

# KeffirLime

## ARCHIVE

compiled by /u/dream-hunter

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# Deleted Instagram; Banged Instagram Model

1003 upvotes | May 28, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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I've seen a lot of posts and questions regarding Social Media on here recently, so I thought I'd give a little insight into my Social Media cleanse and the corresponding results it's had on my life.

I had a fairly decent following (6k) but deleted my account for the following reasons:

I was pissing away time on it. Up to an hour a day, just looking at other peoples lives. Mostly women(I couldn't give a shit about updates on other mens' lives). I'd be scrolling through my feed, looking at women I found attractive, but wasn't fucking, basically orbiting. I never liked or commented on their posts, as they had enough of that going on with half of India's population commenting 'Nice bobs and Vagine' or a horde of 12 yr old's commenting "Suck my dick baby". It became clear to me that this is generally the standard of man that lurks around, liking pictures, validating, showering them with attention when these women have nothing to offer besides their tits and ass. Yet they sit on their Social media throne getting ego muff dives. I was no longer going to be a part of this.

Unless you're a social media Chad, a wealthy man, showing a top 1% lifestyle, and a big following, you're basically the virtual equivalent of an orbiter. No woman ever logged on Instagram and saw Billy, with 12 posts and 152 followers, liking pic number 45 and a timid "Hey" in the DM's and thought wow, this guy seems like a real prospect.

I have gotten some pussy off Instagram before, but weighing up the time investment, and my general disdain with Social Media in general i deleted it.

Fast Forward two weeks and I'm out at a Beach Bar celebrating a friends Birthday. It's Late, things are dying down and i spot an absolute beaut. Tall, Petite, Perky Ass, Fake tits(but well done). A real looker. My mate tells me she's a girl he's seen on Instagram, whips out his phone and shows me. She looks even better in the pictures. Has a 110k strong following.

We were at a table with bottles, this generally seems to attract women like flies to shit, especially high status women. They want high status men, they're not as concerned about your looks as lower HB women. I'm the best looking of our group, so I stood out, and we're making eyes. I hop up and go over and introduce myself, I'm chatty and cheeky in general and make some light conversation. I start turning the conversation more sexual, trying to draw her in. She's fairly receptive to my advances. Music stops bar closes, i'm not quite at the point yet where I feel she'd come home, my phone was dead, so I told her to take my number, I don't think she's too used to this but seemed to like the cockiness that i would ask a "girl of her calibre" to do that. She took it and she went back to her friends, i went back to mine, we all went home. Later that night i recieve a smiley face, so i know she's fairly keen.

I didn't respond that night, i waited until after work the next day. To which she replies "I thought you forgot about me". We text a bit back and forth, she quickly asks what's my Instagram, I said i don't have it, she asks Facebook? nope not that either. I set up a date for later in the week, (told her I'm only available then). She agreed.

We meet up and the chat is flirty, she asks why I don't have Social Media, I told her my life is interesting enough i don't need updates on others. She attempts at some point during the night to show me her Social Media, i decline, i said, "lets stick to the real world for tonight". I think at this

point she was realizing that she wasn't going to gain any favor from me through her Social Media following.

The realm where she was queen and men bent at the knee for her didn't even feature in my life. She was no more to me than any other women i could be on a date with. She was going to have to gain my attention in other ways. Coupled with this she told me she couldn't do her usual social media vetting of me(because obviously i don't have it). This added to the Mystery i had going for me. She didn't know who I was, Who my friends were, What i did for a living, or how i spent my time. Even on the date i was very vague about everything, joking and deflecting when she asked questions.

We were a bottle of wine down and the sexual tension was clear. She was wanting to order a cocktail, and i told her to skip it, We'll rather make them back at my place, I said "I've got a better view anyway"

The rest is History.

Lessons:

- Unless you're showing a great lifestyle, you're just another lurker, follower
- You're wasting valuable time on Social Media that could be used far more constructively
- With HB8-10 woman you can be as jacked, good looking as you want, they're looking for status
- Mystery, maintain it at all costs, her hamster will fill in the blanks
- Stand out, she had built up a huge following on Social Media, but with me this meant nothing, it immediately leveled the playing fields and she had to win over my favor in other ways
- Take time texting her, don't be too available, a woman of this caliber is simply not used to it

# You're not unlucky, You're just Lazy

1036 upvotes | June 1, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Recently I've begun to notice an alarming trend. The rise of the male hamster. A little rodent that runs around chewing away at any rationale, and shits out little excuses as to why things aren't going the way you want.

Females get away with not holding themselves to a particular standard, because they don't have to, their biology doesn't dictate it. It's often not directly linked to their success in the sexual market. A woman can fail at almost anything and blame pretty much everyone and everything for it, but, because she has a great pair of tits and her ass is borderline splitting her jeans, she's absolved. She remains at the top of her sexual Hierarchy.

Men on the other hand do not escape with such a privilege. A man's place in the Sexual hierarchy is directly linked to his successes and failures. His status matters. What he has to offer matters. The male hamster becomes a really dangerous little fucker when men start holding themselves to a feminine standard. When they start spawning every excuse in the book to justify their failures.

Im going to tell you **A tale of 3 friends**:

**Friend 1** - Friend one is a great looking guy, he's well built, has a decent paying job, lives in a nice apartment. You'd say he's in the top 1% of mate selection, here's the catch, he hardly ever gets a whiff of pussy. And when he does he settles for Moby Dicks little cousin. One could call him Captain Ahab. He claims his struggles with women are because he's not wealthy, not a male model, Isn't a famous IG celebrity.

**Friend 2** – Friend two is a bit different. He's an overweight middle aged man, face like a pug, if you saw him in the street you'd probably expect him to collect your garbage. Friend two, however, needs a pair of armbands when he goes out, because he quite literally drowns in it. He came from a poor background but is now very wealthy, and a well-known member of society, He's built up an events company from scratch in his younger years that brings down some of the biggest names in electronic music.

**Friend 3** - Friend three is the one I find most interesting. He's very similar to friend one, good looking, well built, earns less than no.1, but is improving every year, He stays in a shittier apartment. Friend 3 is charming, could sell ice to eskimos, and is driven, he's constantly improving, I believe in a few years' time he will be very successful. Friend 3 takes home girls like a Hugh Hefner slumber party. He's plated multiple models, and could take a fresh cut of fillet home every week if he so desired.

Now you're probably wondering what the difference between these fellows is apart from the obvious, and I'll drop you a hint, **2 of them own their shit**, make the most of their situation, and one of them sits around all day pissing into the wind about every reason why he's not where he wants to be.

You have two options in life, you can be a log in the ocean getting crashed around, merciless to the tides around you. Blame your finances, or genetics, or the fact that your mom never packed lunch for you. Or you can build a boat, use the tools at your disposal to build a highly functional, bad ass machine. Then you can plot your journey, navigate the seas and the weathers to get wherever the fuck you want to be.

# Train Your Woman

749 upvotes | June 4, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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When you first get a puppy, It's cute as hell, is playful, but it's a naughty little fucker. It chews on your shoes, shits and pisses in the house, doesn't do a damn thing it's told. To avoid the dog owner experience being a living hell, most sane people begin to train their dog. They train their dog to listen, they train their dog to behave. They train their dog to cut out bad behaviors and enforce good behaviors. Your woman is no different.

Dog currency is treats. Your dog does something you want and you reward him with a treat. He does something you don't like and you withhold the treat. They may get worked up and bark at you, but sooner or later even the worst behaved dogs realize that if they are to eat, they better behave the way YOU want them to.

Your currency with woman is **Attention**. The problem with most men is they spray that shit around like a chimpanzee with an AK-47. Use it the wrong way and you're dealing with a misbehaved, entitled brat. Use it the right way and you'll have her eating out of the palm of your hand.

Just like you do with your dog, you reward your lady when she exhibits positive behaviors. She gives you a surprise blow job in the car, she cooks you dinner, and she's just behaving like a sweetheart in general. You want to reward her for this. Give her attention, she deserves it, she's **Earned** it. Take her out for a dinner, buy her a little gift, and show your appreciation for her good behavior.

When she exhibits bad behavior, just like you don't give your dog a treat, you don't shower your woman with attention. Don't argue with her, don't engage with her, don't even try and reason with her, simply withhold attention. When you argue with a woman you are giving her all the attention validation she needs. You care enough to get worked up, she means enough to you to draw a strong reaction out of you, and she will continue to behave badly as it yields emotional investment from you.

**Withhold Attention.** Withhold attention for as long as it takes for her to realize that her bad behavior was unacceptable.

Over time she will instinctively recognize this pattern. She will internalize that certain behaviors yield attention from you, and other's yield withdrawal from you. When she's lost your attention, she'll start employing positive behaviors to earn it back. When she has your attention, she'll be less inclined to misbehave as she'll lose it. This is why certain forms of dread game are so effective.

The more attracted to you she is, the better this will work. If she can easily get attention from a higher value man, why should she sit and fight for yours. I'm not going to go into the semantics of building up value, that's obvious, but if you want your experience of being a LTR, husband, man in general to be on your terms, learn how train your woman.

# What She Says She Wants, What Actually Works

545 upvotes | July 10, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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One of the greatest paradoxes of our time is what a female thinks she wants versus what yields positive results with her.

You'll hear an endless soliloquy about how she's tired of assholes and just wants a nice guy who will treat her like the princess that she is(lol). You'll hear her say she wants a "real" man who shares his feelings, one who texts her all the time and constantly shows his appreciation. The scariest part of it all is that **she actually believes this to be true.**

Society is not much better, spewing bullshit like pay attention to your woman, if she's behaving like brat you just have to try harder, buy her a gift. Cheesy Hollywood films where after years of riding the carousel she realizes she's actually in love with her best friend. Stories spawned from the fantasies of beta Hollywood males.

Besides a lucky few liberated by strong (red pill) parents, the majority of us get to mating age and get hit with sack of bricks doing Mach 3. We wipe the shit out our eyes, bamboozled that all we've ever learnt leaves her pussy drier than your mouth on edibles. It's at this point some of us start to realize that something is not quite right, we've been sold a lie and nobody is offering a fucking refund, we take our burns and we turn them into tools.

In search of truth we dig, searching for what actually makes a women tick (hint: not what she says). To our dismay it's very often the polar opposite of what she says it is:

Women will say they want to feel secure, and they do, but security is not what generates feelz. They want to know where you are at all times, they want you to tell her how much she means to you, but while you're doing that that she'll be looking to get railed by someone who does generate the tingles. Moral of the story, a women's words are not to be trusted, watch her actions. This is not to say she doesn't want that security, but It 100% does not make her attracted to you. **What she (says)wants and what attracts her are completely different things.**

*When a women says you're not paying enough attention to her, what she actually means is you're evoking feelz in her and she wants security.*

*When a women says she wants you to show her love for her, what she actually means is you're evoking feelz in her and wants security*

There's nothing more dangerous to a man's relationship than a secure woman. Security is investment from you. As one is vigilant with their money, you need to be just as vigilant where you invest in your woman. Over investing can lead to large exposure, and this is where the modern male most often goes bankrupt(metaphorically). **A prospect needs to constantly prove that it's a good investment**, otherwise you need to pull your money out.

Sexual strategy is a game whether you like it or not. The "I don't want to have to constantly play games in my relationship" scenario is a fantasy. If you want loyalty get a dog. Bottom line is you're either winning or losing. And whoever is winning dictates the course of any relationship. Biologically she is designed to get moist for a winning man.

Security is her winning, you're operating in her frame. A winning women isn't turned on by a losing man.(see dead bedroom etc). Those utterance of how she wants more of this out of you or more of that out of you are generally green lights. They're indicators that you're evoking emotion in her, this



is always positive. I so often see these question in askTRP, where a guy says he's implemented TRP principles but his GF is saying she doesn't like it. Keep doing what you're doing sunshine. That's the green light of a wet grapefruit.

What she says is her attempt to pull you into her frame. What she does tells you who's frame she's actually operating in. You're going to have to deal with some ruffled feathers from time to time, those are shit tests. Hold firm. Be the Mystery man. Be the man who evokes feelz. Be whoever the fuck you want to be, but whatever you do, **do not be the man who she tells you she wants you to be.**

# It Is As It Is

4 upvotes | July 23, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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One of our biggest sources of suffering in life comes from our expectations. Our own expectations of how much money we should have. How many girls we should be banging. How much free time we should have. Then there is the weight of expectation that society puts on us, that our parents put on us, that our family puts on us, and how we have to live up to all of these.

How do we build up these expectations? **Programming.** From the day we are born we start getting fed. Religious ideas, social ideas. Ideas about Identity. Ideas that eventually make us into the men we are today. We get an agenda pushed down our throat from our families, our friends, the media and just about everywhere we look. Especially in our youth, when our slates are blank, we soak up as much as we can from our immediate surroundings. These early years play a big role in molding who we become and what expectations we will have in this world.

After we've been fed and fattened up with all these ideas in our mind of who we are and what we should be doing with our lives, we begin to reflect upon our expectations. Are we living up to expectations, our own as well as others. If we expect ourselves to do things we currently aren't it can be a great source of unhappiness. On the other hand there is the expectations we have of others. Expectations of our friends, our partners, our bosses/employees. Even more so if we expect others to be doing certain things and they aren't it can be upsetting.

**On a macro level for example:**

*If we expect women to behave a certain way*

*If we expect Feminists to care about men*

*Other people to treat us the same way we treat them*

And they don't, it will be a constant source of disappointment. Our expectations of external sources to comply with how we view the world **should be** will only lead to incessant suffering. The only way to rid ourselves of that suffering is to understand it. To understand why woman behave the way they do, why Feminism exists and is the way it is, why other people treat us the way they do. It is only once we understand why things work the way they do that we can manipulate them to work for us. You may want to eat a great meal, but first you have to learn how to cook.

This is where programming comes in, we've been programmed to think things work one way, when in reality they work a completely different way. Programmed to think that if you give woman all your love, she'll give it back in return. Programmed to think women are oppressed and you should actively be trying to fight for their rights. Programmed to think that life is fair and your efforts will be equally rewarded. Programmed to believe there is a floating man in the sky who is looking out for your best interests at all times. The list goes on and on, but by the time we hit adulthood very little of our thought processing is our own original ideas, most is simply a regurgitation of other peoples ideas. Ideas with some or another agenda attached to it.

Most of the time we are programmed to believe comfortable, fluffy thoughts because they make us feel good when we think about them. They avoid us having to face the harsh realities of the world, because if we face the harsh realities of the world we would be forced to accept that for the majority of our lives we've been wrong. We've been bullshitting ourselves and the majority of our actions have taken place off bullshit principles. And by accepting we are wrong means we would have to

change the way we operate. And changing a lifetime of programming takes effort, and most people aren't willing to put in that effort so they would rather stick to those comfortable, fluffy thoughts, even though they are the source of their suffering. **The gap between how we think the world operates and how it actually operates is the source of our suffering.**

The only other option of course is to take the path of understanding. With so many ideas and agendas out there one has an abundance of information to weed through to get to truth. Most of us have a built in sensor for complete bullshit. But the finer details come from *theory learning, converted into practical learning and then a conclusion based on evidence*. So when one stumbles onto the bible, or a Jordan Peterson book or even TRP, what they are looking at is simply theory. Nothing more. Only once tested in practice do these theories hold merit. Only once the results mirror the theory can we claim to have an understanding, and even then we have to be open to the possibility that this truth could be overthrown by new evidence. It is only after this process that we can see things as they are. This is we need to be wary when we're told to fight for women's rights, or spread the word of Jesus. Be wary when we're told that men need to fight back and get Traditional roles restored. Be wary when we're told that the Left is freedom and the right is prejudice. Beware of being told American values are great, and Russian values are evil. The Left, the right, Feminism, Alt right etc, these are just ideas, spawned from the minds of other people, who are now telling you that this is the best way forward for you. Be wary of what role you as a pawn play in pushing these other people's ideas forward. Figure out for yourself what is right and where you stand, you don't always need to fit into an American Right Wing Capitalist Mens rights Box. Take the theory, Put it into Practice and distil the bullshit from the relevant and **make up your own mind**, this is understanding. Otherwise you are simply allowing external forces to continue to program your thinking.

Bare in mind, you can only view the world through your current programming, if you were raised in a Christian household and then at 18 someone slaps you with the notion that there isn't a god, at first this will sound ludicrous. It takes time to internalize change and undo lifelong programming. We have to be aware that this is the case if we are to further our understanding. This is why older generations speak about how great their time was, with great music and traditional marriages and that the younger generations are in decay. They are simply programmed to hold onto their generations ideals and reject the new ideas for reasons discussed earlier. A man who is best at getting it to work for him is not debating if the old system is better or the new system is better, **he has simply understood/accepted that the system is the way it is and navigates it as best he can.**

It is this position of understanding that holds power, and reduces suffering. Because if you understand how things work then you can't be disappointed when results are as expected. It is only when you see how things truly are and not how you expect them to be that you can truly be free. Every concept on here is based on this philosophy.

Game is simply understanding how woman work, and using these tools to yield the best results for you.

Frame is simply understanding how things work and then not being phased when they work exactly as they are expected.

You're only told to lift because the nature of men and woman instinctively respect a thick muscled gorilla.

Hypergamy is simply an observation of the female nature, if you understand this it cannot hurt you. When your expectations are in line with how the world actually works and not how you want it to

work will you be free of suffering. You will simply be contempt. Sure you might still feel the burn when your woman cheats on you, or when you don't get a pay raise because you're a lazy slob, but you will understand it. You will understand the world is not how it was, or not how you want it or even how it should be, it simply is how it is.

# The World Shouldn't Be Like Anything, It Is As It Is

413 upvotes | July 23, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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One of our biggest sources of suffering in life comes from our expectations. Our own expectations of how much money we should have. How many girls we should be banging. How much free time we should have. Then there is the weight of expectation that society puts on us, that our parents put on us, that our family puts on us, and how we have to live up to all of these.

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change the way we operate. And changing a lifetime of programming takes effort, and most people aren't willing to put in that effort so they would rather stick to those comfortable, fluffy thoughts, even though they are the source of their suffering. **The gap between how we think the world operates and how it actually operates is the source of our suffering.**

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# Leading your woman to Wonderland

0 upvotes | August 1, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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It's a fairly simple point but one I feel I need to expand on the thinking behind it.

Over the years I've honed my dating game to the point where it's a lot of fun for me, and a lot of fun for the lucky lady who gets to share it with me. Approaching dating the way I do has yielded a lot of success for me, builds strong attraction, not only in the amount and quality of sex, but also in generally enjoying the time spent together. More often than not it ends up with the lady hooked, happy, and eager to please in all aspects of the relationship. I still get regularly hit up by past flames, most of them dissatisfied that every relationship after simply couldn't match up to me. There's no trick to it or special formula it's simply understanding how the female mind operates and working your approach around this knowledge. It's one particular style of dating and certainly isn't for everyone. I'm going to break it down from first date until deeper in the relationship.

| !There's a few things I'd like to cover before getting into it:!<

*All women start out as a potential prospect nothing more*, the amount of guys I see who start talking to a girl with the intention of LTR'ing is astounding. Upon meeting a girl I have no expectations or hopes of future plans, I take it as it progresses. Even if I'm only plating at a particular point in time, the approach remains the same. *The more I find out about her and how she behaves dictates how I behave towards her.*

In all aspects of dating **I lead**. I dictate where we go, I tell her what we'll be doing, I control when it begins and ends. It immediately sets the tone for the relationship going forward. She's comfortable knowing that I have her safety at heart and all she has to do is show up and have a good time. More often than not this results in her spending her time thinking how she can add to the date-sexy lingerie, a surprise for me, blowjob in the car etc. This is not to say I'm not open to an idea from her. When she does this it's good because she's thinking about you and things she'd like to do with you. Even on her ideas though, I lead in all other aspects. **She gets used to you being the leader, and her supporting you.**

The purpose of my dates is **to have fun**. If I'm not having fun, then it's a futile waste of time. And if I'm not having fun then more than likely she's not having fun. When you're leading, her enjoyment is generally a factor of how you lead. I generally try to do things that I enjoy or find entertaining. This means I'm comfortable and confident on my dates. As much as dating is about getting to know each other, the main thing it is about evoking a feeling in her. She might remember information about you, that you have two dogs for example, although that's not what builds attraction, **the feeling she gets when she remembers the date is.**

## First Dates

I'm a chatty confident motherfucker(never used to be) so by the time I head on a first date I've already built a bit of rapport or even hooked up with the girl if I met her out. I only do cold approaches, no tinder or anything like that although this should still work regardless.

First dates in my books are the tamest, adventure is for later, but it's also the most important. They set the tone for the relationship and provide you with the information needed to know whether this



has any legs or not. I try not show too much investment on the first date, **she needs to work for that**. I also don't know her from a bar of soap so there shouldn't be deep investment. I keep it casual, comfortable and relaxed, so as there's not too much pressure on her. I also like to keep it public but secluded, so we can talk comfortably while still doing something fun. My go to options are:

**Casual Quiet Bar (Close to my place)** – It's casual, doesn't require much effort, doesn't convey that she's a special snowflake. I go for a quiet place so that I can converse and at a bar so that they can lubricate with a drink or two, I never drink too much on a date.

**Sunset on beachfront** – I often take them for a walk on the beachfront, Sunset's already set the tone of intimacy. It's beautiful and evokes emotion in her. She'll then associate these emotions with me. I walk and talk so it's not as tense as sitting at a table and I always bring a bottle of wine, it relaxes them a little more.

**A good view** – A good view for the same reasons as the sunset. I sit and talk with a bottle of wine. These are also all fairly cheap dates.

More often than not the date goes well and if I like her, I'll escalate and go for the lay. Personally I always go for at least a kiss. Over time you get a feel for what kind of vibe there is. If it's just a kiss then I'll go for the lay on the second or third date, but continue building tension on those dates.

Now this is where different strategies come in. *You can now progress with this girl or keep her as just a plate*. I've had plates where I keep things simple, mostly just inviting over for a bang and nothing more, and some that I spend a little more time with, but I keep it somewhat stale and simple. You can go ahead and progress with my method of dating with a plate although you run the risk of getting attached or somewhat emotionally invested. If you manage your emotions well and logic still prevails be my guest to do this with your plates. **Although she will inevitably want more, and that's when your plate will start to crack.**

## Wonderland

First dates are my least favorite, after that is generally where the fun starts. Once you've reached the point where you've fucked her brains out, you have an endless possibility of things you can do.

**Women are as game as you are.** Remember, when you're leading, they're trusting that you've done the calculations and everything is safe. I do a lot of crazy shit, a lot of naughty shit, but mostly I make sure it's fun and I evoke emotion in myself and her. I've yet to meet a woman who wasn't keen and wasn't excited by what we do. This is where the fun starts, the more fun stuff you do the more they begin to build a strong attachment to you. I still get texts from old hook ups and ex's messaging me "remember the time we did this" or "remember the time we did that".

I'm not going to go into too much details on the specific dates I do, but more going to expand on the philosophy behind it.

After the first date, and once again only after I've banged her, I usually start doing more adventurous stuff. I'll take her wine tasting. I'll go for a short hike. Take a day trip somewhere. Go to a gaming arcade. But it's not the activity that matters, it's how you do it. For example if I go wine tasting, I'll fuck her in the vineyards on a tractor. If I go on a hike I'll smoke a joint and get lost in nature, also fuck her with an amazing view. If I'm day tripping I'll stop next to a lake that says no swimming and go skinny dipping. Go to a festival and get fucked up together. If I go to the gaming arcade, I'll cheat on all the machines so I get a bunch of tickets and get her a huge teddy bear (These are all things I've

done).

Now I'm not advocating doing anything Illegal, I've been caught doing some of these things most I got was a laugh and a slap on the wrist. **What I am advocating is giving her a thrill. A point of excitement. A rush. I'm advocating evoking emotion in her,** going to dinner at your favorite restaurant for the 3rd time in a row and talking about your day isn't going to do that. Most relationships I see are so stale and repetitive. I do something memorable every time we go out. It's not that I'm actively thinking what and trying every time, it comes as second nature to me. I'm simply having fun, and because I am, and leading, so is she. **It's a habit to have fun.** Women in my experience are naughtier than men. As time goes on I find that they are coming up with ideas and things to do on a date. It's almost as if because I'm very wild, they feel comfortable showing their wilder side, everyone around them still thinks they're an angel, but for me they let out their inner animal. I like this and I'm sure you will too.

I never ever push for commitment. No matter how long our adventures go on. It's up to her to bring it up. Even then I don't just give in. I say I'll think about it and let them feel all nervously excited waiting for some big news. I'm genuinely not concerned if we have a label or not, I'm only concerned with having fun when we see each other. If I accept the LTR T&C's are set and then I continue dating her exactly as before. **Nothing changes.**

I never ever say I love you first and only ever say it back **if it's genuine.**

Dating with the approach I do has always ended up in them asking for commitment and saying I love you first. I have a 100% hit rate in this regard. I only introduce them to friends and family at this point. As there is something substantial and she **has earned it over a long period.**

I don't slow down on this approach past the point of LTR, this is when most get comfortable and stagnate. I have a genuine excitement for life. I enjoy living. They want to be a part of this. **They feel alive when they're with me.** They have an endless list of memories with me and I continue to build them, that makes the bond stronger. I go on frequent road trips to beach or snow. I go skydiving and bungee jumping. I tell her to take her panties off when we're out at dinner. I'll fuck her in the movie theatre. Sure work can get busy, but I make an effort to do something at least once or twice a week. At this point we have a deeper understanding of each other, so it just flows, it's natural. We're basically partners in crime (with me as the lead criminal).

