

SteelSharpensSteel

ARCHIVE

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Cocktail Game

5 upvotes | October 6, 2017 | /r/askMRP | [Link](#) | [Reddit Link](#)

That's right, you've heard of the three R's of the Manosphere... I'm here to introduce you to the three M's you all should be able to make for drinks - Mojitos, Margaritas, and Moscow Mules. As consummate entertainers, and as men constantly striving to improve in all areas of life, your cocktail game must be tight if you are hosting a party or guests.

First, the Mojito. A mojito is a type of highball drink, which is a base spirit with a larger proportion of a mixer. A note of warning – it is easy to mess up a mojito if you get the proportions wrong. I have had (and made) some really bad mojitos before, and it is critical to ensure that the proportions are correct.

Mojitos are made with white rum, sugar or simple syrup, lime juice, soda water, and the key ingredient – mint. You prepare a mojito by first obtaining limes and slicing them into wedges, and adding them to sugar or simple syrup and mint. Then you take a muddler (you do have a muddler, don't you) and gently mash this to release the oils in the mint leaves. Do not shred the leaves. Add the rum, briefly stir with a long stirrer (you do have a long stirrer, don't you), and then add ice and sparkling soda water. For a garnish, slice a lime wedge for the edge. Do not use too much sparkling soda.

Make sure you serve this in a tall glass. Presentation is critical. I prefer to use fresh mint – go ahead and grow a mint plant in your backyard. It will take off like a rocket.

Proportions: 3 lime wedges, 8-10 mint leaves, 3/4 oz. simple syrup, 1 and 1/4 oz. Baccardi white rum. Add sparkling soda to top off.

Next, the Margarita. A margarita is a cocktail consisting of tequila, triple sec, and lime or lemon juice, often served with salt or sugar on the rim of the glass. The drink is served shaken with ice (on the rocks), blended with ice (frozen margarita), or without ice (straight up).

I have had a number of margaritas in my life, but the two best margaritas I've had were in Old Town San Diego, and the San Angel Inn in Epcot. I don't have the San Diego recipe, but the classic margarita recipe is here: 2 parts (read: shots) El Mayor Premium White Tequila, 1 part Cointreau, 2 parts lime juice, 1 part simple syrup made with agave nectar. Shake and serve in the salt rimmed glass over ice. The simple syrup is made with half agave nectar, half warm water, stirred in a bowl until consistent. The lime juice is freshly squeezed – get a stainless steel solid juicer. Ingredients are shaken in a cocktail shaker with ice for 1 minute. The agave nectar is the secret ingredient. Just double or quadruple the ingredients if you are making them for a group. Pro tip: squeeze the limes before your guests arrive, it will save you a heap of time.

I like this a lot better due to the agave nectar, which ties in nicely with the white agave tequila. You will get comments about the lack of Triple Sec and simple syrup.

Finally, the Moscow Mule. Served traditionally in a copper mug, it is a type of buck drink, which typically involves ginger beer/ginger ale and a base liquor. Moscow Mules contain vodka, ginger beer, and lime juice.

What's important about the Moscow Mule is the type of vodka, and the type of ginger beer. Get good quality vodka. I'm a fan of Ketel One (wheat based) and Gray Goose (wheat based), but you pick what you like. Ginger beer is a tough one. If you look on the reviews of ginger beer, the type of

ginger beer that I like, Stoli non-alcoholic premium mixer ginger beer is not rated highly, but I prefer it given its sweeter taste. You'll have to experiment here and find out which ginger beer you like with your vodka.

Proportions: I do a typical recipe – 1.5 to 2 shots vodka, 3 to 4 shots ginger beer, and slice up a few lime slices, on the rocks.

Recently I was at a rooftop hotel bar overlooking the city, and I ordered myself an Old Fashioned, because I'm classy like that. When the glass came, I looked in the container, and the ice cube was one massively large perfectly clear and square chunk of ice. It made the drink look like the square was part of the glass itself, and was very cool both literally and figuratively. It inspired me to find out how the heck they did that. Apparently in order to get perfectly clear ice cubes you have to use filtered water, boil it a few times, and then pour that water into a large ice cube container and have that freeze. Something to up your cocktail game right here, gentlemen.

My next task is to find out a substitute for egg white for a Pisco Sour.

What are you drinking, and how are you upping your cocktail game. Post your best tips and drink recipes here.

P.S. This post is a bit tongue in cheek, given some of the handholding posts recently, but have fun with it.

Where Is The Good?

19 upvotes | October 12, 2017 | /r/askMRP | [Link](#) | [Reddit Link](#)

So I have to tell you guys, MRP and AskMRP have been a bit negative recently.

When I read posts like this in MRP:

https://www.reddit.com/r/marriedredpill/comments/75hafq/holding_frame_in_dread_level_12/

https://www.reddit.com/r/marriedredpill/comments/6yvrxm/fr_1_year_from_the_artist_formally_known_as/

https://www.reddit.com/r/marriedredpill/comments/6vo0lz/your_wife_is_a_whore_and_you_should_divorce_her/

And this in AskMRP:

https://www.reddit.com/r/askMRP/comments/75u6u4/new_to_mrp_and_the_marriage_looks_like_its_coming/

I gotta say, that sucks.

And at times AskMRP is 50% handholding, 45% faggot, and 5% new people who need help with the pill (some of the long timers might say it's 99% faggot, 1% new guys who need help, but I digress).

The thing that gets me is - Is it really that bad for you guys? I get that there is a spectrum of people here, and most of us are idly by lurking and maybe if they have the stones for it they are doing something about their problems. My personal experience in taking the pill though has taken me from about a 5 to 7 (not just physically, but my overall well being), and in the process taken my relationship with my wife from a 5 to a 7. But not only that, I can see the process of where I can bring myself, and thereby my relationship to a 8 or even further - there is some positive looping and value adding going on. Taking the pill for me personally has been very positive (and a necessary kick in the ass, I must admit - fortunately I didn't have to take it as a suppository). But a lot of people here seem like they are really struggling - I mean to the point where they are having main events or have them coming up soon, or their relationships have deteriorated due to years of abuse to where they just DGAF and start spinning plates, or after years of neglect they're starting the process of divorce.

I'm going to briefly do a callout to a positive post -

https://www.reddit.com/r/marriedredpill/comments/516un6/heres_your_example/, what a damn inspiration, u/GargantuaBlarg29

The question is - are you good? Is your relationship good? Mods and ME's, you've been here the longest. Are you good?

For some perspective, it's a damn miracle that each of you is breathing right now, let alone have electricity and computers and internet. I think it's a good reminder to take a few minutes, breathe deep, and realize things aren't so bad. You are in a universe that is 46 billion light years wide, and yet you're the only you out there that has ever been or will be. Meditate a bit this morning, and take a sip of that half full glass. Smell and savor the coffee this morning.

Then get back to work at the iron temple, and get to where you need to be.

Purpose – The Rules of the Game/Way of the Superior Man

47 upvotes | October 20, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

To quote J. C. Penney, founder of the department store chain, "Give me a stock clerk with a goal, and I'll give you a man who will make history. Give me a man with no goals, and I'll give you a stock clerk." - Neil Strauss, *The Rules of the Game*

In the book *The Rules of the Game*, there are several missions listed around evaluating yourself, which are worthy of review as you are discovering or refining your purpose.

From the book:

MISSION 1: Evaluate Yourself

Fitness programs require you to weigh in on the first day. Financial plans ask for a list of your assets and debts. So to revamp your social life, you'll need to make a social assessment of yourself. Your first mission is to write answers to the following questions. Don't worry about what anyone else will think of your answers. Your goal is to be as honest with yourself as possible.

1. Write one or two sentences describing how you believe other people currently perceive you.
2. Write one or two sentences describing how you'd like to be perceived by others.
3. List three of your behaviors or characteristics you would like to change.
4. List three new behaviors or characteristics you would like to adopt.

MISSION 2: Set Your Goals

Your mission is to read the following questions, think about them carefully, and write your personal mission statement. Be as specific and ambitious as possible. (Examples of accomplishments include starting a band, buying a house, getting in shape, launching a business, becoming president.)

1. What three accomplishments would you like to achieve to make you happier?
2. What are the reasons these accomplishments will make you happier?
3. What is your personal mission? (fill out the following statement)

I will become (MY ROLE, maximum four words) who will (MY CLAIM TO FAME, maximum four words) within (NUMBER) days/weeks/years.

4. List three specific results that will let you know that you've accomplished your mission. (For example, I will have earned \$200,000; I will have lost thirty pounds; or I will have won five Academy Awards).
5. Why are you now fully committed to pursuing your personal mission? (fill out the following statement)

Because if I don't pursue it now, I will continue to suffer over the next years and: my (element/quality of life) will decrease/get worse/fail; x3

But if I do pursue it now, my (element/quality of life) will increase/improve/come true; x3

From *The Way of the Superior Man*, pages 18-19:

“Your mission is your priority. Unless you know your mission and have aligned your life to it, your core will feel empty. Your presence in the world will be weakened, as will your presence with your intimate partner. The next time you notice yourself "giving in" to your woman, postponing your mission and denying your true purpose in order to spend time with her, stop. Tell your woman that you love her, but you cannot deny your heart's purpose. Tell her that you will spend 30 minutes (or some specific time) with her in absolute attention and total presence, but then you must return to carry on your mission. Your woman will be more fulfilled with 30 minutes a day of undivided attention and ravishing love than she will with a few hours of your weak and divided presence when your heart really isn't into it. Time you spend with your woman should be time you really want to be with her more than anything else. If you'd rather be doing something else, she'll feel it. Both of you will be dissatisfied.”

From *The Way of the Superior Man*, pages 30-31:

“The core of your life is your purpose. Everything in your life, from your diet to your career, must be aligned with your purpose if you are to act with coherence and integrity in the world. If you know your purpose, your deepest desire, then the secret of success is to discipline your life so that you support your deepest purpose and minimize distractions and detours. But if you don't know your deepest desire, then you can't align your life to it. Everything in your life is dissociated from your core. You go to work, but since it's not connected to your deepest purpose, it is just a job, a way to earn money. You go through your daily round with your family and friends, but each moment is just another in a long string of moments, going nowhere, not inherently profound. Disconnected from your core, you feel weak. This empty feeling will undermine not only your "erection" in the world, but your erection with your woman, too. However, when you know your true purpose, which is your core desire in life, each moment can become a full expression of your core desire. Every instant of career, every instant of intimacy, is filled with the power of your heart purpose. You are no longer just going through the motions at work and with your woman, but you are living the truth of your life, and giving the gifts of your love, moment by moment. Such a life is complete unto itself in every instant. The superior man is not seeking for fulfillment through work and woman, because he is already full. For him, work and intimacy are opportunities to give his gifts, and be vanished in the bliss of the giving.”

Evolving your purpose is a natural part of growth as you live and build experiences. I'm not going to quote the whole book of TWOTSM, however it is encouraged that you read and review this to define and refine your own purpose. These are merely tools that can be used on your MAP. Working out, STFU, sidebar – they all are ultimately getting to a man's purpose. Defining one's purpose is a key part of your own sexual strategy - sure, you can lose weight and make some initial gains with your wife, but once you have a purpose... look out!

If you have additional thoughts or resources on purpose to help focus people as they post in the OYS threads or define their own MAP, put them below.

Back to Basics – Mystery Method, The Game, and the Rules of the Game, Married Edition

106 upvotes | November 2, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

“If you can't attract a woman, you are, by dictionary definition, sterile.” – Mystery

Ah, 2007. Pickup artistry was going strong, and many a young man heard about this mysterious method to “get beautiful women in bed”, as well as a Rolling Stone writer exposing the seedy underbelly of pickup culture.

Before I get started, fair warning – my review will not do justice to these books. These are classics of literature here (Shakespearean in a red pill way), and as potentially life changing as the sidebar depending on where you are in life. Second disclaimer, I have not been, nor do I claim to be a pickup artist. For those of you who are, well damn, post your stories below!

The Mystery Method was the very first book I had ever read from the pickup culture. That book, along with The Game was a gift to me by a friend back in 2007, and I quickly devoured those books. After that, I bought the Rules of the Game. Similar to the books on the sidebar here, it was massively life changing (and in a few years – I got married, so technically the “get beautiful women in bed” statement worked).

A recent comment recently inspired me to read these books again and looking at them through both an unplugged and married lens, there's quite a few gems here – you can see the building blocks of MRP praxeology.

So without further ado, let's get started:

The Mystery Method

The Mystery Method is a model. There are three stages of the M3 model: Attract, Comfort, and Seduce. Each of these three stages are broken down into three sub-stages.

A1 – Open: The man approaches a set, runs an opener, and immediately earns the set's acceptance

A2 – Female to Male Interest: The man demonstrates higher value, while simultaneously showing lack of Interest in the target. She responds with Indicators of Interest.

