphemy*). if you are 6.5" or higher, good luck finding a chick with a low N count that can take you. Learning game and getting girls turned on way before you ever get home will take you lightyears ahead of anything in this post. When girls get aroused they do what is called, "**Tenting**". Go google it. learn about it. learn how to turn chicks on and you'll have a way easier time with large girth.

MatterOfSize SRT

Lastly if you want to learn more on this stuff then you definitely should read SRT.

Go google "**MatterOfSize SRT**". If you take anything out of this post, you need to read SRT. It is the best post I've ever found to date on explaining everything you'd possibly want to know about PE. It's extremely long and detailed by a guy that's been doing this for somewhere around 10-15 years. It explains the inner workings of your dick, the tissue you have to stretch after you max out your newbie routine and a ton more information.

If you have already done some PE but found you were a hard gainer. You need to go read SRT right now.

Penis Enlargement Forums

Thundersplace

PEgym

MatterOfSize

Useful Tips From Commenters

/u/mike10739

The main component in Horny Goat Weed, Icariin, works as PDE5 inhibitor, same thing as viagra. You can also find the pure extract (90-98% icariin) on the internet, it's even more effective.

Damaina leaf contains acacetin, which is an aromatase inhibitors.

If you have trouble to regulate your sleep cycle try melatonin 3mg.

Something not on your list: premature ejaculation is caused by a lack of serotonin (to make it simple). Take tryptophan, usually 500mg before sleep. It's an amino acid, precursor of serotonin and also improve sleep.

/u/Casanova-Quinn

I would recommend L-Citrulline over L-Arginine. I've used both and experienced better erections and muscle pumps with L-Citrulline.

But don't just take my word for it:

"L-Citrulline is an amino acid. It is turned into L-arginine in the kidneys after supplementation, which means L-citrulline supplementation is a more effective method of increasing L-arginine levels in the body than L-arginine supplementation." —Examine

/u/II128

Keep a big bottle of hydrogen peroxide in your shower. ASAP after banging a ONS or any chick that could be fucking other guys, douse you dick, balls and crotch in hydrogen peroxide. Let it sit for a few minutes.

/u/Doomsdaywasyesterday

I take argine and pycogenol. 3 gram of argine and 100mg pycogenol in the afternoon (between lunch and dinner on empty stomach). Before sex I take 3 tabs of horny goat weed. Make sure it has 10% niacin (spelling?) in it. That is an inhibitor that works the same as viagra. Keeps the NO from leaving the body and keeping the erection longer and harder.

Wait 2-3 weeks before noticing anything with the argine pycogenol stack. After 3 months studies show that over 90% of men have gotten normal erections back.

The Weakness

0 upvotes | April 19, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Edit:

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This entire post is pointless except for a few sentences. What you want to read is the comments. Don't waste your time on the wall of text. There is an applicable technique you can learn if you want. Just read "The Challenge".

After you take a quick look at the comments move on to my post The Weakness: Day 2 - Mindfulness

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Confession & Disclaimer

Today I have to come clean to you guys. See, I've been fucking around with this sub for about a week now. You could call it borderline trolling but I'm going to call it testing and experimenting because my aim isn't to agitate or detract the sub, it's to study and understand you guys along with myself. I've been baiting this sub with my posts and some comments with the specific intent. Hoping I can learn something and help some of you grow. I usually learn something for myself along the way.

Now I'll address this right here and now. I'm going to be completely transparent with you and I know a lot of you are about to be super skeptical if you aren't already.

You may be wondering If I'm bullshiting you. You may think this is some kind of backpedal from the last few posts I've made.

If you've been paying attention to the sub for the past week you'll noticed this started with, "*How To Make A Girl Squirt*". To date that's the most controversial post I've made. 4 out of the top 6 most

controversial posts I've ever made came from this week. This last weekend is also the first time I've ever released an article on a Saturday.

The Topic I'll be writing about for the next 4 days is something I've been working on for months. It's an extremely complicated subject to write on. I've already tried and failed 3 times, scrapping those versions. I've attempted to collaborate with /u/MentORPHEUS on this topic but even that attempt failed. I discussed it with /u/IamGale over skype a few weeks ago.

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My first attempt at this topic was actually 17 days ago with the post called, *"You Can Learn Something From Anyone"*. The post was well received but I felt I failed to accurately articulate my points. I strongly suggest you go read it as it will put a bit of context into these next 4 days. The first two paragraphs kind of summarize this whole series though, I'll quote it for those too lazy to read it.

"You Can Learn Something From Anyone"

For the past couple weeks If you've been following my posts or comments I've been lining out a lot of innate weaknesses of human nature. Weaknesses we all have, things we all share, and I've been helping some of you to stifle and overcome them. I've made detailed comments like, *"Reveling In Discomfort"*, teaching guys how their fight or flight activates, how to control anxiety, how to not attach yourself to an identity or label and the pitfalls that come with that and everything in between.

Most of my writing lately comes from introspectively analyzing this sub. I notice correlations in the readers and try to help them understand the pro's and con's of their logic praxis. I then dissect and try to understand their line of thought and correlate it to how I think and my logic praxis. Once I gather enough info I see the strengths and weaknesses of not only them, but myself. This sub has taught me more about myself in the past few weeks than the past 10 years of introspection of myself(*I've been doing self improvement a long fucking time*).

Here is the full archived link for the lazy

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So if you are skeptical, and I know a lot of you are. *"You Can Learn Something From Anyone"* was released 17 days ago. I've been attempting to articulate this topic for quite some time. It ended up taking 4 articles to convey it completely and a few shitposts to set the stage unfortunately along with about 20 hours of writing and editing. This series is going to be very unconventional and controversial by TRP standards and it's designed that way.

I don't write these articles for some fictitious internet points or fame.

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I do it because every time I write about something, I learn something in return.

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Let's get started.

What Is TRP?

This subreddit is designed to find and draw correlations in human behavior. Specifically women's behavior so that we can use that knowledge to better ourselves.

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We'll this week I'm going to attempt the reverse on all of you. It's going to be a similar process like the in *"You Can Learn Something From Anyone"* but with a different approach.

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I'll be releasing 5 articles through the week in a series i'm calling *"The Weakness"* in which i'll be taking you through your own assisted introspection. I'll be unraveling my own introspective praxis along with my analysis of this sub over these past few months and showing you a part of yourself you may or may not be aware of.

Summary

- The first article of this series is a simple challenge.
- The second will be some positives with some analysis and a technique I use quite frequently.
- The third post will be the harshest. I will be revealing this weakness i've seen across the sub using some of you as examples I've gather this past week or so. If I cite you, don't take personal offense, I'm just using examples. This is something we all do, myself included.
- The final post will bring everything full circle. In a lot of ways you won't understand this series till you reach the end. It's designed that way and it's also impossible to write it any other way. This is the main reason why I've found it so difficult to write about. This entire series will require a full 360 understanding of it before it makes sense.

My purpose of writing for TRP is to better myself and help some of you along the way.

Enjoy.

What I've Found

The reality is, I've been fucking around with you guys for a couple months now. Testing out different styles of writing, posting topics I know will be extremely controversial like *"Dick Health"*, noticing correlations in the readers and how well a post is received. Testing which is more effective? Really detailed posts, really vague posts, post with arbitrary statistics like they teach in mass marketing, throwing in wordplay like GLO posts, making factual and cited posts like *"Don't Listen To The Police"* or *"Understanding Women's Three brains"*, posts with twists and turns and everything in between that I can think of. My personal favorite of these tests would be *"The Golden Rule"* were I radically changed my writing style. Go reread it if you want. Pay attention to how radically different that posts style is compared to my others.

Through these past couple months though I've finally found a correlation.

Unfortunately it is a negative correlation. My personal opinion is it's a fatal flaw holding a lot of you back on how rapidly you could be progressing yourself. But that's just my opinion. It might not be a big deal to you and that's fine. But I'm still going to point it out so you can at least see it and know it's there.

This weakness has been talked about, posts have been made on it, but so many of you seem to still fall into it's grasps. It finally came full circle for me last week when I posted the squirting article. Since then I've been poking and prying at this sub with my posts and a few of you at random in the comments in order to flesh this out.

The Post That Has No Point

Today this isn't going to be my typical TRP post. This post has no punchline. No direct applicable advice. No stats or findings. No bulletin points. No Lessons learned. I'm not going to tell you this

flaw I see. I'm not going to tell you the benefits of fixing it. The Pros or Cons. Nor are you going to learn about alternative methods.

because I'm going to make you see this flaw in yourself over the next 4 days.

This flaw I've found is an innate weakness in every one of you. Including myself. Because this flaw is a human characteristic. Just like solipsism, narcissism, ego, gluttony or entitlement, this is a trait we all share.

But if we understand it, we can improve it.

Today I'm going to give you a challenge. This challenge has 2 options.

One of those options is a technique I learned that I've found to be extremely beneficial but I'm not going to tell you why it's beneficial, what it's called or why you should or shouldn't do it. It's your decision if you want to take that option.

The Challenge

I've already cleared this with the /u/redpillschool. Today I'm going to give you two options. **You must choose one of them.** There are rules and the mods will enforce them. The only comments allowed in this post are to be revolving around your personal observations when you try this. No discussion of its importance, name or discussion will be had. This is a sub wide experiment and you are your own case study.

Rules

- Some of you already know this technique. You are **NOT** to discuss the name of this technique in the comments.
 - You will **not** discuss the benefits of this technique
 - You will **not** discuss the cons of this technique
 - You will **not** discuss the alternative of this technique
 - You **will** comment on your observations and that is it
 - **You must select an option**
-

Option 1

Go into your bathroom. Turn the water to as hot as you comfortably can get it.

Turn on some music you like. Start singing along, get into the music. Dance if you want to. This sounds like a stupid point but it is probably the most important and you'll fuck this up if you don't. So get music and sing. Dancing is optional. But you **MUST** sing. If you feel you can't, at least hum along or sing in your head.

Get into the shower

Focus on the music for 1 minute.

Then turn your hot water off completely so only ice cold water is hitting you. And I mean hot water **COMPLETELY** off. You will be in pain. It will be horrible. When I did it my heart rate actually spiked from 70 to 150. So trust me, it will be absolutely horrible. Don't stop it.

/u/Red-Paladin

Please be very careful if you have known heart issues. Going from hot to direct cold can cause cold shock response leading to cardiac arrest.

Stand in the ice cold water for 30 seconds.

Turn it back to as hot as you had it.

Repeat this process 4-6 times and record your results and post them in the comments.

Comment Format

This is how I want you to format your comment.

Natural State:

Average Word Count:

State Before Shower:

Observations Between Temperature Changes:

Observations for the rest of the day:

Explanation

Natural State: What is your default state? Are you a natural stoic? An extreme stoic? Are you curious like a cat? Charismatic? Pessimistic? Skeptical? Analytical? Outgoing? talkative? Are you multiple? A analytical stoic? Skeptical optimist? Talkative & curious? List your general frame day to day. Can be 2 words or a short description.

Average Word Count: How many words do you usually speak in a day? The average woman speaks 20,000. The average man speak about 7,000. How many do you think you speak?

State Before Shower: How do you feel before the shower? What time are you trying this at? Are you groggy? Tired? Awake? Did you just come back from a party and are really talkative? Did you just get done with an 8 hour shift and didn't speak to a single person? Been browsing the internet all day alone? Where you having a good day? Bad day?

Observations Between Temperature Changes: What happened when the ice water hit you? Are you still able to sing or hum along? Are you able to focus on the music? What are you focusing on? What does your body feel like? can you feel things you didn't before? Do your hands feel weird? Feet feel weird? Head feel compressed or relieved? Can you feel your heartbeat? If so where do you feel it? What happened when the hot water came back? How congested are you? Were you before getting in? List everything you feel in the moment as the ice hits you. The more times you go from ice to hot, the more times you will notice stuff. Pay attention to yourself and your body.