**It goes for as long as it goes, and if it ends it ends** (and it has) but I've always been able to walk away saying damn I had a lot of good times, and the same can be said for her. Not everyone will want to operate their relationships like this and that's fine. I feel I've gotten the most out of my women and It's always been great for me. They've never cheated (as far as I know and that's all I care about) because they're far too busy having a ball with me. I've always been the one to end it. Hopefully there's some points in here to use, or, at the very least some motivation to enjoy your relationship a little more.

# Leading your woman to Wonderland

0 upvotes | August 1, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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It's a fairly simple point but one I feel I need to expand on the thinking behind it.

Over my years of dating I've gotten to the point where it's a lot of fun for me, and a lot of fun for the lucky lady who gets to share it with me. Approaching dating the way I do has yielded a lot of success for me, builds strong attraction, not only in the amount and quality of sex, but also in generally enjoying the time spent together. More often than not it ends up with the lady hooked, happy, and eager to please in all aspects of the relationship. I still get regularly hit up by past flames, most of them dissatisfied that every relationship after was stale in comparison. It's no quick fix special formula it's simply an approach that involves understanding how the female mind operates and working your approach around this.

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## She's Bored, Evoking Emotion in Her

958 upvotes | August 2, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Women operate on their precious feelings. This is no mystery. They want to feel alive.

Too often I head over to TRP and read something along the lines of - GF of 4 years cheated on me, and the peanut gallery shouts **Hypergamy!** OK great, time to replace the AWALT cheating GF, problem solved right? Wrong.

Yeah sure hypergamy plays it's role. But without asking the harder questions, no progress can be made. Why did she branch swing? What did she get elsewhere that she couldn't get from you? The answer is always feels. Upon digging into these posts a little deeper, I almost always find the guy saying something along the lines of.

"Yeah, I never lifted, played a lot of video games" That's a problem, but not the killer blow.

"We basically just went over to each others place's and hardly went out anymore" Bingo

**The relationship has become stale.** It's predictable. She no longer has that feeling of wonder. That feeling of excitement. To sum up, she's bored. Sadly from what I've observed this is the state of most relationships I see. Cue Chad's arrival, who suddenly sparks excitement again, suddenly makes her feel alive again. So "it just happens"

Small disclaimer - You can do everything right and she could still cheat. However, a woman who's always guessing, always feeling a live, always holding the feeling of adventure and wonder is far less likely to look elsewhere for the feelz when she gets it in abundance from you.

There's always things you can do in a relationship, like dread. Or dark triad shit. To keep it going, however that is exhausting, and a sign that there's something wrong to begin with. In my experience **you need little more than to evoke emotion in her.** The relationship needs to be fun. She needs to feel that sense of wonder, that sense of excitement.

How do you do that? Well it's fairly simple.

Have fun. **Live a life with her that she craves to be apart of.** You have to lead. Don't ask her what she wants to do, tell her you're picking her up and taking her somewhere. Let her get tingles every time you pick her up because she knows it's going to be an adventure. When you're leading she's comfortable knowing that you have her safety at heart and all she has to do is show up and have a good time. More often than not this will result in her spending her time thinking how she can add to the date - sexy lingerie, a surprise blowjob in the car etc. When you're a good leader, she'll become your number one supporter.

Take her wine tasting. Take her for a short hike. Take a day trip somewhere. Go to a gaming arcade. It's not the activity that matters, **it's how you do it.** If you go wine tasting, fuck her in the vineyards on a tractor. If you go on a hike, smoke a joint and get lost in nature, also fuck her with an amazing view. Go day tripping and stop next to a lake that says no swimming and go skinny dipping. Go to a festival and get fucked up together. Go to the gaming arcade, cheat on all the machines so you get a bunch of tickets and get her a huge teddy bear (These are all things I've done).

I'm not advocating doing anything illegal, most you'll get for these is a slap on the wrist. **What I am advocating is giving her a thrill. A point of excitement. A rush. I'm advocating evoking emotion in her,** going to dinner at your favorite restaurant for the 3rd time in a row and talking about your day

isn't going to do that. Try do something memorable every time you go out. Do it to the point where it becomes second nature to you. When you're having fun, and leading, inevitably she will too. **It becomes a habit to have fun.**

Women in my experience are naughtier than men. They'll be as game as you are(you leading). As time goes on you'll find that they are coming up with ideas and things to do on a date. They become so attached to you because they associate time with you with good feelings. Their mind connects thrilling, exciting emotions to you, this is what they believe to be "love". The higher regard they hold you in the more they want to do to please you. **They behave where you set the bar.** If you're very wild, fun, adventurous, they'll love you for it and feel comfortable showing their wilder side too. They take comfort knowing that you have their best interests at heart and let out their inner animal, just for you.

Most of the time people start off in a ball of fire but stagnate as the relationship goes on. People slip into comfort. Which has never made sense to me. Life is still happening, why should it be more boring because you've been together longer? You don't stop doing fun shit with your guy friends? Why should your relationship be any different. In the past I've been with a woman for 4 years and nothing changed. We adventured and explored and got up to all sorts of mischievous endeavors in year 4 just as we did in year 1, because it was fun. I was fun. And she wanted to be apart of it.

Don't do it for her, do it for yourself.

**It goes for as long as it goes, and if it ends it ends,** but do you want to look back on a relationship that deteriorated into a Netflix bingeathon and pizza(although that can be great on occasion) or do you want to look back on an endless list of memories that you've built up over a thrilling period in your life. Yes Hypergamy and yes AWALT but why would she look for a thrill, or excitement, or feelz anywhere else when she's so busy having a ball with you.

# Chad Never Built This World, You Did

152 upvotes | August 6, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Generally speaking there's two types of Alphas. The natural Alpha and The learned Alpha. The Natural Alpha is one who steadily rises to the top in his youth. High School/College is a concentrated environment. You don't have to be an Alpha in Society. You simply have to be an Alpha within your school or college. Naturally some rise to the top by way of superior Genetics, better social conditioning by way of family etc, while others fall a little lower down the trough. With this comes the benefits of the Alpha, like being the prime selection for females within your given sector.

Then there is the learned Alpha, The learned Alpha never Naturally rose to the top, he had to climb his way to the to. He had to figure what traits made a person Alpha and obtain by way of hard work. He had to learn what behaviors made a person Alpha by way of hard work. Over time, bit by bit he manage to climb his way to the top of the ladder.

In some cases the learned Alpha climbs the ladder in High School/College. But more often than not it is a much longer process. On paper you would think that the Natural Alpha and the Learned alpha are the same. But one came by way of nature and one came through a long process of learning the exact mechanisms that make a person Alpha.

## Natural Alpha vs Learned Alpha

You see, most of us here aren't Natural Alpha's and never will be, in some way or another we have had to learn and work to be where we are. At this point being a natural alpha is simply not a prospect. The Natural Alpha has had to face far less adversity to be where he is. He's never had to build himself from nothing. He never had to develop a strong frame. Build up game. He never had to learn what makes a woman tick. He never had to learn what woman are truly attracted to, how to manage them. He doesn't know what effect his actions have on his woman's behavior. He's never had to learn these things because woman have come to him naturally. He knows something works with woman, but not what exactly. This is where I feel the learned Alpha has an advantage.

The learned Alpha on the other hand had to build himself piece by piece. Adding skill after skill to get where he is. He had to learn how to have a steel frame. He had to learn how to game. He learnt exactly what moves yielded what results. He knows exactly what woman find attractive. He had to lift, he had to dress better. He built up his confidence, knows when to invest and when to withdraw. The learned Alpha had to build up his toolkit from nil and therefore knows damn well how to use them.

## Biological Drivers

What drives a Learned Alpha to develop himself? What could drive a Natural Alpha to develop himself?? To understand that we have to understand what drives a human being.

We have three primary biological driving forces as human beings, that push us to play the game. Eating, sleeping and fucking (procreation). Money is crucial as it generally affords you two of those driving forces, eating and sleeping. With easily accessible modern structures such as housing and



supermarkets, as long as you have a steady stream of income, eating and sleeping has pretty much been taken care of. We don't have to stress where we will be resting our head for the evening and we don't have anxieties about where our next meal will be coming from.

This leaves sex. Which is the ultimate end goal. Eating and sleeping is simply required to keep us functioning enough to have sex and pass on our genetic material to the best possible mate. Paying for sex is an option, but these don't evoke our pair bonding mechanisms. There's the cultural stigma that prevents prostitutes being the most desirable carriers of our offspring. Secondly, when paying for sex we are not choosing a woman that we want to have sex with, we are choosing to have sex and then finding a woman to pay to fulfill that. The fact that they are offering their pussies up so easily immediately triggers our warning signals that these woman are not high status. There's very little about these encounters that make us want to procreate with these woman, which is essentially the foundation of a biological driving force.

This leaves us being driven to roam the wilderness to find a suitable mate. We are in our peak position when we are able to pick our mates at will. This is the goal. The less abundant quality mates are the more driven we are to change ourselves. To improve ourselves, to get to the point where we can select better mates from a larger pool. On the contrary the more abundant mates we have, the less driven we are to improve ourselves, we have less incentive to.

This is why a Learned Alpha is made and a Natural Alpha is born. The Natural Alpha lives early life with abundant options, leading to far less of a need to develop himself. While the learned alpha lives early life baron, forcing him to evolve, in order to obtain a quality mate.

## **Learned Alphas, Natural Alphas, Biological Drivers and how it all comes together**

Most of us here would be Learned Alphas, and we're better off for it. A learned Alpha's curve for life is an ever rising one. We never had an abundance of mates to choose from in our formative years. We continually had to add to our tool kit. Bettering ourselves every step of the way. We are conscious of the decisions we make and why we make them, because of this we can now direct our life in any direction we want. The Natural Alpha's curve on the other hand is more of a declining one, he's the hare. He gets the head start in life. He gets the easy life early on. For a short period of time. because with nothing to drive him, he stagnates.

Life is a long journey and although a head start can be great while it lasts, it's also one the most limiting factors in a your life. You've never had to work your ass off for everything that comes to you. You've never had to outwit and out maneuver life and those around you to get where you are. When life is easy you get lazy and complacent, you think it will always be that way because it's all you've ever known. You stop developing yourself. A prime example is HB10 women. Nothing is more intellectually useless to this world than HB10 women. With a buffet of mates drooling after them, life comes so easy. They never have to develop themselves. The problem arises when they splat against the wall at 30, without anything to offer other than their looks. And on a life scale of 70 years, this is an early hurdle, and very late to start the development.

The Natural Alpha has his wall too, when high school and college are over and he has to venture into the real world alone, he arrives weak and unequipped. He no longer holds the head start. He's now become the tortoise. Your early years are where your development is most crucial, it sets the tone for

the rest of your life. It's where your mind is most malleable, like a sponge and able to absorb and internalize information and lessons. It's in these years that it's crucial to be developing yourself, not riding by with ease on your winning lottery ticket. When the wall arrives, The natural Alpha has to spend the next 50 years trying to play catch up, learning everything you now know already. That life won't always look out for you, people won't always love you for who you are, people and life only care about what you have to offer.

Adversity is life's greatest teacher, and we should be thankful we've encountered it early on, but only if you overcome it. Not everyone becomes a learned Alpha, in fact most don't. Most crumble underneath the weight of adversity. They look at the challenges in front of them and decide it's better to not take part at all. These are the incels and neckbeards who give up and wallow in the position they were born into. They complain why they're there, blame others, never taking responsibility for the direction their life takes. These are the tortoises that never leave the finish line, they don't even take part.

Any man who ever achieved anything faced adversity. It molded and groomed him for the success he would enjoy later on. Elon Musk, Jack Ma, Steve Jobs, Bill Gates. These are people who have shaped and are shaping our world. I don't think you could say that any of them were natural Alphas. None of them were drowning in pussy in their formative years. None of them had a plethora of mates to choose from. What they all faced was life's greatest teacher, adversity. It drove them to achieve the things they did and put them in the positions they are today. Now they are all able to choose mates at will. They've ascended the biological ladder.

Being a Natural Alpha doesn't come without its downsides though. Every failure is a direct result of your input. You are responsible for your self. Once you see how the world truly is, there's no going back. There's no fantasy that we all deserve something just because we exist. That women will love you for who you are. There's no entitlement. You become blatantly aware that your success is directly correlated to what you do. People only like you for what you can do. They only like you for what you offer them, and how you make them feel, but at least you know that you are in control. You control where your life goes. You control who gets to be apart of it. You can do what you want to get what you want. You have the tools to do this.

None of this is to say a Natural doesn't get pussy or isn't deserving of it. It's to say he doesn't know why he gets it. He hasn't had to face the harsh truths that people only like him for what he has to offer and not his great personality. He doesn't know that if he falls down that ladder towards average, people will start to disappear, he hasn't had to experience that sting yet. Because pussy/people/friends have always been in abundance. He's never had to learn why. He's still blue pill. A learned Alpha knows exactly why he gets pussy, because he understands the sexual market. He's been forced to.

With that being said, do we want to be a Natural Alpha, who breezes through early life. Sitting on his genetic and social lottery ticket, getting all the girls in high school(mate selection), getting invited to all the parties. Being the popular kid everyone wants to be friends with. Or would we rather be the Learned Alpha, who didn't get anything for free. Who climbed the mountain step by step to the top but knows the route like the back of his hand. And if he ever falls, he'll know exactly how to get there again, because he's got a backpack full of tools and a mind full on wisdom.

You decide.

# My Pre TRP relationship vs my Post TRP Relationship

751 upvotes | August 13, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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TL/DR: Go to lessons and summary

## Part 1

Personally I feel field reports when used correctly can be some of the greatest learning mechanisms on this sub. The majority of the content on here is simply theory. Field Reports are the practical test of this theory. The sidebar, the posts, they're all meaningless if they don't get tested out in the real world. This is where the true lessons are internalized.

For me reflecting on my many years on this sub nothing formed a better real life example than the comparison between my pre TRP LTR and my post TRP LTR. The behaviors I employed in the first relationship and the behaviors I employed in my last one and their corresponding results. For me It was astounding to see the effect it had not only on my life but my partners too and the joy we derived from the relationship.

For me TRP was never about getting girls as I was doing fine in that department, I was naturally athletic and always lifted. For me it was about managing my woman. I was naturally good with woman, and there's the illusion that because someone gets a lot of woman they know how to manage them, I can tell you that is false in every sense of the word. I could never understand how despite my best efforts the results were constantly more uphill. I couldn't understand why doing what they asked of me was yielding little to no results. Even as someone who got girls blue pill programming encapsulates my pre TRP relationship and the results it had.

My pre TRP LTR was Kayla. I somewhat wanted an LTR (like it's a goddamn nice pair of shoes) and was sleeping around quite a lot but felt none of them were quite the full package enough to LTR. I held the notion that there's a perfect girl out there for you and that it would just click once I met her. I met Kayla at a party, typical girl who liked to party, although that seemed normal. She was an absolute stunner, petite body, perky ass, beautiful face. She was a model and worked as a promo girl. She had a great sense of humor and was fairly smart too. She also came from a single mother household, but more on that later.

At the time her partying habits, and promo girl work seemed completely normal to me and to be honest I think her beauty clouded a lot of my judgement. I thought that she was that "perfect girl" out there, but in reality *it was simply attraction masquerading as soulmate*. She was sitting perky on a pedestal from day one. We spent quite a bit of time together over the coming weeks. I had a good time with her, and I was always good at conversation and making her laugh.

She knew how hot she was though and knew how to make me work for her. Obviously I wanted to sleep with her, but she was having none of it. First date (which I paid for) I got nothing, not even a kiss. Second date, still me paying, nothing. After 2 weeks and me starting to show slight disinterest at the the constant rejection I finally got a kiss. I was clearly happy about it.

Throughout our dates this woman would have men feigning after her. Constantly messaging her phone. Big Instagram following. Guys looking at her when we were out. Constantly bumping into one of her orbiters when we were out. She had no problem openly displaying all the affection she was

receiving from other guys. She wanted me to know. On the one hand this obviously made me pretty chuffed with myself being the one with her on my arm, but on the other hand it made me think I've gotta treat her better and woo her better than all these other guys could. I worked harder to show her how "special" she was. I was excessively romantic, took her to nice places, did amazing things for her, I was getting kisses at this point but I wasn't getting a whiff of her pussy.

She kept on telling me she needs to be serious with a guy before she sleeps with him, despite having fucked a lot more guys than she's had boyfriends. With that knowledge in mind and with all the attention she was getting elsewhere I thought I need to lock her down. After about 6 weeks of dating I asked her out, she said she's not sure yet and would think about it, but let's keep doing what we're doing. I was like the needy plate wanting security. Over time we carried on, me trying my utmost to please her, bare in mind I was a guy getting a decent amount of pussy before this but I had convinced myself she was the one.

I cut out all the other woman I was talking to and focused solely on her, because that's what gentlemen do right? Finally **SHE** said okay we can do a trial period. I thought this was great, I was dating a stunner, guys were jealous of me, woman ogled me with her on my arm. There was just one problem, I still hadn't fucked her. I tried and tried and slowly I went through the bases like a toddler and after 3 months of knowing her I finally fucked her, and sweet Jesus did I fuck the shit out of her. I was experienced enough and gave her a great time, but what a journey to get there.

We decided everything together in the relationship, because you know we're a team right? Sadly most of the time it was her bitching about things I wanted to do, and me compromising on things she wanted to do. I thought it was best to just keep the peace. Seeing my friends and family was always a drag for her, but I made all the effort in the world to acquaint myself with her family and friends without question.

The theme of me having to work for everything continued throughout the relationship. Most people thought I must be happy because I'm dating a model. But despite constantly convincing myself I was, I was anything but. She would constantly tell me she's not sure about us and just needs to see more from to know that she's sure. Dedicated me thought ok, let me do what she's saying she wants. I would write letters, give her cute gifts. I would constantly be available for her, constantly showed her how much she meant to me.

Throughout this period she would still go out to work and do promos in clubs with men flirting and drooling after her all night. She would also chat with guys while out at work and although she never flirted directly with guys in front of me she would also never make a point of batting them away, she was "just talking". When she bumped into orbiters she'd chat at length to them. In short she was an attention whore. Wherever it came from. Her Instagram, when we were out, the fact that she mostly had guy friends, because "girls are so bitchy".

I would get jealous all the time and openly show it, she would deny any wrong doing and make it seem like I was being controlling. All the while if I ever went out alone or spoke to other girls it would be a major issue. So being the good little blue smurf I was I would avoid going out without her, I would avoid talking to other girls, i would make a point of not making her jealous, because it clearly upset her and I wanted her to be happy. This was a one way street however.

She was constantly moody, like the Grinch moody. Always had some issue or another and would take it out on me. Arguments became more and more regular, and every time we would argue it always had to be me to back down and apologize. I didn't want to lose her. I would make it up to her with

some soppy apology or do something nice to make things right again. I started to spend less time with friends and even family, because it would be an issue if I did almost anything without her. I started to focus less on my job to pour more time and attention to my relationship. But, it was to no avail, I couldn't understand why the more I was trying to make her happy the more upset she was.

I had always heard that communication was key in a relationship. I tried to tell her how I felt. I would tell her about all the trials and hardships I was going through. It baffled me as to why things weren't coming right when we were talking and being open and honest with each other.

My friends and family could see it, and tried to speak to me, but I denied everything, told them they didn't know her like I do, in fact this distanced me even further from them. I was spending way too much money on her, my lifting had taken a back seat. The sex was becoming less and less. Then one day I was deleting old pics off an old phone and saw one from right before I met her. It was at a party. I was smiling, ripped to the core, and had a hottie on my arm that I banged later that night. I looked in the mirror that day and saw how much weight I'd lost, the bags under my eyes, hair scruffy and unkempt and thought "**what the fuck has happened to me**".

I used to do what I wanted, bang who I wanted, see who I wanted. Woman used to love me, but here I was sacrificing everything, giving everything of myself to please this one woman. Overnight I checked out of the relationship. I simply stopped caring. Stopped caring how she felt and started caring how I felt, in fact I resented her. I started going out with my friends again, stopped communicating with her. Started doing what I wanted when I wanted. Didn't care if she got jealous. I didn't care if the relationship ended. I basically started living life for myself.

We had been together for about 2 years at this point.

The change in her was almost immediate. Suddenly her moods disappeared. She was so much happier and positive all the time. She suddenly started working less to no promo shifts all on her own. She started making cute little things for me. She went out of her way to make sure I didn't get jealous. She shut down guys when they approached her. Told me regularly how much I meant to her. She suddenly wanted to have sex all the time. She was becoming the woman I thought she would be when I was doing everything in my power to please her.

I tried to get back into it but I was dead at this point. I held far too much resentment. Why now? Why now that I'm out is she suddenly in? Why didn't she care when I was trying so damn hard? Eventually we sat down one day and I told her it was over, she sobbed and cried, and said she was so sorry. That she knew she was difficult, and didn't appreciate me. She said she would change. She said she would be different. But it was too late for me, I had made up my mind. I walked out and never looked back. She continued to contact me, trying to reconcile. It was hard at first, but I never replied. I knew it had to be a clean break. I knew that I had to focus on myself for a bit. Rebuild myself. The relationship was so draining and I had no sense of who I was anymore.

One day I was chatting to a friend about it, telling him that I just couldn't figure out how the harder I tried, the worse she became, and the less I tried the better she became. He directed me here and the rest is history.

## LESSONS:

- **Vetting is imperative.** I did zero vetting, fuckall. Had I taken my eyes off her ass long enough to see her many shortfalls I would have saved myself tons of uphill.
- **There is no soulmate/destiny only compatibility.** Going into any relationship with that

notion is a cancer. It's good as long as it's good and if it's not no matter how much you think it's your soulmate it's time to walk.

- **A woman will not reward you in proportion to your efforts.** In fact the opposite was true for Kayla. The more I gave the more she took. The less I gave, the more invested she became. I made her happiness my priority and the nett result was that we were both miserable. Her moody and me baffled as to why she wasn't satisfied with it. In reality all I was doing was showing that I was a low value man, that would put up with whatever shit she threw at me. I gave her comfort, and that gave her license to behave how she wanted. And how she wanted was to extract as much from me as possible.
- **Woman have no idea what they want.** Despite my best efforts to do everything she said she wanted it never satisfied her. She was her most happy and devoid of moods when I checked out of the relationship. The prospect of losing me suddenly dawned on her and she finally started treating me the way I had always hoped for her to. A woman will only respect you if she knows you can leave her.
- **Abundance abundance abundance.** I cut out all woman to make Kayla worry less. What I was doing was engineering the demise of my own relationship. She didn't appreciate me for this, she only saw it as more reason to behave how she wanted without consequence, because I removed every consequence out of my life.
- **Set boundaries.** There were many times I should have walked. But every time I didn't she pushed those boundaries a little further the next time. Partying, talking to other guys in front of me, I should never have tolerated that shit, but I did, so she kept doing it.
- When you give her comfort, **hypergammy** runs rife. This is why she would go out all the time, talk to other guys. She was constantly gauging her market value, seeing what other options were available to her, I think the only reason she didn't branch swing was because I still held some value in the form of looks, social status, career.
- **Sex and commitment.** I handed over commitment on a silver platter, she never had to prove herself worthy. All the while I hadn't even fucked her yet. Which she kept dangling in front of me like a banana to a chimp. She never had to work for my affections, that came free of charge. While I was a circus clown trying to bang her, it was only when my interest would waver that she'd finally give it up.
- **A woman can not respect a man who isn't a strong leader.** I thought making decisions together was a great relationship move. I didn't set boundaries. I blame myself for the problems in the relationship. I didn't lead, and without me leading she was left having to lead herself. And the direction she lead herself in was neither pleasant for me or her.
- **Your willingness to leave is what keeps her invested.** She will not honor your undying loyalty. Your devotion is worthless to her. It simply devalues you in her eyes. A strong alpha who's biology is to spread his seed but sits like a loyal little puppy for one special little woman can't be all that high value after all.
- **Simply can't negotiate attraction.** As much as I would express my issues and spend hours upon hours arguing, my logic fell on deaf ears. A woman will behave based on her feelings. If you want her to change, make the way she feels change. Logic or reason will simply not yield results
- **Maintaining yourself in a relationship.** I began to let myself slip and all this did was lower my market value. Which lowered my value in her eyes, this only makes her more comfortable and hypergamous.

## Part 2

It's been a good few years now. I spun plates for many years and enjoyed myself. I was living for me and it made me happy. I had no stress and no worries. I built up my business, got seriously back into lifting, solid group of friends, overall I was in a good space.

I had finally gotten to a point where one of my relationships had progressed to the point of emotional investment. Although this time it was different. So very very different.

At this point I was a different man, held different beliefs about woman and their interactions with men, but most of all I had different expectations from them. I was plating two woman at the time and would still get something fresh here and there in between.

I met Sarah at a mall. She was walking towards me, and I was looking directly at her. Beautiful face, small petite body, perky ass(again) she had a very natural beauty about her with deep sparkly eyes. I've never been one for social anxiety and went up to her and spoke to her, chatted for a bit, got her number walked away.

Sarah is beautiful, she's an ex model(quit because she despised the industry), In my opinion better looking than Kayla, some of my friends agree, one or two think Kayla was hotter, matter of taste I guess. Overall it's a pretty good comparison of two woman of equal social standing.

Messed her a couple days later and set up a date. Went for casual drinks, nothing fancy. The conversation flowed, we both had a great time. We went out to a casual drinks spot on the beach. We went for a walk on the beach afterwards and I went for the pull in. She was very much into it and I could tell the close was on the cards. I lived a short walk away and Invited her to come and see the view from my place. She was keen, we walked back, had glass of wine and fucked like rabbits.

Over the next few weeks we saw each other about twice a week, sometimes only once (depending on other plates). It was mostly casual, her coming over to me and if we did something it would be very casual. The sex was good, I was happy and enjoying myself and so was she.

Throughout this time I continued seeing my other plates and even gaming new girls.