A3 – Male to Female Interest: The man baits the woman to become more invested in the interaction, and then he rewards her with Indicators of Interest.

C1 – Conversation: The couple shares in friendly dialogue. A sense of comfort and rapport follows.

C2 – Connection: Both parties feel a vibe that “It is on!” Kissing occurs. This phase may last over the course of several dates.

C3 – Intimacy: Now at a seduction location, heavy making out ensues and the couple moves into the bedroom.

S1 – Foreplay: The couple begins the physical escalation toward sex. If this happens too soon, it can cause buyer's remorse.

S2 – Last Minute Resistance: Last minute resistance is the point of no return before sex occurs. It's often a freak out moment for the woman.

S3 – Sex: It is necessary to have sexual intercourse several times in order to ensure a sexual

relationship.

Remember, the Mystery Method focuses on attraction first, not seduction. There are certain hardwired attraction switches in every woman's mind. **Attraction is not a conscious choice that people make. Rather, it's a response that they feel automatically as a result of these switches being flipped.**

Examples of DHVs (Demonstrator of Higher Value):

- Preselection from other women
- Appearing to be a leader of men
- Being supporter and protector of those you love
- Being non-needy
- Being unaffected
- Social intelligence
- Negging her
- Having a strong frame
- Having interesting knowledge
- Emotional stimulation
- Being socially "in demand"—other people are seeking your attention or validation (alternately they are paying attention to what you are saying)
- Connecting conversationally

MRP Note: You should be all of these things, and doing them as well. I would also add play with your wife, and not in the giggity way – that comes later. Always be having fun. Always be gaming. Also you must be maximizing your physical attractiveness. Lift. Work out. Exercise and eat right. That is also part of your game.

Examples of IOD's (Indicators of Disinterest)

- Avoidance: She avoids eye contact. She avoids your calls. She avoids you in general.
- If she can pretend that she didn't hear what you just said, she will.
- She won't contribute to the conversation.
- She gets impatient easily.
- She walks away or looks away.
- She leans away, turns her back, or talks to someone else.
- She is nonresponsive, or she repetitively says "uh-huh" instead of giving you a real response.
- She won't move with you, even two feet away. She won't invest.

Frame Control

Here are the early words from Mystery on frame: "The frame is the underlying meaning. It's the context, the implication—the unspoken assumption in everything you say. If someone asks you, "Are the fish biting today?" then he is implying that you have been out fishing. He hasn't said so, but the listener will assume it is true—it's just part of the frame. The frame supplies meaning to the content. For example, if someone says, "Yeah, that guy got off," what is the meaning of that statement? Depending on the context, it could mean that the guy just got off of work, that he beat a rap at the

courthouse and was set free, or that he had an orgasm—three completely different meanings.

"Frame" determines which of those meanings becomes accepted. He who controls the frame controls the communication itself. For this reason, when people interact with other people, they constantly play frame games. Through behavioral cues and subtleties in what they say, people convey their assumptions. If this conveyance is done with enough congruence, others will accept the frame as reality without thinking twice about it. If your frame is strong enough, you can get away with anything."

MRP Note: Frame is all. Whose frame are you in? Yours or hers? Think of the first Iron Rule of Tomassi – "Frame is everything. Always be aware of the subconscious balance of who's frame in which you are operating. Always control the Frame, but resist giving the impression that you are." Rian_Stone mentioned in his recent 21 Convention speech the following: "What is frame? Frame is your 30 second elevator pitch for your life. It's your reality. It's not power; though establishing frame can be you exercising the use of power. You are always in someone's frame. If it's not your frame, it's someone else's frame. It's the narrative of your interaction with the world." BPP has mentioned that frame is Dread level 1. You need to change and build your frame, and stop being in your wives frame.

Resources for frame are in the References section.

On Kino

"If she is standing there talking to you, just continue escalating. Always assume that it's on. This is also the best way to improve your calibration. Once your dynamic calibration is accurate, all of your escalations will happen smoothly, which is the long-term goal in building your skill set."

Some forms of kino include:

- Arm in arm
- Hands touching
- Embracing from behind
- Kissing lips
- Kissing or nibbling on neck
- Hand on knee
- Sitting on lap
- Arm around waist
- Touching face
- Smelling or pulling hair
- Hand on ass

Don't be tentative and wimpy about touching—be natural and confident. Touching (guys and girls) is one way that alpha males like you demonstrate their dominance.

MRP Note: You should be doing these to your wife normally and naturally. If you're not, then start doing it. If you are, then continue to do it. BPP mentions in his podcasts (in the sidebar, people) around YouTube being an excellent resource for kino – take some time and do a review. Also, you'll have to find the right amount of kino, not too much, not too little. Calibrate what you are doing.

Having Solid Game

- Are you a healthy, ambitious, socially comfortable person?
- Do you convey a lack of neediness at all times?
- Have you otherwise demonstrated value via preselection, the leader-of-men switch (social intelligence and social proof), emotional stimulation, frame control, and so on?
- Has she chased and otherwise invested in the interaction?
- Have you been compliance testing? Do you have kino escalation and compliance?
- Does she feel that she has earned your interest? (Have you demonstrated your "growing pair bond" for her, using qualifiers and other IOIs?)
- Have you built comfort and trust, and a sense of connection, over seven hours and several venue changes? Did you use the jealousy plotline so she is sure she wants you?

MRP Note: Look at all of these classic things that you were and were doing when you were dating your wife before you were married. Time to bring this back to basics – if you need to have one thing, let it be Game - <https://therationalmale.com/2012/02/23/looks-count/>

Freeze-Outs

“If last-minute resistance seems insurmountable, do a freeze-out: Turn on the light, snuff out the candle, check your e-mail, head to the kitchen to make a sandwich, or pull out a checkerboard and challenge her to a game. The power of this is in its sincere delivery. If you were sulking or angry, that would show that you were affected. Just act as if your arousal circuitry has simply been shut off.”

MRP Note: What Mystery is talking about is Outcome Independence. You are independent of the outcome. This is a reminder to be sincere about your outcomes, and to not be butthurt.

Punishment/Reward

You can't do a freeze-out unless she wants your attention in the first place. A takeaway done on someone who cares less isn't a takeaway at all. It only works when you are of value to her. When she says or does something negative, then remove your attention to make her feel lonely. She feels bad and knows she would prefer talking to you. That's why a freeze-out works.

MRP Note: You have to be high SMV in order to be able to do this in the first place. Look at yourself in the mirror. Would you screw you? Now think about what you have to do in order to get higher on the SMV scale.

MRP Summary: I highly recommend reading (and for many of you rereading) the Mystery Method to get an understanding of some of the building blocks of attraction as well as MRP praxeology. A good read for the single, divorced, and married man. Remember, this is a tool in your toolbox.

The Game

Don't hate the player... Hate the game - Neil Strauss, The Game

Practically The Game is short on tips, but it is long on substance and story, and is a fascinating look into the pickup culture that was going on. If you have not read it, I would definitely recommend purchasing this one.

Here are a few quotes from the book:

“After all, it had only been a month since my workshop with Mystery. I still had a long way to go. It was time for a motherfucking change.”

"The number one characteristic of an alpha male is the smile," he said, beaming an artificial beam.

"Smile when you enter a room. As soon as you walk in a club, the game is on. And by smiling, you look like you're together, you're fun, and you're somebody."

"Look at you. You're wearing glasses because your vision sucks. You have a hat on to cover a huge bald spot. You're ghostly white. And you look like you haven't seen the inside of a gym since grade school. You're doing well because you're smart and you're a fast learner. But looks count too. You're Style, so start being Style. Just snap: shave your head, get Lasik, join a gym."

I also found his credits to be highly amusing:

"Thanks to Britney Spears, who also got married. Twice. And to Tom Cruise, who recently announced his engagement and wasn't afraid to proclaim his love from the rooftops. Every time I have to make a tough decision, I ask myself: "What would Tom Cruise do?" Then I jump up and down on the couch.

Take some time and enjoy the read – it has a lot of classic stuff in it. And now you know how to make tough decisions like Tom Cruise (man, that was a while ago... but still funny).

Rules of the Game

The goal of this book was for the reader to get a date within 30 days. Through a series of 30 missions/challenges, the reader should have changed himself and approached enough women to have a date.

From a married perspective – you guys should be old pros at this! I mean, come on... this is **Married Red Pill**, after all. And yet even more so than *The Mystery Method*, there are so many good reminders and tips here that it is worth a read and review. Perhaps you have become complacent in your marriage, or you never really had the next level to your Game – regardless, take some time to go through this and remind yourself on Game.

Looking at the sections below, these are the areas that I believe would be most impactful for the married man. Feel free to read the book and comment below.

Day 1 – Mission 1 – Evaluate Yourself

As discussed in this post -

https://www.reddit.com/r/marriedredpill/comments/77mf7f/purpose_the_rules_of_the_gameway_of_the_superior/ - you need to evaluate yourself and where you stand.

Fitness programs require you to weigh in on the first day. Financial plans ask for a list of your assets and debts. So to revamp your social life, you'll need to make a social assessment of yourself.

Your first mission is to write answers to the following questions. Don't worry about what anyone else will think of your answers. Your goal is to be as honest with yourself as possible.

1. Write one or two sentences describing how you believe other people currently perceive you.
2. Write one or two sentences describing how you'd like to be perceived by others.
3. List three of your behaviors or characteristics you would like to change.
4. List three new behaviors or characteristics you would like to adopt.

Day 2 – Mission 1 – Set Your Goals

What is your personal mission? (fill out the following statement)

I will become (MY ROLE, maximum four words) who will (MY CLAIM TO FAME, maximum four

words) within (NUMBER) days/weeks/years.

Day 3 – Briefing - Vocal Training

Here we learn about the basics – breath and posture. Breathing deeply (but not too deeply) allows you to give full power to your words. Having bad posture prevents you from breathing correctly. He mentions imagining a string pulling to the top of your head – but be relaxed about it. He also discusses the issues with speaking with a low voice, speaking too quickly, brain farts, monotone voice, and statements that sound like a question (hint, you need to end your statements conclusively). I was in a public speaking class earlier this year, and one of the things that people tend to do is say the word “um” when they are nervous and presenting. Slow down. Gather your thoughts. Relax and focus. Don’t say the word “um”.

Take a look at Private Man’s page (may he rest in peace) on voice - <https://archive.fo/1TtEB> - for some more details on this.

Day 4 – Mission 1 - Hit the Showers

For this mission, the key takeaways are to be well groomed – shower, shampoo, and soap (similar to the 3 R’s of the manosphere, or the 3 M’s of cocktails). Smell good – mouthwash, cologne, etc. Shave your face clean (minus the beard – we don’t touch the beard at MRP). Clean the hairs around your ears, nostrils, and the back of your neck. Once you’re done – suit up (https://www.youtube.com/watch?v=TT_vf5ioXXk), look in the mirror, and remind yourself how awesome you are.

Day 4 – Mission 3 – Stand Up Straight

“Before you even open your mouth, a woman has formed an initial impression of you. And that impression is based largely on your body language.”

Men, this is very important. Game STARTS before you even open your mouth.

One of the key areas is posture.

This mission has you standing with your back against a wall. Make sure your heels, butt, and shoulders are touching the wall. Additionally, the back of your head just above the level of your chin should be against the wall as well.

Stay here for one minute. Reach behind your back and check to make sure there isn't too much space between your lower back and the wall. If there is, tighten your abdomen to bring the small of your back closer to the wall.

Now move away from the wall, and walk around the room for a minute without changing your posture, Commit the position and alignment of your body to memory.

Repeat this at least once a day.

There is also a post on the sidebar about this -

https://www.reddit.com/r/marriedredpill/comments/3qkonn/lets_talk_body_language/

Day 5 – Mission 2 – Make a Change

Style says – “The first step to better looks is better grooming. The second is committing to the right style.

Go to the clothing store—preferably when it's least likely to be crowded—and speak to the saleswoman who seems the most helpful. Tell her you want to change your style, and ask her to put together a complete outfit for you. If she wants you to be more specific, tell her you're going to a

high-profile fashion show, art opening, movie premiere, trendy club, or whatever imaginary event best suits the new you.”

Make a change in your outfits. Now realistically, I’m speaking to a more mature audience here – we all have clothes at this point in time in our lives (if not, time to up your career game).

But let me ask you this – how many of you have wives who pick out their outfits for them? Yeah, I’m looking at you, Mr. Fixer Upper. Are you in your wife’s frame again? Yeah, I thought so. Go and make a change in your outfits. You do it, not your wife.

It’s like it’s on the sidebar -

https://www.reddit.com/r/marriedredpill/comments/45yz3l/60_dod_week_4_style/

Day 5 – Grooming Checklist

Here are items that you should consider when you are grooming yourself:

Change your hairstyle; Ditch the glasses; Get tan; Get a manicure and pedicure; Remove excess hair; Examine yourself closely in a mirror; Manage your eyebrows; Whiten your teeth; Freshen your breath; Get free dermatology advice (department store beautician); Accessorize; Join a Gym (MRP Note: LIFT); Eat healthier; and Make sure your clothes fit.