Observations for the rest of the day: How did you feel after getting out of the shower? How about a couple hours after the shower? Are you talking to people more? In a better mood? Worse mood? How many words do you think you usually speak on average every day? How many did you speak today after the shower? List anything you notice different about today vs any other day.

Word Count Today: Yes or No. Do you think you spoke more words today than normal? Was the shower the reason or something completely unrelated today that might have caused it?

Option 2

=

Don't do option one.

Comment Format

=

| I Choose Option 2.

In the comments, state, "*I choose option 2*". You can leave a reason if you want to, you don't have to though and doesn't really matter. I just need to know how many people read this post and didn't do option 1 for data collection, that's it.

You aren't required to do option 1, option 2 is perfectly acceptable, just state you did option 2.

Remember, You must choose option 1 or 2. Just like choosing the red or blue pill, you must choose one.

If you decide to do option one then I suggest you get a pen and paper, use your phone or tablet, whatever and write your observations down as soon as you get out of the shower. You'll probably forget a lot of it by the time you reach a computer to note it. If you are comfortable with it, use voice memo on your phone and just say anything you saw. Then transcribe it once you get to a computer. Again, no discussion in the comments. Only post your option and the correct comment format.

Tomorrow we will talk about some things about some stuff, using some words.

Also don't PM me with questions, I'm not telling you anything on purpose.

Examples

I Chose Option 2

Natural State: Extreme stoic

average Word Count: 100 - 5,000. I don't speak a whole lot. Spend a lot of time in my head.

State Before Shower: Kinda groggy. 10am, slept well but not fully awake. Little bit of congestion. Haven't talked or socialized today.

Observations Between Temperature Changes: Couldn't focus on music. Extremely painful. Pretty much just said "*fuck*" the entire time the ice was on. Couldn't think about anything other than stopping the ice water. Could feel my muscle contracting, breath knocked out of me. Hands and feet felt weird. Could feel my heartbeat after I turned it back to hot. Hot water let me refocus on the music and singing.

Observations for the rest of the day: felt more awake. Didn't really go socialize but I did feel different in some way. Can't really explain it.

Word Count Today: about the same but then again I didn't really get a chance to talk to anyone very much.

I Chose Option 2

Natural State: Charismatic warm

average Word Count: 15,000. I'm in sales

State Before Shower: slept fine. awake more than usually

Observations Between Temperature Changes: I cussed the entire time. could focus on the music a little bit. dancing was about as graceful as a dude with Tourette. Muscles locked up

Observations for the rest of the day: Felt more awake. felt less clutter brained. felt a little bit more outgoing. Not like i was king of the world but a noticeable difference

Word Count Today: i don't think i talked more but the conversations felt... different

The Weakness: Day 2 - Mindfulness

8 upvotes | April 20, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Alright, I'm going to try and explain this as punctually as possible so we can get to actually learning something now.

If you haven't seen the first part of this series just go through my post history. **You don't even have to read the post.** It's not important and it doesn't have any immediate value. What you want to look at is the comments and the reactions to it.

WTF Was Yesterday's Shitpost?

It wasn't an experiment or a test. It was an **example**.

I need to create a post that would universally **be hated** on and **downvoted**. Yet **not deleted** and one that a lot of **you would still read**.

But I can't exactly make a shitpost that everyone will read and not get deleted. That's not how Reddit works. Downvoted topics never get seen by the majority of the sub.

So how do you create a post that would receive massive downvotes yet a lot of people would see?

Easy, negative publicity. The past week I've released 6 posts. My average is about one a week. 6x more than normal. Go check my submission history.

All these posts have been half assed. They were created to start controversy. I needed negative publicity. All I needed to do was have shitty formatting, no cites, anecdotal evidence and arbitrary statistics. All with the intent to drive you to the first post of this series without it getting deleted plus having all of you hate on it.

Why the hell did you need a post to get massive downvotes and hated on?

Because I can't make a post about a weakness in all of us if I can't get all of you to show it. This weakness isn't overt.

Congrats to [/u/TheRedPhillip](#) for being the first to figure it out. [Proof](#)

| is exactly like resisting the red pill in the first place.

This little sentence will be extremely relevant in a bit.

EC Tag

Now. It's also apparent that some of you think i'm doing this because, idk i want internet fame on this subbreddit? Or somehow my EC tag has gone to my head?

Tell you what. By the end of this series if the community, mods or endorsed feel i don't deserve it, gladly remove it. I'm not here to win fictitious internet points, I'm here to learn and grow. I don't care about being EC.

But i want something in return from all of you now. I've been agitating this sub for the past week and that's over and done with now. All i ask is you resist any kneejerk reactions while reading this post.

In this post there is going to TONS of cites! there will be NO arbitrary statistics! It's gonna be well formatted and your are going to LOVE it! It's gonna be Great!

Now that that's out of the way, let finally teach you a technique that will let you read 69 books a day at 110% retention while making 8 girls squirt simultaneously doing the helicopter dick in your Lamborghini garage that's the size of your massive slong.

Intro

Yesterday I ask you in the first post of this 4 part series to jump in a shower and turn it to ice cold.

Or you could choose not to do that.

What I asked you to do yesterday is called a **Contrast Shower**, we'll discuss why they are awesome for you in a minute. But they aren't the point of this series.

Today this post will be discussing your ability to pay attention to your reality. To be mindful of the shit in your life and a technique to force personal growth at a much faster rate. This post actually has a ton of resources and cites unlike the last few of my posts. We are going to start putting this puzzle together.

Lets get started.

A Sub Wide Example: All The Possibilities & Opportunities You Missed Yesterday

What I tried to get you to do yesterday was a technique called **contrast showers**. Most of us here didn't learn it because you didn't go try it. You weren't curious enough to figure out what the post was about. You saw a shitpost with no **surface value** and you kneejerk reacted to it.

Contrast showers are widely used and recommended by some very successful individuals. It has a myriad of health benefits and applicable influences on your day to day life.

Which is fine and exactly what I expect would happen and needed to happen.

Again, this is a post covering the entire sub of TRP. Not any one individual. Some of you might already know the benefits of cold showers. Some don't. That's not the point though.

[Here is a TED talk over why cold showers are great for you](#)

Here is a guy named Wim Hof who has used Cold Water techniques to revolutionize our entire scientific understanding of our body and our conscious ability to control it.

TL;DR He can control his endocrine system, immune system and nervous system along with being able to shut down acid sensing pain receptors and withstand extreme climates and external stresses. He's basically learned how to become superhuman and can teach any of you it.

Here is an explanation on how **he is able to shut down his pain receptors so his body** no longer reacts to cold.

Here is him talking about how **he trained 12 people to control their immune system in just 4 days** under laboratory conditions.

Here is the scientific publication produced from those 12 individuals and the case study.

here is a study on how he can raise his adrenaline levels **higher than a bungee jumper**, by just sitting still.

here is a case study on how this method can control the release of IL-10 cytokines and their possible health benefits of alleviated autoimmune disease.

Here is a publication on Acid Sensing Ion Channels.

Here is a video on how this could possible help age related diseases.

Here is a study on how susceptible humans are to endotoxins.

With this method, Wim Hof has set 26 Guinness World Records.

- He ran an entire marathon in a desert with no water by using this method.
- He climbed **Mount Everest** to 22,000 feet in only shorts and shoes using this method.
- He climbed Kilimanjaro in just 2 days, also with just shorts and shoes on.

All because he learned this stuff from cold water training and being mindful of it.

Surface Level Value vs Deep Level Value

The first post of this series was explicitly vague and void of any **face value**.

There was value there. It just wasn't **face value**.

It was below the surface and hard to see. I made it intentionally hard to see. It was there, I told you how to do it, I just didn't tell you why to do it. I left it up to you if you wanted to figure it out or were curious enough to try it and experiment.

Did you stop and think about what I was really asking from you?

I wasn't asking you to risk your life.

I wasn't asking you to give me money.

I wasn't asking you to inject steroids

I wasn't asking you to stretch your dick out

I wasn't asking you to make a girls piss on your sheets like R Kelly

I just asked you too take 10 minutes out of your day to try something new.

Actually I didn't even ask for 10. I hope most of you shower every day

A lot of you flipped absolute shit.

Kinda funny when you put it in that context.

The only part of that post with possible value was here;

This is a technique I learned that I've found to be extremely beneficial but I'm not going to tell you why it's beneficial

The sub text there was, *"this has value, but you need to find it"*.

Alright i know a bunch of you are going to run to the comments right now and go, *"It's not my job to decipher your bullshit shitpost!"*. You are right. But again, i needed a sub wide example that the vast majority would hate on.

But I still see this almost every day. Someone comes in here and posts something resourceful yet there is always a fraction of guys that see no immediate value.

Again, the point of this post isn't to tell you to go do shit you don't want to do. It's to show you all the opportunities you miss.

I realized that we all do this though. It's an innate human characteristic. Some of us do it a lot, some do it a little. But we are all capable of it.

This series is to teach **everyone** about it so you are **all of you are mindful of it**.

You see the benefit of the cold showers now because I lined it out up above with a ton of citations and sources. Lots of guys here promote cold water showers. It's nothing new here.

I needed to create an example for all of you to be able to relate too and hate on.

Now that we all have something we can universally relate to, I can finally line the fuck out what it is I'm trying to teach you.

Curiosity Killed The Cat

Anyone could have gotten curious and learned any of this stuff about cold showers.

Any one of you.

A select few took faith and just tried it. But again, the point of that post wasn't a test or a challenge. I made that post because I needed an example. An example of what you miss when you only look for **surface value** in stuff.

Every one of you that choose to disregard the post learned absolutely nothing yesterday. For the select few that tried it, you probably didn't learn about Wim Hof or how to control your nervous system in a day. But you did get a lot farther than most.

Any of you could have started searching. A few did just in blind faith(*Or they know a bit about cold showers, IDK*). With just a little bit of curiosity It wouldn't have been hard for you to just google "*Cold Showers*" or "*Hot to Cold Showers*" and with enough research you probably would have found a fuck ton of useful stuff that might relate to you.

But some of you didn't do any of that. You saw no immediate value and dismissed.

I don't know why some of you dismissed it. Only you do. The point of this post isn't to argue your reasoning behind dismissal. It's to show you there can be value **Below The Surface**.

Do you have a plan for when you don't see surface level value in something? How can you find value in something that looks like a pointless shitpost? I didn't tell you any of the benefits of cold showers yesterday, but they were still there. They still exist, you just didn't care to look.

Do you remember the day you found TRP?

Why did you find TRP?

How did you find something you were blind too at one point?

I'm guessing no one told you about TRP.

| is exactly like resisting the red pill in the first place. - [/u/TheRedPhillip](#)

In a bit I'm going to teach you a method that I use personally that has helped me avoid missing shit that you won't find at first glance. This method is actually exactly how I found TRP and this weakness. It's how I've found all the shit I write about. But more about that later.

Another Thing You Missed

I also showed you yesterday one of the first building blocks you can use to become more charismatic.

Now this is a very deep section and I don't blame any of you for missing it. Unless you've read some books on it, none of you probably saw a correlation.

But that's not the point. The point is, that value is there. It exists. The opportunity to learn it exists. And I want to teach you how to find it.

In "*The Charisma Myth*" the author talks about a person's charisma is based on power, **presence** and warmth.

For those few that did try out the contrast shower, when you turned the water to ice cold do you remember how you could no longer focus on the music, let alone sing? That's because the ice literally knocked you out of your head.

You know what **presence** is? Not being in your head.

I just induced presence into you with ice cold, mind crushing water. If you aren't charismatic, ice cold showers can help you understand how to become more present and get out of your head.

You know how you can induce presence other ways to better understand and learn it?

MDMA, adderall, meditation, practicing mindfulness and a bunch of other stuff. But none of that is the point of this post.