After about two months or so we started spending a bit more time together. I had a lot more fun with her personality wise than my other girls. She was fun, easy going, chilled, smart. I would want to do something or go somewhere and I'd find myself taking her along. She loved the fact that I was showing a little more investment in her.

Slowly but surely I started seeing the other girls less(but not completely). I didn't explicitly tell her I was seeing other girls but I didn't exactly hide it either. Sometimes one of them would leave something at my place and the other would find it. But I didn't care, I wasn't exclusive. I was also chatty to other girls in front of her, I didn't tell her what I did during the time I wasn't with her. In fact most of my life besides some fun here and there and my bedroom she knew very little about me. What she did know was that if she left at any point that I had other options.

It wasn't long before the dreaded "where is this going talk" came up. She was used to guys chasing her hard but said with me she had no idea where she stood. I brushed it off mostly, saying I'm having fun right now and so are you right? So lets just keep enjoying ourselves and it goes where it goes.

We started doing more and more together, but never at the expense of my work or family and friends. When I had work the next day it was in bed by 10. When I wanted to see my friends I did. But when I was with her I was with her, I would take her on weekend always to my holiday place. We would go

out a little more, for dinners, or to the beach. With me cutting down my visits from my other plates I felt myself investing a little more emotionally in her. This was something she was never to know. As per our discussion I kept taking it day by day, simply enjoying the process.

After about 6 months I had cut out seeing other girls. It was just Sarah now. Things were good. She was an animal in bed and wanted to fuck all the time. In fact I had trouble keeping up with her. We would bang every time I saw her, which was about 3 times a week at this point. We would do a lot of fun things together and I think she picked up on the little more investment she was getting. She seemed genuinely over the moon about it. Despite "the talk" coming up again, I never gave her anymore security. She still didn't know how I spent my time apart from her, and I would still keep contact with other girls. We'd go out and I'd bump into other girls I knew, I'd chat and be friendly (as I am). I could see the jealousy all over her face every time I did.

I was happy. She treated me like a king. Always doing cute things for me, massages, dinners, blowjobs in the car. I'd go over to her place and she'd be naked in kitchen waiting for me. Things were good, one day she even blurted out "I love you". I simply smiled back and said "I know" despite my overwhelming feeling to say it back.

I was the leader and she supported me well. She was an angel 99% percent of the time. She never went out and partied, and if she did she'd make sure I came along. She'd bat away any attention she got from other guys, in all the time we were together I think there was only one thing she did that I didn't agree with. I cut down contact for a day. She apologized a day later and it's never happened again. I never told her she can't see other people. Never told her to bat away other guys, never told her she had to do anything for me. She did it all on her own.

She did a lot for me and trust me I appreciated it. But it wasn't all one way. I'd do/buy nice stuff for her sometimes as well, mostly when she was being cute or sweet and I thought she really deserved it. I would take her on amazing adventures. We'd do crazy things together, We'd be wild and naughty. We'd get drunk together, Get high together. I would help her with her career. I'd give her advice. Her life was heading in a much better direction as a result of our time together. Her closest childhood friend even told me one day that she never seen Sarah happier.

A couple more months went by and upon the next "talk" I told her we can give it a go and see how it goes, but we'll take it day by day. It's been over a year and half since we met now and nothing has changed. The sex is still wild as ever, We still have a ton of fun. She is still the same sweetheart I met, who cooks naked, massages me and comes home with a cute surprise for me.

To this day I still lift hard as ever, my work is still a top priority and she loves spending time with my friends and family.

## LESSONS:

- Approach and **have confidence** throughout relationship. From the moment I approached her to now, I did everything with confidence. If your confidence/frame is unbroken by her beauty, shit tests she'll perceive you to be high value.
- **She's not special, don't treat her as such.** There's a million more like her. I never did all the mushy nice things I did for Kayla to Sarah. Kayla sat on an undeserved pedestal and gave me no reward for my efforts.
- **She needs to work for your attention.** The nicer Sarah was, doing nice things the more attention she got and deservedly so. The worse she behaved or had unnecessary moods, the less



attention she got.(which was next to never) A woman will work for your attention when it's given sporadically.

- **Maintaining other options.** I never cut ties with other woman, she knew this. I spoke to other woman(not flirt) in front of her. Your ability to get other woman is directly correlated to how well she treats you. If she knows theres an abundance of other women willing to step in if she treats you like shit, she will cease to do so.
- **Commitment is earned not given.** She continuously worked to prove she was a good option for a relationship and continues to do so. A woman will not reward you for committing to her. She will reward you in an effort to gain your commitment.
- **Lead in decisions.** I'll tell her we're doing something fun this weekend, or that we're going to a cool place for dinner, she appreciates and takes comfort that she doesn't have to worry about these things. As much as society says it's a "team effort", there can only be one captain steering the ship and it better be you. A woman can relax and be happy knowing that she has a strong, capable leader who has her best interests at heart.
- **Comfort Kills attraction.** This deserves it's own post. Kayla was as comfy as can be, Sarah knows her spot is not guaranteed. The more comfortable she is the less effort she puts in, and why would she? Knowing that you can leave if she treats you like shit, or that you can replace her is what keeps her invested.
- **Keep up your own life.** With Kayla I slacked on lifting, family and friends. She saw that as all the more reason to put less effort in. Sarah knows my life will still be great without her. Maintain your market value. Career, Friendship networks, lifting. A man on a mission who has his own kick ass life and goals is what makes her want to be apart of that journey. If you can't look after and respect yourself, neither will she.
- **Treat her when it's earned.** I bought Kayla nice things and did cute little things to make her feel better or happy and she instinctively picked up that shit moodiness, tantrums yielded investment from me. Sarah gets rewarded positively and she behaves positively to earn it.

## Summary

Ultimately there is always game going on. Whether you decide to play it or not is up to you. She is constantly measuring your performance. Not with a scorecard or checklist, but subconsciously she is measuring the way you behave towards her and determining your value based on that.

How she values you is significantly important. It's the determining factor of how she treats you. I played towards all the markers of a low value man in my first LTR and I got treated as such. I take responsibility for that. In my most recent LTR I'm playing towards the markers of a high value man, and I'm getting treated as such, and she is happier for it too.

Often when i mention this people will say "I don't want to constantly be playing a game" but in all honestly when you've done it long enough it almost becomes second nature. You're conscious of it but the way you react to things is almost automated.

More importantly, she's playing the game, as the selector she's measuring her selection all the time. And when you've been deemed to be a good one, she will treat you as such. She will be happy, sweet, sexual, supportive. A moody, sexless relationship is a sign of a woman who's not entirely happy with her selection.

I'm thankful for both relationships, one for the growth it drove me to have and the other for the

happiness I derive from it. Most of all I take comfort knowing that the success of it lies entirely in my hands.

## Control Your Mind; Control your life

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# Control Your Mind; Control Your Life

296 upvotes | August 20, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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*I took a trip overseas a while back that had some profound lessons for me in terms of my mentality and approach to life. As I'm sure many of you have traveled at some point or another, hopefully it can for you too.*

As soon as I landed at my destination my processing was in overload. I was taking in the different appearance of all the people around me, much darker than back home, shorter too. I observed how they spoke their native language. The loud tone and passionate hand gestures they used to communicate. I took a cab to my hotel, staring out the window at the landscapes. Observing each and every building and advertising board as we passed. Gazing out like a bewildered child, nervous yet excited for what's to come. As I got out onto the street, I took in the sights and sounds around me, all the people hurriedly getting around, onto the next destination. The architecture of the buildings were so old, yet detailed, masterful perfection. The streets smelt sweet, like a waffle stand. I walked inside my hotel eager to check in and get right back into the wilderness, to explore and experience this magical place.

When I went to a cafe I'd chat to the waiter. If there was someone else there alone I'd strike up a conversation, get some information on where to go. I quickly made some friends at a local park who were to show me around for the evening. We went out to some bars and I'd have no trouble chatting to any woman I liked. They don't know me, I could be anyone. And I don't know them, they could be anyone too, and I was interested to find out. Worst case scenario is they're unfriendly and I'll never see them again. With such an over inflated sense of confidence, of course interactions were easy, I was foreign and conversation flowed. My happy go lucky vibe was ever present, a woman can sense this a mile away.

Over the course of the next couple of weeks I did many things. I saw many things, ate many things, made many friends and slept with many woman. I knew my time was limited and I tried to make the most of it, and that was exactly what I did.

When I got back I had such a sense of deflation. It was like I was coming down off molly for the first time. Slowly getting back to the grind at work, getting into routines. Seeing all the same faces around town. Doing the same things again, eating the same foods. Logging onto Instagram and Facebook and seeing the classic highlights reel, which only further downed me after my own highlight reel holiday. I began to question.

It wasn't like I shape shifted into another being. It was still me, same guy, just on a different part of the map. Yet I felt so different. What was it that influenced my mentality on that part of the map that didn't influence my mentality on this part of the map? Obviously one can't expect the same responsibility free high of a holiday constantly, but lessons can certainly be learned from the mindset with which I approached life.

What I would later discover I had there which I didn't have back home was **PRESENCE, ACCEPTANCE and OUTCOME INDEPENDENCE**. Which are all closely linked.

*Presence* refers to the stability of mindfulness, which means the degree to which you are grounded in awareness itself.

***Acceptance** is the willingness to experience ourselves and our lives as things are. It is a move away from self-deception, towards reality.*

***Outcome independence** is having an unmoved state of mind regardless of the outcome of a particular situation.*

**Presence** was me having nothing else cross my mind but the moment in front of me. No thoughts of my work back home or what friends or family could be up to. No thoughts on my social standing, if people liked me or not. I was immersed in my journey and every moment that encompassed it, the food, the smells, the tastes, the sights. It's a joyous way to experience life. Each and every moment comes alive, I felt alive. This oozed out into all aspects of my trip.

Outcome Independence was that I could chat to strangers because I didn't care what they thought, I could approach women at will because I knew there I'd never see them again. I could basically do whatever I wanted all day, as I knew there was no consequence.

At home it was so much harder because I was living my life in such a future outcome manner. What will this woman think of me if I see her again. What will happen if she rejects me, what will other people think of me, how will this effect my future? I was so focused on the end goal of getting a woman that I was putting so much pressure on the outcome of each process. Being outcome dependent is worrying how the present will affect your future.

***Outcome Dependence** is being heavily invested in the outcome of any particular scenario.*

**Acceptance** was me seeing society/people as it was. I wasn't thinking how it should be. I was simply observing and experiencing what was in front of me. When I spoke to people I wasn't going in with hopes and expectations of how they would be or how the encounter would play out, I was simply accepting how it was. I was so detached from that world that I simply accepted it for what it was.

I set out trying to recreate that holiday mindset so that I could live with this mentality not just on my holiday break, but all the time.

## On my search I discovered Meditation:

*The process of quietening ones mind and bringing it's focus to the present. Essentially achieving a state of **no mind**. The purpose of meditation is to achieve a heightened state of awareness and inner calm by learning to have better control over ones thoughts.*

I started out with 5 minutes and progressed gradually. Adding a little bit each day. Slowly but surely my busy mind became calmer. I became calmer, I felt less stress in my life. I felt more in control of my thoughts. My mind wandered less. Instead of chasing thoughts as they arose, I became more aware of them and could select the ones I desired to engage with. I had much better control over my mind.

Over time I felt this spilling over into all aspects of my life. *Presence* started to feature in my life. Slowly but surely I started to appreciate the little moments. My drive to work, listening to music, watching traffic, watching people in their cars, each of them playing their minuscule part in the grander rat race. I would look at the beautiful landscapes that I passed on the way there, beauty that I had previously been blind to. When I spoke to people I spoke to them like they were the only person in the world.

*Outcome Independence* featured too. When I saw a woman I found attractive I had no qualms approaching her and chatting with ease because my focus was no longer what this outcome could lead to in the future, but simply how I could extract the most from the experience now, in the present. The kryptonite to both presence and outcome independence is a focus on the future, or how this outcome affects the future.

When you are present and outcome independent you are living in the realm of *what is, not what could be or should be, simply what is*. You don't waste endless energy on what you want or what your past or future holds. You're not worried about others opinions of you, those are simply attachments of the past or future. You can't control the past or future, so excess thought power used on it is energy wasted. You stop having expectations out of situations and simply experience them for how they are. Not what the outcome should be or could be in the future, simply what's present in that moment. With your mind present and outcome independent you are free to observe and appreciate the reality you have in front of you. This is *Acceptance*.

This is core to TRP. The entire crux of it is accepting female nature for what it is, and then further on from that accepting society for the way it is. Only once you accept things for how they are can you begin to enjoy them.

Being outcome independent, present and accepting of reality has a profound effect on your day to day living experience. You derive joy from small things. You are able to do things without excessive worry of how they turn out. Your suffering is greatly diminished by not having unmet expectations of how the world should be. Essentially you take control of your happiness.

I used to outsource my happiness to all sorts of factors:

*If I make a little more money I will be happy.*

*If I get a new apartment my life will be better.*

*If I bang that girl I'll be complete*

If I never achieved them I would complain and be upset however, whenever I achieved any of this the high was temporary. My mind would calibrate to my new surroundings fairly quickly and it would become my new baseline. My lifelong training of outsourcing happiness would kick in and I'd start searching for a different outcome that would now become my focus. This is a never ending loop that has no end and no true satisfaction. This was Outcome Dependence, lack of **presence** and lack of acceptance, I was living in the future.

I often get asked how do I reconcile outcome independence and presence with having any goals or achieving anything. (Acceptance they usually get)

In terms of presence it comes down to a fundamental misunderstanding of presence. Living for the present and presence are different concepts(although they do have similarities).

Lets say you were driving from Amsterdam to Paris.

Presence is maintaining Paris as the destination while enjoying the journey with more awareness. The focus being on the process to get to the destination instead of only the destination.

Living for the the present is discarding the destination and stopping at a coffee shop/getting a hooker, essentially living entirely for maximizing the moment in front of you. This will ultimately affect any

hopes or goals you have for the future.

In terms of outcome independence an individual might think they need not do anything, because if you are truly outcome independent then no matter what you do you will be happy right? This could be true for meditation masters who have devoted their entire lives to this philosophy, but for the majority of us we still have our biological drivers. No matter how much we try to transcend our biology, we still eat, we still sleep and we still have that craving to fuck a high quality mate. The more in line our lives are with our biology the happier we are. Outcome independence is not about not wanting anything, it's about **not being phased by the outcomes of any individual scenario**.

For example. If I **want** to Fuck a woman. Being outcome independent is about being unmoved by the individual scenarios it takes to get there and trusting that it will happen. (Because I've worked on my SMV, game, frame)

*If I approach a woman and get rejected, I remain unmoved.*

*If I approach a woman and get accepted, I remain unmoved.*

*If we set up a date, I remain unmoved.*

*If the date falls through, I remain unmoved.*

*If I fuck her, I remain unmoved*

*If I don't fuck her, I remain unmoved*

Outcome independence comes down to abundance. Abundance of everything. Abundance of woman. Abundance of ways to make money. Abundance of ways to live your life.

You can want a car, you can want a house, you can want to fuck Becky the attractive accountant that sits opposite you. Outcome independence is about not being a slave to the outcome of it because with an abundance mindset you are aware that there's an abundance of cars you'll like, an abundance of house you'll like and an abundance of women you'll like and even if you don't get those there's an abundance of other ways you could live your life that you will enjoy. You still choose where your life goes but you are also aware of it's capacity to change at any moment.

The mentality you adopt dictates the quality of the life you live.

- Enjoy the process (presence)
- Don't be attached to the outcome (outcome independence)
- Accept life for how it is, not how you want it to be (acceptance)

I've been meditating for years now, and It's the single most important discovery of my life. The joys and benefits of it have spilt over into all aspects of my life. It helped me with stress, anxiety, game, frame, woman in general. It's as core to my daily routine as lifting. I spent so much time working my body, but for years neglected my mind, which in my opinion is a far more important muscle. Just as with lifting the results are not seen overnight, it takes tireless dedication for weeks, and then months and then years but at the end of the day if you can better control you mind, you can better control your life.

# Why do we lift?

779 upvotes | August 23, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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I recently stumbled across a question on ask/TRP:

*"Why do we lift?"*

The responses were a bit of a mishmash, mostly that women find it attractive, build strength, people think you're a bad ass. The majority of the answers centered on an improved perception of you from **another persons perspective**, and for a sub centered on this philosophy seemed to miss the point entirely.

None of those answers were wrong per se, however, the benefit for me is the change an individual sees in themselves over their lifting journey. The way you view yourself in relation to the world is where the true value lies.

There's not much to answer that question on the sidebar, and as one of the core concepts of TRP I feel it's worth expanding on. So my reply has become a post.

## Here's the journey:

*Over the course of 7 years I went from: An ironing board 6ft1 67kg 8% bf to a fairly beefy peak of 87kg 5-6% bf.*

The physical changes are obvious but the mental changes are far more important, and therein lies the answer to *"Why we lift?"*

I started out about as far down the spectrum as you can. I was athletic, but skinny. Abs on skinny guy is like tits on a fat chick, In clothes it meant nothing. If you looked at me from a side view you might have missed me entirely. I got by fine like this in high school but stepping out into the wilderness, beside men, I was aware my timid appearance needed an upgrade.

## The beginning

At first you feel like a bit of a tool at the gym, feeling your way through equipment, being one of the smaller guys there next to these seasoned gorillas. Watching guys pump out heavy sets of 50kg dumbbell chest presses was all the motivation I needed. I immediately respected these guys, in this environment, they were the Alphas and I wanted to get there. The first 6 weeks is the hardest in terms of dragging yourself there. Building your gym routine into your life. Once you get that out the way, going to the gym becomes second nature, after a while it was so core to my everyday life I couldn't think of going without it.

### Appearance

In the beginning the gains are quick. You put on a decent amount of size in a pretty short amount of time. You notice the differences and the scale agrees too. Other people notice too, friends and family comment on your gains. The validation feels good, it leaves you wanting more.

### Mood

At this point you're sleeping better due to increased work load during the day. Your moods are better with increased serotonin and endorphin output. You've got a solid outlet for all the stresses in you life. Your testosterone levels are increased and your libido steadily rises. Physically and mentally



your body starts feeling a whole lot better.

## **Phase 2**

### **Diet**

This was a few months into my lifting career. I had made steady gains but diet started to become much more of a feature. I started eating cleaner foods. Cut out all processed goods and stuck to whole proteins and whole veg. 90% of my diet was strict and 10% was a little leeway to pig out and enjoy a meal. The combination of exercise and a clean healthy diet made me far more energized. I had more mental clarity than I had experienced in years. A previous smoker, my breathing was clearer than ever too.

### **Supplementation**

Now that I had the foundations waxed I started adding supplementation into the mix. As a hard gainer I got a carb heavy protein shake and started drinking it daily, supplementing my diet. I added in Creatine, BCAA's and L-Glutamine. I picked up weight fairly quickly, most of it muscle some of it fat.

### **Strength**

My strength gains were gaining momentum. My lifts were increasing slowly but surely week on week. From where I had started I had doubled a lot of my lifts. This spilled out into all aspects of my life. When you get stronger you feel stronger. The feeling of being strong is far more important than being strong. You back yourself more. Your internal strength starts to express itself outwardly. You're more confident in interactions. The sub conscious primal nature of increased strength is projected outwards into interactions.

## **Phase 3**

By this point in my Iron journey I had made leaps and bounds. I was much stronger and much bigger.

### **Health**

I had been to the doctor before I got into this to see how I would compare further down the line. Upon my follow up appointment the results were nothing but positive. My blood pressure had come down. My Lung capacity had gone up. My resting heart rate was at it's lowest point ever. Overall I was sleeping well, felt energized, moods were positive. Then due to these factors there's also the long term benefits of increased life span and reduced risk of cancer.

### **Fashion**

My skinny face had filled out. My body had filled out too. Pecs, Biceps, quads were all noticeably bigger. Even in clothes it was evident that i lifted. Instead of swimming in my jeans and shirts like i used to, normal shirts were tight, jeans were tight, I had to replace my entire wardrobe to accommodate my new size. My body fitted clothes so much better. Fit is half the job when it comes to fashion.

### **Attraction**

By this point I had noticed that I was getting far more attention from women. As I package I looked a

lot more attractive. When I would go out, walk the street or go to the beach I would get a ton of looks. Woman would sneak a peak out the corner of her eye. I'd also get approached by woman quite often, commenting on my physique. Once again the validation feels good, it builds your confidence. With increased IOI's from woman you feel far more calm and confident going into encounters with them. Physical prominence also puts you on the front foot. A woman feels more timid encountering a bigger guy. I noticed they would submit far quicker than before. See [u/Heathcliffs](#)'s post on woman wanting to feel small.

## **Phase 4**

At this point I was pretty jacked. I stood out in a crowd. I was one of the bigger guys at the gym and in most situations the biggest guy in the room(in terms of muscle mass)

### **Respect**

Both men and woman have a completely different level of respect for you. Men would be somewhat intimidated by my appearance. Fairly cocky guys I knew previously would be so tame speaking to me, often looking down to avoid eye contact. In business meetings the tone I was approached with was very different, polite and respectful. When I spoke people listened. From women, where I would get the occasional bitchy rejection before, was almost non existent now. They were mostly giggly and even if it wasn't a positive outcome, they would be sweet, cute and shy in the way they dealt with the interaction.

### **Discipline**

Through hard work and tireless dedication you've built something that you carry with you everywhere. Dieting, constant lifting, supplementation, getting enough sleep. You've made sacrifices in terms of lifestyle in order to achieve this. It's a project that takes day in, day out commitment over a very long period of time in order to achieve what you want. The value of this lesson could not be quantified. It ingrained in me a work ethic that spills out into all aspects of my life. In bodybuilding results don't come easy and more often than not they don't come easy in life either. You learn to push yourself. There's many days you don't want to lift, there's many times you want to cheat on your diet, there's times you just want to let loose and have a party. Resisting temptation and pushing yourself to do the boring and monotonous tasks well for long term gain is often what separates success from failure. Patience and trusting the process. These lessons can be applied to any goal worth achieving.

### **Biology**

Despite being the most advanced beings on this earth and having advanced exceptionally fast, Our biological evolution doesn't quite happen as fast. We still have our cave brain biology. And our cave brains still register the biggest, strongest guy as a good potential mate. If she were to select a prime mate to pass on her genetic material, the biggest and the strongest would be a great option as her offspring would obtain these big strong genes to survive in the wild.

He would also be the best protector during her vulnerable state of pregnancy. From other predators or other tribes. After birth while she has to care for and nurture her young, a big strong Alpha would be able to look after her and his child and provide food and shelter for them.

In today's terms a female brain still sub consciously registers these factors when she sees a big, strong, well built man.

## Summary

The above factors are a profound catalyst for the change in the way you view yourself especially with regards to how you interact with other people. You feel strong and powerful going into any interaction. Your size commands a presence. People notice you when you walk in a room. When you talk to people, your physical dominance leads to emotional dominance of the interaction. I used to be skinny. walking into interactions I always felt I was on the back foot talking to bigger guys, almost like a boy speaking to a man. With increased size and strength I felt confident. I felt like I had the upper hand in the power play.

Talking to women you know you have a physique they find desirable. They automatically respect you. They notice you first. Opening and conversing with them on the front foot lubes the interaction more than you could know. Your abundance mentality is internalized by the vast amount of increased attention you get from women. You feel more sure of yourself. You feel more energized. Your moods are better. You sleep better. These factor have a profound impact on your interactions with other people.

Progress is slow, it's steady, but it's certainly worth it. If there's one piece of advice on here that you shouldn't skimp on, its **LIFT**.

# Training Your Woman: Subliminal

129 upvotes | August 27, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Early on in our relationship I mentioned to my LTR that I enjoyed a woman who cooks for her man. Not thinking much of the statement I continued on with things as normal. Two days later out of the blue she messages me to come over, as she's got a surprise for me. I arrive at her place to a candle lit, cooked dinner with a bottle wine. My mind immediately snapped back to our conversation we had two days earlier. I took note of this and have been employing this form of communication to some degree ever since.

For a man to derive any joy from a relationship he has to be able to influence the way his woman treats him. His likes and dislikes, his wants and desires. Inter-relationship dynamics often play a role as there's many subtleties one needs to navigate in order to get the message across effectively. Certain Opportunities arise in conversation to influence your woman's thinking in such a way.

One such way of influencing this is **Subliminal Influence**

*This is a way of subtlety conveying or working an idea, like or dislike into a conversation without directly mentioning said idea, like or dislike.*

It's common knowledge that you can't negotiate attraction and therefore what she does, but you can influence it. With Subliminal Influence you take the focus off your partner, therefore mitigating the stonewall emotional response they would usually give. It places the focus on someone else/elsewhere, allowing them to remove themselves from the situation and absorb the information easier.

This can also be used to set and enforce boundaries, ultimately conditioning your partners mind to know what you enjoy and what you will not tolerate. Further on from this it can be used to communicate consequences/rewards for certain actions.

A woman who is attracted or respects you is always looking to please you or make you happy in some form or another. Subliminal Influence is offering her the solution to that problem without having to tell her to do it.

This is not something you go out of your way to do, simply when the opportunity arises in conversation, you provide them with a real life example of how you would respond to certain things, or state your likes and dislikes.

## Subliminal Influence can be used for:

### Likes:

Conveying things you enjoy or would like to do. Asking for it is a form of negotiating attraction and diminishes her desire to want to do it for you. Actions are best enjoyed when they are genuinely given out of desire. For example.

*I love a woman who cooks for her man*

*I love it when a woman gives me a massage*

*I like blowjobs in the car*

You're not directly telling or asking for any of the above, but you are planting a seed. Women pay far more attention to details like this than you'd think. Ever wonder how a woman can recall information from 2 years ago that you made in casual passing that was erased from your memory 30 seconds later?