The only thing I would mention here is the tanning and the risks of skin cancer. Get some sun, but don’t be stupid about it.

It’s like it’s on the sidebar... again -

https://www.reddit.com/r/marriedredpill/comments/44liif/60_dod_week_3_hygiene/

Day 6 – Mission 3 – The 8 Hour Rule

This is a mere sentence where Style states that you need to get 8 hours of sleep for the following day’s mission, and yet sleep itself is an underrated part of everyone’s MAP. Yes, pussies sleep, while Men wish for sleep. And of course, Chuck Norris doesn’t sleep – he waits. But in all seriousness, sleep has so much regenerative help on everything that it should be a key part of your MAP. Sleep helps reduce cortisol, the stress hormone, along with affecting testosterone production. And if you snore for many years, you’re at risk to get Alzheimer’s when you are older (since not enough oxygen is getting to your brain for years). Consider getting your recommended amount of sleep – it has effects on your attitude, and thus your game.

Day 6 – Abolish Approach Anxiety. The limiting mind and the freedom mind

There is a great discussion here on the limiting mind, the freedom mind, and how you have to identify your limiting mind and awaken your freedom mind. “Most fears and limits we have are the result not of nature but of nurture. We place limits on ourselves as the result of negative experiences from our childhood and the influence of authority figures.”

“The first step on most roads to recovery is acceptance—admitting that there's a problem. The second step in overcoming the source of our anxiety is to bring it out of unconscious darkness and into the light of our conscious awareness. Only then can we begin to dismantle it, see how it works, and create procedures to nullify it.” This section talks about positive scripts to give to your mind frequently to overcome, preserve, and succeed. Additionally, there are several good points around ‘letting go of outcomes’ – think about what it would be like if you were in a sexless marriage, you’re starting to turn yourself around, and you’ve heard of this funky thing called ‘Outcome Independence’ – you have to let go of the outcomes.

Style also mentions how important it is to remove failure from your vocabulary. He mentions a

famous Michael Jordan quote – “I’ve missed more than nine thousand shots in my career. I’ve lost almost three hundred games. Twenty-six times I’ve been trusted to take the game-winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

Honestly, you have to have a spine as well -

<https://theprivateman.wordpress.com/2015/02/15/the-sexiest-part-of-a-mans-body/>

Day 7 – A Field Guide to Openers

There is a quote here mentioned again that is worth repeating due to its importance - “The game begins before you open your mouth.”

In this mission, Style mentions Chris Rock, and his routine where anything that a man says to a woman translates as “How about some dick?” If you barrage a woman with generic questions, what she hears is “How about some dick?” Offer to buy her a drink, she hears “How about some dick?” Introduce yourself, comment on her necklace, ask for the time, “How about some dick?”

Now consider this from a married game perspective. Yes, you should game your wife. Can you go overboard? Absolutely. Do not let everything that comes out of your mouth translate as “How about some dick?” You have to mix it up – balancing sexual and non-sexual fun.

Don’t be like this: “How was your day?” “Ok. Yours?” “Ok.”. Also, don’t be like this: “Want some dick? Dick? How about some dick?” For a vast majority of us, that’s not going to work.

Day 9 – Briefing – The Fourteen Laws of Learning

These fourteen laws are mentioned:

- Acquire and apply knowledge in small chunks
- There is no such thing as rejection, only feedback
- It’s never her fault
- Learn actively rather than passively
- Don’t rehearse negative outcomes
- Understand how your mind learns
- Be willing to go through the pain period
- Don’t look to friends or family for approval
- Be willing to test new ideas, even if they don’t seem logical
- Once something works, figure out how and why it works
- If you don’t know what to do, don’t leave
- Hang around someone better than yourself
- Make sure your ratio of efforts to results is increasing
- Finish what you begin

This is like a guide to your MAP, and can apply to everything, not just game. Take some time and really look at these, and see how they reflect in your MAP. “It’s never her fault” – No, of course not – it’s your fault! “There is no such thing as rejection, only feedback” – Damn, are you butthurt again? FEEDBACK! This is a very deep section (yet simple), so take some time to really think about these items and how they affect both your game and your MAP.

Day 10 – Briefing – The Power of Disqualification

“One of the quickest and most playful ways to accomplish this is through disqualification. To disqualify a woman, demonstrate early in an interaction that you're not interested in her. Exert though you may be chasing her, disqualification turns the tables and makes her want to chase you. For example, telling a woman with blonde hair that for some reason you've only dated brunettes disqualifies her as a potential girlfriend.”

Now since you're married, disqualifying someone is a bit different than dating – telling your wife that you only dated brunettes before isn't going to get you that far. Style mentions though that they are the bedrock of flirting. They're supposed to be playful. A disqualifier should never be hostile, critical, judgmental, or condescending.

MRP Example: Your wife is getting ready for your date night (fool, every night is date night, hard mode remember), and she asks you teasingly “I think this skirt is too short, what do you think?” Your response should be “You're right, way too short – WAAAAY too short” while leering at her.

It's easy – flirt with your wife. Game her!

Some examples include:

- Saving her from you
- Giving yourself a monetary value
- Go over the top
- Reversing the roles
- Employ her
- Be the snob
- Be the authority figure
- Challenge her

And so forth...

Day 13 – Mission 3 – Borrow some Culture

Style suggests picking up a copy of a local events guide – this can be a free weekly newspaper, a magazine-style going out guide, a daily paper, or even a local Zagat guide to restaurants.

Read up, become interesting again. There's also a recommendation to read a Cosmopolitan magazine in the following mission – just don't – you are not desperate. You have NOT sunk that low. I don't care how low you think you are, you're not there.

Midpoint Coaching Session

“What you get out of something is equal to what you put into it.” – Neil Strauss, The Game

He mentions this quote, and it doesn't just apply to game, it applies to life. Every single thing that I have done that was worthwhile I worked hard at, and I truly got more out of it the more I put into it. Work, career, graduate school, sex... the list goes on.

THE SAME THING GOES FOR GAME! What he is saying here is that you need to spend time learning how to game – what you get out of it is the same as what you put into it. The same thing also goes for your work here at MRP.

Day 16 – Mission 1 – The Missing Link

This has a fascinating section about the missing link:

“The guy who fails at the game is the one who goes out looking for women to make him feel good

about himself. The guy who succeeds at the game is the one who goes out and makes other people feel good about themselves.”

I remember a long time ago reading an article about a woman meeting up with a pickup artist – and afterward, she made the same comment. The pickup artist didn’t do slimy tricks, he just made other people feel good about themselves.

Think about that missing link and how it applies to your wives. I would even add there there’s something more to it than that. The guy who succeeds at the game first knows himself and has built himself up into a confident, positive, masculine Man. THEN as they game, they make their wife feel good about themselves.

Day 21 Briefing – Worksheet

There is an excellent section on the anatomy of attraction - Open, Demonstrate Value, Create an Emotional Connection, Structure a Call to Action, and Make a Physical Connection. This is back to basics 101 here. Open – Meet up with your wife. Demonstrate Value – Show her how valuable you are (you do lift, don’t you). Create an Emotional Connection – Show her how you two are bonded, do something fun, give her the feelz! (<http://archive.is/rZ7DN>). Structure a Call to Action – Give her an incentive to sleep with you. Arouse her with your touch or talk. Make a Physical Connection – Avoid mistakes that will cause her to change her mind (aka beta behavior, validation seeking, submissive “I don’t know, what do you want to do?” behavior), and don’t make her feel used or any other negative autopilot response.

Day 22 – Mission 2 – Constructive Reframing

This mission is about reframing something negative into something positive. “When you hear a friend, colleague, or stranger complain or say something negative, try to reframe it into something positive. For example, if a friend says that he's incompetent at something, tell him that he just likes to do things perfectly. If someone says, “My girlfriend is driving me crazy”, respond, “Why do you think she nags? It’s only because she cares. If she didn’t care, she wouldn’t nag.”

This is an excellent mission on seeing the positive. Are you still butthurt? Are you lost in the anger phase? Try reframing one item per day – call it frame practice if you must.

Even more interestingly, try it on your wife! Be unfailingly positive!

Day 22 – Mission 3 – Flirtatious Reframing

This mission is a choice – you can either choose to reframe an accident into an intention (example: if you are in a bar, and someone bumps into you, you jokingly say “Did you just grope me? You know, I’m not that easy – I require dinner and a movie first.”), or you can reframe kindness into self-interest (example: go to a store and ask for advice on a good CD to play. When they suggest a CD, teasingly accuse her of being paid to say it. "You really think I should get that CD? He you're not getting a kickback from the record label, are you?"

When applied to the married lens, this mission is fairly easy. Just have your wife bump into you and tease her unmercifully. Or if she says “Wow, you changed the sheets”, you say “Yep, I did that on purpose – we’re going to get them dirty tonight” with a smirk.

Gaming your wife should be easy.

Day 22 – Briefing – Changing The Frame

This briefing focuses on four specific reframing techniques (from Slight of Mouth by Robert Dilts): Changing Frame Size, Context Reframing, Content Reframing, and Reframing Critics and Criticism.

I highly recommend reading this section as it complements other articles on frame.

Style does mention that the more you learn about frames, the more flexibility, fun, and success you'll have in your social AND professional life, and to keep in mind the following three things:

1. Always keep a strong frame. Have her meet you in your reality.
2. Reframing is the key to both persuasion and flirtation. "It gives you control of a conversation, with the ability to redirect it somewhere humorous, positive, exciting, or, at the right time, sexual. Practice it as much as you can, and not only will you become more successful with women, you'll become a more talented speaker and better-rounded thinker as well."
3. Use these techniques in moderation, and don't become obsessed with controlling the frame in every interaction all the time. Sometimes surrender can be victory.

That last point is very important. You can hear FRAME FRAME FRAME so many times that you become obsessed with it. Moderate and calibrate your use of controlling the frame.

A Interesting Complication

0 upvotes | November 20, 2017 | /r/askMRP | [Link](#) | [Reddit Link](#)

As there have been a number of serious posts recently, I wanted to take it back a notch and have a discussion on watches. Watches, in my opinion, should definitely be a part of one's style, and additionally can be a display of high value (or low value, if done incorrectly).

Plus they can be damn interesting. Check out this 3d Tourbillon - <https://www.youtube.com/watch?v=Go8woPGOggg> (and instructions - <https://www.thingiverse.com/thing:1249221>), as well as the most complicated watch in the world - https://www.youtube.com/watch?v=ubHre0yMH_c

I was at a formal event recently and I was checking everyone out (side note - I have learned to pay more attention to shoes based on this post - <http://theredpillroom.blogspot.com/2012/05/female-social-matrix-introduction.html>), and I noticed that out of all the guys, nobody had on any fancy watches (the ladies were diamond'd out). It was fairly interesting given that typically for men, we have two pieces of jewelry. Our wedding band, and a watch. One dude out of about two hundred had on a necklace, so he was a anomaly.

Recently also I was in NYC for a board meeting, and I noticed the men's watches - it was a sea of Rolex. Rolex Rolex Rolex. You'd think that the Swiss had invaded. And they were all Rolex Submariners. All of them, to a one. No Day-Date, no Explorer, no GMT... just Submariners.

Anyway, watches tie into your personal brand. What you are wearing is being noticed by both men and women. When you wear a watch that matches what you are wearing and is appropriate, that is a demonstrator of high value.

In general, there are two types of watches, a quartz watch (of which 97% of all watches produced in a year are quartz, 1.2 billion watches of 1.3 billion total), and then the rest are automatic/mechanical watches. There are other types, such as the spring drive by Seiko in their Grand Seiko line, as well as HAQ (high accuracy quartz, good for $\pm 5/10$ sec per year!), but generally let's stick to these.

Recently I decided to get a dress watch for formal occasions. Simple is what you should strive for when you pick out a dress watch - no complications, automatic, can be made of a precious metal, thin case, simple and elegant/timeless style. There are plenty of choices.

I would note that there will come a time when EVERY MAN will need to dress his best. Job interview, date, formal event, business event, and so forth.

So my question to you is what are you wearing on your wrist, and how is that tying into your personal brand?

