

LiveAFTSOV ARCHIVE

compiled by /u/dream-hunter

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I think my girl wants to manipulate me into building a love shed

10 upvotes | August 22, 2017 | /r/askTRP | [Link](#) | [Reddit Link](#)

So this chick always gives me sex, buys me food, buys me presents, pays for my gas, buys me uber rides

She's basically my sugar momma.

Then we were in my house and my parents threw us out (I'm 19)

I spent the night at her house, and then went to work.

At work I got 18 paragraph text messages about how she loves me, loves sex with me, and how we should turn her back yard shed into a small house for us to be alone together in

I'm pretty sure this chick is trying to use me (I'm a construction worker) for building a sex shed for her to house all of her other boy toys and whore toys cus she is probably a slut.

Anyways , what do?

Opinions?

Edit : extra info - she always sends me these texts there not out of the ordinary (unless it was part of her master plan to always send me long sweet texts so I would get used to them and not be suspicious when she asked me to build the sex shed.)

Maybe I'm over reacting and she just wants to do a project with me.

Also, it's open on my end closed on hers, but she's probably cheating anyways so who cares

Jist don't wanna build someone else's sex shed

I'm also using the fact that I'm not doing it as leverage for my SMV cus I'm sure after I'm done building It with her my SMV will plummet

The Red Pill Cheat Sheet

2366 upvotes | November 4, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Everything that currently needs to be said about TRP, I feel, has already been said, so lets go back to the basics. Perfect way to start the new year, by getting back to the basics. This cheat sheet doesn't cover everything, it's a summary.

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

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

DO NOT SKIP THE SIDE BAR.

READ THE SIDE BAR

This post is intended to serve as a quick sheet to many red pill topics and struggles, and to help those looking for quick guidance/information.

The information in this post has been gathered from The Side bar, the Red Pill Handbook, Stickied & Top All Times, Endorsed Contributors, various manosphere websites, or myself, and then summed up in a sentence or five for quicker referencing.

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

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

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

Think of this post as a compilation of flash cards.

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

Your tools in the SMP

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

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

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

Listed in no particular order

- **Your Masculinity.** Your most valuable AF asset. This is expressed through a *deep, low, slow, and commanding voice*. Or by your *Tonality. breaking rapport tone. Not asking questions. downward/commanding/challenging tonality.*
- **Dangerous Vibe.** A masculine factor. You are unpredictable, mysterious, you take calculated risks. You are bold. You live life on the edge. You pin her down, you wrestle and play fight with your girl. You choke her. You threaten her. (If you don't know how to threaten in a

seductive manner just don't try it - that method is not for you.)

- **Playfulness.** Balanced with danger. Playful and relaxed. Strongest after the hint of danger and threat. Masculine polarity is more important, but a little playful can work wonders.
- **High confidence.** Self love and self acceptance without justifying your life choices to others translates into confidence and true IDGAF attitude. This includes acceptance of rejection, and the ability to hear out nay-sayers, laugh at them, and then continue on your merry way. <--- The first easiest way to get laid.
- **Detachment.** The Buddhist principal of emotional detachment. Stoicism. Acceptance of the good and bad as is - both factors of life. Being non-needy. Not looking for ANY validation in any way shape or form from her. You escalate, but you have zero interest in her words, reassurances, respect, etc.
- **Muscularity/Fitness.** Being healthy and looking sexy makes you sexy - Period. <-- The 2nd easiest way to get laid.
- **Fashion Sense.** Being well dressed with clothes that fit you and suit your style without being improperly dressed and awkwardly standing out.
- **Mental and Social Wit.** Being skilled with words, navigating social situations, properly triggering panty dripping, and proper physical escalation. Knowing the right thing to say, with the right tone, at the right time, combined with the right kino touch. You don't have to be muscular to be sexy and turn women on.
- **Status.** Being popular, being rich and having extraordinary social standing. This is what we call *social circle game*. The more friends and colleges you have = more social proof = more opportunities = more fun = more sex.
- **Talent.** (Talent does not help your SMV unless you have garnered success from your talent.) Have hobbies & passions for yourself but find ways to monetize / expose the world to your talent and have them appreciate it. Having talent simply for the sake of is altruistic foolishness. Look to get ahead. **Having success skill/potential in athletic/artistic pursuits.** Being a successful and skilled fighter, painter, soccer player, writer, bowler, skater, and more. What matters is not what you do, but that you are a champion of your pursuit. Steven king can get laid by hot intellectual woman for his success in writing in the same way VirtruivanPhysique can get laid by hot party girls for his physical superiority.
- **The ability to lead.** Women want to fuck the king, but settle for the peasants.
- **Social Media.** High numbers = instant social proof.
- **Your ego.** Your ego is who you believe you are. Your beliefs are your mask you show to the world. The mask you wear determines your allies and enemies, and lovers. Are you a pushover beta? Are you a rouge criminal? Are you a reckless biker? Are you a man's man lumberjack? Are you an urban hipster? Maybe you're a Hippy psychedelic person? Are you a creative artist? Are you an intellectual? Are you a gym fanatic? Are you an entrepreneur? Too cool for school? Edgy gothic? Preppy? The list goes on and on - there are an infinite number of egos one may have. Hence the term - alter ego. *If you are of the group that lacks morality, you gain more freedom from in this aspect. Law # 48 -> assume formlessness.*

If you learn how to disassociate yourself from your ego you have given yourself one of the ultimate

freedoms in this life. *I think therefore I am.*

You can change your desired ego at any time.

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

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

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

How to beat LMR

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

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

Ideally you want to get a girl to have sex with you as soon as you say to, but if that doesnt work... then:

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

How to qualify your prospective plate/ltr

The Ly Star of Attraction.

- Does she **mentally** stimulate me? (Personality, intelligence, wit, feminine [or masculine if you're a feminine dude] mental state.)
- Is she **physically** appealing? (Feminine face, feminine or womanly bodily features [feminine = small, womanly = thick/tonned] over all good looking / healthy. 1-10 scale)
- Is she **sexually** stimulating? (A hot sexy ass. That plump and thick round kind is my favorite. > <https://pbs.twimg.com/media/CzMtGxFVQAA6Fy-.jpg> < Big not not too big titties, dick sucking lips, and she has sexual skills / stamina. She is a slut in bed. She knows how to ride. I.E. is not a starfish. She is of my personal "type" or preference. Tan/gold/caramel girls are more sexy than white girls to me. 1-10 scale.)

- Does she stimulate me **spiritually**? (Does she give the illusion of a higher connection? Does she give my soul romantic experiences? Am I able to feel a divine, pair bonded connection to her? [No this is not some oneitis disney movie bullshit] Does she value art, creativity, meditation, and nature?)
- Is she **emotionally** stimulating to me? (She shows me happiness, sadness, horniness, shyness, anger, frustration. She lets me appreciate all aspects of her human emotions and doesnt hide herself.)
- Is she in a good situation **financially**? (Will she be dependent on my money? Will she try to goad me into Beta bux? Is she able to cover her own fairs? Is her wealth surplus to the point of buying me gifts?)
- Is she **careerly** set? does she have a good career? Will she support mine? This is different from financial.
- Is she **socially** savvy? Does she have her own circle of friends, or would I be the centre of her attention? Who are her friends? Are they good people?
- Is her **family** happy and healthy? Does she come from a loving, sane home? Is the father in the picture? Is he respected?

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

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

- **START CLUBS + INTEREST GROUPS** <----- easily most important and easiest way to get laid. Build social circles where you're the valuable leader. I've done this personally, and got a lot of guy friends, major popularity, and fucked 2 girls as a direct result from it.
- Join clubs and interest groups, perform on stage if you can. <----- also got me popular and laid (i recited poetry on stage, u can be a nerd and still get cute poon.)
- These girls are not women. *They are girls.* While AWALT generally applies, they are 90% looking for fun, adventure and experience rather than stability.
- Expect and embrace drama. Read the sidebar and become a shit-test expert and you will increase your chances of laying young bimbos substantially.
- Make the girls feel emotional. Not make them feel good, make them feel *emotional*. That means happy, sad, sexy, plain, excited, disheartened, calm, anxious - **anything but letting them not be emotional. Lack of emotions = boredom = no tingles.**
- Sell drugs, be a gang member, get into fights etc.
- Young girls think in general consensus. Win the majority to win the minority.
- They don't care what you do and what your hobbies are **AS LONG AS YOU ARE ATTRACTIVE AND POPULAR!!** Awkward, skinny neckbeard collecting action figures with his 4chan is weird and creepy. Fit and well shaven charismatic dude friends with hot females and high SMV males collecting action figures is "so nerdy and cute <3 ;3 " Jacked gym-bro with no social awareness or social life is a compensating weirdo creep. Jacked gym

bro getting hit up 1000 times a day is Adonis.

The principals of secrecy and moderation

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

Imbalance creates unhappiness.

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

Work hard, play hard.

All work and no play makes jack a dull boy.

There is a reason why these quotes exist.

Secrecy

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

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

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

How to make a woman lose attraction for you.

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

appreciate it and you will start to backslide into betahood the second you feel you don't have the options you did. Cure oneitis by exploring other options.

Identifying Your Enemies

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

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

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

Recognizing your enemies

- **The Naysayer.** They are easily identifiable, simply share your intentions with someone. If they react by telling you what you can/cannot do, they are a naysayer. Identify the type of naysaying that they are acting upon, as there are many different types, the insecure and envious failure, and the well meaning.
- *The Insecure Naysayer:* This person is reminded of their own failures through your successes and ambitions. They are merely weak-willed scums who project their own limitations onto you and should be disregarded as the losers they are.