### **Dislikes:**

Conveying dislikes subliminally is a simple way to set boundaries. A woman should know what's acceptable in a relationship and what's not but the majority of girls are growing up in feminized society, disillusioned by what's acceptable and what's not acceptable in a relationship. This is a great way to lay it out upfront.

*I don't like women who seek a lot of attention*

*I don't like women with lots of guy friends*

*I don't like girls who party all the time.*

Personally I've found this to be the most effective way of communicating dislikes. Imagine this in contrast to saying

*I don't want you to have lots of guy friends.*

*I don't want you to go out partying*

Which comes across as clingy and mate guarding. In my entire LTR I haven't had to directly tell her to not do anything. I've subliminally conveyed my boundaries and as long as she respects me she will back it and respect it.

### **Consequences:**

There are certain behaviors that require strong action. It's healthier for her to know upfront what these behaviors are and what the consequences are for going over the line. Many times conversations will come up about her friends or families behavior and I'll use it as an opportunity to let her know how I would react should she behave that way.

*A friend who flirts with other guys. Yeah If I was her boyfriend I would have broken up with her on the spot.*

*A girl who goes and gets hammered on girls night. I couldn't be with someone like that, I'd leave her.*

*A woman who is moody all the time. I wouldn't be with someone like that who is so incessantly moody.*

Once again the benefit here is that the focus is not on your partner it's on other people, so she's able to unemotionally register the information and the consequences you're conveying. Obviously you have to stick to the stated consequences or you'll be digging a hole for yourself.

Working these subtle little messages into conversations is a simple yet effective method of influence, however only effective if she respects you and desires your attraction. I'm not going to delve into how to obtain that there's enough content on here. Molding her thinking and knowledge of your likes,

dislikes and consequences will allow her to better participate in your relationship, whilst also allowing you to derive more joy and less uphill.

# "Why Do Girls Dump Their Boyfriends?" An introduction to Generation-Z and whats to come

1 upvotes | September 4, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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I recently went to a family gathering where my 17 year old cousin gave me a crash course in Gen Z. (the jury is still out on the name). This is the post millennial generation. I don't generally like to package things into neat little boxes but for the sake of the post let's go with it.

She was showing me some "huge" boxing match between two YouTube "celebrities". Apparently YouTube and Instagram personalities are replacing film and music stars as the the big draw cards, welcome to the virtual takeover.

While she was showing me this whole boxing match saga we stumbled on to this video:

<https://www.youtube.com/watch?v=2mmIEZKWi3A> "Why Do Girls Dump Their Boyfriends?"

The video shows some young fella interviewing Gen Z girls on a popular nightlife street in the US. Being a millennial myself and having endured a large part of my generation driving feminism to the heights we see today, I was still somewhat surprised by the state of affairs. It's a jungle out there to say the least and I pity the horde of programmed Soyboys coming off societies production line, that have to co-exist with these Vag-Lords. I can only hope that one day they may stumble upon a Sub such as this to (reluctantly) liberate themselves from the tyranny of a gynocentric haven.

The video starts out with the Interviewer asking young "Living my best life" thots why girls dump their boyfriends. I think their inebriated state assists in the truth they spit when answering the question, but their answers point to a much larger, gloomier problem for young men growing up today.

The glaringly obvious thread that ran through most of the answers was how men have become needy bitches, and woman just can't stand it. Ultimately the feminization of men as a whole.

In the intro one of the girls proudly boasts:

| *Her: Every guy I've broken up with has threatened to kill himself*

As if it's just another feather in her cap. This is a far cry from the prehistoric days where a woman losing a man was a tragedy, like she had just lost her meal ticket(because she had). Or the stereotype of a woman sobbing at the loss of her beau, but here we have poor Billyboy's employing the dramatic(typically feminine traits) in an obscene display of oneities. Threatening to trade his own life for a c-grade clam in an attempt to negotiate attraction. She looks truly moved.

The same girl later on goes on to complain that

| *Her: I make em comfortable and they cheat on me \*and then shakes her ass at the camera\**

It's truly a riddle as to why they struggle to settle with such a wholesome princess.

The next girl tells a tale of how she's dumped every boyfriend she's ever had with a snide look of accomplishment. She goes on to say the reason she dumped them:

| *Her: They were all way more obsessed with me than I was with them, It was gross.*

| *Interviewer: They probably wanna share their feelings with you?*

*Her: Yeah, it's like stop, I don't wanna hear that*

It seems our dames are more in tune with their sexual nature than ever, and why wouldn't they be, feminism has given them the platform to express it as freely as possible. Note the disgust a woman has for a low value man who hands himself over to a woman, she simply cannot harbor feelings for such a needy scrap of filth.

The BP notion of share your feelings and showing how much you care quite literally repels women. She goes on to say...

*Her: I don't wanna see you all the time, maybe twice a week, don't be obsessed with me, thats disgusting. Let me go out, let me wear whatever the fuck I want.*

*Interviewer: And If I happen to make out with someone..*

*Her: Who cares, it was a slip up, shit happens.*

Translation, be my little bitch, get comfy in my frame, I'm gonna go shop at the meat market as much as I want and If a sausage happens to land in my mouth, well then oh well shit happens.

More concerning is the mentality of these women. Our gynocentric oasis of a civilization has literally drilled into these princesses the entitlement that men exist to serve women. Funny, I've heard that one somewhere?....oh yeah, feminism used to say that about men. The script has well and truly flipped. Lastly she goes on to say:

*Interviewer: Men should focus on building themselves?*

*Her: Yeah, you gotta be 100% good with yourself, you confident with yourself before you get a girl.*

It's gotten to the point that women are literally starting to tell men how to be men. Just be yourself, women will love you for who you are is the most cancerous statement for a young man to hear.

The next girl drops ancient wisdom:

*Interviewer: Do you have a friend you keep in the friend zone to buy you dinner, but then you hit up another dude when you wanna get real?*

*Her: Yeah, thats exactly how it goes*

The joke is, you don't even need the Red Pill to tell you this anymore, men have become such worthless rags that woman will boast about using them an interview. This is normal Gen Z behavior, it serves women, so why would we expect anything else? Woman are so aware of blue pill nature, and will milk it for everything it's worth. Don't be the butt of this joke.

Then an HB6 goddess adds:

*Her: He was telling me he loves me, and I didn't like him, so I had to cut it off*

The same guy who comes on here: "But you guys over at the Red Pill are such mean woman haters, you don't know what love is all about", while he drowns his sorrows in a masturbation binge.

The hypergamy bunny chimes in:



*Interviewer: Do you think the grass is always greener?*

*Her: Yeah, always*

While society shouts from the sidelines: "You go girl, you can do better, that man don't deserve a princess like you"

Then our self aware hood rat brings some sense to all this:

*Her: It stresses me out because WTF, this guy is giving me attention, why can't I love him?*

*Interviewer: But then theres that guy who like spit on you at the bar...*

*Her: Yeah and then it's like hit me up*

It's called AF/BB sweetheart. You get the tingles for the alpha, and the beta's dry your cooch faster than a Sub-Saharan summer. They're quite aware aware of this dynamic, do they care? No.

Last one is my favorite, this little meatball barks into the camera with a cigarette dangling out her hand that men need to:

*Her: Workout, go swimming, take her for a walk, take her for dinner, have sex, I don't know just stop playing video games*

Telling of her desires for an alpha man, every word dripping with entitlement as her stomach hangs out, and lungs fill up with tar. She does however do a great job of telling men how to be men again I'll give her that.

Now these woman will almost certainly ride the carousel with vigor for the next decade or so and then splat against the wall with ravaged lady bits. I pity the poor blue pill save a ho that offers them a ladder to climb it, but I have no doubt that this generation of white knights will be lining up for the opportunity.

They'll do that because these women are not the exceptions, they are a representation of the attitude of the median woman coming off the Gen Z production line, and the median man coming off it is the most feminized schmuck in history. Every one of these responses drip with feminine superiority, repulsed by the needy, clingy devoid of Alpha trait males. With masculine traits labelled as "toxic" it's no wonder these men they speak of are so lost. A portion of the millennial's held this notion but the vast majority of Gen Z is more widely infected with it than ever before.

**The Nett result:** A generation of men behaving more feminine than ever, society filtering the presence of (toxic)masculinity. With men adopting a feminine approach we get females behaving more masculine than ever to fill the man void.

**Why is operating society on feminine empowerment values a problem?**

Well as packaged so nicely in a [CH post](#). Men compete, then cooperate. Women compete, then cast out.

*Vertical male hierarchy ensures a place for everyone. Order is kept via rules-based discipline and the threat of demotion. Allows for graceful losing and peaceful surrender. Stable.*

*Horizontal female hierarchy causes massive churn, clique formation, uncertain and shifting status and frequent change of allegiance. Zero sum. Highly unstable.*

Try and Imagine an interview like the one above being conducted 80 years ago, under a male dominated society, women would quiver to address men in such a manner on a public platform.

### **So lets just go back?**

Well for starters those banking on a return of the TradCon Values should jump ship now or alternatively learn how to navigate the current climate. No amount of Jordan Peterson videos is going to change the course of modern culture back to their TradCon paradise. Society is galloping away from TradCon values and not looking back(well besides the hopeful BP idealists doing the ostrich).

### **Why wont a reversal work?**

This is a really complex multifaceted issue that would take a lot longer than this post is intended to be to really get stuck into, but as a brief introduction, conservative values wont work today because of the same reason they did work. Faith. The breakdown of a faith driven community(or even nationalism) tribalism approach to a more secular diverse globalism approach.

Faith was the glue that held conservative values together. There was a man in the sky watching over every woman's behavior. If she wanted to be in prime alpha selecting position she had to be a good, faith holding woman. Behavior swaying too far from the doctrine was condemned and shamed by society, no man would tolerate it.

Advancements in Science coupled with liberal dogma has left the institutions of marriage and religion more worthless than ever before. Many still hold onto faith for comfort but very few are internalizing that there is truly a deity watching over us and judging our behavior. I can count a total of zero people I know who live by the prescribed doctrine, it's simply not compatible with modern society. The closest I've met is a married pair of Jehovahs Witnesses, they live a very TradCon life but only interact with Jehovahs Witnesses so as to not interfere with their faith.

This is why the most religious(or strong cultural influence) countries, still hold the most TradCon values. E.G Saudi Arabia, North Korea etc

### **So where does that leave us now?**

Without gods to judge us and direct our lives, humans become the gods of their own lives. What do gods do? Well, whatever they want. Add in a few wars, women entering the workplace, contraceptive pills, feminine law protection, globalization, the internet, cellphones, welfare and we have a society where woman are as free as they've ever been. And what does a free woman do? Well sample every Alpha penis that lands in her snatch of course.

Gen Z cheers and pats them on the back: "YOLO, strong independent woman!" while the saddest and unhappiest generation of men and women unfold in our recorded history. Woman not satisfied with their newfound empowerment because It just so happens that woman don't really like behaving like men. Like every cohesive, natural selection driven species they still need and want men, and not men behaving like woman type of men, biologically alpha men, so that natural selection/biology can take place effectively.

Societal pressures have pushed both men and women to stray further and further from their biological nature. Men adopting more feminine traits, with woman becoming more career driven, providing for themselves, providing their own(or potential to) food and shelter, not settling down, not having kids. Compound this with women not having the consequence of having a baby after spreading her legs and it's opened up sexual promiscuity instead of strict selectiveness. The Alpha traits they would have selected for are labelled as toxic so they become more dormant in society than ever before. The less

we are aligned socially with our biological nature the less happy we become.

I learnt from my cousin that she can't help but attract fuckboys. It appears that they are some of the last bastions of masculinity, now given a derogatory label in an attempt to shame Alpha behaviors. Her description of a fuckboy: *Gym guys who fuck, but don't ever commit*. It's truly one of life's greatest riddles why they won't commit and settle with one vag in the greatest vag buffet in history. They're called fuckboys because well, they fuck. And then all the "nice guys" of Gen Z offering commitment are the guys you heard about in our lovely short film.

### **So what to do?**

No matter what direction we go in it will simply be another society, one we will need to learn to navigate all the same, so I'll open that discussion to the floor.

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# "Why Do Girls Dump Their Boyfriends?" An introduction to Generation-Z and whats to come

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I recently went to a family gathering where my 17 year old cousin gave me a crash course in Gen Z. (the jury is still out on the name). This is the post millennial generation. I don't generally like to package things into neat little boxes but for the sake of the post let's go with it.

She was showing me some "huge" boxing match between two YouTube "celebrities". Apparently YouTube and Instagram personalities are replacing film and music stars as the the big draw cards, welcome to the virtual takeover.

While she was showing me this whole boxing match saga we stumbled on to this video:

<https://www.youtube.com/watch?v=2mmIEZKWi3A> "Why Do Girls Dump Their Boyfriends?"

The video shows some young fella interviewing Gen Z girls on a popular nightlife street in the US. Being a millennial myself and having endured a large part of my generation driving feminism to the heights we see today, I was still somewhat surprised by the state of affairs. It's a jungle out there to say the least and I pity the horde of programmed Soyboys coming off societies production line, that have to co-exist with these Vag-Lords. I can only hope that one day they may stumble upon a Sub such as this to (reluctantly) liberate themselves from the tyranny of a gynocentric haven.

The video starts out with the Interviewer asking young "Living my best life" thots why girls dump their boyfriends. I think their inebriated state assists in the truth they spit when answering the question, but their answers point to a much larger, gloomier problem for young men growing up today.

The glaringly obvious thread that ran through most of the answers was how men have become needy bitches, and woman just can't stand it. Ultimately the feminization of men as a whole.

In the intro one of the girls proudly boasts:

| *Her: Every guy I've broken up with has threatened to kill himself*

As if it's just another feather in her cap. This is a far cry from the prehistoric days where a woman losing a man was a tragedy, like she had just lost her meal ticket(because she had). Or the stereotype of a woman sobbing at the loss of her beau, but here we have poor Billyboy's employing the dramatic(typically feminine traits) in an obscene display of oneities. Threatening to trade his own life for a c-grade clam in an attempt to negotiate attraction. She looks truly moved.

The same girl later on goes on to complain that:

| *Her: I make em comfortable and they cheat on me \and then shakes her ass at the camera\*\**

It's truly a riddle as to why they struggle to settle with such a wholesome princess.

The next girl tells a tale of how she's dumped every boyfriend she's ever had with a snide look of accomplishment. She goes on to say the reason she dumped them:

| *Her: They were all way more obsessed with me than I was with them, It was gross.*

| *Interviewer: They probably wanna share their feelings with you?*

*Her: Yeah, it's like stop, I don't wanna hear that*

It seems our dames are more in tune with their sexual nature than ever, and why wouldn't they be, feminism has given them the platform to express it as freely as possible. Note the disgust a woman has for a low value man who hands himself over to a woman, she simply cannot harbor feelings for such a needy scrap of filth.

The BP notion of share your feelings and showing how much you care quite literally repels women. She goes on to say...

*Her: I don't wanna see you all the time, maybe twice a week, don't be obsessed with me, thats disgusting. Let me go out, let me wear whatever the fuck I want.*

*Interviewer: And If I happen to make out with someone..*

*Her: Who cares, it was a slip up, shit happens.*

Translation, be my little bitch, get comfy in my frame, I'm gonna go shop at the meat market as much as I want and If a sausage happens to land in my mouth, well then oh well shit happens.

More concerning is the mentality of these women. Our gynocentric oasis of a civilization has literally drilled into these princesses the entitlement that men exist to serve women. Funny, I've heard that one somewhere?....oh yeah, feminism used to say that about men. The script has well and truly flipped.

Lastly she goes on to say:

*Interviewer: Men should focus on building themselves?*

*Her: Yeah, you gotta be 100% good with yourself, you confident with yourself before you get a girl.*

It's gotten to the point that women are literally starting to tell men how to be men. Just be yourself, women will love you for who you are is the most cancerous statement for a young man to hear.

The next girl drops ancient wisdom:

*Interviewer: Do you have a friend you keep in the friend zone to buy you dinner, but then you hit up another dude when you wanna get real?*

*Her: Yeah, thats exactly how it goes*

The joke is, you don't even need the Red Pill to tell you this anymore, men have become such worthless rags that woman will boast about using them an interview. This is normal Gen Z behavior, it serves women, so why would we expect anything else? Woman are so aware of blue pill nature, and will milk it for everything it's worth. Don't be the butt of this joke.

Then an HB6 goddess adds:

*Her: He was telling me he loves me, and I didn't like him, so I had to cut it off*

The same guy who comes on here: "But you guys over at the Red Pill are such mean woman haters, you don't know what love is all about", while he drowns his sorrows in a masturbation binge.

The hypergamy bunny chimes in:

*Interviewer: Do you think the grass is always greener?*

*Her: Yeah, always*

While society shouts from the sidelines: "You go girl, you can do better, that man don't deserve a princess like you"

Then our self aware hood rat brings some sense to all this:

*Her: It stresses me out because WTF, this guy is giving me attention, why can't I love him?*

*Interviewer: But then theres that guy who like spit on you at the bar...*

*Her: Yeah and then it's like hit me up*

It's called AF/BB sweetheart. You get the tingles for the alpha, and the beta's dry your cooch faster than a Sub-Saharan summer. They're quite aware aware of this dynamic, do they care? No.

Last one is my favorite, this little meatball barks into the camera with a cigarette dangling out her hand that men need to:

*Her: Workout, go swimming, take her for a walk, take her for dinner, have sex, I don't know just stop playing video games*

Telling of her desires for an alpha man, every word dripping with entitlement as her stomach hangs out, and lungs fill up with tar. She does however do a great job of telling men how to be men again I'll give her that.

Now these woman will almost certainly ride the carousel with vigor for the next decade or so and then splat against the wall with ravaged lady bits. I pity the poor blue pill save a ho that offers them a ladder to climb it, but I have no doubt that this generation of white knights will be lining up for the opportunity.

They'll do that because these women are not the exceptions, they are a representation of the attitude of the median woman coming off the Gen Z production line, and the median man coming off it is the most feminized schmuck in history. Every one of these responses drip with feminine superiority, repulsed by the needy, clingy devoid of Alpha trait males. With masculine traits labelled as "toxic" it's no wonder these men they speak of are so lost. A portion of the millennial's held this notion but the vast majority of Gen Z is more widely infected with it than ever before.

**The Nett result:** A generation of men behaving more feminine than ever, society filtering the presence of (toxic)masculinity. With men adopting a feminine approach we get females behaving more masculine than ever to fill the man void.

**Why is operating society on feminine empowerment values a problem?**

Well as packaged so nicely in a CH post. Men compete, then cooperate. Women compete, then cast out.

*Vertical male hierarchy ensures a place for everyone. Order is kept via rules-based discipline and the threat of demotion. Allows for graceful losing and peaceful surrender. Stable.*

*Horizontal female hierarchy causes massive churn, clique formation, uncertain and shifting status and frequent change of allegiance. Zero sum. Highly unstable.*

Try and Imagine an interview like the one above being conducted 80 years ago, under a male dominated society, women would quiver to address men in such a manner on a public platform.

### **So lets just go back?**

Well for starters those banking on a return of the TradCon Values should jump ship now or alternatively learn how to navigate the current climate. No amount of Jordan Peterson videos is going to change the course of modern culture back to their TradCon paradise. Society is galloping away from TradCon values and not looking back(well besides the hopeful BP idealists doing the ostrich).

### **Why wont a reversal work?**

This is a really complex multifaceted issue that would take a lot longer than this post is intended to be to really get stuck into, but as a brief introduction, conservative values wont work today because of the same reason they did work. Faith. The breakdown of a faith driven community(or even nationalism) tribalism approach to a more secular diverse globalism approach.

Faith was the glue that held conservative values together. There was a man in the sky watching over every woman's behavior. If she wanted to be in prime alpha selecting position she had to be a good, faith holding woman. Behavior swaying too far from the doctrine was condemned and shamed by society, no man would tolerate it.

Advancements in Science coupled with liberal dogma has left the institutions of marriage and religion more worthless than ever before. Many still hold onto faith for comfort but very few are internalizing that there is truly a deity watching over us and judging our behavior. I can count a total of zero people I know who live by the prescribed doctrine, it's simply not compatible with modern society. The closest I've met is a married pair of Jehovah's Witnesses, they live a very TradCon life but only interact with Jehovah's Witnesses so as to not interfere with their faith.

This is why the most religious(or strong cultural influence) countries, still hold the most TradCon values. E.G Saudi Arabia, North Korea etc

### **So where does that leave us now?**

Without gods to judge us and direct our lives, humans become the gods of their own lives. What do gods do? Well, whatever they want. Add in a few wars, women entering the workplace, contraceptive pills, feminine law protection, globalization, the internet, cellphones, welfare and we have a society where woman are as free as they've ever been. And what does a free woman do? Well sample every Alpha penis that lands in her snatch of course.

Gen Z cheers and pats them on the back: "YOLO, strong independent woman!" while the saddest and unhappiest generation of men and women unfold in our recorded history. Woman not satisfied with their newfound empowerment because It just so happens that woman don't really like behaving like men. Like every cohesive, natural selection driven species they still need and want men, and not men behaving like woman type of men, biologically alpha men, so that natural selection/biology can take place effectively.

Societal pressures have pushed both men and women to stray further and further from their biological nature. Men adopting more feminine traits, with woman becoming more career driven, providing for themselves, providing their own(or potential to) food and shelter, not settling down, not having kids. Compound this with women not having the consequence of having a baby after spreading her legs and it's opened up sexual promiscuity instead of strict selectiveness. The Alpha traits they would have selected for are labelled as toxic so they become more dormant in society than ever before. The less

we are aligned socially with our biological nature the less happy we become.

I learnt from my cousin that she can't help but attract fuckboys. It appears that they are some of the last bastions of masculinity, now given a derogatory label in an attempt to shame Alpha behaviors. Her description of a fuckboy: *Gym guys who fuck, but don't ever commit*. It's truly one of life's greatest riddles why they won't commit and settle with one vag in the greatest vag buffet in history. They're called fuckboys because well, they fuck. And then all the "nice guys" of Gen Z offering commitment are the guys you heard about in our lovely short film.

### **So what to do?**

No matter what direction we go in it will simply be another society, one we will need to learn to navigate all the same, so I'll open that discussion to the floor.

My last thought, TRP is going to be more relevant than ever with Gen Z. With a free and unregulated sexual market, it's the Alpha that is once again king. No more supposed one for one marriage, in a free market AF/BB is the order of the day. The Top 20% will be drowning in it while the remaining 80% go hungry, at least until they're established and even then they'll be picking from the post wall pool. It's like we've gone back to the principles that governed early man.

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# Sexual strategy is based in Biological Evolution; Understand Natural Selection and you will better understand the SMP

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## Consider these questions: Why do you like someone? Why do they like you?

The BP multiverse will spit out shit like: because of their charming personality, or they felt a connection. Some anecdote about love will inevitably creep in there. For the most part, the reasons they'll tell you they like each other are generally the the ones that best fit their BP fantasy.

The RP man will tell you it's because you've got game, you hold frame, you're immune to oneitis, you have abundance, the list goes on and on. Essentially you appear to be an Alpha Chad with hair all the way up his shaft.

All of which is correct, but why does that work as opposed to our blue pill fantasy huggers. To understand that one needs to understand how biological evolution takes place. They will need to understand why nature selects for certain traits and why it pisses on others.

Once they've done that they can better understand the SMP and therefore navigate it a whole lot better as they they've gone beyond the how and understood the why.

## Human Nature

The world we live in today is filled with wonder. Concepts such as virtual reality, AI. Complex road networks, a multitude of industries such as science and accounting. Despite our many advancements, the principles that govern the forces that drive our desires towards one another hasn't quite morphed at such a rate. Biological Evolution happens very slowly and changes take many generations to take effect. In fact our desire drivers have changed very little since early man, who before all our agriculture, industrial and digital revolutions were far closer to our nature in it's purest, most untainted, must un-cultured form. Before it was governed by things such as religion, politics, nations and all it's prescribed dogma that follows.

Think how an early group of homo-sapiens may have operated and how the principles of natural selection would affect the group as a whole. For the most part these very principles still govern us today.

## Natural Selection

There would be a small tribe of men and women:

As natural selection would have it both the male and the female are looking for the finest possible opposite to pass on genetic material to their offspring. They need to give their little critter the best genetic material to give it the best chance of surviving and keeping the species going. Therefore they need to consider their options, and then select the peak of the opposite gender. Relating this back to TRP, you will see that it's clear to see why certain behaviors/attributes leave lasses dripping or us tucking a rager under the belt and why other behaviors leave her dusty and us playing with a floppy.

For a female it's all about the **Alpha**. The biggest strongest bad ass in the tribe. One who can impose himself on all the other men in the tribe. She selects for him because if he is the strongest male he could protect her best from sources of danger, like other thirsty men in the tribe or other tribe's coming to ravage theirs. If she is to have a child with him he could best protect her while waddling around during pregnancy and her son/daughter throughout post natal care. His genetic material would

give their offspring the best chance of surviving too. Essentially, he increases the chances of all of them (and the species) surviving.

Why does she have to be so much more selective than him? Well the consequences of mating lead to vastly different paths for the male and female. The male ejaculates in his pre-historic princess and life goes on. He can then ejaculate in more fine cave booty shortly after. He can impregnate multiple women along his cave sexcapades. The woman however is destined to give birth to only one man's little fella. And she is going to have to go through massive bodily changes along the way and then push an apple through a keyhole to give birth to a child that she needs to care for and breast feed for a long time to come. This is why men are far **less** selective and why females are far **more** selective for whom they spread wide for. The amount of offspring they can produce in a lifetime is vastly different, therefore different strategies are required.