Resources

<https://www.reddit.com/r/Watches/>

<https://www.reddit.com/r/Watches/wiki/buyingguide>

<http://forums.watchuseek.com/forum.php>

https://www.reddit.com/r/malefashionadvice/comments/ehz9n/liberalguy123s_guide_to_watches/

<https://www.realmenrealstyle.com/dress-watch-guide/>

<https://www.artofmanliness.com/2016/10/05/mans-guide-wristwatches-choose-watch/>

Modern Events - Peterson / Newman Debate, and Relevance to MRP

40 upvotes | January 26, 2018 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

So recently, during Jordan Peterson's book tour he was interviewed by Cathy Newman in the UK, which went viral. Here's the link - <https://www.youtube.com/watch?v=aMcjxSthD54>

For the lazy, here's the transcript -

<https://katana17.wordpress.com/2018/01/22/jordan-peterson-debates-cathy-newman-on-the-gender-pay-gap-transcript/>

I would encourage you to watch the video, as there are multiple lessons on debate, not losing your cool, redirecting, frame, and so forth.

Key points that stood out:

Newman: Jordan Peterson, you've said that men need to, quote, "grow the hell up!" Tell me why.

Peterson: Well, because there's nothing uglier than an old infant. There's nothing good about it. It people who don't grow up, don't find the sort of meaning in their life that sustains them through difficult times. And they are certain to encounter difficult times. And they're left bitter and resentful, and without purpose, and adrift, and hostile, and resentful, and vengeful, and arrogant, and deceitful, and of no use to themselves, and of no use to anyone else, and no partner for a woman, and there's nothing in it that's good!

Newman: You're saying there's a crisis of masculinity. I mean, what do you do about it?

Peterson: You tell, you help people understand why it's necessary and important for them to grow up and adopt responsibilities. Why that isn't a "shake your finger and get your act together" sort of thing. Why it's more like, but why it's more like a, delineation of the kind of destiny that makes life worth living. I've been telling young men, but it's not, I wasn't specifically aiming this message at young men to begin with, it just kind of turned out that way.

Newman: So what's gone wrong, then?

Peterson: Oh God! All sorts of things have gone wrong! I think that, I don't think that young men hear words of encouragement. Some of them never in their entire lives, as far as I can tell, that's what they tell me. And the fact that the words that I've been speaking, the YouTube lectures that I've done and put online, for example, have had such a dramatic impact, is indication that young men are starving for this sort of message. Because like, why in the world would they have to derive it from a lecture on YouTube? Now they're not being taught that it's important to develop yourself.

Newman: What's in it for the women, though?

Peterson: Well what sort of partner do you want? You want an overgrown child? Or do you want someone to contend with, that's going to help you?

Newman: So you're saying women have some sort of duty to sort of help fix the crisis of masculinity?

Peterson: It depends on what they want. No I mean, it's exactly how I laid it out like. Women want, deeply, want men who are competent and powerful! And I don't mean power in that they can exert tyrannical control over others. That's not power! That's just corruption. Power is competence, and why in the world would you not want a competent partner? Well, I know why actually. You can't dominate a competent partner. So if you want domination, ...

Newman: So you are saying women want to dominate, is that what you're saying?

Peterson: No. I'd say women who have had their relationships with men impaired and who are afraid of such relationships, will settle for a weak partner, because they can dominate them. But it's a sub-optimal solution.

Newman: Do you think that's what a lot of women are doing?

Peterson: I think there's a substantial minority of women who do that. And I think it's very bad for them. They're very unhappy. It's very bad for their partners. Although the partners get the advantage of not having to take any responsibility.

Newman: What gives you the right to say that? I mean, maybe that's how women want their relationships, those women. I mean, you're making these vast generalizations.

Peterson: I'm a clinical psychologist.

Newman: Right. So you're saying you've done your research and women are unhappy dominating men?

Peterson: I didn't say they were unhappy dominating them. I said it was a bad long-term solution. It's not the same thing.

Newman: Okay, you said it was making them miserable.

Peterson: Yes, it is. And it depends on the time frame. I mean, there can be, there's intense pleasure in momentary domination. That's why people do it all the time, but it's no formula for a long-term, successful, long-term relationship. That's reciprocal, right? Any long-term relationship is reciprocal, virtually by definition. So, ...

There's a lot to unpack here, but generally, think about it. Your wife does not want a overgrown child. She wants someone who is competent. She wants someone who is competent in multiple areas, physical, mental, and so forth. Women **DEEPLY** want a **MAN** who are these things. **YOU** should want to **BE** these things for yourself. You wonder why your wife is not having sex with you? Are you fat? Leaving all the work around the house to her? Treating her as your maid? Letting her run the ship? Showing her that you are as incompetent as they come? Not showing any leadership at all? Why would a woman want to sleep with that. I say it again - why would a woman want to sleep with that.

What we do here at MRP is we get people to grow up, adopt responsibilities (lifting, learning, etc), and generally become a man who is competent, not just in the bedroom, but in life.

I would even go so far to say as that becoming a competent man is a key factor in your sexual strategy.

And look at the other side - women dominating men **IS** a bad long-term solution. Lack of frame, drunk captain-ness, saying stuff like "I don't know, what do you want to do?"... just terrible.

Successful relationships are reciprocal.

It was a interesting discussion. I'd like to hear further thoughts below.

Bonus Insight 1 - Women make 80% of consumer decisions. I had not thought it was this large.

Bonus Insight 2 - In the search for his latest book, I came across this article:

<https://www.quora.com/What-are-the-most-valuable-things-everyone-should-know/answer/Jordan-B-Peterson?srid=zI7t> - very simple, but worthy of review as well.

FR – Skiing and your MAP

25 upvotes | February 26, 2018 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

I recently took the family skiing for the first time. Living where I do, you don't typically get to go skiing. It was a grand adventure, but as I started learning how to ski, all I could think about was the parallels to MRP, and boy, were there a lot of them!

“It’s going to suck if you’re out of shape”

Skiing is a physical activity, and you need to be in shape to really enjoy it. Similarly, for your MAP, get to your normal BMI first, then start working hard to lower your BF% and gain muscle. Why do we say that lifting is the first thing you do. Get a gym membership and go work out.

“Don’t go Rambo”

I had never skied before in my life. So I get there, I do a lesson, learn how to pizza, French fry, stop, and turn. Do I think that I'm ready for a black diamond? Hell no. Green slopes all the way, with some blue after I did a day's worth of green slopes. I saw a six year old doing high speed double black diamond runs over and over (turns out he's been skiing since the age of 3, more than a few times with custom equipment – someone has wealthy parents). It is very easy to think “YEAH I GOT THIS” and do stuff out of order. It's very easy to compare yourself to others and not calibrate for your own situation. Let the people who have been skiing forever do their thing. You do you.

Also, Don't. Go. Rambo. Just don't. Simple baby steps. Make small changes. Don't go beyond where you need to be. Guidelines say one month per level of dread – but remember those are just guidelines. It might take you two months, or three, or even more to get the first level.

“Turn right to go left”

When I first heard how you turn, I thought I was in the Cars movie. Turn right to go left.

Turns out you need to push off your right foot to go left, and lean to the left. Didn't make a lot of sense at first, but after a while I got the hang of it. A lot of the things here at MRP seem to not make a lot of sense at first. ”Wait, you mean I can say no to my wife?!?” Yes, you can say no, and not feel guilty about it. Someone should write a book, I tell ya.

There's a lot of paradoxes here: “Always initiate” vs “Don't reward bad behavior”. Dealing with shit tests vs comfort tests – you have to recognize that these are all tools. Choose the right tool for the right situation. You can use a screwdriver to hammer a nail, but boy, it's going to suck. And ABC - Always Be Calibrating!

“If you lose control, you’re going to get hurt”

Over the course of the day there were a ton of people who were hurt, and being hauled out by the ski patrol and into ambulances. I saw someone wipe out in front of me and scream out in pain as I was going down the mountain. As a beginner, I thought, oh shit. It's important to take this stuff seriously. Athletic stance, check. Center of gravity forward, check. Going too fast? Slow that shit down – go side to side, bigger pizza. Remain in control.

I cannot emphasize how important it is to go slow and remain in control for your own MAP. Don't let the anger phase gain control. Don't do anything stupid (one of my most common forms of advice here). If you lose control, you're going to get hurt, and not just butthurt.

“Proper planning prevents poor performance”

I can't tell you how many hours I spent researching the ski locations, figuring out what we need, getting the tickets and boots and helmets all figured out – it's important to have a plan. Same with your work on the sidebar, in the gym, and with your wife. You have to have a plan. Don't be spreadsheet guy, but have a plan.

I love it when a plan comes together.

“Have fun with it”

Skiing is supposed to be fun. There's a rush in going down a mountain at high speed, and feeling like a badass doing it. It's also fun when you game your wife. Let's rephrase: It SHOULD be fun when you game your wife. Have fun with it. Fun is missing out of so many MAPs. There are a ton of guys who just go and lift and forget to have fun with their wives.

Have fun, enjoy the rush.

Bonus Commentary: I saw a dad yelling at his 4 year old on skis, like really yelling and making a scene. The 4 year old was just a beginner. All I could think about was JBP's comment that you never should make your kids do something that would make you hate them.

Post below your tips on ski vacations, skiing, and other suggestions for trips to take the family away.

[FR] Alpha Clothing

16 upvotes | April 19, 2018 | /r/askMRP | [Link](#) | [Reddit Link](#)

In the spirit of all the super fast results posts recently, I had to share my story.

I was browsing Amazon, and came across the [Three Wolf Shirt](#) last week. Intrigued, I purchased it, and figured, hey, why not. Wolves are cool, and I always need more alpha in my shirt. Plus, the reviews were very positive (take some time to read them).

It came in the mail this past weekend. Tired after a long day of choreplay, I put it on after the kids went to bed.

I swear my wife looked at me and literally started undressing herself right there. I felt powerful, strong, and intense! I cavemanned her three times, and used every trick in the SGM to turn her into a puddle of hot sex and contentment. Afterward, I could not resist a urge to howl at the moon.

The other day I went to the local Starbucks wearing this shirt and ladies kept coming up to me and swoleesting me. After the fourth one did it, it became uncomfortable. They had this ravenous look in their eye. Maybe it was the pheromones I was emitting - perhaps they could smell the testosterone.

I don't think there is any other alpha clothing that is as good as this shirt. I swear it will allow you to skip six levels of dread - for you beginning MRPers, you want a shortcut? Here it is.

I've put the shirt away, because it has too much power. Be careful if you get this shirt - you might get what you wish for. And more. Right now all I do is just touch the shirt in the evening and my wife comes up for hot sex.

60 DoD Week 6: Finances

41 upvotes | May 6, 2018 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

60 DoD Week 6: Finances

By failing to prepare, you are preparing to fail. – Ben Franklin

Having a financial plan is vitally important for a number of reasons. What do you think the greatest stressor in relationships is? The lack of sex your wife is giving you? Close one. It's money., although your shaved balls might think otherwise.

So don't you think having a plan is critical to fixing your well-being? You have a MAP to get in shape. Why don't you have a plan for your finances.

This post might better well be served in personal finance, but screw it. I'm going to town. For the folks overseas, some of this content might be US-specific.

On Net Worth

In order to calculate your net worth, you need to take your assets, such as your checking account, savings, house, etc, and subtract your liabilities, your mortgage, credit card debts, and loans, and you'll get your net worth.

This is a good time to be spreadsheet guy. But instead of counting how many ladies you are seeing or counting how many times you had sex, use Excel for its intended purpose.

Start calculating it annually, quarterly, monthly. Whatever frequency you feel like you need to get a handle on where your net worth is going. For myself, I do this quarterly, though I have my finger on the pulse pretty frequently.

On Budget

You want to get ahead? You have to operate on a budget. Know what you are spending, what you are saving, and where your money is going.

For me, I've got it set where it takes me about 7 minutes to log into the various accounts, take certain numbers like food spend and so forth, and plug those numbers into the Excel boxes. Plugging them in allows me to quickly project the next three months spend and where I'll be. Some numbers are easy to find, like the fixed costs of mortgage and student loans. Some numbers you have to estimate or look up, like variable food costs and gas/electric. I do this about once a month. It doesn't take long at all – just making sure I have good cash flow and sticking to my budget.

Take the time to do a detailed line item comparison. You should know exactly how much is going where. The real key though is **STICKING TO YOUR BUDGET**. You have to keep to it in order to meet your goals.

On Financial Literacy

It's key to have a good understanding on financial literacy. You have to understand things such as what is the market, what is a stock, what is a bond, what is a dividend, what is a mutual fund, and so forth. You have to know what you are investing in. Take your financial knowledge and move it up. There are literally tons of free information out there. Start going to town. And for the advanced players, go learn the ins and outs of your brokerage firm's website and trading platform – I mean really learn it, not just "Oh, here's how I do a buy order on a stock." Learn how to screen for stocks,

mutual funds, and bonds effectively.

Side note – If you are in the US, I recommend joining AAIL. I have gotten a great deal of value out of my membership to them. A number of HNWI individuals I know recommended it to me, though I had joined and got the lifetime membership before I met them.

On Bogleheads

Personally, I'm a Boglehead. Jack Bogle, man, he was the Chad of passive investing. I believe that passive investing (indexing) long term beats active investing long term. So does Warren Buffet. All my research agrees with this from a long term standpoint.