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

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

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

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

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

Recognizing your enemies

- **The Underminer.** They are easily identifiable, simply share a piece of your life with them and listen to their words. They will try to make you believe that you are worthless because your success in your interpretation of the world angers them and contradicts their failed world model. *Undermining is personal. Refutation is for your benefit. Learn the difference.*

Example: You share the fact that you published your first novel with a meat head acquaintance of yours. Your meat head friend has been lifting for years, but still struggles to get with those fit and sexy gym girls. You, on the other hand, get quite the attention from your liberal art intellectual groupies who hear about your publishing success and want to suck your cock.

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

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

How to maintain an attractive frame:

- Genuinely believe you and your ways are superior to everyone else, without making others feel worthless. You can be arrogant without making others feel like shit. (If they choose to feel offended by you that is their own problem. I am referring to deliberate malicious behaviors towards those you consider under you.)
 - Hear what your haters say, nod, smile, laugh at them, then do whatever the fuck you were gonna do anyways.
 - Realize the majority of people are complacent and mediocre, and their "advice" is there way of bringing you back into the crab bucket. This realization will free your mind of shame & fear of judgement.
 - Reject their reality and substitute your own.
 - Think of yourself as a God Sun, and people are planets and comets that orbit you. Planets are the people you love and who support you throughout your life. Comets are people who come and go. If they don't want to orbit you anymore, let them lose the benefit of your radiating warmth. Let them freeze in the cold abyss of space.
 - Understand that people speak from a position of perceptive interpretation. **That means your opinions and values will differ from others.** Do not feel bad if an artist type thinks you are a loser cus you lift and play sports. Do not feel bad if a gym bro thinks you are a loser because you like to paint and write.
-

You will Lose - But you're not a loser

957 upvotes | December 18, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

For guys going through the struggle and the grind right now, for guys getting botched approach after botched approach, lemme just say, it's ok man.

Internalize these ideas and you will start feeling better about your sexual interactions.

1. You wont get all the girls - *but you will get girls*

An immutable law of life is not everyone is going to like you - if you go out into the world expecting to have every women you encounter drip for your seed, then you're in for a rude awakening. There is no secret phrase to activate every girl's primal brain and make her attracted to you.

There is, however, a fantastic little red pill that will help you learn how to get girls. If you follow the advice given by TRP, you'll still disgust some girls, but guess what, you'll also see more girls ogling you, and even more girls becoming open and receptive to your advances.

"Some girls hate you, some girls love you. Most girls wanna see whatcha got."

2. Not every women will like you - *but some women will crave you*

You want girls who are at your beck and call - the ones who see you as their #1 cock. It's better to be the guy who girls make time for, than the guy who girls have to check their schedule for.

Dont break your back trying to impress a girl who sees you as "Meh, MAYBE we'll hang out, let me get back to you on that," ESPECIALLY when you have a cock thirsty plate throwing herself at you day and night.

Variety may be the spice of life, but why put yourself through the stress and trouble of jumping through one woman's hoops, when you have another woman who will give you sex on command? Women who like you will make your life easier.

Now sure, not every women will start off craving your dick, but with enough practice, time, and exposure, you can move "meh" women to the "I NEED you" side of the scale, but be forewarned, you can also move "meh" women to "stay away from me!"

If you go around thinking "man I dont need this hoe, I already got another one just WAITING for me to give her the dick" you're gonna have a good time.

3. There is no one special girl - *but there are some girls made specially for you*

On the most basic level, women have warm vagina holes that are a great source of pleasure. They are ALL the same in that regard. Some, however, you click with, like puzzle pieces.

But that's all it is - a click. You two are highly compatible genetic puzzle pieces that snap together. She is the fisher price puzzle ~~stat~~ slot, and you are the shape that fits inside of her. You may be able to fit into other ~~stats~~ slots with enough tenacity, but the truth is, nothing will feel as easy as being with a girl you vibe with - and when the drooling 4 year old named life decides to fling the toy across the room, launching you out of your slot, dont worry, cus fisher price makes the millions of the same

puzzle game.

Even if you cant find another fisher price puzzle, you can still probably shove your cylindrical shaped puzzle piece into other ~~slots~~ slots, but we all know it just wont be as fun as the ~~slots~~ slots made for us.

4. No girl belongs to you - *except for in the moment*

When you're with your girl, you should be the only person on her mind. Her cell should be on silent, you two should be enjoying each others company and intimacy. This is your turn with her.

Once that date is over, it's fair game, man. If you put a leash on a dog, you control it, when you take the leash off, the fucker is probably gonna run around and sniff every butt in town until it gets a new owner, gets run over, or starves to death. Some dogs get captured and returned to you. Other dogs stand there, waiting for you to put the leash back on, and other dogs wander around, but come back to you when you call their name.

Women are like that, when you're not in their presence anymore, that's it - your turn with her is over. They'll talk to their orbiters, they'll talk to their side niggas. Don't get jealous cus it's gonna happen. If you finished fucking and you're just doing your thing at your work desk while she's laying on the bed, it's fine, you had your way with her and are onto other things, she's gonna pull out her phone while she waits for you to start something else up.

On the flip side, if she's calling and texting other guys while you two are doing something, like trying to sex it up, are cooking dinner, bowling, coffee, are watching a movie together, on a date, ice skating, w/e you're doing it wrong bro.

5. All women are like that - *but not all women do that.*

"Women are like guns - they're fun, dangerous, and all share the potential to inflict some serious damage. Treat them as if they are all loaded."

You've heard this Red Pill Whorerr story before: Man and Women are in an inseparable relationship until suddenly it just happened and she jumped onto the next dick.

Spare yourself the heartache and get it through your head that All Women are Like That.

Be okay with the potentials, be okay with nature - man. She aint designed to be monogamous. It's never gonna happen.

It's better to accept the potential of it happening and going about your life, instead of sitting in paralyzed fear, paranoid about the possibility.

Ask yourself, if a better version of you came around your girl, would she leave you for your better? It's you, exactly, except he's better at being you. I say, not all women have the chance to do so, but I think they would. And that's okay.

All guns can fire, but not all guns are loaded.

All women have the POTENTIAL to cheat, but not all women cheat.

All Women Are Like That, but not all women do that.

6. You will Fail - *But you're not a failure.*

Man, I've approached girls who laughed at me, who awkwardly exchanged glances with their female

friend and walked away, who made me wait for them for months while they banged chad, i've been there man. I've let guaranteed lays slip through my fingers. I've failed.

But you know what else? I've gotten the attention of a bombshell, and fucked the hottest girl I've ever fucked. I've retained a model as a long term plate. I've fucked girls just by asking them if they wanted to be friends with benefits.

Seduction is a BJJ Dojo.

The white belt gets tapped out 1000 times in 1000 different ways. He'll score some submissions here and there, and eventually he'll learn how to escape bad situations, place himself in good ones, and before you know it, the coach is calling him in to break in newbies.

No black belt master got to where they were, without being submitted countless times.

And you know what happens when you get that black belt? You STILL get submitted.

By having the knowledge and experience of a black belt, you will make it a heck of a lot easier to win, achieve, and force submissions... but...

Life is funny!

You can know all the right moves to make, and still lose.

And that's okay man, life is half chance. You can only do so much to influence the outcome.

7. It's not your fault

You will never be alpha enough. If you give a women the moon, she will want the stars.

There will never be a magical tipping point in which you are so alpha your girl wouldn't ever cheat on you, betray you, or cross a boundary.

If she feels like cheating, it's gonna happen. You could be a top profile celebrity and STILL get cheated on - nobody is immune to hypergamy.

The sooner you come to terms with this, the better.

Now take a deep breath of relief, and accept life for what it is - Half Chance. You can only do so much. Spit your game and onto the next one.

You can be the most Alpha Chad J Thundercock mother fucker on the planet, until some unfortunate ass fool decides he's gonna pop your ass and BOOM - you're dead. And that's it. Alpha no more, cus you dead nigga.

But is the possibility of dying gonna stop you from living?

Is the possibility of rejection gonna stop you from getting laid?

Life ain't perfect, but it sure can be fun.

Talking With Women - Always DARE, Never DEER

2794 upvotes | May 26, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Defend, Explain, Excuse, Rationalize...

The Four Horsemen of the argument apocalypse.

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

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

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

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

The tingles, are gone.

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

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

Learn them well, and avoid them.

Defend - *The first Horseman*

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

• What "Defend" Looks Like

Examples Are Italicized

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

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

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

"You really suck at having sex, babe." --- *"What? But every other girl I've been with said I'm*

amazing! You're the one who sucks."

"You went and bought WHAT without talking to me about it?!" --- "But baby, I know I made the right call, look at all the benefits of this decision, don't you agree? Tell me why you disagree!"

"Only an idiot reads the red pill." --- "What? How DARE you question the red pill?! You're just a bloopie faggot!"

"I wish you would start doing the dishes." --- "I wish you would stop being so goddamn annoying!!"

"You suck." ---- "Why would you even say that about me? I'm fucking awesome! What did I do to you?"

Arms folded across your chest.

Eyes darting around. Rubbing the back of your neck or head in nervousness.

Strained facial muscles. A feigned smile.

Shifting back and forth in position.

• Why People "Defend"

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

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

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

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

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

• How "Defend" Punishes

Defensiveness validates accusations. It turns your vagina play toy into a threat - making a woman into an enemy by defending yourself from them. As the woman realizes they have gained the power

to "get to you," and evoke feelings of defensiveness in their man, the Alpha-To-Beta shift begins in the sexual relationship.