For this reason men compete to choose their women, the strongest falls at the top of the hierarchy (Alpha), the weakest sink to the bottom of the pile. Men at the top = best genes and most desirable for female to select. Men at the bottom = worst genes and least desirable genes for her offspring. With the man at the top being the most desirable, he gets first draft pick on all the females. Competition is what keeps the best genes at the top of the pile.

Men spread their seed as far and wide as possible to ensure genetic material passes on, promiscuity is in our nature, therefore men who achieve this are deemed high value (**abundance, pre-selection**). **Selectivity** is in a female's nature, which is why a Thot with sky rocket n-count is deemed low value. If every man with a salami stick could climb inside her, she clearly couldn't be all that high value after all.

There were no contraceptives, the consequences of being a slob and fornicating with anything but the best jeopardize her little bundle of joys chances at continuing the long line of proud tribe genetics. If cave beta suddenly develops a severe case of **oneitis** for a girl. Starts supplicating, cuts off all contact with the other females of the tribe. A couple problems will arise for this seemingly honorable lad. Firstly by laying all his eggs in unicorn cave princess, he's drastically reducing the odds of his genetic material making it through the harsh battleground of natural selection. If anything happens to her or if the child doesn't make it (premium private medical care wasn't too available back then) there goes his bloodline. Perished.

Secondly cave unicorn will start to see that if this man is willing to sacrifice his and the best odds of his future offspring's place in the gene pool then he can't be all that high value after all.

As discussed earlier the women of cave land are carefully assessing who's seed gets to swim to her womb. If Originally tribe alpha who crushed his opponents and was the best chance of keeping her and her future genes safe comes under threat from another male, she will be watching very closely. If new, younger tribe Chad proves himself to be stronger and more cunning than old cave chad, then the women of the tribe will remain loyal and continue to have Old cave chads babies because they love him so very dearly right? Wrong.

The words love hadn't been invented yet, there was simply tingles. Tingles that arose and dictated for which males the moisture drips. As natural selection would have it, strapping young Chad would now be the best protector of the tribe and give the females and offspring the best chance of survival. Their **Hypergamous** nature would kick in and suddenly they'll find this desire welling up inside of them for young Chad. They just won't feel the same way for old Chad. Not because they're being mean little ladies, but simply because the future of their species depends on it.

## Physical Attraction

If cave chad suddenly developed an overzealous appetite and put on fair few pounds, or alternatively he cut down his calorie intake and became an ironing board, the other in shape members of the tribe will start to take note. This may be their window of opportunity, if he's big and slow they will be able to use speed to out maneuver him, if he's skinny and weak they could overpower him. Either way he's vulnerable and will probably be overthrown, the females attraction too will shift towards the new powers that be.

Larger members are also vulnerable to predators. Without cars or bikes to speed away in, foot speed, athleticism is essential. In defending against other opportunistic tribes. Male or female, leaning towards the porky side and having the genes that show a propensity for enlargement are not at the forefront of Natural selections pile of options. No amount of fat positivity is going to get your dick harder for a baby humpback over a slender feline. Her weight would endanger your offspring, especially when needing to escape predators or face enemy tribes, she would also be an anchor on the tribe in terms of food consumption, causing everyone to work harder.

In males the skinny counterparts too can be overpowered by other tribes or have a slimmer chance against predators. Today we have the luxury of **lifting** in a gymnasium on every street corner to get ourselves into this prime mate selecting shape. Height plays a role too simply because a tall strong man is generally a stronger safer bet than a short strong man. I'm not even going to go down the consequences of being short and skinny and what that does for a women's attraction levels.

Facial hair and depth of voice are a factor too. Men with thick facial hair and a deep voice would have been considered more dominant, masculine, aggressive and socially mature. This is a far better brute to climb behind for a damsel in distress.

Men when licking their lips at their prospects will always be drawn to the younger, more slender females, ones who could escape danger swiftly. Wide hips show fertility and a small waist shows high estrogen levels(good for production). When estrogen levels are high weight tends to gravitate towards the ass and tits. Which is why most men find themselves feigning after a thick ass and solid pair of knockers. As a women ages and estrogen numbers drop, weight moves to the gut(therefore get larger) and shows less fertility, and a worse option for natural selection. With diminished fertility, the men lean more toward the young chicklings, who have a better chance of continuing the life cycle.

- *So no you're not being a misogynistic pig for not desiring heffalump or that post wall spinster, you're simply being a man in tune with his biology.*
- *Alternatively she's not being a vain whore for wanting a well built, strong masculine man, she too is a victim of her biology.*

## Behavioral Attraction

Underneath the physical attributes lies behavioral attributes. If Mr. Flintstone get's timid and does the chicken dance every time he engages with a female, then he can't be the big strong entitled alpha that's taking what is rightfully his. If the threat of another male sends shivers down his spine and he retreats to safety, he certainly isn't the head honcho of tribe Bedrock because his **frame** is shattered by tension, danger, women. Alternatively if his counterpart holds firm when challenged by another man, he remains calm in the face of danger, he knows he's the best option for the women of his tribe and has no qualms about taking what's his, then who would be the best candidate to protect the blossoming life of the tribe?. Who would be the better candidate to secure the females while

vulnerable or pregnant? I think not Mr. Flinstone.

A strong decisive **leader**, one who makes decisions and takes charge when need be gets the vaginal water works flowing because quite literally, lives depended on it. Intelligence too, as you would need to navigate the lands and outsmart predators to keep your people safe. A rockhead would put everyones life in danger.

For the man his first option would always be drawn towards a women who shows good maternal instincts. Thus caring, nurturing, empathetic. This will show her ability to keep the life cycle spinning and take care of the genetic material you shoot inside of her. A women acting like a man, with brash, aggressive, confrontational attributes would be repulsive. The men would either take her out for wanting to compete with them or simply put her last on the fucking schedule as she has shown a poor store of attributes needed to raise young.

Submissiveness too, a pre historic women knew full well a man was stronger than her and was not worth competing in that realm, she needed his protection (child birth, that strength to protect tribe) so her best logical bet is to submit and rather focus on putting herself in the best possible position to select the most suitable male.

- *Once again you're not a women hating patriarch for not desiring a masculine, blue haired brute of a human being, you're just a man driven by his biology,*
- *Alternatively she's not being a mean, ugly man hater for desiring a strong frame, driven, confident leader over a timid, weak, sensitive gentleman.*

## **Biological Evolution**

Ultimately biological evolution is all about the continuation of life. And life chooses for the genes that would give the next life the best possibility to continue life. Attraction and desire are simply by products of this. It is the guiding hand that directs us towards the best options. Learning how the jungle of the the SMP works enables one to manipulate it in their favor. By knowing why nature selects for what it does, we can obtain the attributes that puts us in pole position. Attraction is the unconscious, understanding it is what makes it conscious. As a great saying goes:

**"Until you make the 'Unconscious' Conscious, it will direct your life and you will call it Fate."**

# Order Whats On The Menu

185 upvotes | September 24, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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The SMP has changed drastically over the last few decades. Feminism and many other factors have morphed it into the wonder we see today. How you view it and more importantly how you approach it, will determine the outcomes of your ventures into it's murky waters.

## First step is to establish whats on offer

Now If you're looking to eat a really good pizza, logically the best place to find a really good pizza would be at a pizza restaurant. The menu will be filled with many pizza options, crafted and made by skilled chefs specialized in making pizza.

Now what if I promised you a really good pizza, but, instead of sending you to a pizza place I sent you to a burger joint. When you get to the burger joint, things start looking a bit odd. There's no pizza ovens, no Italians, things are a bit off. You look at the menu and there's no Pizza. You try order a Pizza, but the waiter says they don't really serve Pizza. You insist that you were promised a really good pizza from this place. So they say they'll try their best. They cook up their best pizza and serve it. You eat it and it tastes like shit.

### What went wrong?

Well the expectations were not built to fit the reality of the situation, which lead to inevitable disappointment.

*This is why so many are still stranded in the Anger Phase.*

Our SMP is not all that different. The Blue Pill Fantasy is promising us love, romance, marriage and unconditional love. But, when we get to the restaurant things start looking a bit odd. The menu is actually filled with a whole lot of casual sex, conditional love, divorce and hypergamy. We can still try to order our Blue Pill fantasy, but the reality is that it's most likely going to taste like shit. The SMP restaurant does not specialize in this and is not equipped to sell us what we desire.

### So how do we derive more satisfaction out of the SMP?

Well we're going to have to re-shape our expectations to match the reality. Casual sex, conditional love, divorce and hypergamy may not be our first choice for dinner but if we want the best out of the SMP, we're far better off ordering whats available than expecting it to serve up some fantasy that was never readily on offer.

Some may boycott the SMP restaurant and starve(MGTOW), but those who want to go out and eat are going to have to change their dinner plans. Only once they have done this can they begin to try and order the best of what's on the menu. They can start to engage with the restaurant and find out what's it's juiciest , tastiest burger and how much it's gonna cost. The whole dining experience becomes easier to digest once you stop longing for that pizza.

*This way our expectations are congruent with the reality. The SMP restaurant will be equipped to produce the object of our desire.*

## Making it work for you

If you want it to work for you, understand it. Understand that you need to vet women thoroughly before handing over your commitment. Understand that you will have to work hard at lifting, game and frame to succeed with women. Understand that her love is not unconditional, it's conditional on what she sees from you. Understand that you can make casual sex work for you, by plating and enjoying the fruits of many women. Understand that you can get into an LTR but will have to employ certain behaviors to make it worthwhile for you. Hell you can even get married, but understand that there are risks associated and you will have to manage them accordingly.

Ultimately understand the market for what it is, and adjust your expectations accordingly. **Only then you can adjust your behavior to extract what you want out of it.**

Go to the burger joint and order a damn burger.

# We Have Changed

554 upvotes | September 28, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Context: A reddit quarantine period is time given to a sub/community to change their ways, in our case to cleanse ourselves of our supposed toxic masculinity and head towards a more fem-positive direction.

*Entering our quarantine phase it was brought to our attention that this community required change. In light of recent events, and having read some of the material pertaining to positive masculinity, I wanted to be one of the first to announce to our reddit overlords that **we have changed**.*

We have changed from the men who were skinny/fat and timid that women were afraid or never felt comfortable being with.

We have changed from the men who were too shy and afraid to make a move when she was asking for it.

We have changed from the men who would lay all our emotional baggage onto women.

We have changed from the men who used to fight and argue incessantly with the women close to them.

We have changed from the men who didn't have direction, which affected our partner's.

We have changed from the men who would leave women bored and emotionless.

We have changed from the men who put the burden on women to give our life meaning.

We have changed from the men who never understood what a women's want and needs were.

We have changed from the men who didn't know what the best way to support women was.

We have changed from the men who would get jealous and angry every time our women went out.

We have changed from the men who expected blind loyalty from women no matter how we behaved.

We have changed from the men who expected women to behave the same way men do.

We have changed from the men couldn't be the rock that our women so desired in difficult times.

We have changed from the men who couldn't let women be themselves, the feminine ladies that they are.

We have changed from the men who loved women only for the fantasy they represented.

We have changed from the men who had unrealistic expectations of women due to our societal conditioning.

We have changed from the men who couldn't make our women happy.

## **What have we become?**

We have become well built, healthy men that our women are proud to be with. Men who look out for and protect their women when needed.

We have become confident men, men that converse and engage positively with women who want them.

We have become emotionally stable men who have their trials and tribulations under control, men that don't lay their issues onto women who deal with struggles of their own.

We have become men who don't argue and fight endlessly with their women, but rather deal with

issues quickly and swiftly in a civilized manner.

We have become men with direction, men who know where we're going and are not relying on a woman to guide us to happiness.

We have become men who make our partners feel excited and alive at the prospect of life with us.

We have become men whose lives have meaning and purpose, not attached to what our women provide.

We have become men that understand the wants and needs of women and how to fulfill them.

We have become men who know how to support women, so that they can be all that they can be.

We have become men who don't get jealous and angry at their woman, but rather men who let them go, to be free, if it is not meant to be.

We have become men who don't expect blind loyalty from their woman, but rather men who understand that their behavior does influence how loyal their women are.

We have become men who understand that men and women are different, and that it is wrong for us to expect women to abide by a male standard.

We have become the emotional rock and voice of reason that helps bring stability to women in times of hardship and sadness.

We have become the men who have helped their women to flourish in all their feminine glory. By being the men we've become, it has allowed them to be women.

We have become men who love women not for the fantasy of what they should be, but rather the reality of who they really are.

We have become men that do not have unrealistic expectations of women due to our societal conditioning, but rather men who have calibrated our expectations accordingly.

We have become men that make our women happier than they've ever been.

**We have become men.**

*We have truly changed many men in our years of TRP into a more positive brand of masculinity, and I hope we continue to change many men in the foreseeable future.*

Edit: For those missing it: Meant to be tongue in cheek, but there is undoubtedly truth in the statements made.



# Dating: Does It Serve You?

133 upvotes | October 9, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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## Intro

Who you are or who you appear to be is what you project to the outside world. The majority of a women's impression of this "you" is built early on. That first date and those shortly after imprint an image of you that becomes more and more difficult to alter down the line.

The success or failures of any relationship, be it a plate dynamic, that progresses into a FWB or even an LTR, is often determined early on. How you start acts as the lube for what comes later, with this in mind, logically, the dating phase of any relationship is of paramount importance. Start properly and build rather than try to renovate a shitshow into palace further down the line.

## Dating

We've progressed a bit since the stone ages and so has dating. For the most part the days of arranging marriages to unite families, or wife-ing the first lady that shows a hint of promise are behind us. We have a fairly open market. Despite this however, there's still only really two ways to meet a women, **Online or Cold Approach**. Both can be effective, but each one requires a slightly different modus operandi for the respective dates you've set up using either of those methods.

**My preferred method is always cold approach.** I think we should all be working towards proficiency in that area of our game. If you are an effective cold-approacher your need for online ventures is greatly diminished, if not entirely. There are quite literally women everywhere, all day, available to be approached.

Firstly, you only approach women you find physically appealing. You know she is appealing because when you see her with your actual eyeballs your rod gets an itch.

Secondly, you only set up a date if the initial interaction is favorable. On countless occasions I've approached women who looked ripe, but upon engaging, my curiosity suffered a sudden cardiac arrest, I moved on and life moved on. On other occasions it's worked a charm. Dates, plates and good times followed. This is the closure you get with the cold-approach. It's a short mini vetting process that in my mind actually saves a lot of time in the long run, as opposed to online.

Online is a bit more tricky, you're hoping there's something on the menu that tickles your fancy. Then if you find something, some level of trust needs to be granted to the oh-so reliable best angle photo's and limited online profiles(who the fuck reads those anyway?). Followed by online banter which gives very little away in terms of personality and the last thing you want is an endless back and forth like it's junior year. Even then, if the stars align and you overcome these potential hurdles, there is still the possibility that in person it all comes crashing down.

Upon meeting her, you may have to do a triple take before you realize it's the lass from sexysingles.com, or worse, you sit through the date and it's like a trip to the dentist. For this reason I would approach the respective date set-up methods slightly differently.

# The Date

## Online

Do something tame. Something where you can comfortably chat and make value judgements. Somewhere you can possibly cut short if need be.

Choose a causal drinks venue, or even a regular food spot you like, fuck it, if nothing else at least eat a mean fucking meal. Fuck coffee dates, this is not book club. She should be well aware that even though you don't know her, there is still possibility of escalation. Simple food or drinks spot's serve that purpose just fine.

If it so happens that she arrives and she turns out to be a Photoshop engineer or she's just shit company, then cut the chord and go tug one out in the comfort of your home. Others may still rather want a human fleshlight to release a load into for the eve and that's fine, be my guest.

If, however, it is going remarkably well and she outshines her online pics and has a sweet, charming personality of gold, then the date takes pretty much the same course as a cold approach date would.

## Cold Approach

Cold approach date means than when you met her she physically and mentally intrigued you to some degree. She passed round 1. With that initial mini vetting out the way you are free to enjoy the date **as you see fit**. You can do anything from wine on the beach, a sunset, mini golf, hiring bicycles, gaming arcade, drinks, *whatever you find interesting or entertaining*. You will always be more comfortable and enthused in a setting you're familiar with.

You want her to step into your world and more importantly you want to see how well she handles the ride. If she finds your idea of fun to be shitty then it wasn't ever going to be an encounter that served you anyway. If she's having a blast, then the evening might just have grown some legs.

I usually have alot of fun on my dates, and when I'm having fun they usually feed off my energy and have fun too, even if it's something completely foreign for them. And if we're both having fun it usually ends up in naked wrestling.

If you're a boring fuck that doesn't like doing anything then thats ok, just calibrate your expectations accordingly. Not all women will be ducking and diving to be in your company and that's fine.

*That's what this process is all about, filtering out what doesn't serve you and exploring what does.*

## Mindset

So many guys go into dating with a what should I do, how should I do it, what game should I play type of mentality. Essentially, how do I conquer? The problem with this sort of mentality is that the focus is already on her, and more specifically on making her satisfied with your performance. She has already been given undeserved queen status to pass judgment. This a poor mindset, one that is plotting to serve her needs.

How do you know you'll even like her? Let alone sit through the entire date.

**This date is her audition.** She has to razzle, dazzle and shine to show you favorable characteristics that might tickle your interest. Obviously this mentality is far easier to pull off when you have 3 other options on booty call if this date is a flop than when you're dusting off the cobwebs, and venturing

out your moms basement for the first time in 18 months.

Either way the mindset that she'll be most responsive to is one of confidence, surety and abundance. Ultimately this encounter needs to *serve you*, at the bare minimum, even without abundance, you can still evaluate whether it does or doesn't.

## Sleeping with her

Sleeping with her may or may not materialize, giving weight to it is futile. Simply be present and enjoy the date for the reality that is in front of you. Focus on you, her, the fun you're having, instead of some pre-determined fuck goal, a hopeful future desire that enslaves those who obsess over it. Focus on enjoying yourself, regardless of outcome, only that way can you properly assess whether your date actually makes you happy or whether you're trying to fuck her to feed your ego.

She picks up on this mindset anyway. Women are far more emotionally in tune than we are. They pick up subtleties like a fox. She can smell if you're desperate to fuck her or whether she needs to pucker up and prove to you that she's a great pick.

## Serving You

If you're a man wanting to plug every hole you encounter then that's fine, go for it, but for most, once you've been on enough sexcapades you find that they tend to go one of two ways:

Some encounters are like angels pissing, others you get home and apologize to your sperm count for wasting an abortion on her.

If you're starting out, perhaps indulge regardless. Get first hand experience and better your understanding of our feline counterparts.

If you're further down the line, you're not looking for quantity, you're looking for quality. You need to be value judging the date as it goes along.

### Simple Questions:

*Am I enjoying the date?*

*Do I enjoy her company?*

*Am I attracted to her?*

*Do I want to fuck this woman?*

If you're answering no to the above questions, pack your bags and get out faster than a hooker in sneakers.

If your answers are yes, then the encounter is naturally progressing to enjoyable conclusions. Not because you set out to fuck her, but because you are genuinely enjoying your time with her, the encounter is serving your genuine desires.

## Evoking Emotion

The most effective date from a women's perspective is a date that evoked some sort of emotion in her. One that spat out a neurochemical cocktail that got her excited. She then associates this neurochemical release with you and obviously wants to enjoy more of it. It's like a high when they're with you, and highs are addictive. Those laughs, that great sunset you saw together, that intense game at the arcade, all spill a little of that joy juice. Some people are naturally more fun and evoke more emotion than others, however it's certainly something that can be worked on if desired.

Logically, if she's enjoying the date it means she's enjoying stepping into your world. Doing what you find fun and being with you excites her. This is positive. If you're feeling the vibe, there's good chemistry and you're feeling attracted to her enough to wanna take her clothes off, then by all means follow through. Escalate, take it home and ignite some jungle fever. If you feel you're not quite sure, or logistically it's not favorable then there's no rush, you can always give her a second look. Remember you don't need this, It's needs to serve you. Do it only if you believe it fits that criteria.

## Post First Date

At this point you've either swatted your guest home for the eve or it's progressed to a (sideways)smiling conclusion. Either way going forward past this first date, ones approach need not be altered. All future encounters or further dates need to serve you and your purpose. Be willing to walk at any point during the get-to-know dance if it ceases to serve you. Your availability of other options and willingness to walk is always your powerplay.

If your time together continues to blossom favorably, enjoy every moment of it. Enjoy the rush of new vagscovery. It can and should be a fun period and not a calculated game of chess, that complicates a solo mans simple life.

## Summary/TL:DR

Too many people look at dating as such a formal drag that needs to be tactically executed to perfection to get the almighty vag into bed, or worse yet as the slippery stepping stone to get to that point of comfort. Comfort comes as a byproduct of enjoying your time with a woman. She enjoys time with you and in return, get's more comfortable with you. Racing in that direction to alleviate your own insecurities, or to avoid due process required to earn it, will have the opposite effect. It will simply cloud your rational better judgment.

Go into dating rather, with the idea that this could be an interesting adventure for you. The possibility of sinking your teeth into some fresh fillet, if you desire her enough to do so. Fucking her for the first time is always a thrilling experience.

Do fun things that you enjoy, women are far more submissive and therefore game to indulge in all sorts of activities, provided they are with a solid leading man. Remember, ultimately this is for your pleasure, it must serve you.

*Enjoy it for what it is, make value judgements along the way, walk if it's falling short and most importantly, enjoy the ride.*

Make sure you register on <https://www.trp.red> for future updates.

# Are We There Yet?

222 upvotes | October 16, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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*Considering it appears to be a goal for most, the topic of LTR's doesn't come up nearly enough. A quick trip over to askTRP and it's pretty clear that this is where most men struggle and end up suffering the most.*

I've been asked on too many separate occasions,

## **What is the best way to go about getting a good LTR?**

My answer is always the same: **You don't.**

The red pill toolbox is least effective being used for Blue Pill goals. The desire to fill the role is what leads to sub standard relationships.

An LTR is a byproduct, an organic progression. You can only be open to the prospect of it, but to seek it is counter-productive. Some foundations should be in place first.

First and foremost is shifting the focus from our future unicorn to ourselves. To piece together a life that doesn't require the presence of a partner. One that we are happy and satisfied with regardless of her involvement. Sidebar should assist with this.

Next is to build a storage of experience. If you don't know your way around female behavior you should not even be considering being in a committed relationship. She'll chew you up and spit you out. She is not your savior. She is not the answer to your problems. If you are to derive any value and satisfaction out of your relationship you best understand and be capable of managing your women.

If you tick the first two box's then you can start thinking about selection. By selection I don't mean go out and search for her, I mean the ability to recognize a potentially LTR worthy women. They are out there, but rare. Looking for them is a pointless exercise. You have no way of knowing if a woman you meet is LTR worthy. For this reason, due process should be administered accordingly, **on all your women.**

## **How does due process work? How do you know if she's LTR worthy? How do you know when it's time to LTR?**

Well, Let's say you're at the beach with a boat, it only fits two people. You're happy just mingling with all the desirable women on the beach, but you're open to taking a journey out into the ocean with only one. Your journey would start out in shallow waters and progressively get deeper. The closer to the shore you are the quicker it is to get back and pick up other women and the less invested you are in the journey.

There's a couple things that need to be clarified about this journey. You dictate where it goes. They are welcome to be a part of it, but must understand that you're the Captain. If at any point they jeopardize or no longer add value to that journey, then they'll cease to be a part of it. No exceptions, none of them are special, despite what they tell you.

Next, is that it's her job to pursue the journey. If she isn't asking about it at any point then either she's the Captain and you're the first mate, or she's getting everything she needs from you as is. It indicates that she doesn't really want to go on a journey with you. Don't take that as an invitation for you to be Mr. Initiative and whisk her deep into the Ocean. A journey you are not in control of is not a journey that serves you

One fine day you'll have your ankles in the water and you'll be ready start your journey. You'll meet a women, go on a couple dates, maybe even fuck her. It's early days, you'll still be getting a feel for each other.

She asks: **Are we there Yet? No.**

She's on the shore but wants a deep sea package. She's either desperate or delusional, and neither is good. She is mostly interested in her own comfort and doesn't really care what value she can add to your journey. These are most likely post wall women looking to latch on to the first provider who will have them. Do not go past ankle depth water.

If however, the first few interactions do go well and you're satisfied, then she is permitted to drift out into the shallows with you. You can take this trip with multiple women. It's short, calm, easy to cut ties and get back to the beach if you're not happy with any of them.

This may entail, casual dating, fucking and occasionally going out together. Simple, light hearted interactions. She gets no special treatment and you are indifferent to her presence. She is easily replaceable and has no emotional leverage.

They ALL start out this way, rushing to depths is dangerous.

Over time she may start showing positive signals. She may be really fun to be around. She may fuck like a beast. She may even be great conversation. This doesn't mean you've found a diamond. It simply means you're finding the shallows to be enjoyable.

She now asks: **Are we there yet? Nope.**

There's still no depth, you can't possibly know whether she is fit for a long-term journey. This is a more common point for a commitment request. It's understandable, but not effective. She's looking to cash in on her brief investment. However, spreading her legs a couple times doesn't quite qualify her for the position, that's simply entitlement. She needs to show you what a great candidate she is.

If she remains sweet, sexual and submissive over the next **couple months**, and you're having a ball, you may be willing to venture past the shallows, into deeper waters. Still in the vicinity of the shoreline and close to other women but she'll certainly be the closest to you. Nothing that can't be quickly reversed. There should still be other women on your radar.

This depth is a little more personal than before. You may start doing more activities together, going on weekends away and spending more time together in general. She may even get to meet one or two of your friends and vice versa. This is where you're paying slightly more attention to the value she's adding to your life because she's more involved in your life.