You know what that stuff helps you do?

Emotional state manipulation.

Do you know you can manipulate your emotional state? Become more charismatic, more stoic, more dominant? There are lots of ways. Some are drugs. Some are teachings. Some are techniques.

Wim Hof does it just with a breathing technique, but there are a lot of others ways. **Visualization** is another. We'll talk about that tomorrow.

This post isn't about any of that though. If you wish to learn more about that stuff I suggest you jump on google. Or ask in the comments. This post isn't about emotional state manipulation or contrast showers or even Wim Hof. In this post I've actually either permalinked or put any word into bold that you can quickly go google and learn about. Just scroll through the post and start googling.

A Quick Recap

A few of you tried it out and might have learned a thing or two. But the majority of you learned jack shit yesterday. There was a ton of stuff all of you could have discovered, but you didn't see it. I purposefully hide it below the surface so you wouldn't see it unless you went and searched for it.

And once again, it was a shitpost. That's not the point. The point is **we all do this**.

You missed out on the possibility to learn how to control your endocrine system, nervous system, to practice being more mindful for introspection. You didn't learn about IL-10 Cytokines or shutting down acid sensing pain receptors to turn you into a super human. You missed how something could help you become more present and charismatic. You didn't experience the first steps to understanding your body and how to manipulate state control. You missed the chance at learning how to turn yourself into a super human and walk up Mount Everest in just shorts and shoe!

Yes, Wim Hof teaches others how to climb mountains without clothes

And it's not really your fault. Like I said in the first post, we all do this. Every day.

I do it, mods do it, newbies do it, seniors do it. Don't get mad for being human.

But, have you ever thought about not doing doing kneejerk reactions? How to control your emotions and remain stoic so you can learn new things? Do you even know where to start if you want to stop missing opportunities you can't even see?

Sound like bullshit right? Start seeing shit you can't see?

Stay with me.

How to Pay Attention to Stuff You Aren't Seeing

Why are you reading this?

Why are you sitting the way you are sitting?

Are you sitting up right or could you improve your posture right now?

Why do you go to the gym?

Is it because someone told you to?

Did you go because you know the benefits of being fit?

Why do you come to TRP?

Why did you choose option 1 yesterday?

Were you curious?

Were you bored?

Did you hear about something similar and decide now is the time to test it?

Or did you choose option 2?

Why?

Where you tired? Did you not have time? Did you already take a shower today?

Did you not see a reason to do it? Did you not do it because I omitted the benefits? Do you only do stuff because you have a reason or see benefits in it?

When was the last time you did something just to do it? With no real goal in mind?

Mindfulness

I told you to write down your observations.

This was to show you what **mindfulness** is. For everyone that didn't take option 1, you don't know what it's like to be shocked out of mindfulness and into presence.

Have you heard of mindfulness? You probably have if you've been reading here longer than a month.

It's to be aware of the things around you. To be aware of your body. To be aware of your level of presence. Fighter pilots, police, military units call it situational awareness. But situational awareness is an **external** view port. It's to be mindful over shit going on around you so you don't die.

Mindfulness is **both external awareness and internal awareness**. It's how you stop being a cog and start being an Autonomous Man.

It's how you found TRP in the first place!

Mindfulness and getting good at it literally is the first building block to becoming your own man. It's how you become Red Pill!

Have trouble focusing on stuff? Mindfulness will help that. Constantly checking instagram, facebook, text messages, tinder? Mindfulness can help you stop that. Have shit you need to improve in your life but you keep slacking or don't really remember to do it? Mindfulness.

But let me ask you again. Do you think you are missing some stuff? You think you aren't noticing some things you could be improving in your life? Have you ever considered all the stuff you are blind too?

I can tell you, you are missing stuff. We all miss it. You didn't see any of those benefits in front of you yesterday because you didn't go look. They were all there. You could have jumping into the ice cold shower. You could have gotten curious about it. You could have started googling. Nothing was stopping you. Only you stopped you.

Sounds like an idiotic thing to say doesn't? Of course you are going to be blind to shit you can't see.

But what If you can be taught to see shit you didn't see before?

"The Charisma Myth" calls this presence. *"The Gorilla Mindset"* calls it mindfulness. Fighter pilots use the external version. Monks call it meditation. I suggest **you read and study all of it.**

I personally call it **Accountability.**

Accountability is taking notice of your reality. The things around you. Your health. Your body's level of comfort. Your limbs. Your friends you hang out with. Your city you live in. Your goals for next year. For 5 Years. For retirement. it to always be planning to the end. It's taking accountability of your reality. To find and identify your weaknesses, your strengths. Then once you find them, you wield them, you mold them together and build yourself into a stronger version.

Being mindful is to aware. It's to be unplugged.

Look At Your Past To Learn The Future

It's a tried and true statement that hopefully you've all heard. *"If you want to prevent fucking up in the future, learn about the past".*

Unfortunately most people only think this applies to history books, grand schemes and civilizations. Which is all **external** awareness.

Lets look at **your** past and find a point in it when you where blind;

Do you have shitty friends?

Did you use to have shitty friends?

Was there a time you didn't realize they were shitty friends? You thought they were pretty good friends?

Someone probably taught you here that you need to get rid of shitty friends. But you didn't know that before they pointed it out to you.

There was probably a time when you thought the BP was the right answer. There was a time In your life that you didn't even know TRP existed. You were blind to it.

But how did you find something you were blind too? I'm guessing the vast majority of us didn't find TRP from referral from a friend. Again, IDK. I'm writing to the masses. Every one of your stories is different. This is such a vague and board topic.

The answer though is, you got **Curious!**

You took **accountability** for the shit in your life and start looking. You start being mindful and start asking *"why?"*. You start getting **Curious** about your life and the things around you. You said;

"Why the fuck am I unhappy?"

"Why the fuck can't i bang girls?"

"How the fuck do I fix this?"

Want to improve your life in every way you can? Well you first need to be mindful of your life and what's in it.

So now I'll show you how to practice mindfulness.

A Day of Whys?

Here is a simple trick I call "*A Day of Whys?*" If you choose option 1 yesterday then this is exactly what I had you do. For the select few that did take the cold shower, you've already practiced this at least once.

Go through your entire day and be mindful of everything you do.

"Why do i hit the snooze button 5 times in the morning? How much wasted time is that? Jesus, how much time is that in a year?" ...

"Why am I tired? Is there stuff to fix being tired?"

"Why do I have bad posture? How do I fix it? I need to hold my shoulders back more, who has good posture? I should study them" ...

"Why do I brush my teeth after the shower? Can I speed up my morning routine?" ...

"Why do I last too long in bed with a chick? Is their stuff to help with that?" ...

"Why do I take this route to work? Is there a faster way?" ...

"Why am I depressed? Is there a way to fix depression? Biochemically, what is depression?" ...

"Why can't i focus? I wonder if there is stuff to help me focus?" ...

"Why do I hang out with these guys? Could i find better friends? What makes a friend better?" ...

"Why am I doing this thing, right now, where I am?" ...

"Why am I browsing reddit right now? Is it helping me fulfill my goals? I bet mindfulness helps you not get distract from your goals. I bet bitches love guys with goals." ...

"Why do I have this job?", "are there better jobs?", "Does this job fit into my goals?', ...

"Why am I buying this car?", "Are there better cars?", "How can I save my money in the long run?", ...

"How do I stop missing shit I can't see?"

Take a day to do this or do it during a specific routine. Like when you go to the gym. Pay attention to how fast you lift the weights. Is it better to lift fast or slow? Does holding it like this risk injury? Are there better ways to hold the weights? Am i risking injury with the form I'm using? Are their better forms? Why are they better?

Be mindful of everything you do. Ask yourself why you do it. Every single time you ask why, you will find yourself running down a **rabbit hole**. You will find shit you don't really need to do or you can change it, speed it up or dedicate more time to it if you think it's important.

You'll eventually start noticing shit you missed.

Eventually you will get to a question you can't answer, then you get online. I guarantee you someone has already asked the question or answered it. But when other people come into the picture, this is when most of us fail horribly. This is the weakness I've been seeing over the months. This is exactly what happened yesterday with my first post.

Like everything here at TRP though, it takes dedication and practice. At first you might just be noticing simple shit, stuff that doesn't really seem that important. But like everything you do consistently, you will get better at it. You will start asking deeper questions to yourself. You'll start realizing shit that most people don't even see for an entire lifetime(*cough TRP*).

The hardest part of writing these series is the fact that I have to address every single guy here and I can't predict what you'll find. It's a mystery until you look. I had to create the first post to be completely vague and abstract so I could use it as an example **for everyone here** to relate too.

Most people don't see life through a RP lens. You've already become more mindful than the vast majority of the masses just by finding TRP. All of you have already practiced mindfulness to a degree. All i'm going to do in this series is show you how to do it faster and better so you can learn and progress your personal growth at a greater rate.

Disclaimer

I'm going to use my endorsement as an example in this section. Personally I don't care about the tag. If by the end of this series the sub feels I don't deserve it. That's fine. I'm not here for internet points. I write these articles to learn and hopefully help some of you.

I'll also be giving you examples of diving into a **rabbit hole** and where it can lead you. This isn't intended to be humble bragging. I just can't use any other examples because this is all internal monologue stuff.

I can't listen to other people's thoughts and use them as examples unfortunately.

This next section might seem like nothing of substance but like I've been saying this whole series. You have to get to the end till it comes full circle. This is inductive logic thinking instead of deductive for those of you familiar with that.

With that said, I now have to talk about how I went from hardcore beta in a dead bedroom with pretty severe depression to Endorsed in 11 months because this is the **rabbit hole** that led me to writing this series.

This is how i do *A Day of Why's*.

Finding Rabbit Holes - The Shit You Can't See

Do you know what a rabbit hole is? It's just a metaphor for **the unknown, the vague, the abstract, the obscure**.

Really I have no fucking clue how got endorsed in under a year but it's a question I've been asking myself for a while. I really don't have a clear answer to be honest. Being endorsed doesn't really mean anything, it's just arbitrary titles on a forum of guys I've never met. Every one of us is here to learn and grow. I don't get anything from being endorsed. I don't make money from it. It adds no real value to me.

I guess some guys here thought I sounded like I know what I'm talking about. I really don't know but here is my best guess so far as to why i went from depressed beta to endorsed in such a short time;

I believe it's just **mindset** and **being mindful** really. Nothing special. Anyone can learn this.

I asked myself "*Why?*" and i ask it **A Lot**.

Not only do I ask myself lot, I also ask **everyone else** "*Why?*" and I ask them a lot too.

In a sense, all of my posts are just me presenting my findings and then asking all of you to rip them apart. I learn way more from critique than by not sharing this stuff.

Here is a short explanation on how I jumped down this rabbit hole.

This Sunday, I took another stab at writing about this topic after failing a few times.

That writing turned into "*The Weakness*" part one.

Then I walked out of my house, took a hit of my J, walked to the gas station to buy a corndog & gatorade. The whole walk I contemplating how to write "*The Test: Day Two*".

Through that line of thinking I said to myself, "*Alright, there are guys on TRP that have issues with self doubt, self hate. This stuff will directly fuck up mindfulness and practicing it. How can I address this?*"

I call these lines of thought **Rabbit Holes**. the "*Day Of Why's*" is basically just you finding a bunch of rabbit holes and jumping down them till you find something you can fix, improve or get rid of in your life. It just introspective inductive logic basically.

What's the difference between Inductive logic and Deductive logic?

The main difference between **inductive** and deductive approaches to **research** is that whilst a deductive approach is aimed and testing theory, an **inductive** approach is concerned with the generation of **new theory emerging from the data**.

TL;DR inductive is exploring. It's Curiosity. It's walking through the dark till you find something cool. It's following rabbit holes. It's looking for **Deep Value** instead of **Surface Value**. It's to be open and explore rather than to wait and react.