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

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

Explain - The Second Horseman

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

• What "Explain" Looks Like

Examples Are Italicized

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

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

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

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

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

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

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

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

Puppy dog eyes, eager for direction and approval.

Numale soy grin.

• Why People "Explain"

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

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

Then we go and try to explain ourselves to women - forgetting that they don't communicate through reasoning, and we don't explain ourselves to our subordinates. You put her into a position to judge

you - like your mother would.

That's right, you explain yourself to your girl because you want to get your surrogate-mother's approval.

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

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

• How "Explain" Punishes

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

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

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

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

Excuse - *The Third horseman*

You know what you did, but you reject responsibility.

• What "Excuse" Looks Like

Examples Are Italicized

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

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

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

"What! That girl is so your type!" --- *"Yeah well I don't feel like going over there man, my legs are numb! I had leg day today!"*

"Why didn't you try to close that sale?" --- *"Dude, you KNOW that guy wasn't going to close - I couldn't have changed it, guys like him never wanna buy."*

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

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

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

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

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

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

Frightened face.

Look of anguish, worry, possible sweating.

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

Avoidant eye contact, shrugging shoulders, high pitched voice.

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

• Why People "Excuse"

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

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

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

• How "Excuse" Punishes

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

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

Not only do you repulse the woman by putting her in a position of power over you - you also frustrate

her with your inability to accept responsibility and lead. The woman will lose respect for you, and you can say goodbye to her tingles.

Rationalize - The Fourth horseman

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

• What "Rationalize" Looks Like

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

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

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

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

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

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

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

Dazed look of confusion.

Genuine fireworks going off in one's eyes.

Breathing from mouth and gazing into the distance.

Shocked look on face. Open and surprised posture.

• Why People "Rationalize "

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

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

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

As such, rationalization always comes from a SUBJECTIVE observation of a situation, giving the

rationalizer the greatest opportunity to convince themselves of what-ever it may be.

It's used to create an active block against feelings of guilt, shame, and failure.

- **How "Rationalize" Punishes**

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

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

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

Now, you are aware of the four horsemen.

With that knowledge, you may reclaim your power.

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

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

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

The four saviors of amending arguments.

Deflect - *The First Archangel*

The Pressure Flip.

- **What "Deflect" Looks Like**

Examples Are Italicized

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

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

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

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

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

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

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

"ARGHH OH MY GOD IM GOING TO BE LATE WHY DID YOU WAKE UP SO LATE!!!" ---
"Uh uh, you know it's not really my fault, that idiot in front decided today was a good day to crash."

Now if YOU wanna get out MY car and walk, that's fine, but you're not going to take it out on me. Don't do that again."

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

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

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

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

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

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

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

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

Simply changing the subject.

• Why People "Deflect"

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

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

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

• How "Deflect" Rewards

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

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

Amusedly Agree And Absurdly Amplify - The Second Archangel

Yeah, so what?

• What "Amusedly Agree And Absurdly Amplify" Looks Like

Examples Are Italicized

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

"I have a boyfriend," --- "I have a girlfriend, lets set them up and run away together. I just wonder

who'd get the better deal..."

"Have you always been stupid?" --- "That's too hard for me to think about."

"I feel like I'm being replaced." --- "Nonsense, you'll always have a top tier spot on my harem."

*"You really need a haircut." --- *"What the fuck? I'm bald! I've worn a wig this whole time. Come here pull it off."*

"WHAT! No. I can't be with a bald guy... wait.. it's not coming off." --- "I knew you liked my hair, can't keep your hands off it."

"Awh, look at you trying to act all dominate," --- "Yeah, and look at you trying to hide that ass," - Smack her ass-"

"Jesus christ you're tall, hows the weather up there?" --- "I don't know, how bout you check the thermometer." -point at your dick.

"Are you just going to do nothing all day?" --- "Fuck yeah I am, if I work hard enough, I can keep this up for a full year!"

"You're such an asshole!" --- "Yeah I am, so what? Got little dingle berries hanging from the whiskers in my beard."

**Taking what a woman says, then agreeing with it and exaggerating it to clown level proportions.*

• Why People "Amusedly Agree And Absurdly Amplify"

The point is, everything this woman has to say is all just a big joke. You're laughing and she's laughing. That's when you've got her. You've taken her negativity and turned it positive. It turns any negative comment into a game where you see how far you can keep going and making it over the top where you're basically making fun of her for saying something stupid or uncalled for.

At the very least, you agree with what they say, and it removes all power from their words. Yeah, you're a Red Pilled asshole, so what?

It shows indifference and it gives no power to accusations that are made against you.

• How "Amusedly Agree And Absurdly Amplify" Rewards

AAAAA leads to a solid foundation of cocky, confident frame. This signals to women that you are comfortable in who you are, that you don't give a fuck, and that you can handle social stress, all of which are subtle bumps to your SMV.

What you are saying under the surface of your witty banter is, "Don't ask me stupid probing questions. I will not dignify them with a real response."

This is the key to passing a shit test.

AAAAA responses allow you to maintain the cocky/funny frame, and gives her the freedom to fall into your frame that you are the indestructible mountain of masculine energy, safely knowing her emotional winds can't sway you any which way, nor bring you down.

That is one feeling that makes her wet.

Repeat - The Third Archangel

- **What "Repeat" Looks Like**

Examples Are Italicized

"Where are we going out again?" --- *"You'll know when I'm ready."*

"What? Just tell me!" --- *"I will, when it's time."*

"C'mon! What if I don't like the place we're going!" --- *"That's possible, looks like we'll find out!"*

"Argh! I'm gonna go get ready."

- **Why People "Repeat"**

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

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

- **How "Repeat" Rewards**

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

Once she does, you will have her unending admiration.

Exit - The Fourth Archangel

- **What "Exit" Looks Like**

Examples Are Italicized

"(Insert some dumb womanese here.)" --- *You leave the room and engage in another activity.*

"(She follows you into the room and says some more annoying shit.)" --- *You continue whatever you were doing, effectively ignoring her.*

- **Why People "Exit "**

There are two ways to exit.

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

The most important reasons for exiting is for your own peace of mind, and mastery over your time. With over 100 million women in my country alone, no one women is worth giving me any drama, stress, or annoyance greater than a tooth scraping against my dick. Even that is nearly a deal breaker. Your life, at best, will last around 100 years. Now imagine how much of that time was already spent arguing, bickering, stressing over absolute bullshit that you could have applied towards more rewarding avenues of action?

All that wasted energy, wasted time, screaming about why ogling what a woman wears is misogynistic. Who gives a fuck? What does it matter, and more importantly, is this conversation worth the negativity and drama you're experiencing? HELL NO! And odds are, NO conversations with women are worth those depressive states.

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

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

- **How "Exit" Rewards**

Freedom.

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

Conclusion

Women in their happiest, most content state, are pee-pee poo-poo immature children who just want to be cute, adorable, and have fun.

You do not argue with a child.

The only way to win an argument with a woman is to CHANGE HER MOOD - NOT HER MIND.

Women do NOT look to you for explanations - like they are your leader.

Women do NOT look to you for reasoning - like they are your partner.

Women DO look to you for feelings, guidance, and leadership - like they are your follower.

Care for your woman, and you will find they behave similarly to a bubbly child - excited for fun and adventure.

When your baby daughter, young niece, or the baby next door calls you a poopey-face stupid-head, do you...

(Defend) You're not allowed to say that to me! Respect your elders! (Excuse) Besides I'm not one anyways. The real pooppy faces live in Denver, so that's why I'm not one. (Explain) Do YOU even know what a poopey face REALLY is? A pooppy face is... (Rationalize) I hope you learned your lesson - If someone raised you better, then you'd know not to say mean things to people!

OR DO YOU

(Deflect) No, but you have a pooppy face right on your NOSE! (Agree And Amusedly Amplify) Now we both have pooppy faces, only mine is bigger, so mine is a better pooppy face. (Repeat) No, my pooppy face is better. No, mine is better! Nope, you said I'm a pooppy face, so mine is better! (Exit) You wanna be a pooppy face too now? Okay fine now you are one, now give daddy and kiss on the cheek and run along to your room.

In a healthy sexual relationship, the submissive feminine women is subordinate to a competent, masculine male.

You, as the man, are the captain of the ship, and she is your trustworthy first-mate.

You were given the responsibility of being the ever knowing, omnipresent manifestation of masculinity, and she is the flowery child, impulsive, curious, emotional, and silly, but most of all, eager for definitive direction from a strong authority figure.

If at any point these roles switch, there will be hell to pay.

Ensure you remain the confident captain of your relationship by remembering to never DEER, and always DARE the woman you're with.

The Most Important Part Is Just Not Giving Up On Yourself

1158 upvotes | June 13, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

We all know it - other guys out there have it way easier than us.

The schism forms between which path a man takes with that knowledge:

Wallow in inebriated agony, drowning in existential depression with alcohol and hypnotic soccer games, or putting themselves through the painful conveyor belt that churns boys into men.

I just wonder how many men watch themselves fall into a depressing stupor - they observe themselves descending the Sexual Marketplace with every pleasurable bite of McDonalds - opting for the short term pleasure over the long term victory.

I understand the struggle, and I understand the mentality, it's truly the pinnacle of not giving a fuck:

Becoming the fat, triple chinned reject we all see as the antagonist - because let's face it, the only way you can reach that level of degeneracy is by reaching -459.67°F tg (fucks to give).