This could either prove to be more enjoyable, or more strenuous than before. If the latter, simply head back to the shallows, to which she is better suited. If it's the former and you're still liking what she brings to the table then, well, now she is showing promising.

She again asks: **Are we there yet? Still No.**

It's been good up until now, but you can't say with certainty that this is someone you want to go on a deep sea journey with. She hasn't had a trial in the deep. Depth is treating her how you would an LTR. This entails management. Her response to this will tell you all you need to know.

Inevitably, the deeper you go, the more invested in her you become. She gets more and more of your time and energy. It becomes necessary that you manage that investment. It's not such a short trip back to the shallows anymore. Puppy, employee or first mate, the better they are trained, the better they

serve your journey.

She needs to be adding value to your life. You still need to be enjoying her company, sex and adventures together. The deeper you go, the more of her character will be revealed. It's for you to decide if you're liking it or not. The best candidates to support a long journey are submissive, nurturing, sweet, sexual and mentally stable. Pay attention to red flags.

If she is faltering, back to the shallows. Taking a rescue step to deep ocean will only put you both in danger. If she's flourishing, well, then your time together is proving favorable. It needs to remain positive over the course of a **few months**.

Finally, she asks: **Are we there yet? Well, now it's up to you.**

By now, you have all the necessary information to make an informed decision.

Various levels of depth will bring varying levels of fulfillment to different people. Some may enjoy their escapades on the beach, some may venture no further than the shallows. For others, after a while, the shoreline may lose its appeal. The allure of the deep may be far more enticing. It's for each person to find out for themselves what brings them the greatest satisfaction.

Experienced sea men will always navigate the seas better, which is why due process is required. Heading into deeper waters with just one woman is a risky undertaking, one you need to be adequately prepared for. It's far easier mingling on the safety of the shore. How well you as the man Captain that journey, will determine how smooth it goes.

At some point one or both of you may tire and want to get back on the beach. That is a natural process of life. The truth about the journey is that you'll never really arrive somewhere and shout "Hey, we made it!". The journey simply has a direction you dictate, and it is ongoing. Explore the seas, revel in the adventure, make it as fulfilling as possible for yourself and have the awareness to know when the journey has run its course.



# The Barrier Effect

88 upvotes | October 29, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Relationships between men and women require sacrifice to some degree or another. Modern society has done a great job of convincing men and women that they are making an equal sacrifice for the relationship, however, when evaluating our biological mating strategies, the landscape of an LTR is anything but equal.

Women look for the highest possible value man to be with. The driving force behind this is wanting to get the highest value genetics from a man to pass to her offspring, to give it the best chance of enduring the next phase of life. Once she gets her pick, she is happy and comfortable, they would mate and she'd fall pregnant. During this vulnerable pregnancy she would need protection, which a high value mate could provide. Once the offspring is conceived, the vulnerable mother and the child both need protecting. The male would fill this role. Over the course of a woman's lifetime she can only do this a couple times until her fertility wears out. The less fertile she is the less desirable she is. This means, her prime physical state is the best time for her to obtain a high value alpha male, and to hang onto him.

Men on the other hand operate differently, we don't have a little critter grow inside of us after mating. We are not limited to just one partner. Men can impregnate multiple women, thousands over the course of his lifetime. A high value man will be desirable to many women, thus the more he impregnates the more chance his genetic material has of passing through the next phase of life. A low value man will have far less options, driving him to hold on to the few options he could get.

We could summarize our paradoxical mating strategies into two distinct categories. Men are biologically driven to spread their seed far and wide, Women are driven to select the highest quality mate possible and hold onto it for reproduction.

With this in mind, when evaluating a monogamous relationship, it's pretty clear to see that the male is making a far bigger sacrifice on his inherent mating strategy to make it possible. He has to defy his biological drivers constantly to maintain his loyalty, whereas, if she has a high value male, she will be quite content. Sure, there's Hypergamy, but that tingle only starts to itch in the presence of higher value men, ours itch for thousands of pussies, all the time. That's why you get the age old scenario where a man cheats on his women and she wonders how on earth could he have cheated on her with someone so much less attractive than her? Well, because it was any other pussy other than yours sweetheart.

**High value** men are likely to suffer from the **Barrier Effect**. The Barrier Effect is that feeling you get in a monogamous relationship that only thing standing in your way from banging all the tightest, finest poon in your city is your partner. Your biology antagonizing your cultural programming. The less seed spreading you do the more your desire for other women grows, while the desire for your partner dwindles. Pre-selection plays a role too because you get way more IOI's from other women when in a relationship which amplifies this feeling. You eventually grow to resent your partner for preventing you from filling your biological need and it ultimately leads to the downfall of the relationship.

Considering males and females differing mating strategies, how could a man derive joy from a modern relationship, taking his biology into account? There's a few options:

- Suppress all desire to ravage other women, live within the confines of monogamy. The lower your value the easier this will be, because other women aren't looking at you anyway. The higher your value, the more you will feel like a shaken champagne bottle on the verge of explosion. I doubt you'd be able to endure it without breaking up eventually and if you did you deserve a burial alongside mother Theresa.
- Simply cheat without the knowledge of your partner. This appeases the feeling that the only barrier between you and a fuckfest is your partner. You are free to give her your best while dabbling in the SMP. More often than not you will find that most woman are far shittier than your partner anyway, which in turn increases your appreciation for the relationship, making you more motivated to participate. It allows you to execute your mating strategy, while she executes hers. You will almost certainly get caught eventually, know the risks.

You will find many woman to engage in the first two scenarios with(because obviously she isn't aware of the cheating). The next two not so much.

- Engage in a polygamous relationship on your side. Allow yourself to have sexual relations with other woman, while she remains faithful. She accepts your position because she's still your main girl and you are a high value catch. You treat her as you would an LTR. Take care of her biological needs, while taking care of yours in the form of plowing other women when the urge arises. This is an extremely rare set up in modern western society, might still have legs in the middle east. Requires a very submissive woman.
- You both agree to an open relationship. Although in theory this may benefit you because she is more driven to remain with one high value partner, while you are driven to poke everything that has a hole in it, it also opens some loopholes that work against you. It allows for unchecked Hypergamy, which in an open SMP is very difficult to manage considering many Chads would be willing to pump and dump her, but not commit. Your women fucking other men is also a tough pill to swallow for a territorial man. This set up could only hold up with your value remaining sky high high so that she doesn't really desire to fuck anyone else.

The final two options are possible but the social stigma and cultural conditioning that most women endure would leave far fewer women willing to participate.

Each and every man is free to choose any of the options above, but always be weary of the sacrifices **you** are making, and more importantly why you're making them. Be weary of what's been programmed into you culturally from birth and cognizant of what's been programmed into you biologically since the dawn of man in the form of biological drivers. Reconcile these two driving forces to create an environment that you thrive best in.

# Machiavellian Mistress - Recognize and React

144 upvotes | November 19, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Women have an innate propensity to manipulate. Far greater than men. Their survival quite literally depended on their ability to do so. Women didn't have the brawn and brute force of the male to enforce his desires, they had to use their cunning and sway tactics, to achieve the object of their desire.

The female tactician is not necessarily a well thought out master manipulator, but rather a function of an inbuilt solipsistic mechanism that allows her to reshape reality, and believe in said reshaped reality. This creates a powerful, persuasive Machiavellian, who emotionally invests and truly believes the narrative she creates.

All females fall somewhere on the persuasion scale, ranging from submissive supporter to full dark triad Lucifer's daughter. The further down the scale she slides, the more effective she is at twisting your arm. Often you'll find yourself questioning yourself and your decisions but be unable to detach from her alluring gaze. She plays on your emotions, that cloud your better judgment.

It's the exploitation of the inherent male drive to compete and conquer that makes them so dangerous. We want to be in control, we want to win, and a Lucifer daughter is an adversary that fuels the battle fire.

The most important aspect of preventing oneself from falling prey to such tactics is to be able to recognize when we're being drawn in and swayed for her benefit and then reacting logically in spite of our emotions telling us otherwise. The more experienced you are with women the easier it will be. The less experienced men are like putty to be played.

We talk very often about how to mold her behavior, but very seldom about how she pulls the puppet strings to shape our behavior. Some of the more common/effective tactics include:

**Making you work for sex :** Those with a scarcity mentality are particularly vulnerable to this one. It's why we talk about oneitis and unicorns so much around here. Their goal is to extract as much as possible from you while giving you as little as possible. It's an age old femme survival mechanism, get as much resources, protection etc without giving up her egg, which is reserved for only the highest value male.

**React :** *If she hasn't put out early on she's either not interested or she can sense you're too invested and will extract what she can, cut after second date.*

**I'm not sure about you:** What she means by this is: I know I don't like you but I enjoy the validation and providership you offer. Keep working for my affections until I find a better prospect. A one way ticket to the friend zone. When a woman is interested in a man she's getting tingles down to her toes, she's not building an excel spreadsheet of pro's and con's to yield an answer.

**React:** *Standard Blue Pill response is to ante up the interest and show her how much she means to him. As a RP man we are well aware more effort will only harm your cause. If she's not sure, you better be sure it's time to walk.*

**Talking to other guys:** In a time long long ago men used to quite literally fight it out for the prize that would become his sex toy. When she talks to other men she's igniting this instinct to compete. This is our mate guarding instinct. Some women will use this to keep you working for them

**React:** *A & A, Amused Mastery in isolated instances, If it's a regular occurrence ghost the bitch. She wants to permanently be shopping at the meat market.*

**Comparing you to ex's:** Same function as above, she wants you to compete to be better. Keep you investing. She'll often mention dates he took her on, gifts, trips etc.

**React:** *Ever notice how the guy she is most affected by is the guy who treated her like trash and didn't give a shit about her? Invest what you feel she earns, nothing more, she'll respect a man who lives by his own accord. A & A, amused mastery in isolated instances.*

**Moods:** Naturally we want our partners to be happy, so when we see them in a mood our instinctual reaction is to make her happier. This additional investment only re-enforces this sort of behavior. When you're playing dancing monkey to bring a smile on her face, watch how much more moody she becomes.

**React:** *Withdraw attention in moody times. Drop her off at home and let her self soothe. She'll eventually recognize that mood=less investment, happy + bubbly=more investment.*

**Playing the Victim:** A women will very often shape reality as something done **to** them rather than something done **by** them. This involves taking zero responsibility for her actions and instead blaming you for her/the relationships shortcomings.

**React:** *Isolated instances simply ignore or amused mastery, next if it's a constant pattern.*

**Push/Pull:** A very persuasive tactic that is most effective on inexperienced bloopies. She'll drop obvious hints of attraction then pull back. Keeping you dangling on that carrot forever and a day. Happens within relationships too, to sway behavior, she'll show large amounts of affection and then pull back. Can often be a BPD red flag when taken to the extreme.

**React:** *Out of a relationship, don't be a pussy, just make your move so you know where you stand. In a relationship pull back when there's no affection, invest when there is. Re-enforce the positive behaviors. In extreme cases, get the fuck out.*

These are the primary tactics used by all women, feel free to add more if you've noticed others.

Your BPD types will use most if not all to it's full utility, your mentally stable submissive will use far less. The former is a horror show as a partner, the latter is plain sailing, with very little stress. The paradox is the former will ignite a fire of emotion in you which masquerades as "love" whilst the latter will probably have you less emotionally invested. Which is why following your heart/dick is often a recipe for disaster. Logic is your ally.

Personally I've found over time that the submissives offer far more long term utility whilst the hardcore gamers have their early sexual appeal but become more of a chore than anything else.

## LTR's, Plates, Dates and Delayed Gratification

193 upvotes | November 23, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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I recently read a field report detailing a guy's encounter with one of his plates. She came over one day with loaded guns, telling him she's fucking another guy and she wan't to know if he's seeing other women too, a test. He plays it ok and casually lets her know that he's seeing other women. She prods deeper on the next question and asks where they stand, two big plays in one act. I won't go into the comedy of her asking where they stand while announcing she's getting pounded by another fella, but he handles this one pretty calm and composed too, explaining that he's happy with the current arrangement and isn't interested in much more.

This prompts a stage two meltdown, she goes into stubborn brat mode that progressively get's worse. After playing her two big cards and coming up with nothing but a joker, she's feeling fragile.

OP stated how at this point he was thinking he'd cocked it up solidly. He thought this was surely the end of it. He had held frame, played his cards right, but here he was dealing with a moody, entitled prima donna wanting answers. He showed her out and got on with his day.

Besides possibly dodging the other women question, a fairly textbook Red Pill handling of the entire situation. It's at this point that you could forgive him for thinking, and I'm sure many of you have experienced it too, that maybe those guys over at the Red Pill have missed the mark on this one, this never went well at all. That hold frame advice has landed me in the shitter, she's pissed and I'm probably going to lose my plate.

Needless to say, after a short flurry of drama, his plate came round like a sweet little puppy and accepted the terms and conditions of their arrangement, as it still afforded her access to a high value male. She came over and fucked like a raging rabbit. Despite his doubt, his stern frame paid off and there was once again peace in the land. Had he caved and told her there were no other women but her, and that yeah he'll think about maybe going into a relationship, he would have opened a whole new can of worms.

The easiest thing in the world to do in this situation, would have been to avoid confrontation entirely. Simply feed her what she wanted to hear and keep things rosey. She would have been calm and happy, he would have had no tantrum to deal with. Afterwards he probably would have told himself that it went very well too. But at what cost would that peace have come? How would it have affected the dynamic going forward?

Part of the Red Pill advice is the result. The bigger part of it is that he stayed true to himself and his desires, and lived life by his own accord. She was welcome to be apart of it, but on his terms, and if she didn't like them, she was welcome to leave. A women will respect a man with his own will more than one who buckles to please her, especially a plate. You're either playing by your rules or her rules, and if you have any hopes of getting anywhere you may enjoy, you better make sure they're yours.

The truth is, he would simply have been borrowing peace from the future. Peace that has a far harsher price to pay further down the line. We give advice on here not to diffuse situations, or for your life with women to be permanently happy go lucky. We give advice on here that enables you to live your life, by your rules. One that you are in control of. This may mean at times you will have to deal with conflict or persuasions and it may mean sometimes you have to even lose people. If you want a life

that works for you you have to be willing to live it on your terms.

The results of the advice might not always come instantly but one has to remember large peaks are climbed step by step. Make the wrong steps and you may never see your peaks. Make the right steps and bit by bit, decision by decision, you'll be one step closer to your peak.

# Her Internal Hierarchy

325 upvotes | December 10, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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To some degree every women is getting over an ex until their hypergamous nature finds someone new, they seldom end a relationship and wallow in the abyss. They're usually going from being attracted to one man to being attracted to another man, a women's attraction is monogomous(see [u/Whisper's](#) latest).

More often than not they're branch swinging to a man she perceives to be more attractive than the last, but not exclusively. It depends what phase of her life she is in. If she has time and options she's probably hopping from one cock to the next best thing available. If wall impact is looming she's not looking for the most alfalfa man but rather the most provider worthy.

Her ex or her perception of him is a great indicator of where you stand. If you understand how hypergamy works, he was probably the highest value man in her life up until that point (talking about pre-wall women here, leave those post wall slags with their cats). She uses him as her frame of reference when interacting with you. She'll rank you somewhere amongst her previous lovers, **an internal hierarchy of sorts.**

Where you fall on this ladder will greatly influence your relationship with a woman. Find yourself at the top and she'll be a sweet little muffin, she's branch swung to an alpha. Find yourself further down and she's looking for a provider, you're obtaining second hand goods and are her beta bux.

For this reason, the initial interactions with a woman are the most important. It's when she is trying to figure out where you fit in. She'll be shit testing and evaluating you. If your're found to be lacking she'll take the liberty of moving on fairly quickly herself, if you're rapidly ascending her hierarchy she'll be treating you more and more like a king. She'll be dissecting you until she knows. To even be considering you, you've at least got to be showing signs that you could compete.

It's important to note that your place in this hierarchy is always subject to change, **how you behave will determine where she'll rank you.** If you start being a supplicating beta you'll drop down the hierarchy. If you start showing her a powerful alpha you'll rise up the hierarchy.

Time is a factor too, in a monogamous relationship, other men appear to be more alpha. The more she knows about you, the more loyal you are, the harder it is to compete with others. This is because you are competing with fantasies about other men that she whips up in her head. **When you exist in reality, it's hard to compete with fantasy.** If you're polygamous on your side there's a far better chance of your rule of the roost surviving. The competition anxiety drives her to continue to work for your affections. A fresh pre-wall woman will rather share an Alpha than settle for a beta.

Prying and digging into her past to find out where you stand on her internal hierarchy is a fools errand, you'll only be presenting yourself as insecure, which ironically will do damage to the very thing you're trying to figure out. It is however essential that you know where you stand, you want to be getting the best of your partner, not her sloppy ravaged seconds. You simply need to pay attention to the cues, **the manner in which she talks about ex's, how often she mentions them and most importantly how she treats you.**

The manner in which she talks about her ex's will reveal information in a typical femme paradox way. If you've been paying attention to anything around here you'll be aware that there's a cognitive dissonance between what a woman says and what's truth. If she speaks fondly of them, commending

their nice guy efforts, it's safe to say he was a soyboy, she probably left him because he couldn't satisfy her. If she calls him an abusive asshole, she was probably Alpha Widowed by Chad and you've got damaged goods.

The degree to which she mentions her ex tells you a lot too. Women tend not to have much of a logical filter, but rather an emotional blurt that best fits her current state of mind. When she mentions her ex it's because he entered her mind, how often this happens is quite informative. If she hardly mentions him at all it's because he hardly made an impression on her and you're shooting her lights out. If she's mentioning him here and there it's completely normal, it's a shit test. There's usually a transition period where she'll mention him more in the beginning and it'll slowly dissipate. As she gets to know you more and sees what a stallion you are she should forget about him.

If she's incessantly dropping his name in conversations and it's not really slowing down, she's still got his name branded on her ass. Get the fuck out of there. She was most likely Alpha Widowed and now you have to manage a thousand cock stare. It also means he probably sits higher on her internal hierarchy than you which never bodes well for your relationship. There are ways to turn it around, but I'm not a fan of them, **your efforts are better spent elsewhere instead of trying to compete for the affections of a single, wretched pussy.**

Lastly is how she treats you. If she's sexual, submissive, obedient, sweet and working for your affections, it's safe to say she holds you in very high regard. Wallow in your glory as her finest catch. If she's controlling, demanding, avoids sex, moody, not acting like a happy child, it's pretty safe to say you're her beta. She's interested in the resources you offer, but just not very interested in you. Get comfortable playing yes mam or get the fuck out of there.

Ultimately, your place in the hierarchy **is not something you should worry about, but rather be aware of.** You have no control over the value of her previous partners, you merely want to be aware that you're coming in at the top to ensure **you get the best of her.** You don't need to be the most alfalfa man on planet earth, just the most alfalfa she's ever had and she'll be treating you like the king you are.

**TL/DR:** *There is an external dominance hierarchy which we talk about quite often. However to a woman, her ex's are her internal hierarchy, tailored to her individual experience. Being at the top of her hierarchy is important, it dictates the dynamic of your relationship. The simple solution would be get a virgin, but unless you're 15 they're probably not too abundant, most will probably have to evaluate where they stand in her hierarchy and take action accordingly.*



# The Death of Santa

526 upvotes | December 21, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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As a kid, Christmas is an exciting time. You look forward to this great magical day when Mr. Fat fuck in his red suit squeezes his ass down a chimney and unloads a horde of presents under your sparkly little tree. There's no reason Santa does this, he just comes around every year to do fantastic magic things for you.

On Christmas day, you eagerly run down the stairs to find fat-ass has devoured some milk and cookies. He's also left you presents! You keenly open them up to see what the elves have made for you. If it's an american home it's usually a pile of overpriced shit so lil Johnny can brag to his friends how much Santa digs him.

You thank Santa and his Red balled reindeer for travelling around the world to give you gifts and then go about the day bouncing off the walls on your Christmas high. Your mind is filled with endless wonder about the North Pole, trees, socks and diabetes.

Then you start to get a little bit older. A little more skeptical. You realize you don't even have a fuckin chimney. Slowly the curtain starts to get pulled down on this magical fantasy, it doesn't quite make as much sense as it used to. One fine day your parents sit you down and drop a bombshell. They tell you that Fatty McFatfuck isn't real.

You don't want to believe it. Hearing your worst fears confirmed hurts like hell. It stings to think that it was just your parents pulling the wool over your eyes. There is no Red Nosed flying reindeer, there isn't even any elves. Just some 12 year old in Pakistan working 16 hours a day so you could tear open presents.

Christmas is never the same again. You'll never wake up again with that same fantasy fueled excitement, filled with hope and wonder as to what this Christmas brings. Now, well, it's just Christmas. A standard day, doing standard things, rooted firmly in reality. You still enjoy Christmas, who wouldn't, it has many enjoyable aspects, but the magic is gone.

Swallowing the Red Pill is a very similar experience. You live with these grandiose visions of women and love. You grow up thinking there's a soulmate, your very own unicorn waiting out there just for you. Someday you will meet them , time will slow down, doves will fly out of your asshole, you'll fornicate under the stars and love each other until the end of time.

Then you start interacting with women. You realize it's not quite as fairy tale like as you thought, there isn't even doves. You get a bit more skeptical, you start to see some gaping holes in your fantasy. You're chivalrous and honorable, protective and brave, yet you're not the prince she desires. She'd rather have Todd the butler with the bulging biceps, who glazes her face and never returns her calls.

You log onto the Red Pill and they confirm your worst fears, unconditional loving fairies aren't real. It hurts and it stings and you're angry. There is no soulmate princess who's gonna come and kiss your froggy balls. Woman aren't the soft fluffly little bunnies you thought they were. She doesn't even love you for you, she only loves what you offer.

Once you've seen the other side there's no going back. Just as you can't ever believe that some bearded buffoon is coming on a sleigh to deliver you presents, you can never believe in your soulmate, or virtuous women who love your dear old personality.

You'll never love women the same way again, just like you'll never love Christmas the same way. You know full well that every woman you meet's love is contingent on your behavior.

There's no peaks of infatuation like you had before, when you thought you had found "the one". When you thought your love was unconditional and could last forever. Reality can never compete with fantasy. Your experiences with women will forever be tainted by the truths you now know.

This may seem like a dampener, hell, sometimes even I wish I could just go back to being blind for a bit, and truly experience blissfully ignorant love like I did before. The highs were great. The lows were pretty damn low too though. When you don't know why what works works you usually cock it up somewhere along the line and every thing comes crashing down in a ball of tears, tissues and wankathons.

What you have now though is power. Once the Red anal suppository takes hold you'll never experience the highs like they were, you'll experience reality. You'll experience content and comfort, you'll make peace with the world as it is. Most importantly you'll experience power.

When your expectations are congruent with reality, you are able to shape reality. You'll know what to do to make it work for you and when it doesn't you'll know why. Your joy will be for what is, not what could be or should be, and eventually that will be all you know and it will be enough. There's a day that Santa/Fantasies died for all of us and instead in his place we just have Christmas/Truth. Make peace with it, enjoy it and have a merry fucking Christmas.

# Women Are More Promiscuous Than Men?

257 upvotes | January 7, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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The drive to normalize female promiscuity has been coasting along steadily in recent years, lapped up by every eager cock gobbler to justify their inability to repress their in-the-moment desire to get their clam filled.

Most recently, post wall, thousand cock honorary member [Wednesday Martin](#), with her book *Untrue*, which vehemently presses the point that promiscuity is in fact more prevalent in woman than in men. Her fempower compadres at every [libtard news organization](#) have [hopped on the bandwagon](#), giving this notion as much airtime as possible.

The primary study used to vomit up such a conclusion, found that women are twice as sexually dissatisfied as men after one year of partnership. This must mean that monogamy is a far greater challenge for women right?

**Well, not exactly.**

Interpretation is an issue as it usually is with feminists, wanting their cake and eating it. First there's no inherent differences between men and women, it's all a product of centuries of rigorous conditioning administered by the big bad patriarchy, then when evaluating a study such as this, all of a sudden women are inherently less inclined for monogamy than men.

They're closer to the truth second time round, **there are in fact inherent differences between men and woman** and we have to understand them, particularly as it pertains to sexual strategy, to better evaluate the results. When we do, the results are not all that fempowering.

Men have somewhat of a dual strategy. Alfalfa men naturally want to pound many women, they are driven to pollinate as far and wide as possible, luckily for them, they have the power to act on this urge. Beta boys also wanna pound loads of peaches, but have less power to act on this urge, nudging them into the provider camp to pick up the scraps. For this reason, they're far more likely to be satisfied with a single flower.

Women on the other hand are driven to select the most godly alfalfa they can get their hands on, but with a caveat of hypergamic monkey branching to a higher value male if the opportunity presents itself. Their attraction is singular, one high value fella at a time.

As we know over here at the RP, woman lust after the Alfalfas and settle for Beta boys, which creates a paradoxical relationship dynamic. The men that woman are **less** attracted to are more relationship inclined, while the men they are **more** attracted to are less relationship inclined due to more options. This skews the data from the start.

**Next, we have to evaluate the effects of a relationship on the females attraction levels towards her partner.**

An Alfalfa is able to execute his inherent sexual strategy(spread thy seed). To be in a monogamous partnership would require an abandonment of this strategy. He would only be able to spread his seed as far as his princess and his favorite baseball glove. The longer he sticks around, the more loyal and honorable he is, the longer he abandons his inherent strategy. The longer he gives up all oysters, for that one amazing oyster, the more beta(who is unable to execute his inherent strategy) he appears to be.

Comfort is a killer too, it's most common victim being attraction. In the beginning, she's not sure how all of this will turn out. Then a couple weeks go by, months, years and things begin to shift. Somewhere deep inside her lizard brain she's realized you're not going anywhere. Most guys on darker side of beta blue help her to this realization right off the bat. The more comfortable she is with you, the less she wants to fuck you.