Again, google this stuff, learn it.

All i'm doing is trying to find new theories and findings from my current data set. And by data set I just mean my past memories, experience and knowledge. Everyone reading here will have a different data set.

By using introspection and mindfulness I just find a rabbit hole and start digging inside my head. I trust that I might not see a surface level value in something. But somewhere i can find something that is valuable.

The first post of this series was an attempt at showing you a rabbit hole you missed. It might be a bad example but it's the best I could come up with after already failing 3 times.

By diving into these rabbit holes and trusting you will find something of value eventually, it will allow you to rapidly refine and improve shit in your life. Or get rid of it. It will help you put life into perspective. It will speed up your entire personal growth the more you do it. And its compounding. **The more you do it the better you get at it and the fast you can do it.**

The next question in this rabbit hole as i walked out of the gas station and back to my house was;

"Why do I never self hate or self doubt?"

I've never really discuss this because it's never been relevant but I am fearless to a fault. I use to be an adrenaline junky. Most shit doesn't phase me anymore. I never self hate or self doubt and it's literally almost gotten me killed back in my younger days. Luckily I was mindful, which is basically a neutral self doubt if you want to look at it like that.

This is however where I finally found the weakness. By doing a ton more "why?" questions I found myself at this rabbit hole;

"Why do toddlers and kids learn so fast?"

"Why don't adults learn stuff as fast?"

"Why did I go from beta to Endorsed in 11 months?"

"Why didn't other guys do it this fast?"

"What is different between me and most guys at TRP?"

"I wonder if I can help some guys speed up their progress"

"I did it, why isn't everyone endorsed within a year?"

"I might be able to teach them"

"I need to figure out how to teach this..."

"What is different between me and a toddler?"

All I'm really doing here is drawing correlations in my head from past knowledge. It might sound random but it's just internal monologue based on past knowledge and experience which is just data points. Inductive logic and correlations is all it is. Again, this is my personal monolog. You will have your own set of data points, aka your life, and come to completely different conclusions.

I know some of you might read, "why isn't everyone endorsed within a year?" and you are going to have an answer for that. You might also say kids brains are neurologically different. Yes, i know. That's not what this post is about. I'm just showing my my logical praxis that is about to bring us us to the point of this entire series.

In a minute.

Well a kid doesn't dismiss anyone or anything. they are curious about anything and everything. Most adults dismiss hundreds of things everyday, they are busy with stuff, don't have time or they don't see a reason.

"I don't dismiss most people though..."

A kid asks how or why something works, then they go out and do it. They don't hesitate, they don't think about consequences. Their kids, they are reckless to a fault. I'm reckless to a fault, I do the exact same thing.

Being mindful fixed my recklessness, fyi. We'll talk about how to avoid bad inductive logic or being reckless in the next part of the series.

If a kid want to learn how to play with a phone he goes;

"How do I use your phone?". Dad, "You hit this button". "How do I play game?". "Like this".

Stop and think about it for a second. A kid is curious about everything. They want to explore everything. They don't have any experience, so they have no previous memories to stop themselves. But eventually they grow up. They get comfortable with what they know. They stop trying new things because they read this thing, or did this thing, or already tried this similar thing. They already have all this other stuff in their life. So they dismiss. They get comfortable with their life. They become Cogs. They go on about there lives in a blind bliss.

They stop asking Why.

And again, I can't say it enough. This is a human trait. We all do it. Just because you read TRP doesn't mean you are exempt from this. We all naturally gravitate towards the known. Towards the comfortable.

The Weakness

Dismissal is the weakness. Growing comfortable is the weakness. Sticking with what you know is the weakness. Not asking "*why?*" Not being mindful. Not being curious.

The weakness is a multitude of things. It's abstract and vague and hiding. It only comes out for a brief second and if you aren't aware of it, you'll miss it every time. It's not overt like ego or narcissism. It's internal. You are the only one that can find it because it's internal awareness. Not external.

No one can see this but yourself. You and only you can address it and control it.

So, why do you do what you do?

Closing

I know this post was really fucking long winded but I'm trying to build a ton of examples of how dismissing can lead you to miss a vast amount of knowledge or wealth. Again, i have keep in mind that I'm writing to every single guy in this sub and in order for every guy to relate to this, I have to give a ton of examples that will hopefully hit everyone.

Yes I know everyone here can come up with a 1000 reasons why you dismiss stuff every day, "*I'm busy*", "*I don't have time*", "*I can't go through your shitpost and try to find value*".

I know, there is an infinite amount of answers as to why we dismiss stuff every day. All of us have different drives, motives, goals, responsibilities and reasons why we do what we do. The point of this

post wasn't to tell you not to dismiss **everything**. You should value your time and use it effectively. I just want to show you that there is an infinite amount of possibilities at every moment in your life.

Tomorrow we are going to practice a bit of visualization and it will paint all of this into a huge picture. We will talk about how to avoid bad inductive logic, aka not wasting your time and being selective of what you do or don't dismiss. We'll talk about some of the pitfalls and weaknesses of mindfulness. I'll be using a few more examples of my own internal monologue, because I can't read minds and it's the only example I've got.

Like this entire series, **you have to get to the end before it comes full circle**. This is inductive logic, not deductive. We are starting from the beginning and finding the end. Which is the exact opposite of every TRP post ever where we post the results, findings, benefits, goals first. Then lay out the why's, how's and do's & don'ts. Then we summarize it into lessons learned.

I'll also be showing you correlations I've drawn between **every guy here at TRP** and the Top 100 Most Influential People In History.

Sources and Citations

Practicing & Learning Mindfulness Tips and Techniques

If you would like to learn more about mindfulness and how you can practice it I suggest you pick up the **Audible** version of Gorilla Mindset. Don't get the book version. I have both and the Author is actually the guy that does the voice over and he adds a ton of stuff in the audio version that isn't in the book. This book will have a ton of examples and show you all the possibilities of becoming more mindful and what it can improve in your life. This shit really does take an entire book to explain it all.

If you would like to learn more about how to become more present for becoming more charismatic then check out "The Charisma Myth" By Olivia Fox Cabane. She despells and dymistifies charisma in a very pragmatic way. Her audible version and book version are almost 99% identical also if you plan to read it with that technique.

Cold Showers and Mindfulness

Go back up to the top of this post and watch every video of Wim Hof. Start with the Vice documentary.

All the videos at the top of this post are timestamped so you get right to the info and cut the chit chat bullshit.

The videos below are just the entire segment.

2 hour pod cast with [Joe Rogan interviewing Wim Hof](#)

Here is an [hour long interview with Dr. Rhonda Patrick](#) who has a bachelors in Biochemistry. The video gets into the actually science of his techniques and all the case studies that have been published on his methods. This video has a ton of scientific studies overlayed in it if you are into reading PubMed Stuff.

Here is a video of [Dr. Rhonda Patrick interviewing Dr. Pierre Capel](#), Dr. Capel is a professor emeritus in experimental immunology at the Utrecht University in the Netherlands. They talk about the immune system influences and possible outcomes for Wim Hof's teachings.

You can also check out Wim Hof's 10 week online course [here](#)

Or his [Netherlands based website](#) which if you have chrome it will just auto translate. It has a bit more info on it. Scientific studies etc.

Here is [Chapter 22 of Biology Now](#) which is a university text book that will be released in the US this year discussing the scientific advancements of Wim Hof.

Aim To Fuck Up, Because You Will, A Lot

97 upvotes | April 21, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

The core of all hesitation, self doubt and self hate is fear. Fear is a constant enemy for your personal growth. So today we are going to discuss some strategies of overcoming and conquering fear so you can build yourself into a better man for tomorrow.

What is Fear?

One of the best things I've found to help me overcome fear is to first understand it. At it's core fear is a subsystem of your body to keep your ass alive.

That's it.

Some time between now and when we were flatworms, one of our ancestors evolved to react to negative stimuli. That negative stimuli was another organism trying to eat it. The organism that could detect and react to the threat lived. The other guys that weren't capable of this, well they don't exist anymore.

Throughout the course of life on this planet this system has advanced, evolved and grown more complex. We grew eyes which gave us another sensory input to detect danger. Those that didn't evolve eyes died. At some point we evolved to have the ability to detect sounds, smell and a few other senses that are passive but nevertheless have helped keep our asses alive long enough for our species to get where it is today.

Once you learn how something works, you can then start tearing it apart, welding it or manipulating it to do what you want.

It's All Risk Vs Reward

At it's core fear is about risk vs reward.

Back in ancient times our ancestors had to weigh their options. *"Do I run up to this Mammoth and hurl my spear and risking getting trampled, or not?"*

It's a choice at it's core. Take the risk and reap the reward or *suffer the consequences of not try it.*

But we also developed another unique trait in our species which is a double edged sword, we call many things. Pack mentality, herd, tribe, crowd, mob, society, civilizations, cities and towns. That is the idea that it's better to live and work together than to try to lone wolf it. Throw enough men at something and you can build a Wall 13,170 miles long to protect your tribe from one of the most devastating armies to ever walk the earth. But through group mentality another thing emerged which we call *morality*.

At it's core morality is just a word we use to describe the idea of, *"Do what's best for the group, not what's best for the individual"*.

Look at any mammal that works as a group and you'll see a social hierarchy, laws of the land and sometimes a pretty dynamic code of conduct. Wolves will tear apart and kill omegas that don't pull their weight. Once a male lion grows to 3 years of age he will be banished from the pride, turning him into nomadic male. Or if you are a fictitious character in the series *The Walking Dead* and you threaten the survival of the group, Rick will kill you. Rick is the Alpha killing the omega that threatens the group. Or if you are Giordano Bruno living in Rome in the year 1600 you'd be put to death for being the first to believe that the solar system revolves around the Sun and not the earth.

Morality is about protecting the group, not the individual. Humans tend to go a little overboard with morality thing. Robert Greene wrote a book about avoiding these risks which we cite here a lot. It's called *'The 48 Laws'*. You should read it if you haven't.

Overcome Fear Through Understanding

It's quite simple actually. All you have to do is any time you feel fear or anxiety just ask yourself,

"Is this going to get me killed?"

The newbie is scared to approach the girl because he's been designed through pack mentality to avoid situations that might threaten his life. There is a very slim chance that you going up to a chick and saying *"Hi"* is going to get you killed. It' make sense if it was 30,000 BC and the girl might be the property of the tribal chief. But we don't live in tribes anymore, this fear is mostly a relics of a

bygone era. Yet so many of us are absolutely terrified of the **possibilities**.

Fear has it's uses, we do need it, but the human tribe has changed drastically in the past 20,000 years of civilization and evolution hasn't really caught up to that change yet.

So now we have a tactic to weigh the Risk, but what about the Reward?

Rewards

Rewards all come down from sharing knowledge. We like to think we are unique and special in so many ways but hopefully TRP has dispelled that fairy tale enough for you. Most of us aren't unique enough to come up with brand new ideas out of thin air. Pretty much every technological advancement in our species was born from previous ideas and trying to achieve something that either helps the individual himself or the tribe as a whole. It's more of a symbiotic relationship between individual and tribe really. Want to eat more food? Some guy invented a stone spear, dug irrigation canals or invented the aqueduct.

Want to bang girls? You do have the biologically designed imperative to reproduce which is your first incentive. But you didn't learn how to become a womanizer or even realize womanizers are a thing just by being born.

No, you saw some dude banging tons of chicks and got curious. You said, *"I wish I knew how to bang sluts."* *"Maybe there are other guys out there that are working on banging sluts."* Then you either found a PUA website or eventually TRP. The guy that dug the first irrigation canal probably said something like, *"Man, carrying all these damn buckets fucking sucks, I wonder if there is a better way?"* Then later on another guy went, *"Damn, I'm really thirsty, I wonder if I can build something to get more water?"*

TRP at it's core is a perceived threat by pretty much anyone who is aware of it and rejects it. If this Subreddit was a city and we lived in 1600 Italy, most of us would probably be burned at the stake for threatening the social dynamics. But luckily we have laws and rules now that protect the pursuit of happiness and fulfilling your own dreams in life.