People use tryhard as an insult - that always aggravated me.

Hardly anything comes easy, and if it does, odds are it's not going to be for you, me, or any other non-top echelon man.

You need to care about your life - obviously you do, that's why you're here. Something was wrong and you couldn't quite put your finger on it. This forum gave you the words.

Those who say it isn't about the pussy are dishonest - it's all about the pussy, but it's through the journey of TRP that one realizes, it isn't everything.

We do all these things to raise our SMV, then by doing so we gain access to pussy, which helps us realize pussy is fun but not everything, then we find more important pursuits and begin to enjoy pussy as a pass time.

But you only get to enjoy pussy as a pass time, once you start to care.

A scuba diver cares about his air, that's why he keeps a vigil eye on his oxygen meter - while the suicidal man cares not about his breath, which is why he lets himself asphyxiate in the running car in his garage.

The man in the car quit.

Men -

This life is conflict, struggle, pain, suffering, and competition.

A rising number of men are opting out of this struggle - choosing to taste cold steel as their last meal.

I don't believe it's from a sudden spur of the moment decision, no those are outliers.

I believe it comes from a man watching his slow descent into the pits of bottom 10% SMV, whilst doing nothing to stop it - then, when he hits rock bottom, he decides he isn't worth the climb back up.

When life knocks the rocks out from under your hand, you need to reach back out into the mountain and grab another rock.

If you dangle, you will fall.

The more aware you become, the less tolerant you become to your own apathy.

A man, a red piller, fortunately, does not possess the processing power of a femoid hamster - he sees his mistakes, his shortcomings, his excuses, and he eradicates them through creative action - and he forges himself into a higher man. An ascended man. Ascended above his own destructive and lazy instincts.

The dad bods, the lards, the dead-eyed joes, the 9-5 slaves... they all had dreams once.

It's painful, it's hard, it's grueling. It's boring, it plateaus, then one forgets the vision that inspired their call to action in the first place.

Imagine that - every loser you meet, they all had dreams once. It

Red Pill Gems

1718 upvotes | July 22, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Sometimes, Gems are found in the comments section of a thread, rather than from the original post itself.

I have a list of these saved, some from years ago, others from yesterday.

These are some of those Gems:

"Instagram model" = whore. Literally. - Whisper

"TRP isn't about ANYTHING. TRP is a toolbox that you use to achieve your goals. Your goal is the "what is this about". And no two men will have the same goal, nor the same route to getting there. So if your goal is to train a woman to please you, you use the tools within TRP that are suitable to that goal and ignore the rest. There is no underlying philosophy to TRP other than "apply the scientific method to methodically figure out what works" and "don't let people trick you into thinking that their goals are yours". - HumanSockPuppet

****"No one here will Ever be a Socrates.** TheRedPill isn't your identity Clubhouse, we aren't your brothers, and if you died tomorrow, no one here would give a shit. There, problem solved" - Rian_Stone

Women don't want to be saved. Strippers strip for money, suicide girls want to kill themselves and not remain alive, and girls getting pumped and dumped by Chads are never marriage material because they make a poor decision with men and you make a poor decision by picking women who have poor decision making relative to their own gender. - Ozaku7

"TRP is not a road map to get you from point A to point B, it is a course in navigation. Because not all journeys go to the same destination, and if you're too lazy to navigate, you're too lazy to hike. When you say "Tell me specifically what to do.", you are asking to be led. You are asking how to get what you want without changing who you are. You are asking how to emerge from your cave, get the girl, and then go back to playing World of Nerdcraft. In order to achieve what you want to achieve, you must become the sort of man who achieves it. There are many different sorts of man to choose from. But "exactly who I currently am" is not one of them." -CrazyHorseInvincible

"Yes we do. Men are inherently lazy and will only do enough to live comfortably and fuck women, this is known and posted often. This is why game takes effort, and PUA is ultimately window dressing, or pretending to be a man." - RedForEducation.

There's more than one structure to navigate. In fact, there is almost infinite structures to navigate. **Situational Alpha is the modern Alpha.** Focus on the alpha behaviours, create your own structure, reap the rewards. Society is the best it's ever been... let the rabble punch each other out, you'll be too busy enjoying the decline to care." - Rian_Stone

"Women no longer rely on men for financial support (it's mandated through taxation and child support, "for the sake of the children"), online communication can't be stopped (eg Tinder), birth control is effective, the required number of children per woman for population maintenance is 2.1 rather than 5+, women make up >50% of the population and have the vote, **men care more about women than men, women care more about women than men. None of these things are about to change.** Combine these and the drivers for enforced monogamy just don't exist and can't be made to exist. On the up side: you can fuck multiple women and don't have to do anything for them." - MattyAnon

"Can you fuck and can you fight. That's what makes a man. Everything else has been automated, or girls can do it about as well anyways. Its all we got now." - Rian_Stone

Young middle class men are at the bottom of a society's totem pole. We pay the most into a society and get the least out of it. Do welfare queens care that they're destabilizing the system? Did bankers care in 2008 when they asked for huge taxpayer bailouts. Did bush care when he undermined the international standing of the US with his invasion of Iraq? No. Everyone is doing what's best for them except for idealistic boys like yourself. Pleasing others to please yourself is beta male pathology, and we just don't subscribe to the slave morality drilled into your skull at public school." - GayLubeOil

"Women get support, men get blame. As men we can expect zero support from a society that is ready to point the finger and blame us in an instant, while absolving women even of significant crimes. More than ever before: live your own life for yourself, you owe the world nothing because the world does nothing for you." - MattyAnon

Sure I'll chime in. Feminism is a child of liberalism. The same process that liberated laypeople from Aristocracy, slaves from their masters, seeks to liberate women from their husbands and soon children from their parents. Liberalism liberates people from traditional structures so that they can be replaced with monetized versions. The more people are ground into a uniform mass free of distinction the easier it is to control and monetize them." - GayLubeOil

"You get to define your goals and direction of what it means to "be successful". A TRP

truism has always stuck with me. Straight from the vanguard....TRP is a toolbox. Nothing more. It takes a man to make a plan, then decide what tools to use to build. Without a plan, the best toolbox is useless." - FeralRed

"The traditions are all gone now, cupcake. All traditions existed to limit or bound human behavior for the greater good. Now everyone gets to do whatever the hell they want. People find meaning anywhere. Ashes to ashes, dust to dust. Unless you want to make a theological argument, in the end none of it matters." - TheRedPike

"MGTOW. Not the sour grapes version, where you're so hopeless as a human you can't get a woman even if you have a chloroform rag and a rape van, **The version where you truly realize that you are the prize, that women and sex truly are lagging indicators of success.** They're chocolaty treats the restaurant trots out to the big spenders after they've dropped hundreds. I have no higher branches in my vicinity. I have a tree service to take care of that. Women chase me, not vice versa. I take an interest in you, you know that this is an audition to come play with the big boys for a while if you measure up. All is recorded. If you have to chase girls, be dependent on their whims, put up with their bullshit, fucking FEAR them then you've already lost. They have the power and the control. Because you have curled up into a little dickless ball and given it to them. You've given a grenade to a 5 year old with a god complex. WtF are you thinking? Thanks for making yet another crater that slows my morning commute. (Jk, only plebes commute - it's a metaphor.) Women only have as much power as we willingly hand over to them in a desperate pathetic hopeful sacrificial supplicative gambit to get some pussy. FUCK THAT. Pussy comes to me. Anything else and you're doing life wrong. Successful men get fucked. Without even asking. What are you doing in your life where that's not your reality?" - FeralRed

"NIGHT CLUBS are a SCAM. The clubs are designed to induce anxiety, and then sell you the solution to it: alcohol. What causes the anxiety? Loud music, crowds of people, darkness, weird lighting, lack of available seating, etc. etc. So, then they sell you overpriced drinks so you can "relax." They create the problem, then they sell you the solution. Many of the chicks are just dupes, selling their time for free drinks, but some are even ringers who get paid to go places and be seen to attract men. The club owners have photos taken of the hot chicks at their clubs, then use the photos to promote the clubs. Guys show up expecting to meet women that look like models. I could go on and on and on. Clubs exist only to make money for their owners, not facilitate successful romantic encounters. If they facilitated those encounters, their business would dry up, as everyone would be in functional relationship. - monsieurhire2

" How do you think strong wise men become great the first place? It's through difficulty and conflict. Conflict averse people don't grow. In fact that more risk averse they are the more stagnant they are. Women are the most risk averse and we all know about women here

at the Red Pill. Where you fucked up is you showed weakness by deescalating when he escalated. Oh sorry, where you looking for honest advice or a mommy to make you feel better? You want me to be your mommy?" - GayLubeOil

"For people trying to be James Bond." Masculinity through emulation is beta male masculinity. Emulating movie masculinity is downloading Goldberg cultural programing. Congratulations you haven't actually taken the red pill. Better luck next time." -GayLubeOil

"Hopefully now you understand TRP advice isn't about the girl, it's about you. When I give advice like that, it's not like I'm trying to assess the girl and whether or not she'll cheat in the future. I'm assessing you - what does it mean for you if you accept back a girl that burned you? What does that do to your growth? TRP is here to challenge you, to help you take the pain up front, to the chin, now. So rather than deferring your pain, you take it on the chin now - you go through the pain of breaking up now, and you begin the process now. My point is that even if she HAD been a good GF for a few months, even if she HAD not gone back to the exact same behavior... it STILL would have been a bad move to stay. Because what does it do to you to accept a girl back? It ing raines a cuck pattern in your mind, you get more practiced in rationalization and hamstering. This is why I don't try to tell these asktrp guys "she will cheat again". They won't believe it, they won't get it. I try to tell them "regardless of what she does, you will damage your own growth and personality if you take her back". It's not about what she does or doesn't do, you can't control that. This isn't to say we told you so or anything - it's more likely that now one day you'll be the guy trying to convince some dumbass or his friend or someone to not take back a ho. Or maybe you'll feel weak and want her back. But remember, it's never about what she will do. It's not about her - it's about you. You say "even though she really loved me" - maybe. Probably not, but sure, maybe. Does it matter? No, because the decision should never be about her, it should be about you." - Thotwrecker