Contrast this with how she begins to view other men she encounters, other Alphas (betas are invisible). They're fucking hordes of women. Unlike you, they're not on a strict diet of the same pussy on repeat. She instinctively on a biological level begins to wonder how much of an Alpha could you be if you're super happy with the affections of only your little princess yet these other guys are dropping girls like dominoes.

Women also tend to not necessarily follow the most logical train of thought in favor of a more emotional, feeling based operating system. When she first meets you, feelings are ignited, it's intense, fantasies are cooked up. Who are you? what do you do? how do you do it? It's a lustful, emotional peak filled with mystery and excitement. As time goes by she finds out more and more about you. She sees you're just a regular guy, who works, shits, has some off days, loses frame and tells her how he's feeling.

Contrast this with the other men she encounters, who she can look at through that same idealistic fantasy lens she once looked at you through. Who are they? What do they do? How do they do it? All of a sudden you seem pretty stale in comparison. Once you become her reality, you're always going to be competing against her fantasies.

Considering all this, it's easy to see why a women's attraction for men dwindles far quicker. **It's not that she's promiscuous**, wanting to fuck all sorts of members of the opposite sex the same way men do, **it's that she's hypergamous**. The men she's not dating, from her perspective appear to be so much more Alpha, therefore attractive than the one she's with.

The question for men to ask is, how do you combat such a thing? If a loyal, honorable relationship makes it all the more likely you'll end up on the cuck list, what do you do? Well, the answer is fairly simple.

### **You have to consistently display your market value.**

Women live for today, you could behave like an Alpha for years and then stumble into Betahood for a couple months and you'll become repulsive to her. She won't keep a golden scorecard, tracking your progress, giving you the benefit of the doubt. She'll look no further than how she feels today. It's up to you to be a person that no matter when any woman evaluates you, it's responded to with tingles and eyes of desire.

The way you display your market value is not necessarily by fucking everything in sight (which would probably work too), but by showing her **you can** fuck everything in sight if you wanted to. She has to be aware that she can be replaced on a whim. That her place is dependent on how well she behaves, and if she slips up, her spot is going to her best friend Amanda.

If you don't show her you can get other girls, she'll think you can't get other girls, which is why we end up with data such as this, because most men are being excessively chivalrous and honorable, showing blind loyalty when they should be showing conditional love, abundance, with a steady diet of dread game, while maintaining their looks and behavioral supremacy. You either keep showing Alpha traits, or you show blind loyalty long enough to become a Beta, your choice.

# Men Give Gillette The Middle Finger

944 upvotes | January 15, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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<https://www.youtube.com/watch?v=koPmuEyP3a0>

Gillette seems to have landed themselves in one of the largest advertising shitstorms in recent memory. Their latest virtue signalling flop goes on a lengthy, painful monologue about how the "misbehavings" of men having gone on far too long. It features all your favorite characters, toxic masculinity, mansplaining, cat-calling, "boys will be boys", painting an overall picture that modern men are pieces of shit and need to start doing better.

Now, I'm not sure if it's excess soy in the office coffee machine, or the extensive diversity training going on at P&G, but never have I seen a business stray so far from their customer base and completely miss the mark as spectacularly as they have. The customer relations team clearly took an extended Christmas break. A simple survey, or target market analysis would have forewarned them about the media tsunami they were about to sail themselves into.

This is what happens when you pander to a child. That screaming, screeching, emotion driven, reason-less, blue haired child, who has never spent a day in the real world. The one who shouts loudest, moans about how terrible the world is, and that she's owed it all. The one who most people simply ignored, let it kick and scream, make it's scene and avoided aslong as it wasn't them getting dragged into the courtroom on a #metoo claim.

The child who also just happened to be a massive minority. The one who doesn't speak for the masses and the one who certainly doesn't speak for men. You see, Gillette missed the pendulum swing, they missed Trump being elected, they missed Brexit, Bolsonaro, Trudeaux's current approval rating, yellow vest protests. They missed the signs. While the rest of the world was getting tired of that screaming, moaning child and started sending it to it's room, Gillette thought it's was the right time to feed it Candy.

I can just Imagine the boardroom discussion, filled with SJW hires, thinking they we're about to receive a world of praise for leading the movement against the big bad patriarchy, and all it's oppression's on woman, but instead were greeted with a vicious backlash and a valuable lesson, insulting and demonizing your customer base is probably not good for business.

They tried to justify it. Firstly as, "not all men", you know, the tagline libtard's use to shit all over if you used to try distance yourself from rapist and wife beaters. Secondly as, "well if you're offended by it, it probably mean's you". Meaning if Gillette/Venus put an ad together about Toxic Femininity featuring gold diggers, hypergamous cheaters, divorce rapists and attention whore's as their fundamental premise they wouldn't have batted an eyelid? Sure.

It's no secret big business has been fueling the movement to feminize society as much as possible and to put as much power in the hands of wahmenz. I can only hope that this is the beginning of a more consistent resistance to the Globohomo Clown world fuckery, hopefully reddit takes some notes too, but more importantly, hopefully we see more men being men. Men giving Gillette the middle finger is about the most positive sign of society wide masculinity I've seen in years.

# Behavioral Loops

790 upvotes | January 30, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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## The Slump

A few years ago I hit a period of abundance and prosperity. I sold my business, took an extended break and decided it was time to enjoy myself. I had just bought myself a new place and didn't have to roll out of bed if I didn't want to, things were really looking up. What I wasn't aware of at the time, was that this would be the catalyst for one of the biggest slumps of my life.

Prior to all this I was relentlessly diligent. I woke up at 6AM every day, worked out, worked, meditated, read, cooked and cleaned and went to bed on time. I built my business through dedication, hard work, commitment and a single minded approach. Friends and family were in awe of my work ethic. I had set myself a goal and I achieved it, I was right where I wanted to be. I sold up, got out and looked ahead to enjoy the fruits of my labor.

Upon my newfound freedom, I could spend my time doing whatever the hell I wanted. I traveled for a period before heading home and settling in. When I did, I had nothing in particular to work towards. There were no real responsibilities or tasks for the day that needed completing, no strict deadlines and almost no work. In the beginning I'd still wake up early, do my daily routines but over time they slowly started to slip.

I started rolling out of bed at 11. I started to skip gym days, I started to skip meditation days and I started to leave my shit lying around for days on end. I had so much time on my hands that I thought with every task that came up, what's the rush, I can do it later, and so I did. This became progressively worse as time went on.

With no clear direction of where I was going or what I was working towards I filled my days with going out, smoking weed, poker, video games, shitty food and porn. I think part of it was a hectic release after years of intense work and part of it was me simply over indulging. I started to feel like crap, I was cloudy, bogged down and unmotivated for pretty much anything. From a previously upbeat, confident individual, I was unrecognizable.

Eventually, an opportunity came along that really interested me. It resonated with my every fiber and I wanted to give it a crack. The time had come to put all this lounging around behind me and put my head down, there was just one issue....**I could not bring myself to do it.** Every time I wanted to get going I'd flake. I absolutely wanted to do the project, but when push came to shove I'd end up playing more video games, smoking a little more weed and fucking around some more. Its like there was some sort of wall between me and productivity, combined with a spectacular ability to rationalize procrastination.

## Introspection

As a previously disciplined work horse, this started to really bug the shit out of me. I had completely lost my work ethic. What happened? What changed? I took a step back and did some introspection. I evaluated what was going on with me internally and how it had all gone to shit.

The first, obvious point that stood out was my complete lack of direction during my unemployment. I was floating around from one day to the next without much thought as to where it was all going. I had no goals or plans and this allowed me to hit cruise-mode. I was left to be drawn to whatever cheap in the moment, feel good dopamine hits were available. I never had to suppress my short term

desires because there were no long term consequences for doing so, or so I thought.

What this spawned over time was an instant gratification machine built for short term satisfaction. I started making short term choices and it formed an insidious habit which had become an ingrained operating system. Then, when I had to execute a long term project that required discipline, attention and a delayed reward center, I was simply unable to do it. The habits I had built were simply in congruent with executing a successful long term project.

I realized the only way to get my mojo back was to breakdown my cancerous habitual loops while building up positive ones once again. I put together a plan for the coming weeks that I would try and stick to. I started exceptionally small and progressively built myself up. I wanted to make it simple, I wanted to make it manageable, but most of all I wanted it to stick.

### **Course Correction**

First, I started waking up a bit earlier every week. First at 9AM, then 8:30AM, then 8AM, and so on. I started smoking less weed, going from daily puff ups to every second day, to just one day a week. I cut back on playing video games, from 3 hours a day in the first week, to 2 hours a day the second week to one hour to every second day etc. You get the idea.

While this was going on, I began to incorporate and build up some more positive habits. I started meditating again. 5 minutes everyday for a week, then 6 the next, then 7, then 8. I started to gym more diligently, twice a week, then 3 times, then 4, then 5. I started to read everyday again, 10 pages a day for the first week, 15 pages a day the second week, 20 pages a day the third week and so on.

Over the course of the next few months my entire life routine began to change. I slowly but surely started to burn the bad habits while simultaneously sticking to the fruitful ones. Executing anything was hard as shit in the beginning, the resistance was strong. Every time I'd come home the urge to suck in a breathe of dopamine was kicking every corner of my soul, but I stuck to it, I resisted the temptation. Over time it slowly became easier and easier and eventually It got to a point where I barely had to think about it.

Somewhere during this process, I started to feel more energized and motivated again. The accomplishments of my small tasks began to snowball. My ventures grew larger and larger until eventually I had made enough of a mind shift to get stuck into my project. I hopped on board and got truly involved. It consumed me and I loved every minute of it. I lead it competently, with passion and direction and today it sits firmly as one of my most successful endeavors.

### **Summary**

I could never have achieved anything of worth trapped by the mindset I had slipped into. My shit mindset only bred and produced more shit. I felt like crap and couldn't propel myself in the direction I wanted. The more concerning issue is that my slump mirrors the upbringing and lifestyle of millions of millenials and Gen Z's. A lifestlye of abundant comfort, with excess availability of cheap dopamine hits while baron of any meaningful direction.

What this leads to is hordes of men hitting adulthood incapable of competing. They feel shit, empty and devoid of any purpose and don't have a clue how to fix it. They haven't built the tools, they haven't built the habits and they haven't built the routines. This leaves them stuck in an endless rut of porn, social media and job hopping.

I was fortunate enough to have a prior, successful blueprint to pull myself out of my slump, but for most youngsters today they're simply stumbling through the dark and the ones who aren't are too

dependent on quick fix's to make anything stick.

If you want to make meaningful change, you have to be in it for the long haul, you've got to do it from the bottom up. You've got to have a plan and you've got to stick to it. You have to break down your shitty habits and build up new ones, slowly, over a long period, one step at a time. There are no shortcuts, it will take years, but the pay off is a lifetime of abundance and prosperity because you've built a disciplined, effective, well oiled machine that works for you. **We are what we repeatedly do.**

## Lessons

- **Cognitive Retraining** - My process was a form of therapy, breaking down negative patterns and building up more positive patterns in their place.
- **Goals** - They are your beacon in the distance. They're the reason you endure a bit of shit today, because you know it has a pay off down the line. Without them you'll be gripping at short term satisfaction time and time again.
- **Habits** - You are the sum total of all your habitual loops. The more we engage in these habits, the more dependent on them we become, the harder it becomes to alter. This is why it's vitally important to build up habits that aid your goals instead of inhibiting them.
- **Routines** - Your various habits that you engage in throughout the day become your overall daily routine. Your daily routine is your comfort zone, your repeatable operating practice. You want to ensure you're engaging in a routine that directs you towards where you want to be. The longer you stray, the harder and more uncomfortable it will be to divert yourself back onto a favorable path.
- **Small Changes** - Cold Turkey may work for some, but I personally prefer to slowly make changes. It makes the entire process more manageable and reduces the odds of a full relapse. You build up your foundations slowly while your neural pathways adjust.
- **Patience** - Changes take time. As long as it took you to get into bad habits, it will take you just as long if not longer to get out. There will be days of struggles and difficulty along the way, but that is where your goals come into effect, it's the resource that fuels the fire that keeps you on track.
- **Feelz** - Human beings are built to compete, our desire to rise is our fuel. As we grow and conquer further we feel more accomplished, competent and powerful. While I lounged around, I was losing ground and I felt it, I was empty. When I got the ball rolling again, I had a direction and a purpose. It lit a fire inside of me that brought my life meaning.



## She Wants You To Take Control

231 upvotes | March 4, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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I recently stumbled across a fairly comical post titled "My boyfriend is training a dog that shares my name. It turns me on so much". As entertaining as it is, there's a lot to take away from it, particular as it pertains to a women's response to a man taking control.

She begins describing:

He talked about how she was having issues being rough with other dogs and described how he'd discipline her if she misbehaved and reward her when she did well. I started to get turned on hearing about it

With the dog sharing her name, she's able to envision herself as the one being taken control of. She thinks about herself being disciplined for her bad behavior and being rewarded for her good behavior. Thinking about her boyfriend taking control in such a way turns her on.

She continues:

I found I've been going to his work more often and trying to watch while he's training Molly. There's something about watching him snap his fingers and shout my name in that commanding tone of voice that just makes me weak in the knees. At one point yesterday, he knelt down and started scratching her ears saying "Good girl Molly, good girl!" and I just about lost it.

She's going out of her way to go and watch him be in control. Watching him take command and turn her namesake into his subordinate, this really gets her going.

The next time we had sex it was all I could think about.

Thinking about him being a leading, strong, dominant man, go figure.

It's no secret that women are drawn to strong powerful men. Her experiences mirror my gf or ex's that have popped into my work and seen me giving people instructions or reprimanding them. They've all remarked at how it drives them wild, more often than not followed by them trying to jump on me in my office.

This mechanism is inside all of them, they all want a man in control and they all get turned on by it, although most men pedestalize them far too much to ever unlock it. They're too lost in fantastical blue pill notions of us being a "team" and "we make decisions together" while going home to missionary for only the 3rd time that month. You need to take the lead.

This is not to say you should go out and buy a box of doggy treats, but rather don't be afraid of being firm, taking control and dictating proceedings. Talk clearly and directly, make your desires known. Let her know what you want to do and let her know what you want her too do. Give her instructions and make sure she follows through with them. If she's out of line reprimand her and punish her accordingly.

She likes a man who is able to shape the world around him to serve his imperative because it shows he's competent. If he's competent then she doesn't have to worry about all the big bad troubles the world throws at her because she's got you. She wants you to take control so she doesn't have to.

# Your Story

568 upvotes | March 20, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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A massive majority of men frequent porn sites and an even larger majority of men have at least at some point engaged with some sort of pornography. This is because men react to visual stimulation. They see something they like and they wanna stick it. Their arousal is ignited by visual cues like tits, body, ass, lips etc.

Women operate differently. They do not frequent porn sites nearly at the same rate as man, something in the region of 4 times less. What women will do however, is flock to book stores in droves to grab a copy of the new 50 shades of Literotica. This is because a women's arousal is far more narrative than it is visual. She's interested in the story, the fantasy. Who the characters are, what they represent and visualizing how she would feel engaging with all that.

When she's engaging with you she's placing herself in the story you're conveying to her. She's constantly trying to gauge if it's a story that she'd like to be a part of or not. If it's fun, exciting, filled with wonder and thrills, she'll be drawn to it. She'll want to explore it further and see where it goes. If it's mundane, stale and stuffed with the same old boring story line she hears 5 times a week she'll opt out fairly quickly.

Building an arousing story is less about sharp talking and slick lines, and more about not killing her fantasy. A women's default setting is already fantasy, she does most of the building all on her own. They're all going out with notions of Chad, hoping that tonight will finally be the night where he'll come in and sweep her out of her mundane existence and sail off into the sunset. The problem is most men are so good at promptly murdering that fantasy.

They're so stale when they talk to women, it plays out like a job interview. They ask 20 questions, or they start rambling about their accounting job. They'll tire her with stiff conversations about their stereotypical western lives. They don't have any meaningful goals or direction and aren't particularly skilled at anything. She can smell how much they pedestalize her and slobber for her approval. Inevitably, she loses interest. If they're not excited about their own stories then she certainly won't be.

Interesting stories however ignite her arousal. Stories about interesting men who've done fun shit and have grand plans for the future. Stories that show you're ambitious, fun, mysterious and little naughty. Stories that are thrilling and adventurous. It needs to convey your passion, your masculinity. Be playful, flirty and keep her wondering what comes next. Through your confidence and energy she'll see a story she craves to be a part of. When given the right fuel her fantasies can run wild.

It doesn't end at just approaching women though, it continues throughout your relationship. What story does your time together look like for her. Does your future look exciting, filled with adventure, prosperity and success or does it look dull, uninteresting, filled with beer bellies and Friday nights at Applebees. This is why so many couples fall apart right after marrying, because the magical story of a future white wedding and happily ever after gets replaced with "marriage is work" and divided house chores. When the best part of the story is in the rear view mirror rest assured she'll gladly branch swing to a story that seems a whole lot more exciting. A woman always needs something to look forward to.

Ultimately your story is yours, so don't be editing or curating it for any women. She either needs to gel with your story or she's not worth it. Do however, become someone with a story to tell, it isn't

gonna write itself. Learn how to express your story in a way that makes it fun, no one is gonna tell it for you. How people tell their stories is often a reflection of how they feel about themselves and where they're at. When you're living an exceptional story that flows out of you, people will naturally crave to be apart of it.

## "He Doesn't Deserve You"

2 upvotes | April 10, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This is a statement routinely peddled from one women to another. It's usually an attempt solidify each others status as high value unicorns who are somehow unique or special and too good for the men they're with. Paradoxically, these women are usually anything but special, with nothing more to offer other than their tits and their asses, commodities freely available to every corner of the globe. They still feel special though, because they have enough thirsty betas drooling after them, with the occasional Chad dropping by for a pump and dump. This is how the modern female self perception has manifested itself.

On the other hand males self perception is sinking progressively lower, you'll almost never hear a man being told he doesn't deserve his partner and it's even rarer for him to think it himself. It's shockingly clear every time I read up on askTRP. Without fail there is always a post about some man keenly questioning, begging for a path forward in his relationship, hoping that the answers he receives can help him salvage his sole pussy supply. He'll detail his struggles with his partner talking to other guys, disrespecting him in public or not showing an interest in the relationship at all. He'll then trickle truth how she treats him like trash in it's entirety.

Despite doing most of the legwork in the relationship, so many men are willing to put up and settle for absolute trash. The feminine imperative is so deeply rooted inside the psyche of modern males that they are all but ready to run through traffic to keep it going. They instinctively assume the role of lucky-to-have-her boyfriend, cutting out all contact with other women, excessively expressing their love, taking care of all needs, all the while thinking that their partner is special or unique. She, on the other hand plods along thinking she's doing him an absolute favor simply by existing. They think this dynamic is normal, they think this what they deserve.

Overturing this insidious narrative takes some serious mental gymnastics. You have to filter out the lifelong poison and refresh the water with some perspective and practice. When you come out the other side you're hit with a harsh truth. Most of the time, **she doesn't deserve you or your efforts.**

Most of these women are not fit for LTR's, they're disrespectful and entitled thots. They do not add value and they're not special. Pump them, dump them, glaze their faces, I don't care, but sweet Jesus do not give them the privilege of your valuable commitment. Have some self respect and put a price on your time and energy. Let it be earned, let it be worked for, give it only to those lusting after your attention. Only once you start valuing yourself, your time and where you invest it, will you start to yield returns.

To get an idea of the sort of a relationship worth settling and investing in, you need to have experienced deep, passionate feminine desire. The type where a women behaves like a beta male about to get a whiff of his unicorn. That is what women morph into in the presence of a man they truly desire. That is how they behave when they truly and utterly need the man in front of them.

When they talk to him they get nervous and hair twirly while stumbling over their words. They'll blush and boast, trying to qualify themselves as worthy. They'll clear their schedule, and reply to messages with eagerness. When they get the opportunity they'll fuck him with vigor, trying to lure him in with their sexuality. They'll excuse him, defend him, lose friends for him and pay for him. She'll always maintain a sweet, loving and caring disposition because she know's she's lucky to have

him.

He won't have to tell her to not flirt with other guys in front of him, or disrespect him in public. He won't have to tell her to not be angry or moody. He won't have to tell her how to treat him well. She knows how to do it, and she'll do it for him willingly because she doesn't want to risk losing her perfect catch. She knows full well there is a bus load of other women who long for her place.

All the while he knows his value too. He sticks with her because *she* is serving *him* in every way that he desires. She does what he wants, is loyal and adds value to his life. She makes his days more enjoyable, not stressful or challenging. She earns the privilege of being his LTR, but her place beside him is never fully secured. It lasts as long as she serves him well and keeps him satisfied. If/When she slacks off, he's gone, back into the wild, to enjoy another of the many women willing to serve his desires.

This is the the only type of love worth settling for. I'm not going to be so delusional(as our female counterparts) to say you deserve it though. You get what you earn and you get what you settle for, that responsibility lies with no one but you. You need to put in the work and effort to build value, and you need to learn the awareness to know when you're being treated like a valuable man should. If you haven't cultivated either of these tools then you're not ready for an LTR.

Know what you want, and work towards it, but for god's sake stop settling for mediocrity.

## "He Doesn't Deserve You"

424 upvotes | April 10, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Know what you want, and work towards it, but for god's sake stop settling for mediocrity.

# Leave Her Wanting More

1 upvotes | April 22, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Went for a night out on the town with a friend of mine recently. He's single and hungry so we head to a pretty popular bar that's just opened up. It's the new trendy spot in town, and they have no shortage of tight, fit, young women.

As we arrive we see a group of our friends and go over for the pleasantries. We notice a couple of tall, tanned brunette stunners, standing alone outside. They're peaking over every chance they get, looking around the bar, it's pretty evident they're waiting to be approached. One of them leaves to go inside and the other whips out her phone so she doesn't look like a loner.

My friend wastes no time going in for the opener, walks up to her and says "you look lonely" and she responds with a little laugh. They start going back and forth with a little banter, she's receptive. They're standing pretty close so I can hear most of their conversation, she's definitely interested. She's puts away her phone and gives him her undivided attention. He's flirting with her, asking questions and she's responding with some of her own, all the signs are positive. Her eyes are on him, her voice is enthusiastic, she's laughing, it looks like his little endeavor is heading for a favorable conclusion.

Fast forward about 30 mins and he's still chatting to her, still going back and forth, although I can see her body language is starting to fade. She's looking around more, not being as attentive. Her responses are less interested, less enthusiastic and she's starting to get bored. My friend is clearly picking up on this and tries to poke a little more but she's already thinking of her exit plan. Eventually she tells him she's gotta go find her friends. He goes for a Hail Mary and asks for her number. She reluctantly, but politely gives it to him, but I can see it's over, it's almost certainly going to be a double blue tick or wrong number.

What happened to him is what happens to most guys, he talked himself out of it. Bar's are a hyper competitive environment, it's a modern day meat market. She's being approached all night by hordes of thirsty men. She is hoping that one of them is going to be that fantasy guy, so if she is the slightest bit interested in you she'll be more than happy to hear you out, but only up until she can confirm that you're not. As she engages more, she'll deduct points. Every little thing that shows how average you are will take away more and more until she is able to disqualify you entirely. By the time he asked for her number he had already blabbed out so much unnecessary drivel that she pegged him as just another common bar boy.

The truth is once a woman hears out any man he's dull in comparison to her fantasies. Which is why you need use her desires as fuel instead of diffusing them. If the lay is on go for it but the majority of the time she'll be far more intrigued if you make your impact, give her a little taste and leave her longing for more. Quick, playful banter that ignites some tingles and then disappearing. For my friend this was after 15 minutes of playtime. She was still deeply engaged, lapping up every word coming out of his mouth. She didn't know who he was, what he did, where he came from, she just knew he was a handsome guy, with a confident, playful demeanor. He could have easily nicked her number and moved onto other women.

When he messages her, she'll be desperately curious, eager to find out more. She'll need to know who the cute, cocky mystery man from the bar really is. She'll jump at the opportunity to share a night with him to explore her fantasies further and hopefully obtain answers to her questions.



On a date, the playing field is entirely different to the intensity of a bar, you'll have her undivided attention. Her defenses will be lowered and she'll already be somewhat invested, the next few hours will be entirely committed to you. You'll have already built a bit of rapport while having ample time to steadily build desire. You just need to ride the momentum, have some shred of game and most of the time, you'll do ok.

Fantasy is a feature of the female mind rather than a bug. They're always wanting more, always wanting to figure you out, once they do it's over and the fantasy crumbles. The guy who's she's gonna run after is the one who she can't figure out. The one who remains a mystery and this is why I firmly believe in never laying out all your cards upfront. Give her short bursts and then pick it up later on so she can hamster about you in the meanwhile. Do this with many women, approach as much as you can and soon you'll have a roster of excitable women longing for more of your allure.

# Men Love Emotionally, Women Love Sexually

544 upvotes | April 23, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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It's no secret **men are the gatekeepers of commitment, while women are the gatekeepers of sex.**

This is because **a man's prime directive is sexual conquest.** Upon meeting a woman his biological imperative is to obtain sexual investment, which equates to genetic diversity. The quicker he can secure her sexually, the more efficiently he executes the ideal masculine imperative. For this reason women gate keep access to their sexuality, only allowing passage for men they deem capable.

**A woman's prime directive is emotional conquest.** Upon meeting a man her biological imperative is to obtain emotional investment, which equates to commitment and security. The quicker she can secure his commitment, the more efficiently she executes the ideal feminine imperative. For this reason men gate keep access to their commitment, only allowing passage for women they deem capable.