I'm also a fan of creating an Investment Policy Statement

Boglehead Resources

https://www.bogleheads.org/wiki/Bogleheads%C2%AE_investment_philosophy

https://www.bogleheads.org/wiki/What_the_experts_say_about_investing

https://www.bogleheads.org/wiki/The_twelve_pillars_of_wisdom/

https://web.archive.org/web/20070304091730/http://www.vanguard.com/bogle_site/april272001.html

<https://studentloanhero.com/featured/bogleheads-invest/>

<https://www.bogleheads.org/forum/index.php>

I would highly encourage you to review these links and check out their philosophy on investing.

On Being a Contrarian

I'm also a fan of being a contrarian. Be greedy when others are fearful, and fearful when others are greedy. You see it with the Bitcoin bubble. You see it when the stock market goes up and down. Oh no, the market is going down... whatever shall we do!?! You stick to your guns. I'm not saying go catch a falling knife. I'm saying that you stick to your plan. There is opportunity when people are fearful, and caution is warranted when people are being greedy. You have to evaluate where we are in the economic cycle as well.

On a Cup of Starbucks and Retirement

You might have seen the example where someone buys a cup of Starbucks every day and then finds out that if they took that money and invested it toward their retirement, over the span of say 30 years they'll have like an extra 200k. I have two comments on this. First, be frugal, but don't deny yourself. Don't let frugality control you. Second, don't just focus on controlling the little changes like saving a cup of Starbucks every week, focus on the BIG areas. Focus on getting a new job that pays you an extra 40k per year. Focus on saving 100 bucks off your cable (1200 bucks saved per year). Focus on lowering your taxes. What I'm saying is focus on not just the small areas, but also make the bigger impact areas a higher priority. And stop drinking so much Starbucks – make it yourself. Grind the beans, for crying out loud.

On Automating

Automate your finances. Make it EASY for yourself to save money. Set up your automatic bill payments for your credit card, loans, mortgage, and bills. Take advantage of the modern tools nowadays for app/camera based check deposits. Have money taken out of your paycheck before you get it, whether it is for retirement or into a separate savings account, so you can accumulate a rainy day fund. I've automated as much as I can, with direct withdrawals taken out for mortgage, credit card payments, gas and electric, and for the other areas like telephone those are automatically paid

from the credit card, which then is automatically paid from the checking account. Automating saves time, which is a critical resource.

On Buying a Car

Here's your resources:

<https://www.reddit.com/r/askcarsales/wiki/index>

https://www.reddit.com/r/askcarsales/comments/19niva/car_buying_faqs/

https://www.reddit.com/r/askcarsales/comments/4j2okj/what_to_expect_from_your_dealership_visit/

https://www.reddit.com/r/askcarsales/comments/613jvn/askcarsales_faq_updated_march_2017/

<http://fightingchance.com/> - I used these for private market research, and was worth every penny.

There's a lot more here, but this should get you through the basics. Simply, knowledge is power. The more you know, the more power you have. If you don't know every single line item that is going into your purchase, whether it is an accessory, taxes, that stupid coating that they try to sell you for \$1000 but it's really just worth \$100, etc., then you're not ready, and you're more likely to be fleeced.

Just even walking into the dealership and observing other customers and their interactions with the car salesman, it's like watching sheep. Don't be a sheep. Be prepared. And be prepared to walk too. Cars are a commodity. You can buy the same car someplace else cheaper. Remember this – cars are a commodity, and there's lots of dealers out there.

Side note – “But Steel, what about TrueCar? That seems awesome. I'll just go in, get my TrueCar/Costco/KBB/XXX price and I won't even have to do anything to get a great price.” Let me tell you this. Dealers would be HAPPY to sell you at the TrueCar price all day long. With proper preparation, you can negotiate a far better deal. Last time when preparing, I had a binder. That binder saved me over 9k. Cost me 5 bucks at the local pharmacy. Printed out all my info, was prepared as all get out, and had a prepared offer ready to go (I used my own sheet, not theirs). Be prepared, that's what I'm saying. And don't fall for the four square technique. I just chuckled at the different dealerships at how they try to pull that one. Hell, I went through YouTube and viewed a couple of videos on how car salesmen sell, so I had an understanding of their mentality and what they do. Be prepared.

Generally, there are five major parts for buying a car: Trading in your current car, buying your new car, buying options on a car (like that fancy heated steering-wheel), extended warranty, and financing. You should own every single area of this. As an example, when you are talking about trading in your current car, you should ALREADY have your price quote from CarMax in hand, as well as other offers from other dealers. You should know what your car is worth if it were to be sold (remember supply and demand – what is it really worth: what someone will buy it for). You should already have the KBB and Edmunds value of your used car. For your new car, you should have a breakdown of every single thing on it, including options, doc fees and ERT. For your fancy accessories, you should have the MSRP of these accessories, the actual cost of them buying (wholesale parts warehouse), and an estimate in your head on labor costs (cause parts don't get installed by themselves). For your extended warranty, I would just say that there is a reason why this is one of the most profitable areas of a car dealership. If you simply must have an extended warranty for peace of mind, go find a wholesale warranty. Do your research. Don't buy from the dealership. Most cars nowadays anyway are built quite well with high standards of quality control, so they're not failing like they used to. On financing, make sure you set up your own financing before you walk in.

It makes life much easier, as the car dealers get money on financing as well. If the dealership can beat your credit union, more power to them. It's powerful as all get out when you walk in with a prewritten cashier's check at a super low interest rate and you're ready when they start asking you how you are going to pay for the car. "Well, I am preapproved for x amount (aka the full amount of the car), but I'd like to see what specials and discounts you have."

It's all about how much money you can save in each one of these areas.

Granted if you're BETA BUCKS and your time is worth more than doing a bit of research, that's fair. Some folk just walk in and buy a car right there with a minimum of haggling. That's how much their time is worth to them, and I know a few people who are like this. I'm merely presenting an alternate approach. To me, it was worth the time to save more than a few thousands.

On Buying a House

For many people, a house is the largest purchase that they make in their lifetime. Many of you have already bought houses, so I won't go into this in detail, but again, from The Millionaire Next Door – "If you're not yet wealthy, but want to be someday, never purchase a home that requires a mortgage that is more than twice your household's annual realized income."

I see a lot of you going "Shit" after reading that.

On a Side Hustle

I didn't even have to write anything, u/red-sfpplus already wrote an excellent post on this topic - https://www.reddit.com/r/marriedredpill/comments/7i7x4q/the_financial_hustle/

Learn from his example. And then buy the man a drink.

On What to Do First

"Successful Investing takes time, discipline and patience. No matter how great the talent or effort, some things just take time: You can't produce a baby in one month by getting nine women pregnant."
- Warren Buffett

First of all, take stock of where you are. Figure out your net worth, and what you have and what you owe (and interest rates). I would say the first thing to do is to have a three to six month emergency fund. This can be done in conjunction with getting rid of high interest debt (such as credit card debt), however if and when you have an emergency, you're going to need to tap into something.

Start your budgeting process. Know where your money is going. Fix it.

Most people don't even have a thousand dollars in savings. Don't be like that.

I would also note that the Personal Finance subreddit has this already diagrammed out in a flowchart in their wiki - <https://i.imgur.com/lSoUQr2.png>

On Giving Back

So you give back, right. Of course you do. But what I suggest is potentially setting up a charitable fund, so that you can maximize your charitable deduction annually. You can give a larger sum one year, and then less/none the following year – and maximize your deduction the first year. Something to consider. Plus then your charitable fund is invested, will grow with the market (remember you need a plan and asset allocation here as well), and the growth can be given to the charity as well, tax free. I'd recommend Vanguard, but really there are a number of places that do this.

On Habits of Millionaires

From the book *The Millionaire Next Door*, here are the characteristics of millionaires:

- They live well below their means
- They allocate their time, energy, and money efficiently, in ways conducive to building wealth.
- They believe that financial independence is more important than displaying high social status
- Their parents did not provide economic outpatient care.
- Their adult children are economically self-sufficient.
- They are proficient in targeting market opportunities.
- They chose the right occupation.

On Building Wealth

You want to build wealth? Don't have a high consumption lifestyle! Think for a moment. How much money do you think it takes to maintain an upper-middle class lifestyle vs. how much money do you think it takes to maintain a middle-class/blue collar lifestyle? Bespoke suits. Luxury cars. Bigger house. More property taxes. And so forth. Think of all the stuff you have to purchase to keep up with the Joneses. Cost of cleaning. Cost of buying furniture for that fancy house. Etc.

"But Steel, I don't care about the Joneses." Sure you don't. But your wife does. Watching that HGTV, picking out the stupid pillows that breed like rabbits in your house when you're not looking. There's something about a house that factors into the Female Social Matrix.

Frugality is the name of the game. Frugal being "behavior characterized by or reflecting economy in the use of resources."

Don't be wasteful. Don't have a lifestyle marked by lavish spending and hyper consumption. You want to build wealth? Be frugal.

Most people will not become wealthy in one generation if they are married to people who are wasteful. You can't accumulate wealth if one of you is a hyperconsumer.

On Offence vs. Defense

So you're not beta bucks, you're BETA BUCKS! You make it rain! Good for you. You play great offence. But how's your defense? How's your wealth accumulation? Are you spending like there's no tomorrow? If you want to win the game, you have to play great offence AND defense.

Here's some questions for you:

- Do you operate on an annual budget?
- Do you know how much you spend each year for food, clothing, and shelter?
- Do you have a clearly defined set of daily, weekly, monthly, annual, and lifetime goals?
- Do you spend a lot of time planning your financial future?

To build wealth, minimize your realized (taxable) income, and maximize your unrealized income (wealth/capital appreciation without a cash flow).

How do you become financially independent? You have to plan, and you have to sacrifice. You sacrifice today for financial independence tomorrow.

On Your Wife & Buy-In

As part of your plan and budgeting, once you have it all set, get buy-in from your wife. But do this not like you are seeking approval from mommy (aka you validation whore you), but matter of factly

here is the plan, we are budgeting x amount for these areas. Here is our plan. Set out a vision.

On Financial Vision

Read it and weep -

https://www.reddit.com/r/marriedredpill/comments/3fecgi/first_budget_discussion_leads_to_minor_meltdown/ctnya77/

“One rarely talked-about element of Married Game is a subtle thing known as Vision. Most husbands don’t appreciate what a strong DHV possessing Vision is, and they proceed unaware of the power it can add to their relationship. Most husbands do this because they don’t understand Vision, what it is and how it is manifested, much less the subtle but important role it holds. Let me explain: once upon a time I was working for a personnel agency, and one of my jobs was coaching our people on interviewing techniques. I learned a lot about the process as a result, from both the interviewer and the interviewee side. When it came to my clients who wanted high-quality employees with good technical skills – real talent – I learned the sorts of things that such high-demand technical people wanted in a company. Money, of course, and security and benefits. But beyond that gifted employees want to work for a company with a history, a good culture, and (most importantly) a Vision.

What is Vision? In this context Vision is a manifested idea of the future. Everyone wants to work for a company that’s changing the world and is doing so in a positive, pro-active way. No one wants to work for the company that’s floundering, desperate just to meet its next quarter’s goals. Vision is a generally-stated plan-of-action toward a distant but achievable goal, presented in an enticing enough manner to inspire. It’s short on details and long on generalizations. It’s reflective of inner beliefs, values, and judgments, an indication of character, foresight, and initiative. It should be bold, meaningful, and challenging.”

Now, this quote above is excellent. You need a vision for your life, but you also need a vision for your finances. What would your financial vision be? What does it look like to you? Create it, and then be ready to share that with your family.

On Love of Money

Remember folks, money itself is not the root of all evil. It’s the LOVE of money that causes the problem. When you are so driven to be a better beta bucks to get that coin, and start neglecting yourself, your relationships, etc... you’ve got problems. Money is just a tool in the toolbox. Use it, don’t let it use you. Don’t become a slave to money. Your life doesn’t consist of how many toys you have. And you can’t take it with you when you go.

On Insurance, or Lack Thereof

Would it surprise you most people are underinsured? Make sure that you have enough of the key five types of insurance: health, car, homeowners/renters, life, and disability. Preparing yourself for these situations can save you a lot of pain in the future. Also, make sure you get enough umbrella insurance. Typically they say have enough umbrella insurance to cover your net worth, but I recommend getting a bit more.

A quick note, practically, do not get whole life insurance. Get term insurance, and invest the difference in cost between whole life and term. You’ll be much better off. And yes, this is for 99.9% of situations. The remaining .1% of situations are when someone is really wealthy and there are estate and tax considerations. Aka for most of us, don’t worry about it.