"The problem with "TRP is about helping you actualize whatever life you want to live" is that **when you are BP / low value / incel / beta / etc, you want retarded things.** You don't know what you want, you just want avoidance of pain..." - Thotwrecker

"Being able to break it off is what most have trouble with, but keeping her shut out while you move forward with new women is a 'stage 2' where most guys fuck it up, because the new waahmiinnzz that you have acquired will make your ex go kookoo for cocoa puffs. She will do ANYTHING to get you back Into her vagina to fuck up your new relationship just to salvage her ego. If you fall for it, you lose. She'll try to ghost you afterward as she feeds on the drama of your new sexual interest(s) nexting you and flipping out altogether, which in her hamster-wheel mind, is enough to convince herself that she got the last word, left you, and made the right decision slotting you as a beta cuck single mommy product, just so she can eliminate the reality that she got dumped for being a ho-

gash in the first place." - Dmva100

"Guy asking if this is alpha or if that's beta," Stop looking for an authority to tell you how you think is ok. You could have used your own two eyes. - Rian_Stone

"You have nothing to gain from her. She has a lot to gain from You (your SMV, social value etc) . Never forget that. You already have lots of girls and a good social life . In the end , forming relationships and becoming buddies is all just a transaction to most womeN ." - Nonthaki

"If there is one fundamental truth here, it's that: Women are transactional. It's hard to explain, and requires specific situations to observe. But you will witness this fact, and remember it. Women are transactional by nature-- they have very little to provide, they exaggerate its value, and then expect you to provide that exaggerated value in return. This is their entire life strategy: setting up a one-way benefit flow. But they won't forget "how much" you owe them. - Mojo_juju

"The value of pussy. It isn't worth my dignity or self respect. It's only worth about \$80. I really wish I could've shown 18 year old me that truth.** Would have saved me a lot of time and headaches. - Chazthundergut

"You are lazy which is why you didn't even bother to read the stickied posts here and surely not a single word from the sidebar, but most importantly it's why you are fat. Change your diet and start lifting." -Vandaalen

"I serve my own desires and naught else. I do not want to fuck women because hypergamy commands it, I want to fuck them because my cock commands it." - 88Will88

"If a woman tells you she has a boyfriend, that means one of four things; 1 - She has a boyfriend and is not interested in you. She is telling you about the boyfriend so you will know she's not interested and leave her alone. 2 - She does not have a boyfriend but is not interested in you. She is telling you she has a boyfriend so you will know she's not interested and leave her alone. 3 - She has a boyfriend, but is interested in you. She is telling you about her boyfriend so you know to be discreet as you escalate, and so that when you end up fucking her, it was all your idea and all your fault because she told you she had a boyfriend. 4 - She doesn't have a boyfriend, and she's interested in you. She is telling you she has a boyfriend partly because it's instinctive anti-slut behavior to try to ward off guys hitting on her and partly to see how you handle it. Telling guys she has a boyfriend is a

great way to weed out wieners who shouldn't get to fuck her anyway. The solution in all four situations is exactly the same. Shrug, tell her you aren't interested in hearing about her problems, and continue to escalate. If she's not interested in you, she'll give you a hard no, then you move on. Whether or not she actually has a boyfriend is completely irrelevant. - Archwinger

"Some girls justify cheating by "just" having sex with other guys. As long as it's "just" sex, without romance, kissing, etc., then she's not really cheating on her boyfriend. Because the thing that makes a boyfriend special is the romance. Sex can happen with anybody. So as long as she's only romantic with her boyfriend, he's special. He wins. She's not cheating. Right?" - Archwinger

"Sex is easy, and almost meaningless to women. Finding a guy willing to fuck them takes about 30 seconds. Relationships/romance are more valuable. So being romantic with a guy feels more like cheating than just fucking a guy. Because romance is what separates her boyfriend from any other guy. Any guy is a possible sexual partner, but her boyfriend is her romance partner. So if you follow that logic to its warped conclusion, as long as she has sex-only partners and no romantic partners, it's not reeeeeealy cheating since she's honoring the unique parts of what she has with her boyfriend and only really treading on the lowly common sexual stuff she could do (and probably has done) with anybody." - Archwinger

"A woman's biology is constantly seeking out the highest level male in the environment. A man's value is dependent on context within the environment.** Once a woman's perception (normally subconscious) believes she has ensnared a high value male, her brain will release a flood of dopamine to let her know that she's being a good girl in mother nature's eyes. To be a high value man today, it's simply enough to lift and have frame."" - KetoGainsMongoose

***The fact that you think your biggest mistake is breaking frame after the second time she cheated on you just goes to show how much work you have left to do on yourself. Man, fucking pathetic. Seriously. How are you going to look yourself in the eye in the bathroom mirror and degrade yourself like this- dating a cheating girl who's sucking off her "best guy friend" while you stain your pillows at night with tears before going to bed. Get a fucking grip, kid. Dump this bitch and put your dick away until you know what it's for and how to use it. Quit rewarding and reinforcing your pitiful behavior with sex you don't deserve. Monk mode until you're actually somewhat valuable to the gene pool. We've already got enough cucks floating around." - KetoGainsMongoose

"It's biological mating strategy. Basic Evolution Men=Spread their seed Woman=Select best mate for breeding. Put 100 men on an island with 1 woman, she can only be

impregnated with one mans child. 9 months of pregnancy. Years of post natal care. Put 100 women on an island with 1 man, depending how much viagra is on hand, could impregnate them all in a couple days. This is why a man wanting to have sex with many women is inline with his biology. Whereas a woman wanting to have sex with many men goes against her selective nature(A Hoe) - KeffirLime

"Alpha is all an illusion. It doesn't matter who is actually tough, or powerful, or cunning, or can get shit done. For mating purposes, it just matters what a girl believes. If she thinks you're a badass, you might as well be. If she thinks you're famous, you might as well be. If she thinks you're cool, you might as well be. You look at him and see a wimpy junkie loser. But junkie loser girls look at him and see a fearless rule-breaker who they just know is gonna be rich and famous someday." - Whisper

"Keep it simple. Picture an end state, achieve that end state. You know if your decisions get you closer to it, or further away. Then you don't have to ask if you 'did good' Just like the old PUA days. It's not about getting 'that' woman, it's about getting 'more' women. the Stay plan is the same as the go plan. From my own bias, if you assume the relationship is over, and she is just a sparring partner for you to practice for next time, it will help remove any covert contracts you have. - Rian_Stone

"This shit society is rotting from the core and if there should ever be something better it will surely not rise out of that pile of horseshit. It has to die first. Completely. All humans possess free will and they choose their path their own. They shall live with the consequences that come with it as well. Not my fucking job to heal the world. Fuck the world. I have been to the gutter. I haven't only read about my expendability. I have experienced it and it held one simple realization for me: Society does not owe me shit, but I don't owe shit to society as well. I don't give a single fuck about other people or "the world" and especially not about "future generations". Let them deal with their problems, I deal with mine. I don't even give a fuck if there will be any future generations or if humanity dies out. Don't think anybody will notice. And when the shit hits the fan, I will climb a steep hill, light a fire, undress butt-naked and dance around it. - Vandaalen

*****I have always maintained that if you are a guy in a relationship you always need to have one foot holding the door open if you want to leave. You have to be ready to walk away. If you are afraid to lose her then you are the one who is submissive and you lack power. Worrying if a girl will leave you is ONEitis and shows a complete lack of abundance, putting the pussy on the pedestal and a lack of leadership/ frame." - 88Will88**

*****You "communicate" this to your woman in two steps:**

1. Being so high value she should be worried to lose you.
2. Showing her, through your actions, and with coherence, that you do not tolerate disrespect, and that your normal answer to disrespect is your calm but immediate removal of your involvement in the situation.

If a girl, at any point, disrespects you, it means you have already lost her. Because it means she believed that either:

1. You won't act on disrespect, or
2. If you do act, that you're worth losing anyway

If you're currently with a girl who disrespects you:

1. accept that the LTR is eventually doomed.
2. plan an exit strategy.
3. practice withdrawing your attention/time/involvement with every disrespect, as practice for the next girl. - Auvergnat

"It's essential to communicate "I am an attractive man with other options and you're lucky that I stick around", in a way that women actually understand and believe (and that means communicating with actions not words)." - MattyAnon

***Wish I had more, but looks like reddit deleted old saves.

Talking With Women - Always DARE Never DEER

1298 upvotes | September 26, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Defend, Explain, Excuse, Rationalize...

The Four Horsemen of the argument apocalypse.

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

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

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

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

The tingles, are gone.

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

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

Learn them well, and avoid them.