In the end there are a ton of different ways to find rewards. You can notice someone else doing something and want to do that too. You can happen to skim across some random subreddit on the internet and see something that spikes your interest or you can be driven by starvation to figure out a better way to kill your prey to survive.

It all comes down to one thing,

Exposure

You must expose yourself. You have to go out and start absorbing as much stuff as you can. You didn't know that you could bang tons of sluts till you saw some dude banging tons of sluts. You didn't know you had to get married, have kids, and be a responsible little beta till someone told you

about it. And most of us didn't know that we actually have to do none of that till we found TRP. We tell guys here to go out and find hobbies. Join groups. Go out and explore. We tell them this because we understand the value of exposure. You won't know what you find till you go out and explore it. Unfortunately a guy that's lived with his parents till he's 30 won't see the value in exposure, because he's never gone out and experienced it. It's the idea and double edged sword of personal growth. Sometimes you won't see value in something till you explore it.

I'll now share with you something that has helped me out tremendously with conquering and overcoming fear.

Learn To Love Failure

This is a comment I left to some guy in a random thread i can't remember;

Revel in Your Discomfort

There is a common phenomenon in public speaking and is addressed in "The Charisma Myth" where you must not only acknowledge your personal pitfalls and fears but you must also confront them. It's human nature to distance ourselves from anything that causes us discomfort. We see an injured animal, gut reaction is to look away. Given a piece of evidence contradictory to our beliefs, we reject it, backfire effect, etc.

So how do we combat this? By reveling in the conflict. By facing it head on. In "The Charisma Myth" context of public speaking, the author notes to focus on the discomfort you are feeling. See it, accept it. Let your body sit in this extremely uncomfortable situation. It will adapt itself and eventually come to terms that it's safe and ok.

This teaching can be applied to any discomfort and anxiety. Accept that you have it, let your body feel the discomfort, anxiety, anger, etc. Let it work its natural course and eventually it will come to terms and adapt itself.

Don't acknowledge it then actively force yourself to do anything, anything you actively do will be counter intuitive. You just have to be you and let the discomfort happen, because it's going to be there till your body adapts. The old saying in PUA, "you'll always have approach anxiety, it never goes away. The only difference between beginners and experts is they've become comfortable with the discomfort".

That was the TL;DR of discussing the effect of prolonged exposure to acute stress and biochemical reaction that happens. **Now disclaimer, I'm not biochemistry major**, but I do know enough about my body to hopefully share something of value here.

There is two types of stress your body absorbs. One is *acute stress* and the other is *chronic stress*. For this topic we are just going to talk about acute stress. Acute stress is quick, rapid and fleeting. Like lifting some weights for an hour. Or arguing with a client. Or almost getting into a car accident. A stimuli happens and your body quickly responded by releasing chemicals to make sure your ass doesn't get eaten. Well at least it thinks you are going to get eaten.

But your body also has an amazing ability to *adapt* and *change itself* and this is a really important part.

See you have a default template that you are born with that has a list of Do's and Don'ts. The do's will not cause chemical releases and acute stress. The don'ts, well, they are the things that trigger your body to freak out and hopefully keep your ass alive. Aka perceiving a threat. ***But these do's and don'ts can change.*** When you expose yourself to acute stress over a long period of time.

Lift weights enough and your body adapts to the stress, it gets stronger. It builds itself and molds itself to better handle the stress. **It Grows.** We just happen to take it to obsession and we keep adding on more stress to get bigger, stronger and faster.

If you have owned an animal and brought a new animal into your house you'll see the exact same phenomenon. At first the two are standoffish, maybe even hostile due to past experiences. The animals that are hostile have grown through past experience that new things are dangerous. The animals that are less standoffish haven't had negative experiences. But eventually they learn that neither one of them really wants to kill one another. And they grown comfortable. Biochemically their body is releasing tons of chemicals that trigger fight or flight. But the longer you expose the body to the stress, the more the body adapts. The more it grows. The stronger it gets to the exposure. The exact same thing happens to you. You are just a mammal designed to stay alive.

That's it.

You are designed to fear new experiences, approaching new women, stepping foot in the weight room for the first time. Because it's unknown. **Fear is derived from concept of infinite possibilities.** Sometimes we are awestruck at the idea of infinite like when we look up into the heavens. Other times we are terrified of it.

Look At The Past To Predict The Future

So how do you conquer the fear of infinite possibilities? Easy, look at your past.

Look at every 1% change you've ever made that's brought you to where you are. Look at all the times you failed and didn't get burnt at the stake, trampled by the mammoth or end up fucking the tribal leaders wife. Look at all the shit you've learn for however XX amount of years you've been alive.

These are the three things I use when I face anxiety, fear or doubt.

Am I going to die doing this?

What is the Risk vs Reward?

And lastly, I know that even though sometimes I can't see a reward, I can look into my past and know, I'm going to fucking learn something at least. Exposure in itself will make me grow. I can't predict the infinite possibilities that might occur so stop worrying about it and just do it.

Learning From Your Fuck Ups

One of the hardest obstacles of self improvement or personal growth is keeping your cool under pressure. Hopefully this post has given you a few tools to manage that but there will be times when you will feel attacked for the things you do. One things that's helped me greatly in this is to not take it personally. Sounds simple but it's hard to execute sometimes. Luckily TRP will teach you that most people don't really give a fuck about you. They have their own goals, desires, wants and needs. When someone gives you shit, remember, they don't really care about you. You've interrupted them in some way and all they are doing is giving you advice on how not to do it. Sometimes it's constructive, sometimes they tell you to go die in a fire. But the subtext is always *"Dude, here's some advice"*.

Don't take it personal, learn that you aren't that important and in a day none of or two none of it will matter. Your body will adapt itself. The stress and chemicals released will subside. In a year you won't even remember it and in 50 you might be dead. The world will keep turning, you won't die so enjoy the help they give you. Even if it's framed in a less than pleasant way.

Insanity

Lastly, only the ignorant and insane try to make a cube fit into a round hole. Take your failures as what they are. A chance to learn and grow. All of these lessons are useless unless you take the time to introspectively analysis and learn. Change your tactics. Try new things. Don't stagnate and don't beat the dead horse.

This Past Week

This past week I've released some very controversial articles. I knew they'd be controversial. I doubted releasing them. I almost didn't. But i reminded myself, this feeling is just my body trying to keep me alive. This isn't the dark ages. Rick Grimes isn't going to walk into my office and shoot me in the face. I'm not going to get trampled by a mammoth or ran down by a pitchfork mob.

But i'm sure as fuck going to learn something.

I've said it in many of my articles. I write because I learn from it. And this week I've learned a fuck ton, not in just these past two articles but *every article I ever release, I learn something new*. Sometimes it's not a lot. I won't lie to you, sometimes exposure won't yield you much results. But sometimes a medical student will come in and school you. Thank him for taking time out of his day to try and educate you and help you grow. End the end, you won't know till you try. Earlier i said it was about a choice, *"you take the risk and reap the reward or suffer the consequence of not trying."*

The consequence of not trying is is you will learn nothing.

TRP is here to teach you how to become your own man. Part of that is trying new things and doing things that goes against the grain. It's about exposing yourself to the unknown. Sometimes you'll succeed, sometimes you'll crash and burn. But as long as you keep trying, keep exposing yourself. You will grow. Failure only happens when you give up or never even try in the first place.

Lessons Learned

Learn and understand your body

Fear is your worst enemy for personal growth

The only failure is to give up or never try in the first place

So go out and start approaching if you haven't yet. Go out and join a gym if you haven't. Go out and find a group, hobby or activity if you haven't. Because you don't know shit about it till you try and you probably aren't going to die from it.

Bonus Tips

Take risks from a position of "Fuck You." - /u/favours_of_the_moon

For those of you that did enjoyed the last two articles you can PM me for the final piece.

Vice Documentary on Beta Males Trying to Redefine Masculinity

496 upvotes | April 29, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

Vice report from the UK travels around the US in search of what makes an American man a man. It's hard to stomach the entire video.

The New Wave of American Masculinity

The Gluttonous Alpha Male

Right off the bat the reporter plays off the tried and true stereotype of American's and finds some overweight guy that competes in eating contests. The guy claims eating a shit ton of food and not taking care of your body is a very manly tradition for Americans. He got the tradition part right, not the manly part unfortunately. It's funny that the over weight beta even makes fun of the reporter.

The RP Doctor

Next up is [Dr Edward M. Stephens](#), an internationally-recognized physician and psychiatrist. The only actual man in this entire video. Using logic, neurology and science to prove his points. Not what he *'feels'* masculinity is. Unfortunately his segment is short and edited to only show his statements, not his explanations, great attempt to soundbite him into a old misogynist that doesn't know what the fuck he's talking about. Never mind he has a doctorate and dedicates his life to the study. At the end he notices the loaded question about stay at home dads and eloquently mocks it but in a PC fashion. He knows the status quo.

Stay at Home Dads

Now we get to stay at home dads. Personally i respect dedicating yourself to your child, unfortunately any boys being raised by these men are going to have a rude awaking when they get to the age of trying to bang girls with parental figures that teach them to be women.

Gay Is the New Way

Then we have Ray Rigoglioso, the author of *'Gay Men and The New Way Forward'*. His spin is he believes gay men are the path to a better society due to their unique ability to embrace both masculine and feminine traits. Now, I have read that gay men typically have a much higher IQ than their straight counter parts so this is an interesting spin I've never heard before. However i have no idea on it's factual validity or if he's just spewing self promotion to further book sales and making a living for himself. If anything, take from this guy that he's found a niche in our market. He's targeted a unique value in himself and he's effectively monetized it.

Edit: I really don't even know why this is in the video. It doesn't really have any correlation to the core concept and would be better off as it's own video. Except that [/u/FLFTW16](#) pointed out that the 3 producers, are women, the researcher was a woman and 2 of the 3 editors are women. Gotta perpetuate feminism is better, right babe? I guess you can take another lesson on how not to do propaganda.

Boys 2.0

Lastly we have *'The Bravehearts'*. A group of males, dare I say men, reverting back to boyhood to *'embrace'* there true masculinity in a happy, huggy environment. There is even one ex-alpha. he states he use to bang chicks, was awesome at his career, traveled around the world and for whatever reason stopped all that. He comments that he *"crashed and burned"*. Unfortunately we don't get to see what made him crash and burn.

They end the evening by doing a bunch or random, childish gestures to connect with their inner boy. I wish i could ask them, *"Ya, didn't we do this... when we where boys?"* If your idea of connecting with masculinity is to emulate your 8 year old self, you are utterly lost.

The best part of watching this is I had my plate over. Somewhere along the video the reporter states, *"I'd like to have children some day"*. My plate immediately says, *"This dude should never reproduce"*. Not a coincident that she's an extremely feminine girl and realizes what makes a man attractive and what doesn't. We live in a generation raised by separated parents or boys that have absolutely no masculine figure. The disparity between the men that get how to be attractive and masculine vs this next generation raised my men like this will only increase this divide. The 80% if this trend continues will probably be 90-95% by the next generation.

To bad these guys can't just pick up a history book, reflect on the last 7000 years of written history, study any depiction of a man in art through the centuries or read a book on biology and sexual dimorphism to see what makes a male attractive vs what doesn't. I guess they at least found happiness or some semblance of it. They just won't be climbing above what society has designed them for. Cog's make the world go round. At least they are blissfully ignorant of that fact.