And take care of your health, so you don’t get fat when you are older and have related medical

problems. **Put. The. Fork. Down.**

On Assets and Liabilities, Rich Dad Poor Dad Edition

A number of you have read Rich Dad Poor Dad, and there's controversy in it. I disagree with a number of items in there, but there is an interesting point in there about how he views assets and liabilities:

“You must know the difference between an asset and a liability, and buy assets. If you want to be rich, this is all you need to know. It is Rule No. 1. It is the only rule. This may sound absurdly simple, but most people have no idea how profound this rule is. Most people struggle financially because they do not know the difference between an asset and a liability.”

He has a simple, non-accounting definition - “An asset is something that puts money in my pocket. A liability is something that takes money out of my pocket.”

Buy assets. I like it. What is out there that you can buy that puts money in your pocket. Stocks. Bonds. Mutual Funds. Real Estate that produces Income. There are a ton of items.

You should also think about getting rid of your liabilities... the giant boat, the private jet, the cluster B horrible sex-depriving wife (you know who you are)... you get the idea.

On Disaster Recovery and Information Security

What were to happen if you were to croak, or your only laptop with all your financial data was stolen or destroyed in a fire along with all your financial papers (see, you should have gotten that fireproof safe)? Would you have a plan on what to do? Would your spouse? Your kids? I would suggest making a backup of your finances, statements, tax returns, and other important papers, and put that on an encrypted USB key with a password that you and your wife knows, and then storing that someplace secure. Note that you can do fancy stuff like cloud storage, and so forth – but you need to have a plan for the worst case scenario.

Additionally, make sure that you use two-factor authentication when you log into your banking accounts (if they have it), as well as don't repeat your passwords for your financial accounts.

I would even suggest having a separate secured email for your banking accounts, and another one for your personal accounts that get those damn spam emails all the time.

Don't be stupid with your financial accounts. Using the same password is stupid. Yeah, I'm talking to you.

On Practical Advice

Do get rid of high interest credit cards. If you've got a balance on your 29.99% APR credit card and are paying that interest every month, it's in your best interest to eliminate that debt as soon as possible. You're not going to get a 29.99% return in a month in the stock market (unless you take on excessive risk for that return, obviously). Try to transfer that balance to a promo 0% interest credit card, and work that down.

Don't borrow from your 401k. You're cutting out your future returns. Don't make that 401k loan your emergency fund, but rather have a separate emergency fund.

Do use credit cards over debit cards, for a whole host of reasons (theft being the primary reason).

Do pay yourself first. Take out at least 10% of your paycheck before it hits your checking account, and start saving.

Don't pay monthly or annual fees on checking accounts or savings accounts. You shouldn't be

paying a bank to store your money. They should be paying you for that privilege.

Do get solid credit cards that give outstanding rewards. Do your research. Get at least 2% cash back if you can. Shoot for 5% or more. For example, Discover allows you to get 5% cash back in certain categories, and then you can redeem \$20 for a \$25 gift card to a number of different vendors. Looks like you just got a 6.25% return.

There are plenty of other examples. Do you spend a boatload at Amazon? Get your 5% return. As an example – I get a 5% return on gas using a certain credit card. It's unlimited throughout the year, and is redeemed as a statement credit, so I don't have to worry about redemption. I have a certain Amex that I redeem at 4.6% points per dollar spent, plus a 2% general cash back card (some places don't accept Amex). I could go even crazier, like getting the 3% on restaurants, or churning cards (and there are a lot of sites out there on how to churn successfully), but at some point, it's not worth it.

Do realize that credit cards make it easy to buy things that you don't need. Recognize that part of yourself that wants to overspend. Ask yourself, do you need whatever it is you are buying. Would it hurt more if you paid in cash rather than credit. Buying with credit encourages you to buy more than you can afford.

Do shop around for loans/services. I asked my bank what the best car loan they could give me – they said 2.99%. I asked my credit union, and they got me 1.49%. That's a big difference in interest over the course of a loan. Generally due to how credit unions are structured (and their presence – mostly online), they will have better deals on certain loans than banks, depending on the product.

Don't delay saving for retirement. Generally, you'll want to be saving 15% or more of your income for retirement early on. If you don't save early, the harder it will be.

Do try to simplify your finances. It makes it much more complicated if you chase after the best savings rate for your online bank, and then have many accounts all over the place. The 20 dollars that you get in interest is not worth the complexity and time (aka your most valuable resource) it takes to manage all that stuff.

Don't use your HELOC unless you have to. I have a large HELOC, but I don't use it. But who knows when I need access to a large sum of money. And don't use it in lieu of your emergency fund. You need both.

Do some research into budgeting tools. There's a lot of people on these threads that recommend YNAB. I personally haven't used it, so I can't recommend it one way or the other. I'm old school (and cheap thrifty – why would you pay for something if you can do it yourself). But definitely check those tools out – Mint, Personal Capital, YNAB, budgeting tools through your bank, etc. Also, if your credit card does an annual summary (like Amex does), make sure you look at it to get an idea on where you're spending – it's very helpful.

On Tips for Saving Money

There are a ton of ways you can save money. Go ahead and google "how can I save 1000". Wait, I did that for you - <https://www.google.com/search?q=how+can+I+save+1000>

Take some time, call up your cell phone provider/cable provider and see what specials they have. There's a ton of things you can do to save money quickly.

On Too Much Money

Say you're an ostrich farmer, and are flush with cash. You're asking yourself, ok, so I've maxed out my 401k, I've maxed out my Traditional IRA and then backdoored it into a Roth IRA for tax

diversification plus the benefits of a Roth. I'm contributing to a 529 plan for the kids. I looked into mega backdooring my Roth but darn it my employer doesn't let me do that. I'm doing all of the tax advantaged things I can. I still have this extra 300k sitting around – what do I do with it?!? First world problems, amIrite. Again, this comes back to your plan. What's the short term plan with this money. What's the long term plan. What's your risk tolerance. What assets can you invest in that fit in with your plan. You still have to manage your budget, even if you are a 1 percenter.

On the Best Investment and Most Important Resource

I'm a firm believer that the best investment is investing in yourself (and your family and kids), and your most important resource is not money, but time. Learn a skill. Go get a degree. Give your kids a head start. Help your wife accomplish a goal. Do what you can to save time. Money of course helps, but you know what happens when you teach a man to fish.

On Happiness

Is money linked to happiness? Yes, but only to a point -

<https://www.usatoday.com/story/money/nation-now/2018/02/26/does-money-equal-happiness-does-until-you-earn-much/374119002/> and

<https://www.usatoday.com/story/money/personalfinance/2016/12/09/key-money-happiness-may-how-you-spend/94308848/>

Honestly, at some point, money just becomes a scoreboard. Money will give you security. It will remove a stressor in your life. It will remove fighting and stress in your relationship (about money, fool). It will allow you to do many things. But eventually, money won't give you happiness. You have to figure that one out yourself. And of course there's the joke about "Money can't buy you happiness, but it can buy you a yacht big enough to pull up right alongside it." – David Lee Roth.

On Money and Attraction

Money by itself will not make your wife's panties wet. Keep that in mind. Having and getting money is basic adulting. Same with saving and managing it. You want to get her wet? Get in shape. Lift. Does money boost your status? Sure. Is status one of those areas that has some effect on where you are in the sexual marketplace? Sure. Pure physical attraction? No. Do you really think that making MORE money is going to have your wife give you more sex? Of course not -

<https://heartiste.wordpress.com/2014/06/02/money-wont-save-beta-males/>

Get in shape. Be hawt. And fix your damn teeth so you can smile like you are a somebody.

On a Brief Story

So I was talking to a friend of mine, and I asked him how he and his wife set up the finances. He told me about this system, where his paycheck goes into his checking, his wife's paycheck goes into his wife's checking, and they have a joint savings account. Then he went into a convoluted description on how each of them pays certain bills, and how what he's paying is not fair since he's paying the mortgage AND property tax AND daycare, etc etc). I thought to myself, man, what a convoluted way to deal with stuff. They would then have multiple financial meetings, and discussion on who pays what, and all this extra stuff. It was just a lack of overall ownership going on.

Just take care of the finances. Figure out a system that works for you. I'm not going to tell you which system is the best, because it's all dependent on your unique circumstances (example: heavy spender SAHM vs saver career girl, you'll need to put some deep restrictions on the heavy spender). But own it.

On Who Owns the Finances

You own the finances. Period. End stop. From the prior post on finances, it's so important that I'm putting it here again:

“At the core: Who do you want in charge of your financial future?

The person interested in maintaining status quo and safety at all costs with your happiness and satisfaction a secondary or minor consideration? Or you?

If you've learned anything here it's that you need to be a captain. Putting your wife in the family alpha role breeds contempt and most of the problems that brought you here. Besides control of sex, family MONEY decision veto power is the key indicator of who is wearing the pants.”

[FR] The Beard Trim

26 upvotes | June 18, 2018 | /r/askMRP | [Link](#) | [Reddit Link](#)

One of the things I like to do is to go out weekly or bi-weekly to get a beard trim. It's cheap, gets me out of the house, I look good afterward, all good things. There are a large number of stylists at the place where I go, and over the past year I've gotten to meet each of them as it's random who I get. They all have interesting personalities and stories.

So recently I went there and had a beard trim, and the stylist was a smokeshow (HB8), as stylists usually are. Blonde, maybe around 24 or so. I've friend-zoned her early on but we still chat, as much as you can chat in 20 minutes while you have someone with a razor near your neck.

Last I talked to her oh about six months ago she was getting out of a relationship from her toxic loser boyfriend with a new guy, who "helped her" out of her last relationship by sleeping with her. But this most recent time it was just a flurry of red pill truth coming out of this girl.

She's chatting away, and I'm going "Mmmm hmmm" "Yeah" "And then what" because what else can I say without getting beard hair in my mouth.

First she told me about this concert that she wanted her male non-exclusive friend to go with, but he didn't go, presumably because he is a loser. So she went with her friends. Had a blast, apparently.

Then she was sad (tm) that her male friend, who has not given her the title of girlfriend and being "in a relationship", was not there, so she was bawling her eyes out.

Then she was mad, so she screwed one of his friends the following night when she blacked out after being drunk. "But he and I had a chat to see what we remembered, and it totally wasn't all on him. Especially the stuff that we did - that was all me."

"Mmm hmmm."

"And one of his other friends was there so I know for sure that he knows that I slept with this guy. After all, we're not exclusive." - said with a flip of her hair and a bit of anger.

"Mmmm hmmm. So then what?"

So then what apparently happened is that this guy who she had been seeing freaks out, buys her roses, and then tells her he loves her the next day. But she looked disgusted and angry by it. She didn't say it back.

And of course, the not-boyfriend still "doesn't know what he wants" and did not give her exclusivity. Stupidly smart, this guy. I would say that he's spinning plates (and really, never LTR a hairdresser), but he fell into the Beta Abyss at the end. He apparently is doing all sorts of DLV things right now.

"So where are you at now?"

"I've told him I'm happy being single. If he can't get his act together, I'm fine with that." She was all pissed off when she said this too.

Then she asks me if I have kids. Yep, I do have munchkins.

Afterward I looked in the mirror. Damn, the beard looks good. Another good trip.

TL'DR: Beard trims make your beard look good. CC. AWALT. Don't be surprised by anything anymore. Don't be a beta.

[FR] The Beard Trim

10 upvotes | June 18, 2018 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

[FR] The Beard Trim

24 points • 26 comments • submitted 2 years ago by [SteelSharpensSteelMod](#) / Red Beret to [r/askMRP](#)

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Modern Events – Men’s Sperm Count Article

34 upvotes | July 26, 2018 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

Saw this in my news collection - <https://www.nytimes.com/2018/07/25/style/sperm-count.html> , <http://archive.is/NUBHL> (note, if you run out of free articles, use incognito mode).

"Rollo Tomassi, another leader in the manosphere, who runs a site called The Rational Male, said the sperm count study last year was a watershed moment. To his mind, it showed definitively that modern society was weakening men.

"For guys in the 'sphere, there's finally some sort of barometer to test their overall health from a historical perspective," Mr. Tomassi said.

He said men who believe this cite the idea that there could be trace amounts of birth control in the water supply and also cite myths about foods like soy. He, however, prefers to blame egalitarian socialization. "We don't teach boys to be competitive anymore," Mr. Tomassi said.

A common derogatory term in the manosphere is "soy boy."

"Everybody thinks there's a soy link," he said.

According to Mr. Tomassi, many men are starting to look into testosterone replacement therapy (T.R.T.).

"T.R.T. — it's a big deal in the manosphere right now," Mr. Tomassi said. "That's the real health news: There's this sudden revelation and guys are saying, 'Oh man, my sperm count is hella low, how can I fix this?' Then they realize their testosterone is lower than it should be."

"Dr. Levine said that it seems exposure to pesticides, obesity and smoking could contribute to low sperm count.