**Defend - The first Horseman* * Being defensive is NOT to be confused with defending oneself from a real threat, like a physical attack, an attack to your character by ad hominem, or an attack against your ideas or beliefs. Defensiveness is a psychological response to perceived or imagined threat or attack to one's sense of self. •What "Defend" Looks Like

Examples Are Italicized

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

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

*"Dude, are you mad? Your face is all red and you're foaming at the mouth." --- "I am NOT angry! Why would you assume that! Maybe YOU'RE angry!" * * "You really suck at having sex, babe." --- "What? But every other girl I've been with said I'm amazing! You're the one who sucks."*

"You went and bought WHAT without talking to me about it?!" --- "But baby, I know I made the right call, look at all the benefits of this decision, don't you agree? Tell me why you disagree!"

"Only an idiot reads the red pill." --- "What? How DARE you question the red pill?! You're just a bloopie faggot!"

"I wish you would start doing the dishes." --- "I wish you would stop being so goddamn annoying!!!"

"You suck." ---- "Why would you even say that about me? I'm fucking awesome! What did I do to you?"

Arms folded across your chest.

Eyes darting around. Rubbing the back of your neck or head in nervousness.

Strained facial muscles. A feigned smile.

Shifting back and forth in position.

•Why People "Defend"

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

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

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

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

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

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

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

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

Explain - The Second Horseman

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

*•What "Explain" Looks Like * Examples Are Italicized

"So, what are you looking for here on tinder?" --- "I'm really trying to find the one, I've been looking

around for a couple years and kinda had a dry spell. What about you? Oh she unmatched."

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

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

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

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

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

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

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

Puppy dog eyes, eager for direction and approval.

Numale soy grin.

•Why People "Explain"

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

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

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

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

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

•How "Explain" Punishes

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

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

Even after hearing your well-thought out reasoning, women will still find a way to blame or chastise you. "Well you shouldn't have lost your sandals in the first place!" Explaining only welcomes drama

into your life. Women will stand and stare, waiting for you to finish your explanation, then nod in approval or give you a verbal spanking like your mother would. Then they expect you to forever maintain this "bridge of open communication," with her, which really means they grow accustomed to you giving them status updates on your life, giving you shit if you ever stop seeking counsel with her, while they grow a side life of their own, in eager search of a new mystery.

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

Excuse - The Third horseman

You know what you did, but you reject responsibility.

•What "Excuse" Looks Like

Examples Are Italicized

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

*"Why don't you go flirt with that girl?" --- "Psh, she's not my type, plus she's probably a slut anyways. And besides, I'd have to walk all the way over there. It's not worth it." * *"Okay, well why don't you go ask that girl out?" --- "What? C'mon man, I'm not Red Pilled enough yet. Once I can squat 225, and I know all the iron laws by memory, then I'll ask her out. I'm just not ready yet!"*

"What! That girl is so your type!" --- "Yeah well I don't feel like going over there man, my legs are numb! I had leg day today!"

"Why didn't you try to close that sale?" --- "Dude, you KNOW that guy wasn't going to close - I couldn't have changed it, guys like him never wanna buy."

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

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

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

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

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

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

Frightened face.

Look of anguish, worry, possible sweating.

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

Avoidant eye contact, shrugging shoulders, high pitched voice.

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

•Why People "Excuse"

We make excuses when we want someone or something else to be responsible, rather than claiming

that responsibility for ourselves. Often, it is to avoid uncomfortable feelings of overwhelming pressure - and a feeling of being attacked. They fear failure, and are deathly terrified of confronting failure. People will quickly shift the focus of the attack to someone or something external to feel a sense of relief, or absolution.

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

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

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

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

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

Rationalize - The Fourth horseman

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

•What "Rationalize" Looks Like

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

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

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

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

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

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

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

Dazed look of confusion.

Genuine fireworks going off in one's eyes.

Breathing from mouth and gazing into the distance.

Shocked look on face. Open and surprised posture.

•Why People "Rationalize "

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

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

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

As such, rationalization always comes from a SUBJECTIVE observation of a situation, giving the rationalizer the greatest opportunity to convince themselves of what-ever it may be.

It's used to create an active block against feelings of guilt, shame, and failure.

•How "Rationalize" Punishes

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

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

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

Now, you are aware of the four horsemen.

With that knowledge, you may reclaim your power.

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

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

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

The four saviors of amending arguments.

**Deflect - The First Archangel * The Pressure Flip.*

**•What "Deflect" Looks Like * Examples Are Italicized*

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

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

"What the hell, why would you say that?" --- "Black nails, that little choker... tell me, on average,

how many times a day do you just wanna scream 'Fuck these niggas!' huh?"

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

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

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

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

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

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

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

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

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

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

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

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

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

Simply changing the subject.

•Why People "Deflect"

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

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

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

•How "Deflect" Rewards

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

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

Amusedly Agree And Absurdly Amplify - The Second Archangel

Yeah, so what?

•What "Amusedly Agree And Absurdly Amplify" Looks Like

Examples Are Italicized

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

"I have a boyfriend," --- "I have a girlfriend, lets set them up and run away together. I just wonder who'd get the better deal..."

"Have you always been stupid?" --- "That's too hard for me to think about."

"I feel like I'm being replaced." --- "Nonsense, you'll always have a top tier spot on my harem."

*"You really need a haircut." --- **"What the fuck? I'm bald! I've worn a wig this whole time. Come here pull it off."**

"WHAT! No. I can't be with a bald guy... wait.. it's not coming off." --- "I knew you liked my hair, can't keep your hands off it."

"Awh, look at you trying to act all dominate," --- "Yeah, and look at you trying to hide that ass," - Smack her ass-

"Jesus christ you're tall, hows the weather up there?" --- "I don't know, how bout you check the thermometer." -point at your dick.

"Are you just going to do nothing all day?" --- "Fuck yeah I am, if I work hard enough, I can keep this up for a full year!"

"You're such an asshole!" --- "Yeah I am, so what? Got little dingle berries hanging from the whiskers in my beard."

**Taking what a woman says, then agreeing with it and exaggerating it to clown level proportions.*

•Why People "Amusedly Agree And Absurdly Amplify"

The point is, everything this woman has to say is all just a big joke. You're laughing and she's laughing. That's when you've got her. You've taken her negativity and turned it positive. It turns any negative comment into a game where you see how far you can keep going and making it over the top where you're basically making fun of her for saying something stupid or uncalled for.

At the very least, you agree with what they say, and it removes all power from their words. Yeah, you're a Red Pilled asshole, so what?

It shows indifference and it gives no power to accusations that are made against you.

•How "Amusedly Agree And Absurdly Amplify" Rewards

AAAAA leads to a solid foundation of cocky, confident frame. This signals to women that you are comfortable in who you are, that you don't give a fuck, and that you can handle social stress, all of which are subtle bumps to your SMV.

What you are saying under the surface of your witty banter is, "Don't ask me stupid probing questions. I will not dignify them with a real response."

This is the key to passing a shit test.

AAAAA responses allow you to maintain the cocky/funny frame, and gives her the freedom to fall into your frame that you are the indestructible mountain of masculine energy, safely knowing her emotional winds can't sway you any which way, nor bring you down.

That is one feeling that makes her wet.

Repeat - The Third Archangel

Say That One More Time!

•What "Repeat" Looks Like

Examples Are Italicized

"Where are we going out again?" --- "You'll know when I'm ready."

"What? Just tell me!" --- "I will, when it's time."

"C'mon! What if I don't like the place we're going!" --- "That's possible, looks like we'll find out!"

"Argh! I'm gonna go get ready."

•Why People "Repeat"

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

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

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

Once she does, you will have her unending admiration.

Exit - The Fourth Archangel

•What "Exit" Looks Like

Examples Are Italicized

"(Insert some dumb womanese here.)" --- You leave the room and engage in another activity.

"(She follows you into the room and says some more annoying shit.)" --- You continue whatever you were doing, effectively ignoring her.

•Why People "Exit "

There are two ways to exit.

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

The most important reasons for exiting is for your own peace of mind, and mastery over your time. With over 100 million women in my country alone, no one women is worth giving me any drama, stress, or annoyance greater than a tooth scraping against my dick. Even that is nearly a deal breaker. Your life, at best, will last around 100 years. Now imagine how much of that time was already spent arguing, bickering, stressing over absolute bullshit that you could have applied towards more rewarding avenues of action?

All that wasted energy, wasted time, screaming about why ogling what a woman wears is misogynistic. Who gives a fuck? What does it matter, and more importantly, is this conversation worth the negativity and drama you're experiencing? HELL NO! And odds are, NO conversations with women are worth those depressive states.

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

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

•How "Exit" Rewards

Freedom.

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

Conclusion

Women in their happiest, most content state, are pee-pee poo-poo immature children who just want to be cute, adorable, and have fun.

You do not argue with a child.

The only way to win an argument with a woman is to CHANGE HER MOOD - NOT HER MIND.

Women do NOT look to you for explanations - like they are your leader.

Women do NOT look to you for reasoning - like they are your partner.

Women DO look to you for feelings, guidance, and leadership - like they are your follower.

Care for your woman, and you will find they behave similarly to a bubbly child - excited for fun and adventure.

When your baby daughter, young niece, or the baby next door calls you a poopey-face stupid-head, do you...

(Defend) You're not allowed to say that to me! Respect your elders! (Excuse) Besides I'm not one anyways. The real poopy faces live in Denver, so that's why I'm not one. (Explain) Do YOU even know what a poopey face REALLY is? A poopy face is... (Rationalize) I hope you learned your lesson - If someone raised you better, then you'd know not to say mean things to people!

OR DO YOU

(Deflect) No, but you have a poopy face right on your NOSE! (Agree And Amusedly Amplify) Now we both have poopy faces, only mine is bigger, so mine is a better poopy face. (Repeat) No, my poopy face is better. No, mine is better! Nope, you said I'm a poopy face, so mine is better! (Exit) You wanna be a poopy face too now? Okay fine now you are one, now give daddy and kiss on the cheek and run along to your room.