Lessons Learned

Most men are utterly lost

This is the 80% we have to compete with

A good lesson on how not to be a man

Cheating Is An Addiction

180 upvotes | May 19, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Been seeing some posts lately about girls fucking guys over and even one of my close friends just found out for like the 5th time that his chick is fucking other guys. He's hardcore BP and this is more of a pissed off rant because i can't tell him how bad he's fucking up.

A Cheater Never Stops

Let's get some shit straight right now. BP society loves to church up cheating as it's some issue with the relationship, some disconnect, something the other partner might be doing or a whole list of other bullshit reasons.

As a man that's knowingly fucked a taken chick, I can tell you exactly what cheat is and it's none of those bullshit reasons.

Cheat is a drug.

The sex you have when cheating is like getting getting a shot of epinephrine to the heart then fucking a chick on Zeus's thunderbolt while Aphrodite licks the shaft.

I've had the most depriving, BDSM sex you could think of. I've wiped girls till the bleed, I've fucking girls in front lawns, I've done some crazy shit with girls. None of it holds a candle to the sex you have during adultery. You can be the most alpha dude in the world, no amount of dominance will trump adultery. At the biochemical level it is a massive release of hormones like adrenaline, serotonin, dopamine and Oxycontin that no other form of sex can release.

Cheating is an addiction.

If a girl or guy cheats once, they have a chance of never doing it again if they are introspective enough to stop themselves. If they do it again they are now becoming an addict. I fucked a total of 1 girl that was taken and i did it once. I've never cheated on a girl I've dated(*I also don't date so that helps*). Once you are an addict though it never stops. The threat will always be there. There is always a chance of relapse. Once you taste something you can never forget that taste. I tasted it and stopped myself before i had more.

Lessons Learned

- If you ever find a chick has ever cheated in her past, you two are finished. Nothing will save you from the possibility of her being faithful to you. Once a cheater, always a cheater. I don't give a shit if she's mother Teresa's daughter or you sew her pussy shut. You can not stop an addict and there is always a serious threat of relapse.
- If you start cheating or start fucking taken girls, you will also get addicted and it never stops. We often talk about all the bad shit girls do but I've seen guys destroy themselves from the same behaviors. I've talked to quit a few serial cheaters here and they all confirm this. It is a

serious fucking drug. Some equate it to meth or heroine, i can't confirm that as I've never done either. The girl i fucked came onto me a few more times and it took everything I had to reject her. The chemical releases that occur during it are insanely powerful and i couldn't imagine fighting it after I've cheated a half dozen times. Moralizing aside, fucking a taken girl is rarely a risk that is a net positive in the long run.

- Becoming a serial cheater also has it's own whole list of shit that can fuck up your life. And if you cheat **with a girl**, you are more likely going to cheat **on a girl**. Again, to each to his own moral compass, I'm just warning you of the road you will be going down. It ain't all sunshine and daisies. I've seen dudes have guns pulled on them over chicks. Pussy ain't worth your life.
- If a chick ever cheats on you, you are done. There is no recovery. At a fundamental level she does not respect you and she sure as shit won't respect you if you take her back. Let alone there is no possible way you can fuck her better than the chemicals released during adultery.

This is one of those bitter truths to TRP that you never come back from. The more i see this shit, the more i see women rip men apart in my own life, to my own friends, the more i realize some of the stuff we teach here can literally save your life.

The Man That Build A Life From Nothing

464 upvotes | June 3, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

After reading "*What Craigslist taught me about abundance mentality*" by [/u/SILV3R-BACK](#), a story about him learning that your time is sacred and abundance mentality is a must. When it comes to time and efficiently using it, you and you alone are the only man on this planet that controls your destiny.

Today I want to share a story with you today that happen 50 years ago. A time when men where men and valuable for being a good one. A story about the most redpill man I've ever known and a master at spending his time wisely, my grandfather.

Backstory

My Grandfather & Grandmother were depression era children. My Grandmother grew up in a dirt floor log cabin with no running water. She was born premature and the Indian housemaid wanted to throw her out back because she didn't think my grandma would live past a year. My great grandmother wouldn't have any of it, they put her in the wood stove to keep her warm. My grandma didn't even have shoes growing up and didn't have electricity till she was 12.

My grandfather grew up with a drunk father that couldn't hold a job if his life depended on it. He dropped out of school in the 6th grade at the age of 12 to start working to provide for his family. At 19 years old my grandfather met my grandmother and they married within the year. They grew up knowing full well how much a dollar is really worth and more importantly, *how much a minute of your life is worth*. My grandfather could and would easily work 16 hour days, 6 days a week and he'd do 7 days if grandma wasn't religious and made him go to church every sunday.

My grandfather at the age of 20 started his own business. He built his from scratch in an 8x8 garage back in 1951. Later on in the 1970's my grandmother would go on to start her own business, which is now one of the most accredited of it's kind in the entire state. Today my grandfathers business owns 3 locations and an floor space of around 80,000sq ft. But one story in particular with the evolution of the business stuck with me since i first heard it as a child.

The Unstoppable Man

My grandfather was a no bullshit, get your work done, don't talk, don't bitch and don't **ever** be late, kinda guy. I can't tell you how many people have been fired by my father or grandfather for being late their very first day on the job. Back then you could be fired for just for talking on the job. He was a man that could command respect just by stepping foot in a room. He could silence another with a single sentence. He once caught an 8 year old kid stealing a quarter from his house and told him, "*Never step foot on this land again, i have no use for a thief*". Hardcore redpill. My grandfather

eventually hired his own father, a drunk but luckily he had a photographic memory which turned out to be extremely useful in certain areas. (*Law 33 - Discover Each Man's Thumbscrew*)

Around the 1960's our business was expanding and we needed more room to continue operating. My grandfather saw this need long before it was urgent so he began saving money back for the new expenses. (*Law 29 - plan to the end*). He was a master of foresight and always hoped for the best but planned for the worst. He was also a perfectionist, my father recounts that grandpa on quite a few occasions would spend hours re-balancing a check book just to find out why the books are a few pennies off.

Eventually he saved enough to put down on a loan. Back then a man could shake another man's hand and that was good enough to be a legal transaction. He starting searching for some land to buy. Eventually he found a farmer willing to sell some acres to help my grandfather out. He was an extremely proud but humble man, he loved his family and was proud of everything he was able to provide for them but never flaunted it and was always hospitable to anyone no matter where they came from. He didn't care about race, background, heritage or any of that, to him a mans value was how well he could work. He probably learned this humility from my grandma, a woman that would cook dinners for train hitchhikers that jumped the cars for a nights stay. Yes, just like the Elvis Presley scene in Forest Gump. I have never met a woman more kind than her, I've heard her cuss twice in 26 years. She is genuinely the best human being I've ever met. If some women have shown me the worst of women's nature, she has shown me the gold standard of what a woman can become(*yes, i know, pipe dream in today's society*).

I think my father was around 5-10 years old at this time. He recounts visiting the new land a few times to play as my grandfather and some of his workers started hauling in lumber and building the new building. Back then every man had some form of experience in woodworking, you didn't typically hire contracting companies unless you are buildings something really big. It took over a year to complete the entire project and my grandfather spent at minimum 4 hours a day, every day constructing it on top of his 10-16 hour work day. Once it was finished they were getting ready to start prepping the machinery and equipment to move it to then new location.

Then one day my dad was playing out in the yard with his friends. My grandparents back then lived very far from town and the one road leading to the house was a dirt road miles long. They had an old dog that would lay in the road all day since maybe 1 or 2 cars would come down it a day. The dog could always tell when it was grandpa coming home though as he would stand up and start wagging it's tail. Like clock work, the dog stands up, waging his take and excited, like his master hasn't been home in years. My father can see his truck slowly making it's way down the dirt road, kicking up dust miles away. Finally he pulls up, steps out of the truck and he's covered in black from head to toe.

My father asks, "*Dad, why are you so black?*"

"Barn burn down"

He walks into the house, sits down at his desk and starts going over his check book. Grandma hands him his dinner, comforts him for a second and walks off to let him start planning for tomorrow. My grandfather cut his salary in half for the next 3 years to pay for the lose and my father never heard another word about the land or the barn ever again. Grandfather sold the land the next year.

Analysis

My Grandfather passed away in 2008 right before the recession hit. To this day I never got to ask him about that moment in his life. I don't know if my father ever did either. My dad just recounts that day from memory as he to was stunted to see the pure stoicism and willpower his father showed that day. It was an awestruct moment for my father I think, even at such a young age.

The day my grandfather collapsed and was hospitalized he was up at 4am getting dressed for work like he did every day before, at the age of 82. My grandma was cooking him breakfast like she had every day for the past 50 years of their marriage. He never got to see his business get to the point he dreamed of. But I'm glad he passed when he did. I'm glad he never saw the 2008 recession and how devastating it was. We had to reduce our payroll from 60 employees to 20 in a matter of 6 weeks. I'm glad he never saw the banks calling our notes as the entire economy collapsed under us. I'm glad he never saw some of his grandchildren get laid off, myself being one of them. I'm glad he never had to see his own wife's face when she received a letter from the bank saying we had to come up with \$600,000 in 30 days or they would seize our our entire company and land to auction it off. A time when we turned less than 400,000 a month, and that is just sales, not profit. I'm glad he passed fast and wasn't bedridden, helpless to save his legacy as my father called the bank to chewed out the president for sending my grandmother a note only a month after my grandfathers passing(*the bank was aware of my grandfathers passing and some of the hire ups even came to my grandfathers funeral, he had about 300 businessmen or friends of the family show up during calling hour*), a bank we had done business with for over 40 years. I'm glad that he never saw that we had to sell out bobcat one week just to be able to pay our 16 employees or we'd be shutting the doors forever on his life's work.

When you are a businessman, you have no use for emotions and decision making. Every minute you spend being angry, sad, mad, defeated or anything else is a minute wasted, just like [/u/SILV3R-BACK](#) learned from his experience selling his treadmill. My grandfather lived in a time when there was no point in bitching, complaining or letting his emotions control him. There was no internet, no one to care about him or comfort him. And even if his family was there to comfort him, it was him and him alone that could fix it or give up and he still had to put food on the table regardless.

I've been told a lot of stories like this from my father, they sound so alien in today's world. It's also why i can't stand victim mentality. I have no sympathy for people that complain they can't improve their lives or blame others for their shortcomings. It's why i hate SJW and the left, crying about shit they could easily improve themselves. Our company has lost 90% of it's business 3 times since the 1950's and each time my father or grandfather weathers it off like it's an employee that stole some toilet paper.

I don't care if you don't have electricity, have never worn a par of shoes in your life or don't even have running water. If you are reading this right now you have more knowledge at your finger tips than any other man in the history of this planet. My grandfather built more than most of us ever will with a 6th grade education in 1940's America. You can access more knowledge than anyone has ever been able to access with just a few strokes of a keyboard. The only difference between you, my grandfather and anyone else in this world is how efficiently you use your time and what you spend it doing.

My grandfather was a master at abundance mentality and using his time wisely. He also was an

extremely confident man, the kind of confidence you only get when you build your own life from scratch. He knew he'd be fine because he knew he was a man capable of anything. Even though a years worth of work just burn down in a matter of hours, he still had more than what he started with back in 1951. He knew, no matter what life threw at him, as long as he didn't give up, he could always make his life better. His value wasn't from the things he owned or the money in his bank. His value was himself. Not even a years worth of work being burnt to the ground could strip him of it. He had the kind of confidence that nothing and no one could crack. The kind you can only build by building yourself.

But, like the barn burning down in the 1960's, in 2008, just like many times before in the 65 years of our operations, hard work, sacrificing, planning way ahead and always expecting the worst got us through a hard time. We found a bank to refinance the \$600,000, which wasn't a big deal as my grandfather cultivated many willing and loyal customers though his life that would easily front my father the \$600,000, one of which was Mr. 150 from my other article a few months ago, a very big customer for us that relies heavily on our business operating(*Law 11 - Learn to Keep People Dependent on You*). Downsizing allowed us to fine tune our business, cut out a lot of bullshit or excess expenses. Get rid of shitty employees and become one of the dominant players in our industry as most of our competitors collapsed under the pressure or from poor planning and foresight. Today my grandmother is living a happy and financially secure life all possible by my grandfather dedicating his entire life to his work and more importantly passing down his life lessons he'd learned through a half century of doing business.