He also suggested something more complex. "Social factors could definitely influence this," he said. "We are animals. The social rank, the socioeconomic position, is important."

There are also a few studies that show there may be decreasing testosterone levels over the last 20 years, and this trend line may be related to sperm counts, Dr. Levine said."

Interesting topic and something worthy of discussion, especially the social factors. Obesity one can control for, smoking as well, however the exposure to pesticides makes me wonder where we are getting our daily dose of pesticides from.

Additionally the social factors are something important. If you aren't a victorious lobster your entire life, well, you're going to have a hard time, and produce less testosterone.

Thoughts? The key takeaway for me was to ensure my son (and I) get enough exercise, figure out where the pesticides in our diet are and remove them, and become victorious/do things when growing up that increase testosterone.

It doesn't look like there hasn't been enough research since then due to lack of interest. Perhaps culturally women are less concerned... there will always be other alphas.

Edit: Well now, isn't that interesting. Initially the title was "Men Are Panicking About Their Sperm

Count - A study suggests that sperm counts have been dropping for decades. Is this how the big dystopia begins? Silicon Valley is at hand to help men get their mojo back.", and they changed it to "How to Fix Your Sad and Sluggish Sperm - Sperm counts have been dropping for decades. The men's rights crowd blames soy, birth control, and feminism. But what if you just ditched the tight jeans?" I'm not surprised, of course, though good that I captured the original.

Sad State of Affairs

8 upvotes | November 19, 2018 | /r/RPChristians | [Link](#) | [Reddit Link](#)

So I was chatting with my wife who went to go see her good friend and bake cookies and drink wine (because apparently that's what you do around the holidays), and she mentioned that a female friend of both of theirs was probably going to get divorced.

record screech

Wait, what? So I get the details.

So apparently this friend did something idiotic in the kitchen and swore in front of her child, and then the husband came down on her like a ton of bricks, saying stuff like "You're the worst mother in the world", and similar such items that really are in the category of "Stuff you say that causes divorce". Really fairly bad stuff.

Apparently this girl's husband, who I have hung out with a few times, is controlling... beyond excessively controlling - as in you can't leave the house without me being there kind of controlling.

But the story gets worse.

So then, unbeknownst to the wife, the husband goes to the pastor and implores the pastor to publicly have her confess to sinning. Pastor says no, we don't have that kind of tradition here, that's not something we do, this is a family affair. And I think he might have counseled him a bit too, knowing the guy.

So then, what does he do? He then goes to the elders of the church with the same story, and they say the same thing. It was probably fairly uncomfortable as well.

I hear the other tidbits of info, as my jaw is dropping (keep in mind this is all thirdhand):

Both of them are late twenties.

The wife works at a different church.

The guy went to a christian college and christian high school.

The guy has a massive problem with porn, as in needs therapy, started to go to therapy but stopped for whatever reason.

They both are in couples counseling, which doesn't seem to be working.

I hear the pastor who did their premarital counseling (different pastor) advised them not to get married - they were too young (but they did anyway, because as we all know that feeling of being in loooooove is like heroin to the brain).

This also made me wonder - if you're in premarital counseling, and the pastor says "Don't get married...", what sort of red flags did the pastor see at that time.

A year after they got married, they had a oooops baby (heh, what did you expect when you have sex).

The guy was saying stuff like "You can't divorce me, you'll lose your job at the church", etc.

Keep in mind this guy doesn't go to church very frequently, but berates her if she doesn't go.

The wife didn't mention physical abuse, but who knows. If there was physical abuse though she probably wouldn't mention it because then people would start to get involved as in call the cops involved, and not sure she would be ready for that - as then the relationship would be over. But again,

who knows - generally what I know about this guy I would think he wouldn't do such a thing.

Of course, when I've chatted with the guy in the past, none of this came out. Just seemed like a normal guy, likes IPAs. But little do you know, right.

So my jaw was pretty much on the floor here, mostly because I never would have expected something like that to be going on. I was reminded of a recent podcast I was listening too... "Hell is real... and if you don't think hell is all around you, you're not looking hard enough." A wife who lives in fear of her husband abusing her, etc. And the husband too - what sort of hell he must live in. Consumed by guilt. Anger. Driven by culture and upbringing. Prideful in his own ways. Full of self-loathing. Desperate for control.

To be fair, we only have one side of the story here. Who knows what he would say.

Do I have a idea on what would get this guy to maybe turn things around. Of course I do. Do I think this guy would listen to me? No. I can sense it - I don't think this guy would listen to me about this stuff. Despite what folks think I can read people pretty well, and for me to bring up biblical or shall we say sidebarrish principles wouldn't go that well. People get stubborn about their convictions, especially around religion. Plus the pastor and elders are on the case. I will mention that I invited him to a evening mens group, which he declined due to work.

Unfortunately, I think it's going to get worse, as in divorce. Sad. I know them both, plus their extended families. The baby is very cute.

So is there a question? No, not really. Just a story and perhaps a example on culture. Don't see this all too often - RC, this might be a common story to you.

Steel's Guide to Married Red Pill

314 upvotes | January 5, 2019 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

“This is your last chance. After this, there is no turning back. You take the blue pill - the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill - you stay in Wonderland and I show you how deep the rabbit-hole goes.” – Morpheus

Steel's Guide to Married Red Pill (A)

Given some of the recent changes and the jump in subscribers, it is a good time to give a brief overview of MRP. [Hey dude, got a minute? \(A\)](#)... Let's have a [conversation \(A\)](#).

What Is The Red Pill

For an answer to this, take a gander at [podcast #31](#), start at 22:40.

Rollo's answer - It will always be about intersexual dynamics.

Rian Stone – Game is red pill. You have to understand why things are happening and the way they are happening. He references [this post \(A\)](#) from back in 2009.

Rollo – Red pill is the theory, game is the testing of red pill.

Donovan – Not only understanding a woman's true nature, but being man enough, or having the balls to act on what you know with red pill awareness.

Steel's answer – The red pill, to me, is the truth behind intersexual dynamics between men and woman, and taking action based on that truth. Simple as that. The red pill is not “sit back, relax, and keyboard warrior away”, nor is it a wretched hive of scum and villainy. No, scratch that. We're taking that label. MRP – A Sexual Wretched Hive of Married Scum and Villainytm.

Too many people are trying to define red pill, or have corrupted the definition. Make it simple. Intersexual dynamics and Game. That's all.

What Is Married Red Pill

From the FAQ:

“We are men that subscribe to The Red Pill (TRP) philosophy of sexual strategy, and are dedicated to applying it in marriage or in Long Term Relationships. This sub was created independently to address the needs of married men to discuss relationships issues.

Our approach is different from [/r/relationships](#) and [/r/deadbedrooms](#) because those don't work.

Instead, here we focus on how to become stronger men to lead our marriage and LTRs to happiness.”

Married Red Pill first is a locker room. There will be trash talk. Married Red Pill also is a laboratory. There is practical advice here. But sometimes you get a lot of spaghetti thrown up on the wall to see if it sticks. Keep that in mind.

Ultimately, Married Red Pill is a bunch of men swapping notes on what works and what doesn't from

a married perspective. If you don't like that, don't let the locker room door hit you on the way out. For additional perspective on MRP and AskMRP, [read this \(A\)](#).

Rule Zero

Rule Zero: [Stay On Topic](#)

From ye olde TRP forum – “TRP's mission is to discuss men's identity, sexual strategy, and options in the context of our current global culture for the benefit of men. Anyone who does not share that goal will be banned the instant we detect them. We are not interested in debating or defending our experiences to those who disagree with the red pill, nor do we want to clog up our threads defending the morality of our choices.”

So, what does that mean for MRP? Rule Zero there is the same as Rule Zero here – mostly though we are married. Stay on topic. If you do not stay on topic, you will be banned and your post deleted.

If your post does not add value, your post will be removed. The moderators will continue to work to ensure the signal to noise ratio is correct.

What Do I Do First

You are expected to read the sidebar – all of the sidebar. You are expected to **SHUT THE FUCK UP**. You are expected to get up off your fat ass and go get a gym membership, and actually go to the gym. You are expected to lift heavy weights until it hurts so good at least three times per week. ~~You are expected to stand outside on the porch for three days without food and endure all sorts of humiliation.~~ Well maybe not standing on the porch. But you get the idea.

What don't you do? Get an itchy trigger finger and write up a post without having done these items.

What do you do? You [read this guide \(A\)](#).

[You chill out \(A\)](#).

You start your work on the sidebar and wiki.

You make a decision to get better.

You make a damn plan.

You get to work.

STFU

If you are new, and reading this, I guarantee you that you have no idea how to STFU. Even guys who have been here a while still struggle with their STFU.

First of all, let's cover this: you do not talk about fight club. **You DO NOT TALK ABOUT FIGHT CLUB. YOU DO NOT TALK ABOUT FIGHT CLUB!** However you want to phrase it, you STFU about fight club. There's no point in stepping on your own dick.

Second, when your wife is fighting with you, you do not engage. Do you think that arguing with her and having verbal diarrhea of the mouth is going to get you anywhere? No. Are you trying to argue with a woman's hamster? Newsflash: women's hamsters eat logic and shit more hamsters. You need

to STFU unless you want to deal with a shitton of hamsters.

Third, don't open your mouth if what will come out of it is unattractive. Be attractive (A). Don't be unattractive. Call it the attractive filter on your mouth. Don't say stupid stuff. Don't say stuff that makes you look bad. Just shut up.

Fourth, don't go to your wife for validating behavior. So you lost five pounds. You fixed the things around the house you said you would. You bench-pressed more than the bar. You took the car for repairs and an oil change and got it running again. Good for you. Take that cup of STFU and drink it deeply. You shut up. You don't talk about the stuff that you should have been doing anyway. You act like a man who has their shit together. Let me repeat that: **YOU ACT LIKE A MAN WHO HAS THEIR SHIT TOGETHER**. Men don't go to mommy and say "Look at me and how well I did."

Fifth, with regards to shit tests, if you are a beginner, you need to learn how to STFU. You will be tested once you start making positive changes in your life.

Sixth, verbal intercourse is optional (A). (Note - read the comments as well as the original post).

Seventh, you have to calibrate your use of STFU. You don't eat paint and STFU like someone with autism. Adjust and modify your use of STFU as appropriate. This is one of the best definitions of STFU out there (A).

Eighth, if you are new, you are not doing enough STFU (A).

From our resident RP philosopher (A):

"We tell you to STFU because you play the victim, you overshare your fee-fees, you ruin any respect people might have had for you. As you learn, you want to get validated: Look, I'm figuring it out! Don't do that. If you do, you'll undo your progress. Cue bad feelings, poor self-concept."

Drink your cup of STFU. Wash it down with some more STFU. And don't forget to STFU.

Lift

Lifting is not optional. Lifting is your foundation for what you are doing here. If you have been a fence sitter, reading the books, but not doing any lifting or taking any action in your life, you've done nothing.

You need to get up off your fat unhealthy BMI ass and get to the gym.

Let me give you an example from a recent u/OsmiumZulu post:

"Pick up artist Owen from RSD and fitness YouTuber Connor Murphy.

Both of these guys get a ton of response from women. Owen overcomes his sub-average appearance by having extraordinarily tight game. If you watch some of his in-field videos you will see that most of his pick-up goes like this: 1) Approach 2) Resistance and a gauntlet of fitness tests 3) Hold frame 4) more tests 5) eventually she becomes attracted to him despite his appearances On the other hand, Connor's physique works like a cheat code in a video game. His approaches basically go like this: 1) Approach (or get approached) 2) take shirt off 3) Get number close, kiss close, F close, whatever. "

Now I'm not saying that you are going to look like Connor Murphy. But let me ask you this question. If you were fit, hot, and in shape, do you think that it would be easier to attract your wife?

Would you be attractive to all women?

Just sayin'.

The sidebar has [some information here \(A\)](#), but you'll find more on places like the [Stronglifts subreddit](#) or other similar subreddits. Similarly, you can find [more information here](#).

You want some comparison lifts? [Here you go \(A\)](#).

And absolutely do not get [fuckarounditis \(A\)](#) at the gym. You have to understand, [the iron will never lie to you \(A\)](#). You need to focus, have a plan, do it right. Here is a [great lifting post and plan. \(A\)](#)

Personally, there are lots of choices for your lifting program, but I believe the best program is the one that you can stick with, the one that gets you to open that gym door over and over. [u/bogeyd6](#) said it best, [75% of your problems can be fixed by lifting \(A\)](#).

One final note. You will not be able to outlift a bad diet. You need to figure out what are macros – [these](#), not [these](#) (this place needs more Excel jokes). You need to eat right. Check out the references below for some links (60 DoD section). Calculate your [TDEE](#). Decide for yourself whether the food you are eating is helping you or hindering you. I'm a big fan of keto, but you have to figure out what's best for you.