In a healthy sexual relationship, the submissive feminine women is subordinate to a competent, masculine male.

You, as the man, are the captain of the ship, and she is your trustworthy first-mate.

You were given the responsibility of being the ever knowing, omnipresent manifestation of masculinity, and she is the flowery child, impulsive, curious, emotional, and silly, but most of all, eager for definitive direction from a strong authority figure.

If at any point these roles switch, there will be hell to pay.

Ensure you remain the confident captain of your relationship by remembering to never DEER, and always DARE the woman you're with.

The REAL way to get LAID with Instagram

1 upvotes | December 7, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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The REAL way to get LAID with Instagram

182 upvotes | December 7, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Has anyone noticed the absurdly large amount of PUAs and their followers on Instagram who market themselves as *multi-millionaire alpha party having playboys*?

It's so annoying to get ANOTHER follow request from some gumpy looking dude in an ill fitting blazer, taking posed pictures with hired models or sub-par looking women, using the same cookie cutter "Alpha Playboy" instagram template all the other nerds use, then calling himself a social media mogul. Don't forget how he takes 17 pictures in one night, from one party, then spaces out uploading them so it looks like he's constantly being invited to "upscale events."

All the ideas those guys try to sell you on... this whole, "Creating a Fear Of Missing Out" for your audience! Or, "Projecting a life of high value and abundance!" I'm here to tell you it's all bullshit and unnecessary.

Now you have one question you need to answer before continue reading this post; Who would you rather take advice from?

The gump I described earlier, who specializes in making average, cashier job-having nobodies portray a "high value upscale" life they don't actually have, whilst having an inbox filled with guys asking them if it's high value to take photos in front of restaurants they can't actually afford?

Or the fuckboi taking a simple mirror selfie, showing off his messy hair and outfit for the day, or a picture of him and the gang, that gets 100's of likes per picture, plenty of comments, and has an inbox full of girls who DM him?

If you still want advice from the first guy, Dan Bilzerian has been exposed as a fraud, your king has fallen. If you wanna hear from the second guy, however, I can only assume you wanna learn how it actually works, and make sure it's done right...

The advice here, whilst most applied towards Instagram, can be tailored towards any social media platform, be it Facebook, Twitter, youtube, Etc.

Social media should be viewed as a passive pussy generator -- if you keep up an attractive profile while living life you will have AT LEAST 1 new cute girl in your city DM you, while having at least another 1 open to being DM'd you. That's at the very least. In my heigh-day I banged 3 girls in one week from Facebook, and one became an LTR. But all of this is a passive source, meaning you aren't relying on this to bring you all the women in your life.

Actually getting laid on Social media consists of 3 simple but important factors --

- 1.) How many followers/friends do you have
- 2.) How much engagement do your posts get (Likes/comments/shares/retweets)
- 3.) The content of your posts

That's literally it.

Let's break them all down:

1.) *You only need an above average amount of followers.* You don't need to have a ridiculous follower count in the tens or hundreds of thousands to get laid. I had like, 4k, back when I used IG

every day, and I just signed in after 3 years of absence and still have 2.5k.

Well wait a minute how do I get a large amount of followers?

Easy. You fucking talk to people and become friends with them. Instead of just asking for phone numbers with the guys and girls you meet at work, at school, your hobbies, where-ever, you throw out the idea of exchanging social media as well. I did that shit all throughout college and highschool. Let's say you don't have any friends in real life and lack the gall to make them, well online friends are fine too. I probably have 500 online friends spread across facebook and instagram, and I met them doing random shit, youtube networking, joining facebook groups and talking, playing videogames, whatever. The point is you can find friends, network, and exchange social medias with them as easy as 1,2,3. If you have some kind of online hobby or business, redirecting your fans from their to your other social medias is another solution.

2.) *Your posts need to have high engagement.* There is nothing more fraudulent than a guy with 10k followers yet only 5 likes per photo on his IG. Do you idiots really think we can't see through your façade? This is the point that completely cracks the "high value," myth, because the fuckboys that take normal pictures of themselves, in their bedroom, but then ALL their boys like and comment on it, the girls in his social circles like and comment on them, and now he has a resume to fuck some pussy.

Well how do I generate high engagement with my posts?

You remember all those people you networked and exchanged IG's with? You need to actually fucking talk to them! No one is going to like and comment on your pictures if a.) they don't like you as a person or b.) you don't like or comment on their posts. You need to make a human effort to at least maintain appearances with these people. You need to have the superficial small talk and shoot the shit with the people you meet. Give them positive vibes. Make them feel good around you, and have them feeling like something is missing when you're gone. Then when they see "So and So has liked your picture" they're gonna think "Oh hey it's so and so! Lemme go like and comment on his latest picture too." That's literally how this shit works. Not only will they reciprocate with your likes and comments, but them doing so actually bumps up your exposure, the more people that interact with your posts, the more other people will see them. It's a self fulfilling prophecy. If you find you have alot of followers, people you talk to, yet no one is liking your posts, hate to break it to you but you really aren't that popular and not alot of people like you. Fix that. (Fixing that situation deserves a post on its own.)

3.) The content of your posts needs to reflect who you are as a person. Taking a posed picture in front of a Ferrarri because you want to convey a high value image? Cornball. Taking an authentic picture next to a ferrarri with a look of excitement on your face because you're a genuine "car guy" and everyone knows you love cars? In coming likes and comments that say "Wow that must have been a nice show!" "Lmao your dream came true huh bro," "Oh wow that looks fun bring me next time xoxo".

Two sub-sections of advice no. 3 are these: 1-- Your content needs to make you look good. No photos of your bruised face with the caption "I just got my ass kicked," no ugly photos of yourself. This doesnt mean you can't have sad posts, like your pet just passed away and you're mourning them, or angry posts, like some jackass ran a red light and crashed into your car. Infact, intense emotions are a great thing when it comes to human interaction, being able to invoke them in others consistently forces them to invest in you, and remember, pictures tell a 1000 words... 2-- Your content needs to

reflect your persona/image/vibe. If you are actually a businessman, taking pictures of yourself with your suit and tie, and briefcase, "on the move" is genuine and you should go for it. I personally have that guerrilla/artist vibe, so I take pictures of me painting, me with friends smoking, me teaching my girlfriend how to shoot guns, etc.

Well how do I reflect who I am as a person on my instagram?

Uh I dont know by actually being a fucking person? If you're boring you will never get laid. Become interesting and develop a personality through exploring and sticking to some hobbies. I painted, made movies, and music. All this was on Instagram. I would make super-spiced up clips of "Painting Time with Aftov" and would time lapse myself painting shit. People could see me in the video painting my shit.

Instagram, and all social media, is a supplement to an already good life. Not a substitute for a lacking life.

Trust me, whenever there's some random nobody dude from college taking posed pictures of themselves in a suit trying hard to portray a life they don't actually have, the shit is see through and transparent. You think you're being dark triad and Machiavellian but it's actually being retarded. It's damn near 2021, PUA's are a known meme, and if you're still following the cookie cutter social media profile tips then everyone you know is gonna think you're a fucking meme, too.

You mean to actually tell me that some of you stupid ass niqqás out there, come across a guy like this with pictures like this fall for it, call it genuine, then ask how you can replicate his profile and success?

My niqqá is you serious?! IDK if you ever read "The game" by Neil Strauss, *but the guy calls out the majority of PUA's, who take money from lonely desperate incels, then go out and fuck a bunch of hookers, then take pictures of them so it looks like they get real pussy, then sell it back to the incels and it's a fucking circle.* Don't be one of them.

Now finally before you tell me you need to have a 6 foot 4 chad fizeek with a male model's face, you need to STFU right now. I could use myself as an example to shatter every one of those tired cliches, but I wont, instead I'll use my friend, who is objectively shorter, fatter, and uglier than me, yet still is a social expert and is able to date hot women. He has such abundance that 2 weeks ago, he started dating a hot latina chick, only for him to dump her because she said her Ex is still in the picture. "Yeah man I dont like that shit, dont got the time to deal with that," he told me. Mad respect, K.G. You suck but still, mad respect. He has 1000's of friends/followers on facebook/Instagram, and I have not seen a single status that gets under 50 likes, nor a photo upload that gets less than 100. Let that be a lesson and example to all you down on your luck sad-sacks.

BONUS

Earlier I mentioned going dark triad on social media, and being Machiavellian, well here's how you actually do it:

For every real girl on social media that likes and comments on your shit, create a fake (but real looking) female profile and do the same thing. Make it look genuine, but set it on private so no one can investigate. Follow random people so they follow back, but no one you really know. Eventually you will have 4-8 fake hot girl profiles that constantly comment and like your shit, and remember they're really you, so you can comment whatever you want, and boom, now more sluts wanna have

sex with you cus if they see other girls want you they want you too. I have a friend who's done it a few times with great success.

If you wanna read more about that method, read the story of the Machievellian guy from the bodybuilding forums -- he did it and banged 2 sluts for free.

4 TRUE Traits That Alpha Males Have

31 upvotes | December 16, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I've recently read plenty of misconceptions as to what "being alpha" truly means.

"An alpha male is someone who helps others, has a good heart, and makes improving people his mission!"

Bullshit.

Morals and opinions are not what determine the "alphaness" of a Man, your most depraved and evil people in history are categorically alpha, while self-sacrificing do-gooders can easily be classified as betas.