I like to consider myself above certain trivialities or pettiness, but being there when my father called the bank back to inform them we had their \$600,000 and that no one from my family will ever do business with them ever again, was a triumphant feeling to say the least. Mr. 150 is also very well know by pretty much every bank within 100mi. At the time of the bank calling our note they didn't know we did business with him. So we also informed the bank that one of our business partners, Mr. 150, would have gladly fronted the money if they had been a little more cordial with their note request. If they had handled themselves a little more professionally we might have considered still doing business with them. We now have a new bank and are on very good terms with the president himself, they were glad to take customers from their competition.

Though, the truth is, for my grandfather it might have started out as work back when he was 19 and just married. What it turned into wasn't work, It was his life. He didn't do it for the money, there was many time, long before i was even born, were my grandfather could have cashed out. Money was secondary to him. He did it because he had a goal. He wanted to give his children, his children's children, his entire family, a better life than he or his wife ever had. He wanted to make sure his family was provided for for generations, long after he was gone. I like to think my grandma had a lot to do with this in a subtle, unintentional way. If I didn't sell it before, she truly is a saint and i think her unhuman-like warmth brushed off on the hard, rugged and unemotional man. I don't think his goal was the same at 19 as it was later on in his life. I think he eventually wanted to be sure that his family would never have to know what it's like to be starving, to feel completely helpless and to the whims of an economy like the one back in the Great Depression. Money was just the answer, he made his goal his life.

A lot of people think my screen name is just an ironic spin on Clint Eastwood, and it is, but it's based off my grandfather, who had a near mirror demeanor about him. An extreme stoic, a relentless workhorse, a man that never wanted to hear an excuse and never asked for help without paying it

back in full and then some. He believed in building those up around him and it damn well showed the day i was 18, standing in front of his casket greeting hundreds of men, women and families I'd never met. Hundreds of people telling me stories of the things he'd done or helped them in some way. Men he gave work to so they too could provide for their families too. Countless stories i wish i could remember today.

He was a man that set a goal, followed it through with unwavering tenacity till the day he died. He helps those he could along the way and like the kid that stole the quarter 60 years ago, he had no time for those that tried to take advantage of him. And above all, he was a man that spent his time wisely achieving it.

Lessons Learned

- Your time is the most valuable currency you'll ever own, don't waste it.
- There have been many before you that's done a lot more, with a lot less.
- No one on this planet cares if you succeed or fail, but you might makes some very loyal and valuable friends along the way. And they may have some self interested you can reach out for in a time of need.
- Learn to become a master of your emotions. Become a slave to them and you will pay for it with the most valuable currency you'll ever own
- Set a goal and make sure your passionate about it. Just like lifting, you won't reach it in a day, but with proper knowledge and planning, you will reach it as long as you never stop. It may take you a lifetime though.

What Happened Before History?

88 upvotes | June 23, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Summary

A informative video of the history of the homo Sapien by Kurzgesagt.

Body

The video isn't directly related to TRP or sexual strategy but never the less it is an important piece of human history you need to know to better understand yourself and women. I'll leave you with some things to keep in mind as you watch it.

What Happened Before History?

Listen to her body, not her words.

The video start out at 220,000 BC but the modern humans walking today have been developing for millions upon millions of years. We might use language to explain ourselves, but our drives and actions are much more primal than anything we articulate. Most people think they are really rational, the more you study this stuff, the more you will realize how truly animalistic most humans are. Game becomes easy mode when you start to realize this stuff also. When you are fit and well taken care of, gaming or wooing a drunk girl is about as difficult as entertaining a toddler.

Masculinity is defined by nature and nothing else

I see a lot of talk about masculinity, what it is or some idiot thinking he's going to redefine it or even better, tell me how it should be.

Lets get something straight, evolution and only evolution will be your answer to what masculinity is. Masculinity is the product of millions of years of **adaptation** and **female sexual selection**. This ying and yang was brought forth through the evolutionary vines via **sexual dimorphism**(*females and males being anatomically different*). Whatever a female finds desirable for mating is what is masculine no matter what species you are talking about, humans included. You can look at and study any species and figure out what the females find attractive and what they do not. Doesn't matter if you are studying a finch, peacock, wolf or human, this shit ain't rocket science.

What is ironically hilarious about any notion of patriarchy or toxic masculinity by feminists or SJW's is the fact that our ancestral females, not the males, were the ones that created the men you see today. We are decedents of what females found most attractive.

This is a classic case of what came first, the chicken or the egg. But the egg is a girl, the chicken is a guy and the chicken also built the most advanced civilization this planet has ever seen while the egg bitches about it.

Fuck words, Body Language and Size is the RP man's language

It should be drilled into your heads if it's not already. Get to fucking lifting and don't stop till the day you die.

Hopefully this video puts into perspective how civilization isn't even a single letter in the pages of the history book that is humanity. Let alone we've only been verbally communicating for 50,000 years. Before 50,000 BC humans and it's descendants only had one way to communicate, body language and size. How big you are and how you conduct yourself speaks multitudes more than even the most witty phrase that's ever rolled off your tongue.

If you want to learn more on this important topic i suggest the book *"What Every Body Is Saying"* and study up on the *"Mammalian Brain"*. You can go through my post history and read *"Understanding Women's 3 brains: The Basics"* where I go into this with more detail or check out my post *"Be Her Escape"* which is a field report over holding frame but the underlying mechanics at play are using stoic and swift body language to influence my girls emotions.

Happiness comes from understanding yourself

The best thing TRP has ever taught me is to start being real with myself. To stop trying to be something I'm not and more importantly, stop trying to convince myself of things that don't hold up to fact and rational.

Men that pursue a more masculine life will live a happier life.

Females that pursue a more feminine life will live a happier life.

Masculine men will be happier with more feminine women.

Evolution designed the sexes to be really good at certain things. It's not a far stretch that it probably also designed us to enjoy or at least derive something of value from these contrasting roles. I.E. men go into business and run nations for a reason. Women go into nursing and love taking care of others for a reason.

Unfortunately our society has fucked this up quiet a bit but as long as TRP is around, you'll have a guiding hand at least. I suggest you start connecting with your masculinity. Creativity, innovation and leadership has been the pinnacle of mankind and masculinity for the past 15,000 years. Those are probably good areas to start with.

I picked up carpentry, lifting, designing and also creative writing for TRP. So far these things have given me more fulfillment and confidence in a single year than a lift time of fumbling through the dark. You have to get out their and start exposing yourself and trying new things though. It won't be easy but trust me, one day you'll look back at the man you've built yourself into over the years and you will realize you found hobbies, activities and passions you'd never thought you'd like. Only for them to end up being activities that are paramount to the man you are now. Every skill, hobby or activity you add to yourself will compound into confidence, and it's the kind of confidence that can't be fucked with or taken away by anyone, because you built it.

You can read a true RP man's story over what these virtues can bring you in life in my article, *"The Man That Build A Life From Nothing"*. A story of my grandfather growing up as a great depression era child and how he built a lot through his life, starting from nothing.

Lessons Learned

- Lift, body language and size is the language of sex.
- Most of us are animalistic more than rational, start learning about yourself and your origins.
- Figure out your past, it will help you understand yourself and improve your future.

The Price Of Character

235 upvotes | December 15, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Today I'm going to address a lesson I learned from my father on judging anyone's character, setting boundaries and a short lesson in Stoicism by Epictetus.

Money Tests Character

When I was a kid I had this friend named Karl. We used to hang out all the time, play video games, trade pokemon cards, ride bikes around the neighborhood. But as we grew older I began to notice certain things about his character. He'd make plans but then be late, or say he's going to do something but never start it. His mother passed away from cancer at 11 years old and his father kinda lost it for a bit. He came from a troubled home so I had sympathy for him. After all, I came from a well-off family and they always taught me to never judge others by their situation and always helps someone when you can.

Then we were old enough to start driving. It seemed the more freedom we gain, the more his character started to show. He was a good guy, we'd been friends for a long time but every once in a while we'd go to get fast food and he just happened to leave his money at home. Then the next week he'd suggest to our group of friends to go eat out again, again he would forget to mention he had no money till we got there and ordered, turning and begging on of us to pay for him. It became so frequent there was a running joke in our circle of friends. The joke soon turned to animosity.

While some of my friends were resolute in their opinion of Karl, I had some confusions in how I was raised. I was always taught to help others when I could spare the hand, and at this time I had plenty of money from my work and 0 bills, so it was an easy gesture, even if I did feel slighted.

Luckily I had an awesome father, So I just went to him with the situation and he told me something that I still remember today. Because last month it applied to me again with a plate I was seeing.

*"Clint, always help out those that need a hand, but only if you can afford it and they show **equal or more** gratitude back. A thief in any sense will bleed a good man dry. When a friend asks for money, you give it to them. Not because it's the right thing to do, but because it's the price you pay to see if they really are your friend. You aren't losing money, **you're paying to see their true character**. That's a price worth paying, and it will save you more than you can imagine."*

It's Easy To Fuck Others

This lesson has served me well throughout the years. I've easily been able to remove toxic or vampiric people from my life with ease. I was raised to be altruistic and subsequently have had to learn how to deal with being treated like a doormat from time to time. I think it's the price you pay to be willing to help others. You can be told how to set boundaries but I don't think you learn it till others cross them and burn you in the end. Just like none of you found TRP till you needed to.

I was taught another thing as well from this lessons. Something much more important than judging someone's character. It's easy to be a bad person, to be a low life, to use people. It's easy to be Karl. And it might seem like a decent way to get things you want. After all, there are 7 billion people on this planet you can fuck over and you can't possibly fuck them all before you die. But there is one thing my father didn't address and that's the passing of time. It's been 10 years since I cut Karl out of my life. We started on equal ground mostly, neither of us went to college, neither of us were terribly great at school but there was one thing different about us. He continued to use people and i continued to give my hand out when needed.

Today he's been arrested for domestic abuse, addicted to cocaine, been homeless, can't keep a job, has a kid with a girl who hates him and has no prospect of ever breaking free from his own faults. I on the other hand have cultivated a close group of high-quality friends, friends that would help me out in any way they could and I would help them in any way I could. I have a good job with coworkers who trust me as I've helped them when they needed it and them I. I have my own house, dating multiple girls, all of which I help in some way to better themselves. I've been burnt many times, had friends that I thought would never cross me, do things I could never imagine. Girls burn me in ways I only read about here. Girl and guys both, put me in positions that I have to remove them from my life for. Each backstab a lesson, each transgression stings as much as the last. I don't think being slighted ever really stops hurting.

But it's all fucking worth it. Because it's the price you pay for not wanting to live the alternative life. It's a painful road, I will admit, Karl's life looks enticing, or it did at least when I was a boy.

Epictetus

Upon studying up on some Stoicism earlier today I ran across this passage. I use to believe my family taught altruism, it seems my family is more stoic stoic in nature;

*"If you want to make progress, drop reflections like: "I will end up destitute if I don't take better care of my affairs," or, "Unless I discipline my slave, he'll wind up good for nothing." It is better to die of hunger free of grief and apprehension than to live affluent and uneasy. Better that your slave should be bad than that you should be unhappy. For that reason, starting with things of little value – bit of spilled oil, a little-stolen wine, repeat to yourself: **"For such a small price I buy tranquility and peace of mind."** But nothing is completely free. So when you call your slave, be prepared for the possibility that he might ignore you, or if he does answer, that he won't do what he's told. He is not worth entrusting with your peace of mind." - Epictetus in 'Enchiridion'*

I just recently removed a plate from my rotation. She's a huge socialite, drop dead gorgeous, has guys doing shit for her all the time, really artistic, travels the world but always has super dysfunctional relationships. I knew her from high school so her past is no secret to me. She was one of few girls In my life I deeply related too. I wouldn't say onitis, just that we came from similar childhoods, childhoods few can relate to and it's nice to find a girl like that. A rare thing i find. But, she wasn't raised to the standards I was.