In any encounter the greatest indicator of where the balance of power lies is in who more readily concedes their imperative. A man who is able to make a woman easily concede sex without giving any commitment is holding the power in all of his relations. A woman who is able to make a man concede commitment and emotional security without giving any sex is holding all the power in her relations.

This of course operates on a spectrum. Some male/female relations entail one party conceding very little and obtaining a lot, while others are fairly balanced, where both are conceding/obtaining in fairly equal measure.

**This fundamental equation generally dictates how most men and women love.** The more a man desires a woman the more emotional investment he usually gives, while the more a woman desires a man the more of her sexuality she usually gives.

Each gives what they think the other primarily requires in an attempt to bargain goodwill to obtain their prime directive. A man who desperately desires a woman gives more of himself emotionally to get more of her sexually, while a woman who desperately desires a man gives of herself sexually to get more of him emotionally. This however is not how the fundamental equation operates.

**The fundamental equation operates on an inverse principle.** You will not be rewarded with more sex for giving more commitment, just as she will not be rewarded with more commitment for giving more sex. The lower the price of sex or commitment the less the other party will be willing to pay for it, this is simple market dynamics.

**The leverage lies in withholding what the other desires most until your imperative has been fulfilled.** For women it's not giving sex until they have a man's commitment. For men it's not giving commitment until they have a woman's sexual investment.

When you evaluate your relationships, it should become blatantly clear where you stand. If the women in your life are reluctantly giving you sex coupled with an exceptional amount of emotional investment from your side, then the power lies with her. If your women are giving you an exceptional amount of sexual investment coupled with very little emotional investment from your side, then the power balance lies firmly with you.

The purpose of a Red Pill perspective is to always have the pendulum firmly on your side of the power scale. To ensure that you are always in control of the encounter. This usually equates to you

having to give far less than you ever receive. **You are then in position where you control the market, rather than having to bargain.**

# Female Fantasy

486 upvotes | May 22, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Men and women alike are idealistic. They both view life through a fantastical lens filled with grandiose visions of where they would like to be or how they'd like their life to be. They'll often long for a better job, better house, better city or a better partner. We all want this mythical "better" that's out there, it's our human nature to long to improve our lives and ourselves.

The key difference between female fantasy and male fantasy, is that men tend to ground their fantasies with more logical truths and rational perspective. They are forced to filter them down because no one is going to perpetuate a delusion. No one is going to take responsibility for their mishaps and no one is going to take the initiative and help them along to a soft landing. Men who live in wonderland pay the consequences for it.

Women on the other hand are more free to live in fantasy land. There is seldom consequence for conveniently living in a perpetual state of delusion, in fact most of the time most people will endorse their delusions. There is seldom forces that bring down their fleeting fantasies into harsh realities. This leaves women and their feelings far more attached to their fantasies than men.

The ultimate female fantasy is the UberChad. The prince with a 12 inch dick and 4 story mansion on the hills that's coming in to swoop her out of her mundane existence. She hopes that every new man she meets will turn out to be him, and if not, the closest she can get to him as possible, which is why women are quite accommodating to approaches. They want you to be that guy, they want you to be the fantasy that finally lands in her lap. Provided you pass the initial visual filters, she'll be happy to hear you out to see what you're all about.

Where most guys get it horribly wrong is they murder this fantasy all too quickly and bring her crashing back down to earth. Upon meeting her they'll overshare with scripted conversations, filling the gaps with boring details. By the end of it they've painted a picture that's anything but magical. Her hopeful flame withers away and she loses interest, she realizes they're just as average as the 200 guys that's come along before them. Naturally, she moves on to the next guy, hoping that maybe he will be the one to fulfill the fantasy.

The guy who profits most out of his encounters with women is the guy who's able to feed the fantasy better than anyone else. The guy who keeps her in a state of wonder, excitement and mystery. The guy who conveys an interesting life and job, but more importantly, the guy who knows how to appeal to her idealistic nature. You do this not by oversharing every little detail of your natural born life but by letting her in on only the juicy bit's **while letting her hamster do the most of the work.**

The unknown is food for her hamster, what she doesn't know about you she'll fill in with the most idealistic, interesting version of you possible, fantasy is a women's default setting. Keep your job a mystery and she'll fantasize about you doing some high level, important swindling. Keep what you do with the other women in your life a mystery and she assumes you're having routine orgies every week. Keep how you spend your time a mystery and she assumes you're doing some epic, thrilling activities. She can't help herself but to let it her mind run to idealism.

You do however, need to assist her in building fantasies. Let her in on the most interesting snippets of yourself, tell her about that pilots license you have, the dancing class you give, the 3 countries you went to last year or that deep sea diving trip you just got back from. Tell her all the wonderful

exciting things that she can build her fantasies around. She'll quickly construct a picture that appears to be quite exciting, filling in the blanks with her hopes and dreams.

Leave out all the boring pleasantries that most guys love talking about. If your job is boring as shit, don't talk about it, or at least make it sound interesting. If you have no particularly interesting hobbies to build off, then you actually are pretty boring and it's no wonder women aren't too amazed by you. Leave out the common self deprecating lines that guys seem to think is cute these days, it really isn't. Let her take the journey and figure out things for herself.

In reality no man is really the superhuman twat she dreams about, but that won't stop her from fantasizing about you being him. Use this tool, feed her arousal and let her hamster do most of the work for you. Be mysterious, ambitious, vague and exciting, giving her just enough that she knows you're interesting, but not enough to know your story. You'll find her own mind takes her to more interesting places than you ever could.

# The Current State of Affairs and How we Got Here

1 upvotes | June 12, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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# Traditional Girls

403 upvotes | June 25, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Gender roles was once a functioning dynamic. A man would be nice, chivalrous, respectful and providing. He'd open the door, pull out the chair, pay for dinner and stand when a women entered the room. These were valued characteristics in a man. In return for his chivalry, he'd get a women who was feminine, classy, polite, innocent and respectful. Both him and her would be flexing their potential as good long term partners, displaying a propensity to be great mothers and fathers and heads of a family unit. It was a transaction, traditional father for traditional mother.

The core of blue pill thinking is that you could still be this nice, chivalrous gentlemen and women would still value you for it. As so many here have learn't the hard way, this is no longer the case, the rules have changed. Chivalry and niceties only display your stellar providership potential. Unless she's post wall she's not looking for a father figure or head of the house, she's looking for Chad to plough her into next week. The transaction no longer functions

It's hard to rewire your conditioning and many men still long for these traditional girls of old. So when they meet a church girl, or a self confessed traditional girl, their ears perk up. They think she could be the special antidote in a sea of modernity. However, these girls are nothing more than a trojan horse, strolling through the gates to wreck you from the inside out.

She still wants you to open the door, pull out the chair, pay for dinner and stand when a women enters the room. She still expects all the benefits of old, but in return you won't get a classy, polite, innocent sweetheart. You'll get a common lass who dresses like a tart, screeches like banshee, has been railed by the football team and has zero respect for the masculine "role".

This is because women are a product of the time they exist in, therefore traditional girls can only exist in a traditional society. The culture, norms and most importantly consequences for not being traditional need to be firmly in place for a tradgirl to exist. In a modern world where none of that is in place, you'll only get a modern women. Except you'll get the worst, most toxic kind who on the surface appear to be all you're looking for, but at their core they're simply hand picking all the rules from the old and new world to so they can have it all.

In essence, they're not looking to make a trade, traditional for traditional, but rather looking for a servant. Society has allowed the feminine hivemind to reach a point where they feel they are entitled to have their cake and eat it. She is unable to conceive of the transactional nature that gender roles formerly used to operate upon. This is documented perfectly in a recent [study](#) suggesting women who expressed traditional gender role beliefs, were most likely to engage in a foodie call and find it acceptable. Your [Russian](#), Asian, Greek, Italian girls in the west are prime examples of this.

Don't be fooled. AWALT.

# A Happy LTR is Finding The Line Between Dread And Comfort

183 upvotes | August 15, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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You'll routinely hear about the perils of too much comfort within a relationship. How showing excessive investment and letting her know how irreplaceable she is routinely leads to worse treatment and worse behavior. This comes as no surprise. She'll instinctively have learnt over time that she doesn't need to behave or treat you particularly well to keep you around. The less effort she has to put in, the less effort she will put in. Most here have fallen victim to this at some point in their lives, and wound up her, on TRP.

To remedy this, and snap out of these comfort spraying habits, we generally prescribe a high attraction, short term mate strategy, based around alpha behavior that inevitably has a high level of dread. The idea is that the dread and competition anxiety keeps your women's behavior in line and makes sure they continue to treat you the way you desire.

Most, however, at some point or another, want to make the move from plate territory into an LTR. When this happens those who have swallowed the pill tend to have a habit of veering too far to the other end of the spectrum. They compensate for their early years of comfort spraying by running dread, hardcore alfalfa game as a base operating practice throughout their LTR. The issue with this is that keeping your long term partner incessantly on the edge of their seat 24/7 comes with it's own set of problems and inevitably it will fall apart.

In the beginning she'll get in-line, treating and fucking you as well as she possibly can to maintain your favor, but after a while, as she invests more and more time and effort into the relationship, she'll start to need some form of re-assurance, some comfort that she's not spending all of this time and energy in vain. She'll want to feel that in some way she's making a dent on your rock hard exterior.

If she doesn't get it in some form or another she'll likely start to become weary and worried. She'll become more distant and anxious as a defense mechanism, preparing herself for the likely moment you leave. She won't be able to let loose and have fun or enjoy your company because she's constantly walking on egg shells. Either she'll crack and leave in search of more comfort or be naggy and needy like an unloved puppy. This is where most people end up on askTRP saying I did everything TRP says and she left me or is acting worse, when in reality she simply needs more comfort.

LTR's by their very nature are somewhat beta. Your foregoing slaying all other pussy for one. Behaving strictly like an Alpha male is incongruent with it's very foundation, you'll need to employ some beta behaviors to make it function, but you need to do it smartly and effectively. You need to find a suitable balance where she at least know's you care, that she isn't heading out the exit door at any moment, but at the same time knows that she can't do what she want's. This is the sweet spot between dread and comfort, alpha and beta.

Employ simple comforts like taking her out when she's behaving well, texting her with an adequate level of interest here and there, telling her she looks cute when she does, but hold firm on subtle dread like maintaining your appearance, career, fitness and goals. Ride this line and you'll generally get the best out of her. She'll be respectful, invested, fun and playful, but at the same time aware of your ability to replace her should she start to slack.



There will be times where she'll naturally push your boundaries, and you'll need to react more harshly. These times call for a little more direct dread, like talking to other girls or going mysterious on her to bring her back down to equilibrium. On the flip, when you're dreading her a little too hard and she's showing signs of distance or anxiety, you'll need to show a little more affection and comfort to get her back up to the sweet spot.

Hold this line, tweaking up or down when required and you'll maximize both your and her fulfillment within your relationship.

# Kickstarting Adulthood

589 upvotes | September 17, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Leaving high school, I was pretty clueless. I had my entire adult life ahead of me, with endless possibilities but no clue about where or even how to get started. I had no life, work and limited women experience, but there I was, faced with decisions that would ripple through the rest of my life. My parents were around, but they were completely disconnected from the reality that I existed in. The world they grew up in a time that was completely different to mine, hence the advice I got was pretty generic, outdated and uninspiring.

The decade or so since then was a roller coaster ride. I traveled a large portion of the world, studied and had a few different jobs. I learnt new skills, hobbies and put on a considerable amount of muscle. I had plates, dates and LTR's, going through a few honeymoons and heartbreaks along the way. I've made friends, lost friends and moved cities. I built a business, lost it and started others and made successes of them.

Today, I find myself in a really great space where I'm doing fairly well but more importantly living well and enjoying the challenges that life throws at me. I enjoy what I do, the people around me and how I get to spend my time.

I certainly don't know it all but through the journey I've become alot wiser, knowledgeable and more competent than I was back then. I thought it would be useful to share some of my learning over the years, particularly the key points that I wish had known when I started out. Things I learnt through trial and error by banging my head. Things that would have saved me and hopefully will some others a whole lot of pain and struggle through the years.

I'm also in a position age wise where I'm not so far away from my teens that I can't relate to the youthful experience, while at the same time being far enough to have lived and learned somewhat.

These are the most important lessons:

## **Friends**

When you're in high school, you think you and your friends are gonna be tight forever, I know I certainly thought so. The reality is that people have different goals for their lives and take different paths. Some will go to different colleges, some will get different jobs and some will move to different countries. It's almost inevitable that some of you drift apart at some point.

Others you'll find are simply in congruent with what you want out of life, sticking around with them will only hold you back. Who you are as a kid isn't necessarily who you'll be as an adult.

Don't have oneitis for your high school friends or be afraid of leaving some behind to pursue your goals. Some will stay, some will go. You'll meet different people along the way, make new friends and build new connections.

## **Money**

Save/Invest money, stay out of debt.

You can never start saving/investing money too early. If you start saving/investing money when you begin earning it, you will build a healthy saving/investing mindset, if you start spending it recklessly when you earn it, you'll have a hell of a tough time breaking that habit.

The amount of guys I see in mountains debt or with absolutely no savings in their mid to late 20's is

astounding. This shit plagues you into your 30's and you're always playing catch up. Enjoy yourself here and there, but use your excess money and not your savings.

If you do things right, you'll reach financial independence far quicker and be able to invest in opportunities that you feel passionate about. This can literally make or break your entire career and how long it takes you to get where you want to be.

## **College**

I'm not a die hard college advocate, you can be successful with or without it. It all depends on who you are and what you want out of your life. If you want a career or to specialize (STEM), then it's a fairly necessary foundation. If you want to be an entrepreneur, then it can be useful but it's not necessary. Far more depends on your attitude, work ethic and grit. One thing you should absolutely not do is study a piece of shit degree just to make up the numbers, then rather go work or travel.

The other factor to consider with college is that it's a great environment to interact with women and build a strong male networks. It's probably your last stop before full blown adult responsibilities, so enjoy it and make the most of it, but don't fuck around. How you approach life then spills into your post college behavior and you want to build strong foundations.

## **Work**

If you're studying, I recommend working part time alongside your degree, waitering worked wonders for me, but anything will do. It gets you interacting with adults and customers on a professional level, teaching you how to deal with clients, bosses and colleagues. It teaches you about how to manage your time and energy, while building work experience and finances, which will all be exceptionally useful when you hit the job market.

I earned a lot of cash (sadly blowing a lot of it too) as well as being offered a management position at my place of work while simultaneously studying. I eventually used a lot of this money to kick start one of my businesses when the time came.

If you're going directly into the work market, find a field of work that resonates with you and work your ass off. Stand out from the crowd and push yourself. Don't job hop a thousand times, build goodwill, progress yourself and build a solid skill set. Employers notice good employees and invest in them. Get far enough down the line that you're able to start something for yourself if you desire.

## **Network**

Sadly, your success is seldom determined solely by what you have to offer. A massive part of it is who you know and how you interact with them, particularly in business.

You want to build up a solid network of people who can open doors for you. Befriend and nourish relationships with people who are motivated and competent. When the time comes, you will get opportunities or investment ahead of other people because of the goodwill you've built up.

Don't just be a leech though, give value if you want to take value, look after and maintain these relationships. I can attribute a large portion of my business success to the assistance I got from other people, who helped me in times of need and gave me the edge in times of abundance. I have returned the favors in many cases.

## **Gym**

Lift, lift, lift, lift. Lifting quite literally transformed my life. As you get bigger people tend to respect you more. You have more of a presence and people notice you. I went from quite skinny to pretty

beefy and the change in the way people perceived me was noticeable.

Because of the increased respect and attention you get, you get caught up in a positive feedback loop which enables you to build up much more internal confidence and be more sure of yourself. This spills over into and positively affects all aspects of your life.

It doesn't hurt that it also ramps up your SMV and enables you to get much hotter women.

## **Health**

Going hand in hand with Gym is health. You only have one body, one mind and it has to get you through the rest of your life.

I see so many guys ripping themselves apart in their 20's, at such a young age, drinking, smoking and taking drugs excessively. It won't haunt them now, but it will certainly come back around later in life.

Enjoy yourself, have your fun, but know when enough is enough and realize you're playing a long game.

## **Appearance**

You can be the nicest guy in the world, with the best intentions, but unfortunately human beings will to some degree judge you based on your appearance. You want to make sure you display yourself effectively to ensure you give yourself the best possible chance of success.

I would rock up to meetings and work looking tatty and despite my work ethic, I was overlooked. It was only once I presented myself professionally and looked the part that people took me more seriously.

Dress well, get your clothes fitted, get a good haircut, put on a nice pair of shoes. You'll notice the difference in how colleagues, associates and women treat you.

## **Women**

As is with most young men, women occupy a massive portion of your head space. You think every interaction or relationship is such a big deal, hell, I thought my first relationship was "true love".

The reality is, the pussy you go through now is just going to be a blimp on your radar one day. Your youth should simply be your pussy education. Experience as many of them as possible, have variety and try different things. Try different sizes, different heights, different hair colors and different personalities. Try plating them, FWB them, hell even LTR'ing them(just don't have expectations).

The larger your pool of reference the better you will understand women, their workings and their behaviors. This will enable you to be more effective interacting with them. Always remember that no woman is special, no woman is irreplaceable and no woman is worth selling your soul for, there's millions of others out there that could replace them in an instant.

Enjoy it for what it is, while it's good and when it's not, move on.

## **Attitude**

You're not inherently special, the world doesn't owe you anything, you can't have it just because you want it and nobody is gonna do it for you.

I can't stress how pervasive these attitudes are in larger society. Kids get pandered to so much in school and at home that they can't function once they get thrown out into the real world. They're unable to come to terms with the fact that nobody will ever care for them the way their mother and teachers did.

The truth is you get what you give. If you want something you're gonna have to work for it. If you wanna feel special then you're gonna have to do something special.

Take responsibility for what happens happens in your life, good or bad. It's pointless blaming factors you can't control, instead work tirelessly on the factors you an control.

My life took a massive upswing when I stopped blaming other factors, people or bad luck and instead looked at myself for everything that went right or wrong. It empowered me, I was no longer a victim of my circumstances but rather the master of my own destiny.

### **Be A Salesman**

The product is YOU.

I've seen exceptionally talented people go absolutely nowhere and I've seen some exceptionally un-talented people achieve extraordinary things. The key difference was often in how they sold themselves and interacted with the world around them.

Whether it's women, professionally or with friendships your success will often depend on how well you can persuade and inspire confidence. Learn how to get people to see things from your perspective. Shine light on your successes and own and your failures. Work on your weaknesses in silent and come back stronger.

As a man besides your close friends and family, the world doesn't care about your problems, so don't whine about them, it just drives down your selling price.

### **Knowledge**

Knowledge is power. The more you know, the more you see, the more you understand, the better you're able to act. Always have an open mind to new perspectives and new ideas and you'll grow into a more well rounded person.

Read books, learn about a variety of topics, understand and apply them. Travel and experience how people live outside of your small corner of the world. Engage in conversations and get alternative perspectives. Spend time with people more knowledgeable than yourself and absorb like a sponge.

### **The Game**

Life's a game, learn how to play it.

The nicest guy doesn't always get the girl just as the best worker doesn't always get the job because life isn't fair. It doesn't operate on the rules we were taught it does or the ones we wish it does. The sooner you're able to let go of the way you wish the world to operated the sooner you can see the way the world does operate.

This rings true for all aspects of your life from your dealings with work and women to your family and friends. There's patterns in each of them, some actions yield better results and other actions yield worse results.

Observe, recognize and learn these patterns, how to maneuver through them effectively and adapt.

# Reading Women; Maintaining Control

914 upvotes | November 14, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Women are great at reading men. They are able to instinctively pick up how invested a man is or where they stand with him. They seem to know how much to give and when to pull back. This is because for many, many years, emotionally manipulating men was absolutely essential for their survival. They didn't possess the brute strength of the male to protect and provide for themselves, their survival depended on their ability to sway and manipulate men to fulfill their needs and wants. The better they were at understanding men, the better their chances of surviving.

Men on the other hand, tend to be terrible at reading women. They didn't need to manipulate or sway women for their survival, they could generally survive on their own simply by co operating with the other men. This means that men tend to be far worse at knowing where they stand with their women and they often don't know how much to give. More often than not they're completely blindsided when their encounters with women blow up and fall apart. For women it's intrinsic, for men, it's a skill that needs to be learned and harnessed.

The first step most take as an early Red Pill is defense mechanisms. Learning to recognize potentially harmful behaviors and react. Like if she wants to go with her slutty friends to Europe for the summer you inform her that that will be the end of your relationship. This is a useful tool to learn, it helps you avoid situations where you later find out she was blowing Chad and his buddies in his lowered Nissan Skyline, but it's not where it ends. Defense mechanisms are simply treating the symptoms, they are not designed to treat the disease.

If your woman is talking to you about going to Europe with her friends, the problem is not going to Europe, the problem is that **she even wants** to go to Europe. It's indicative that "girls party time" is more important to her than the sanctity of her relationship. Women who are smitten with their men don't want to go on trips with their hoe friends, they don't want to go on coffee dates with "hes just a guy friend", they avoid those situations all on their own because they don't want to risk losing the what they've got.

You telling her that you'll end it if she goes doesn't mean that she didn't want to go and a similar problem will manifest in a different way soon after. This is because you're not in control, you're doing damage control. You're not dictating the frame, you're reacting to it. Had you been more in tune with her behavior and better at reading it, you would have noticed the signs long before. You would have reacted and she would never get to the point where she's coming to you with ridiculous requests.

## How do you know? What do you look for?

First you need to establish a baseline dynamic between you two. It can be whatever you want, but male-female relationships function best with masculine dominance and feminine submission. I like mine where she's sweet and submissive. She messages first, she does cute little things for me, cleans my place, fucks me like an animal and doesn't go out to places she knows could be compromising. She cock blocks other dudes herself and always respects me, no bitchiness allowed. That is my baseline, it's how things always are. From there on out it's simply maintaining that baseline with a healthy amount of subtle dread, like keeping up my appearance, my career, social life and generally not falling into beta bitch habits(If you are unaware of how to establish a dominant baseline, you

should only be focusing on gaining experience).

The signs that tell me that things are veering off path is when there are deviations from that baseline. A woman's behavior is a projection of her internal state, if her behavior is changing, it's early signs that her feelings are changing. If you notice she's not messaging as much, or she's being less sweet, she's being more bold and bitchy or the biggest most obvious tell-tale sign with women, when she's not as keen sexually, then it's an alarm bell and you need to take back control. It's a clear sign that she is getting too comfortable and comfort kills attraction.

The simple fix is to change gears from subtle dread to direct dread. Withdraw attention from her, communicate less, be less affectionate, talk to other girls directly. Due to women's heightened ability to read male behavior she'll quickly pick up that her behavior is yielding a negative response from you, pushing you away and reducing your interest. This will spark tension and competition anxiety as the prospect of losing you dawns on her. She'll then adjust her behavior back to what works and you'll be back at your baseline. Continue this for as long as you want the relationship to last. Notice the changes, react, back to baseline.

This allows you to consistently dictate the frame of the relationship. It allows you to establish the baseline you desire and maintain it. You're not allowing small symptoms to fester into monumental shit test like hoe trips with the girls or coffee dates with Barry. You're being proactive and nipping it in the bud to give yourself the interactions with women you desire. When guys go on askTRP saying their women is acting up what they're really saying is they've missed all the signs that there's was a problem and it's finally manifested into a shitfest.

## A Note On "Confidence"

42 upvotes | April 1, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Confidence is very difficult to tackle because of how blurry the entire concept is. It's often touted as some ethereal concept that you either have or don't have, or that if you just do this one quick thing you'll suddenly be confident. That's all bullshit. As someone who went from lacking it in many aspects of my life to being someone quite sure of themselves, I've weaved through a lot of the crap and stuck with what works and it's really quite simple.

Firstly, you have to understand what confidence is: Confidence ultimately comes down to ones perception of their own self in any particular scenario. How competently you view yourself to be at any given task will determine how much confidence you have in yourself. If you fancy yourself to be good at something, you'll have confidence, if you think you're terrible at it, you'll lack confidence.

Take driving for example, if you were driving a car for the first time you'd have zero self confidence in your ability. You'd be nervous, anxious and concerned that you may have an accident because you simply don't know how to do it. However, over time as you do it more and more, the more you practice, the better you'll become. After enough practice you'll be able to drive quite competently and the nervousness and anxiety will dissipate. Eventually you'll get behind the wheel and it will become a mindless task because you've done it so many times before successfully. This is confidence in your driving ability.

This is how your mind and confidence work and you can map it out onto almost anything. If you lack confidence talking to girls, or with your job, or with public speaking it's simply because you haven't practiced it enough or been successful at it enough to be sure of yourself. Your mind recognizes the novelty of it and becomes tentative. The only way to build confidence is to practice it repeatedly until you internalize that you're proficient at it. You need to practice talking to girls, your job or public speaking, become better at it and it and eventually it will become a mindless task the same way driving does, but it takes time.

Contrary to buzzfeed articles, there are no quick fixes and there are no shortcuts. Most people try something once or a couple times and then tell themselves they don't have no confidence and give up and that's fine, most people lack discipline. If you want to gain confidence you need to understand that the payoff is always gonna be way down the line, compound interest. You just need to have the patience and perseverance to get there. The human mind takes a long time to internalize change.

The last and most sobering realization is that you won't be able to have a high level of confidence with everything. You'll find somethings you have a knack for and it takes very little practice to become competent (and therefore confident) and there's other things that you can practice a whole lot and don't become very confident at all and this is fine. We're not all gonna be Michael Jordan's or Don Juan's, but you can become better at almost anything by practicing it repeatedly and with that comes more confidence.