Does this mean be evil? No. You can have a good heart and be an alpha male, however you must understand being good is not a requirement, or even a trait of being an alpha.

Being the *"Top Alpha Male,"* or the *"Bottom Beta Bitch"* is not something etched into the stones of eternity -- often times such a position is contextual, or situational. You can have a large gathering of men who all have *alpha traits*, like a meeting of Business Executives, but the "Top Alpha" in that situation is the Man all the other men are listening to. Just because they aren't the alpha in that situation, doesn't mean they don't have alpha characteristics at all. Another example would be, at your local weight gym, the Top Alpha is the guy who can lift the most heavy shit or the most muscular dude, but throw him into an MMA gym, and suddenly he may very well be thrust into the middle, or even lower echelons of that environment's hierarchy, by virtue of being able to have his ass kicked. He still has alpha traits, but in that situation, he is not the top alpha.

I keep alluding to *"Alpha Traits,"* or "Beta classifications," and the reason for this is one you should take to heart throughout your Red Pill journey -- We use Alpha/Beta as easy to remember terms to label a type of man, but that is only short hand for its true meaning; the classifications of behaviors and tendencies.

No man is a Beta. They have a high number of beta characteristics.

No man is an Alpha. They have a high number of alpha tendencies.

The 4 TRUE Traits That Alpha Males Have

1.) An Alpha Is A LEADER

Whether you are leading peasant farmers in a revolt against the world's strongest Empire or leading your high-school sports team to victory, a true marker of alpha-hood is when other men (or women) are willing to follow you and obey you. Hate to break it to you, but there is no goddamn such thing as a *Lone Wolf Sigma Alpha Male™*. Alpha's and Beta's exist in sort of a Yin & Yang situation where one cannot exist without the other contrasting it. In other words, *Alphas and Betas operate within Male Social Dominance Hierarchies, if you do not participate in any, that simply makes you an outcast.*

You may be able to get girls, or have the other traits of being an Alpha, but if you are not leading

people in your life or bending their wills to your own, then you simply lack this trait, and that's fine too, because remember that being alpha is not a concrete personality type, it is a synthesis of many traits, if you don't have one you can have others.

The trait of leadership is fairly easy to measure. When you say you are going to do something to your friends, do they insist on doing it with you? When you tell your woman you do or do not want her to do something, does she follow your lead or keep doing her stupid shit? At your work, are you giving orders or are you taking them, how high on the chain of commands are you?

2.) You Invoke Feelings Of RESPECT, Of FEAR, Or BOTH, In Other Men

How many times have you laughed at the guy who claims he is an alpha male while watching him get blatantly disrespected? Take a skim through askTRP and you'll see what I'm talking about.

"Guys I am a 100% certified alpha male but my best friend fucked my girl-friend. How can I reassert my dominance?"

In situations where both those feelings are lacking, but people disrespect you, then you should take some solace in the fact that they at least see you as a man, even if you're perceived as a *beta man*.

When you don't invoke any feelings in other people, not even disrespect, that is because they view you as a child. Nothing of noteworthy importance -- an insignificant non-factor in the Social Dominance Hierarchy.

(First they ignore you, then they laugh at you, then they hate you, then they envy you, then they celebrate you.)

When you have men informing you how much you inspire them, or how much they want to be like you, they admire you and your accomplishments unprovoked, or they are inviting you to their events because they feel you would bring valuable contributions to the meeting, you have their respect.

When men question their own actions because out of worry for how you might react, when they go out of their way to hide their failures or shortcomings from you, when they always kiss your ass in your interactions, you have invoked their fear in you. Both of these feelings are a sign that you are on the same level of the social dominance hierarchy at worst, or many echelons higher at best.

3.) An Alpha Male Does Not Care About What Other People Think Of Him

There are so many true to life examples of this trait, and I know the lot of you aren't going to like some of them.

The drug dealer who runs the streets, ignoring the haters that call him a low-life thug, has this alpha trait whether you like it or not.

The fat neckbearded gamer, who doesn't care about social etiquette or being in shape, has this alpha trait whether you like it or not. He may lack every single other alpha trait in the book, either out of laziness or he just doesn't have what it takes for the rest, but he has this one, the true "IDGAF" mentality.

It is not an Alpha trait to do what is good and virtuous, nor is it a beta trait to do what is bad and base. To understand the alpha-ness of your actions, you must simply question whether you do it because it is what you genuinely want to do, or if it is because that is what other people have lead you to desire. If it's the latter option, then in reference to the very first trait, you have let other men lead you, thus making you a follower.

This trait is difficult to ascertain, and should be assessed on a case by case basis.

If you are a 9-5 office working, doing it because *"it's the right thing to do for my family, and my wife wouldn't approve of the job I really want to have even though I'm good at it,"* then you're a certified beta male, for letting other people determine your own life path.

If you're in a garage band because you think it's the best way to get girls and you want other guys to see you as cool, you are a certified beta, because you are putting on a performance only to invoke reactions and validations from other people. Once again, you are letting what other's think of you determine your actions.

Now on the contrary, if you're in the band because you love music, you're good at it, you love performing in front of crowds, and the groupies and fans are just a bonus -- Alpha as fuck.

If you Work in a 9-5 office and love it because you've realized it's an easy, effortless, sit on your ass all day job, and you've figured out how to spend half of it being paid to surf the internet without getting caught -- Alpha as fuck.

This one is the most difficult to ascertain for it is a measure of a man's mindset.

4.) Alphas Can Defeat Other Men In Combat

Whether it's play fighting to showcase your MMA skills to your friends, or thrusting your bayonet into an enemy's chest in the heat of battle, my most personal true indicator of an Alpha Male is the ability to defeat other men in combat.

To take this theory to its logical extreme, how can you claim you are more Alpha than another guy when that other guy fucking capped your ass?

"Oh he doesn't have emotional control so he had to resort to violence. I am a stoic alpha male while he is a murdering beta." Whichever way you spin it, all the justifications and rationalizations go out the window when you're fucking dead, and he's not.

In the case where the violence doesn't resort in death, but rather a fight, the same still applies -- all your justifications go out the window when you get knocked out by another man, even worse when it happens in front of your girl. There is no quicker way to get cucked in front of a girl than getting your ass whooped in front of her.

Of course, there is always someone bigger and badder than you -- but once again, being the Top Alpha is contextual and situational, and you can still have an abundance of Alpha Male Traits despite not being the top Alpha in a particular situation.

Three examples to help illustrate this idea:

When two Professional Cage Fighters meet in the ring to do battle, their ability to destroy an everyman, and even most trained warriors in combat, is indisputable. However, in all wars there will only be one victor. When the dust has settled and you see which fighter is covered in the blood of his enemy, that is when you've found the Top Alpha Male...

...Of that particular meeting of warriors. Fight "A" might be the top Alpha when compared to Fighter "B", but he has not fought Fighter "C" yet, therefore when they meet, they must fight for dominance yet again.

That's right, *Alpha males fight for dominance*. Look at any animal in the kingdom and you'll see the biggest men essentially trying to kill each other to establish control over the territory or the bitches. You think us humans are any different? Okay, we may have other traits that would make us alpha, but to forget one of our most primal traits of alpha-hood is to live in inebriated ignorance.

In a team of Navy Seals; all professionally trained killers, often their squad commander will ask his mates for an assessment of their current situation, and ask for opinions on how to proceed with the mission.

They are all trained killers, and any one member of that squad could potentially kill any other individual member in combat, however the Top Alpha male in that situation is the Man the other Alphas are being led by.

The last example of this trait is if you are a scrawny nerd but have a gun, it doesn't matter how many years the other guy has lifted, how much time he spent fighting -- if he does not have a gun, you are the alpha in that situation. That may change if the gun falls on the floor, but, until then, keep your distance and you'll be in control of the situation -- i.e. the contextual alpha male.

I want you to make note of one VERY crucial factor all these traits share:

If you've been paying attention, every single trait of being an alpha male is all in relation to your standing with other men in the social dominance hierarchy.

Some may say *"well isn't getting laid by hot women an indicator of being alpha?"* And I would contest that it is merely an indicator of your attractiveness. It is worth noting that having Alpha Male traits will make you much more sexually attractive to women, however women are often gullible and terrible judges of character, so they can sleep with some horrible characters that are not very alpha, and disregard Alpha Males who do not demonstrate the traits that make them Alpha.

The average hot girl is probably not thinking a fat mob boss is hot until he displays some sort of power yet he would be all of those traits. He leads other men. He has the respect of his crew and your fear because you know he could have you killed and disappeared in an instant. He does what he wants. But despite all that, the average women may not be attracted to him until that women learns of his power and position in the male social dominance hierarchy.

A common misconception about the social dominance hierarchy is just that -- that there is only one. Men's hierarchies are entirely different than women's, and what we consider alpha usually isn't in the women's dominance hierarchy. An alpha woman is the one able to identify the most alpha man, and submit to him. The most alpha man does not submit, he leads. Etc.

Now, the good news is, all of these traits can be cultivated. You now know a thing or two, but can you do a thing or two with that knowing?

[illegible]

Is there a place I can get my Penis Hairs Groomed?

0 upvotes | December 16, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

I take very good care of my apparence. Clear skin, great haircuts, clean shaven face.

My only issue is that if left unchecked, my crotch becomes a cock jungle.

Normally I just trim it down, or shave it, but it looks almost terrible when I do it. I've had girlfriends trim it down and it looked better, so now I wonder if there is a place I could get my penis professionally groomed?

Thanks in advance.