I've only been sleeping with this girl for about 4 months and about 3 Weeks ago I was going to a city

with some friends and decided to bring her along the way, so I spent \$200 on a hotel planning have a great night. I later learned she had some serious issues with me dating multiple girls, but that was only after she disappeared from the bar we were at and i had to find her the next day. She had a story for where she went or with who it was, I didn't really care. I removed her from my life that Wednesday but only after she asked me if I would still help her with some carpentry work on her house. I laughed and said sure since i could use the work for my portfolio and if she'd repay me the \$200.

She never took me up on the offer. She's now with some guy that looks straight out of magazine of poor impulse control tattoos. Guys still come over to her house that she uses for favors, work on her house etc. She has a pretty good life in reality. She's going to continue to travel. But her time will soon run out as did Karl's.

What's funny is she probably thought I was cheap, jealous or insecure on where she went. She has a string of relationships of guys fucking her over, cheating, etc. so she probably projects all those insecurities onto me. Basic damaged good's girl. It probably never occurred to her that I could care less about the \$200. That's a dime in the fortune I'll make in my lifetime. \$200 was well worth not wasting another minute with her. I paid to save my time.

I picked up two new plates last weekend and both are exponentially better. I'm sure this won't be the last time I have to find out someones true character but to this date, none of them have been a lose in the long run. Every slight I've ever had wasn't a stab in the back, it's wasn't betrayal or deceit, it was merely an opportunity.

How To Not Give A Fuck By CharismaOnCommand

423 upvotes | January 17, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This quote pretty much sums it up perfectly;

"The way to not give a fuck isn't to try to not give a fuck. It's to only care about a few things so intensely, nothing else really matters."

How To Not Give A Fuck

Women want a man with purpose. If your primary goal here at TRP is to just bang chicks yet you work minimum wage job, play video games all day and spend every night at a bar trying to pull chicks because you have 0 hobbies or interests, you've fundamentally failed what TRP is trying to teach you.

Learning game and practicing it is good, but 80%, if not more, of your time should be spent building yourself into a man with purpose and drive. Then game becomes child's play because you care about something more than just getting your dick wet. I don't think society shuns PUA because it's deceitful or "*wrong*" but because a man who's only purpose in life is to bang as many chicks as he can has fundamentally low expectations for himself. Anyone with \$2,000 and a free weekend at Vegas can hire a PUA to get them laid, because getting laid isn't that hard. Women are attracted to men that do hard shit.

What I Learned From Not Reading The RedPill for A Year

917 upvotes | July 10, 2017 | /r/TheRedPill | [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.

The Frame Problem, Artificial Intelligence, Stoicism and Chaos & Order

137 upvotes | July 11, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

I can't really intro this topic without you just reading the whole post as it's very deep and wide subject. All I can really tell you is that The Frame Problem is probably one of the most important concepts I've ever learned.

Explaining The Frame Problem

This post is a conversation and reply of my post yesterday, figured it could be useful as it's own post.

/u/Z33ger :

Man thanks for sharing this. I remember when you did those stoned theories and all but got laughed out of the community...it's cool to see you return and share this reflection.

Me:

Ya I should have waited just a week or two to write that. I ended up finding a perfect explanation of it in my reading. What I was trying to convey was a section of Chaos and order psychology. Jordan B Peterson conveys it well via theology.

<https://www.youtube.com/watch?v=hdrLQ7DpiWs>

It's the idea of trying to teach someone the pitfalls and shortcomings of something they can't see in themselves or in others. basically teaching someone to see into something outside of their frame of existence or total world view. It's a complicated mess of a thing to teach but a hell of a thing to be aware of. best thing I've ever learned as far as improving self awareness.

It's also referred to as The Frame Problem in Artificial Intelligence.

<https://plato.stanford.edu/entries/frame-problem/>

/u/JustDoMeee :

It's good to see you back. Can I get an ELI5 of what you're talking about, it sounds incredibly interesting.

Me:

Frame of Existence

Think of a baby and how they have object permanency. When you walk out of the room the baby cries because they perceive you to no longer be in existence. This overarching idea is called frame of existence. You as a human being never really lose this frame phenomenon psychologically however, it's interwoven into your subconscious from the day you're born till the day you die. As you grow older it just grows larger. Every piece of knowledge, every place you've traveled, every technique, person, thing, entity you've ever meet, learned or acquired has expands your frame of existence.

However your frame of existence is totally dynamic every second. Like right now you're reading TRP, your frame is concentrated to the screen. You're not thinking about that fly sitting on your wall, or what color is the shoes you are or what your ex girlfriend is doing right now. But the mere fact that I said these things means they are now inside your frame because you're thinking about them. Your frame is dynamically changing every second and it has since the day you were born. Random thoughts are coming in and out of your head, events are happening all around you, in your house, on your street, in your city, your state government, people are moving and things are happen every second but somehow your mind knows what to focus on at any given moment, totally autonomously.

The Problem with AI

As far as artificial intelligence goes, computers always try to calculate every possible parameter they are giving to solve a problem. The classic example of Frame Problem is place a sentient AI bomb defusing robot in a room and tell it to defuse the bomb before it goes off. Well, that robot will sit there till infinite trying to calculate every possible outcome and it's probability of happening. It will figure the likelihood of touching it one way, will it explode? What if the walls change colors, probability of explosion? What's the probability of the wall changing color? What if it backs up an inch, what's the probability? It will try to calculate everything it can unless programmed otherwise.

From the moment a human is born it can dynamically adjust their frame and egocentricity. This is one of the reasons we have consciousness and we do it totally subconsciously. There are deeply rooted networks in the brain that tell you what you need to be focusing on at any given moment. Cortisol levels connect to fear and danger. Oxytocin will make you focus on those you care about. Dopamine will make you more or less erratic(ADD). And there a million other things that all control and change your frame at any given moment. And that's not even getting into were thoughts generate in the mind or how memory recall and memory reassociation works. Have you ever thought about were your thoughts come from? Go through the day and start paying attention to why the hell you just though what you did? Do your thoughts just come out of thin air or was there a trigger/cascade effect to bring you to where you are right now?

This is a... confusing and hard problem to recreate with AI. The Frame problem was discovered in

1969 and it still hasn't been solved.

Westworld - Consciousness does not exist, Anthony Hopkins

What's interesting is you'll start to see The Frame Problem explained in many different ways, by different people and at different time periods. I'm a big fan of studying every genius that's ever lived. Inventors, physicists, chemists, philosophers, etc. Einstein, Van braun, Crate, Richard Feynman, Epictetus, Tyson, Socrates, Hawkings, etc. and pretty much every hyper intelligent individual will tell you that you are and always will be an idiot. What they are referring to is you can never know everything.

The Frame of Unknown

An interesting conclusion is that no matter how large your frame of existence grows, no matter how much information, experiences or things you can possibly attain physically or mentally, there will always be more you don't know or haven't experienced. This is the **Frame of Unknown**. In fact, as your existence frame expands, theoretically the frame of unknown will square to infinite. For every piece of information you know, 10 more questions might arise from it and a billion possibilities of each. This is an extremely useful thing to realize, one it humbles you and humility can be flattering and two, your options are now limitless. If you become curious about something, you can imagine how deep that rabbit hole could possibly go, who you could meet, what you could learn. However you never truly know know till you start exploring.

Stoicism

Another example in history and probably one of the first times the frame idea was written down was Epictetus and **Stoicism**. The first line of Enchiridion which is the stoic handbook and condensed version of Epictetus: Discourses writings, says,

"There are things which are within our power, and there are things which are beyond our power. Within our power are opinion, aim, desire, aversion, and, in one word, whatever affairs are our own. beyond our power are body, property, reputation, office, and, in one word, whatever are not properly our own affairs."

Epictetus was a student of Crate and Crate was a Student of Socrates. This was probably the first time the Frame Problem was idealized in writing. Or at least the first one to be preserved till today. In fact stoicism pretty much entirely revolves around learning your frame and controlling what you can. Any time you spend on things outside your control is considered time wasted, which you can never get back. So it's half learning frame and half improving time efficiency.

Earlier I ask you; *"Do your thoughts just come out of thin air or was there a trigger or cascade effect to bring you to where you are right now?"* Well this idea can be compounded to the choices and decisions you've made in your life as well. All the problems in your life right now, how much of it is your fault? How much of it was in your existence but you didn't see or how much was in your unknown frame? How much control do you really have over these issues? Is your ego to fragile to admit that maybe you could done things differently? How much control do you have in the future?

This can be a touching line of thinking depending on how much you've fucked up in life or how egotistical you are. Stoicism would tell you not to worry too much about the past though, instead learn from it, identify what you can control and build your life into what you want with what you can. With more knowledge comes a greater capacity to weld and mold your future. You're reading TRP to control your future with women. Btw, why did you start reading TRP in the first place? What lead you here? What events happened that you couldn't control then, but now you see you could?

Jordan B Peterson, Chaos & Order

If you're interested in this stuff I highly recommend watching Jordan B Peterson in the link above. He's a Psychologist who has pretty much spent his entire life trying to figure this out. He ever wrote a very extensive book on it called "Maps of Meaning: The Architecture of Belief". That book he also teaches as a class in the university of Toronto and you can access all his lectures on youtube. He posts every one of them for the semester. I even believe you can get the syllabus and worksheet stuff on his website.

Jordan B Peterson takes a bit of a different approach to the frame problem however. He ties in the history of humanity, the stories we've told from generation to generation for millennia, theology and human nature to explain how your frame exist. his work is also heavily tied in with teachings of Stoicism.

He explains how the stories we tell each other aren't just random stories, their metaphors that are interconnected to the subconscious mind and they will show you a glimpse of human nature as well as teach you a great deal about yourself. Think of any movie you've ever watched when looking at it through a redpill lense, you're probably deciphering the human dynamic, the movie is just a story portraying subconscious behavior or thought. Jordan takes it a bit farther though by using the frame problem to explain what is called **Chaos & Order**. Chaos being **The Frame of Unknown** and Order being your **Frame of Existence**. The idea that everything outside your frame is unknown, and when unknown things come into your existence that are negative, they are chaos and they can wreck your life if you aren't aware of them or don't see them. Like you dating a crazy that you thought was a princess till you realized she wasn't.

Biblical Series II: Genesis 1: Chaos & Order

Peterson also talks about theology and the idea of God a lot. God is the true, first incarnation of consciousness however. No matter what religion or time period you look at as far as theology, the God or Gods are always all knowing and powerful, thus they they have an absolute frame of infinity, or at least finite to the ends of the universe, time and dimensions of space. This is also why subconsciously, most people are terrified of the idea of AI, what if the AI is capable of computing everything it knows?

Westworld: The Bicameral Mind

A really good book if your into physics is Just Six Numbers. These are the parameters that created the universe. The mathematical equations to everything that's ever or will exist. If these number were to ever change, gravity wouldn't work, atoms would fall apart, existence would cease to be existence. They are based off of the Dimensionless Physical Constants. An interesting read if you want a glimpse at the absolute bounds of the universe.

The conundrum with AI thought is, if it can calculate everything then it isn't truly conscious like a human, thus it isn't true AI. it's just another computer, because that's what computers do.

Closing

Self improvement is in a way is an active expansion of your frame, even if the subconscious mechanisms that drive it you didn't think about till I just explained it to you. Thus all of this is now in your frame, but you'll definitely forget about this post eventually. Till you think about it again. Why'd that happen?