Sidebar

Here are the sidebar links:

The FAQ -

https://www.reddit.com/r/marriedredpill/comments/7t5yly/guidelines_and_faq_updated_january_26_2018/ (A)

Glossary of Terms - <http://archive.is/nxTLB>

Other common MRP Terms -

https://www.reddit.com/r/marriedredpill/comments/9g4edy/other_common_mrp_acronyms/ (A)

Guide for Beginners -

https://www.reddit.com/r/marriedredpill/comments/2vykau/a_guide_for_beginners_to_mrp/ (A)

MRP Wiki (*DO NOT SKIP THIS*) - <https://www.reddit.com/r/marriedredpill/wiki/index>

Posting Quality Guide -

https://www.reddit.com/r/marriedredpill/comments/4z84w5/posting_quality_guide_for_rmarriedredpill/ (A)

Course Prerequisites

No More Mr. Nice Guy, by Glover -

<https://www.amazon.com/No-More-Mr-Nice-Guy/dp/0762415339> , \$15.47 on Amazon

The Married Man Sex Life Primer, by Athol Kay -

<https://www.amazon.com/Married-Man-Life-Primer-2011/dp/1460981731> , \$18.99 on Amazon

When I Say No, I Feel Guilty, by Smith -

<https://www.amazon.com/When-Say-No-Feel-Guilty/dp/0553263900> , \$7.19 on Amazon

Red Pill 101

The Rational Male - <https://www.amazon.com/Rational-Male-Rollo-Tomassi/dp/1492777862> (note, get the paperback, because it's harder to get rid of paperbacks than electronic books), \$10.02 on

Amazon. The website for Year 1 is free -

<https://therationalmale.com/the-best-of-rational-male-year-one/> , but I recommend getting the paperback.

The Mindful Attraction Plan -

<https://www.amazon.com/Mindful-Attraction-Plan-Practical-Creating/dp/149045151X> , \$16.99 on Amazon

The 16 Commandments of Poon - <http://archive.is/tbNzv> , free

The Book of Pook - <https://bookofpook.neocities.org/> ;

<https://bookofpook.neocities.org/TheBookofPook.pdf> , free

Red Pill Sidebar - <http://www.redpillhandbook.com/> , free

"I get it!" "No, you really don't." - Triadis3 -

https://www.reddit.com/r/askMRP/comments/7n0jcx/now_i_get_it_but_should_i_next_this_bch/dry5fsn/ (A)

I'm just going to pause for a second. Sidebar books cost \$68.66. Think you can afford it? The real question you've got to ask yourself is, do you want to get laid? Well, do ya, punk?

Graduate Level

The Way of the Superior Man – David Deida - <http://deida.info/the-way-of-the-superior-man/>

The 48 Laws of Power, Robert Greene -

<http://www.amazon.com/The-Laws-Power-Robert-Greene/dp/0140280197>

The Sex God Method, Daniel Rose

Advanced Reading List for MRP (A)

Moving to the **General Awesome Guy Shit** section:

The Red Pill Room - <http://theredpillroom.blogspot.com/>

How To Win Friends and Influence People, Carnegie –

<http://www.westegg.com/unmaintained/carnegie/win-friends.html> (A)

A River Runs Through It and Other Stories, Norman Maclean

Zen and the Art of Motorcycle Maintenance, Robert M. Pirsig

IRC Chat Room For MRP Members -

<https://www.irccloud.com/#!/irc.quakenet.org:6667/#marriedredpill>

Reference to [/r/redpillfatherhood](https://www.reddit.com/r/redpillfatherhood) with your Daddy issues.

MRP also has a **Video** section on the sidebar:

BPP's Book and Video Class on MRP -

<https://bluepillprofessor.wordpress.com/2015/05/22/hello-world/>

RPC's Advanced Video Class on MRP -

<https://www.youtube.com/channel/UCRCcXsJScfWlYHP5kHJqNbg>

Entrepreneurs in Cars: Guys, Girls, and the 21 Convention -

<https://www.youtube.com/user/EntrepreneursInCars>

Previous Sticked Posts that have been on the Sidebar

SteelSharpensSteel's Breakdown: The Mystery Method -

https://www.reddit.com/r/marriedredpill/comments/7aeibr/back_to_basics_mystery_method_the_ga_me_and_the/ (A)

You Are What You Eat -

https://www.reddit.com/r/marriedredpill/comments/3e3qc4/you_are_what_you_eat/ (A)

Body Language -

https://www.reddit.com/r/marriedredpill/comments/3qkonn/lets_talk_body_language/ (A)

Don't fix her problem..Fix her feelz - <http://archive.is/rZ7DN>

New? Panicked or feeling Punch-Drunk? - <http://archive.is/bAidd>

dondreadpirates notes on plates while married - <http://archive.is/pp1qm>

Under **Divorce Advice** we have:

Red-Curious' Divorce Prep Guide -

https://www.reddit.com/r/marriedredpill/comments/6tsban/why_im_not_afraid_of_divorce Rape_and_how_to_get/ (A)

Red-Curious' Follow up 5-step functional introduction -

https://www.reddit.com/r/marriedredpill/comments/79n1mz/and_so_my_journey_must_begin/dp3mr2o/ (A)

Red-Curious' "Beta" Divorce Strategy Planning -

https://www.reddit.com/r/marriedredpill/comments/9j5cus/better_beta_divorce_strategy/ (A)

The Art of War Sun Tzu explains how to handle modern relationships and Divorce -

<http://classics.mit.edu/Tzu/artwar.html> (A)

Pre-empting the DV Charge -

https://www.reddit.com/r/marriedredpill/comments/7cwvyk/preempting_the_dv_charge/ (A)

Tactics to minimize alimony. -

https://www.reddit.com/r/marriedredpill/comments/7tic4x/fr_the_spousal_support_scam/ (A)

The **Precursors to TRP** section has the following:

Practical Female Psychology: For the Practical Man -

<https://www.amazon.ca/Practical-Female-Psychology-Man-ebook/dp/B00RR6RNO6>

The Red Queen: Sex and the Evolution of Human Nature -

<https://www.amazon.ca/Red-Queen-Evolution-Human-Nature-ebook/dp/B006O4227U>

The 60 Days of Dread can be found in the References.

I would also add the following to your readings:

Top MRP Posts - <https://www.reddit.com/r/marriedredpill/top/?sort=top&t=all>

Gilded MRP Posts - <https://www.reddit.com/r/marriedredpill/gilded/>

You might ask yourself – why do these guys keep saying read the sidebar? -

https://www.reddit.com/r/marriedredpill/comments/7ewrwd/why_do_we_keep_hearing_the_redunda nt_read_the/ (A)

Next Part

60 DoD Week 4: Style

30 upvotes | April 20, 2019 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

"We hold these truths to be self-evident, that all Bros are created equal - though not necessarily with the same good looks or sense of style - and that they are endowed with certain inalienable rights, that among these are life, liberty, and the pursuit of tail." - The Bro Code

(Note: This post borrows heavily from *The Appearance of Power*, by Tanner Guzy. I highly recommend you purchase this book for a primer on the basics)

What Kind Of Message Do You Want To Send

When you wear clothing, you are sending a message, whether you realize it or not. Think about it. Whether you are wearing a black suit, military fatigues, a button down, a Boy Scouts uniform, a hunting outfit, a gym training outfit... you are sending a message on multiple levels. It talks about how socially adept you are. It talks about how you fit it, or not. It talks about purpose. Your clothing is your uniform, and what you are saying to the world. You use clothing and your style to reflect who you are and who you want to be.

Power Has A Appearance, and Appearance Has Power

A good question to ask is - why do some men dress better, while other men will fight dressing better tooth and nail. If you're one of those guys who fight dressing better tooth and nail, read on. Everyone cares about their appearance, and men care about their appearance proportionate to the value they get out of it. It is critical for men to understand the value of appearance, and the value of dressing well, because you are sending a message.

When women dress themselves, they dress for visual appeal, accentuating the things that make them appealing. They accentuate their femininity. They know what's going on. When a group of women go out for tapas food, for example, who do you think they are dressing up for? They're not dressing up to meet men - they are dressing up to compete with each other.

When you dress well, you are conveying a message both directly and indirectly of social and financial power. The clothes and style you pick out is a expression of power.

The Fundamentals

There is too much to put in one post about the fundamentals, but items like contrast, patterns, skin tone, and more all need to be taken into account.

Your contrast type is determined by the relationship between the color of your hair (or lack thereof) and the color of your skin. If you account for your contrast type, you can ensure that the visual focus point is your face. If you have proper contrast, it makes your countenance appear stronger and more healthy.

- If you have light hair and light skin, you have a muted contrast
- If you have dark hair and light skin, you have a high contrast
- If you have dark hair and very dark skin, you will operate between a medium and a high contrast
- If you have any variation of skin and hair beyond these three you have a medium contrast

Why is this important? Because you want to ensure that a) your attention is drawn to your face and not your clothing, and b) you want to show that your skin is healthy and vibrant.

- Contrasting colors lie opposite each other on the color wheel - red/green, blue/orange/, yellow/purple
- Triadic colors are colors that can be separated by equal thirds - orange/green/purple or red/yellow/blue
- Analogous colors are colors that lie next to each other on the color wheel - red/purple/blue, orange/yellow/green, yellow/green/blue, etc.

When two colors are opposite each other on the color wheel, seeing them together is jarring and noticeable. The opposite effect is achieved when colors that are similar to each other are placed together.

So you have to understand how the colors relate to each other, and then know what colors work best with your own contrast.

Medium contrast allows you to wear nearly any color combination you like (triad, contrasting, or analogous), as long as they work with your skin.

High contrast you need a stronger variation on color - primary focus should be contrasting colors, with secondary focus on triad colors. Avoid analogous colors.

Muted contrast means your face will be overwhelmed by too much variation in color - so focus on analogous, secondarily focus on triad. Avoid contrasting colors.

Example: Say you have a high contrast and wear a pair of blue jeans. Your choices are not just white or orange. You can wear a different shade of blue and it will be just fine - because the contrast point between pants and shirt is far away from your face.

Another example: If you have a high contrast and are wearing a suit and tie - navy suit, blue shirt, purple tie, purple pocket square won't work well. Introduce some contrast in your shirt or accessories, or both, and that will frame your face better.

So if your goal is to draw attention to your face and not your clothes, and you want to make your face look healthy and vibrant, you use your color strategy that works with your contrast type - as example, black suit, white shirt, purple tie, gold pocket square - that would give you a strong contrast.

This is all explained in Tanner's book. He also talks about patterns - for example, typically the larger the pattern, the more casual the garment. Larger men should wear larger patterns, and smaller men should wear smaller patterns. Large men appear hulking when wearing patterns that are too small, and small men appear miniature when wearing patterns that are too large. Proportions are fundamental to dressing well. Another topic around patterns: vertical stripes add visual height and elongation, along with making you appear slimmer. So if you look too broad for your height, this will help visually balance you. Horizontal stripes add visual weight and visually cut you into distinct segments, making you appear shorter. So if you are too tall or too skinny, this will help you appear wider and closer to the ideal. Boxes and checks add visual heft, making you appear larger.

Tanner also talks about skin tone - warm skin tone and cool skin tone. Warm colors are gold based, while cool colors are blue based. So why does that matter? Well, say you go into a suit store, and you want to find out what looks good on you and works with your skin tone. See if you look better in cool

colors (black, white, grey) or warm colors (ivory, brown, off white).

It's complicated stuff, and you need to work through what you need to look good.

The Archetypes of Style

Tanner talks about there being three archetypes of style. So the question is, which archetype are you:

Rakish - Socially Masculine

Refined - Financially and Influentially Masculine

Rugged - Physically Masculine

Spoiler alert: You can be more than one. Consider it a focus for your strategy - pick out who you are and work to have clothes that fit your archetype.

A Brief Story

I'm going to get personal here for a minute. You know how in [this post](#), the author says "Let's go lower (Someone screams "No blarg don't do it!")". I can go pretty low in how bad I used to dress. I remember going on a date with my girlfriend (now wife) many years ago thinking to myself, yeah, I'll just wear this yellow outer shirt and brown inner shirt, and I'll look cool. It shocks me how bad I looked - I look back at pictures from years ago and laugh now. Ratty polo shirts, old cargo shorts, the list goes on. Let's go lower (No Steel, don't do it!). For years, my wife picked out my outfits. Yes, that's right. I didn't care/get it/understand about color coordination or any of that stuff. I didn't understand the VALUE of what it means to look good (see what I mean - Tanner is correct in saying that men care about their appearance proportionate to the value they get out of it). And it was EASY to say "Go ahead, honey, pick out what you think looks good on me." But again, you know what MRP did for me? It taught me that I should give a fuck about how I dress and how I look. It made me give a fuck about my clothing. It made me give a fuck about my style. I remember reading about these guys who went out and made a change in how they looked, and I said early on in my MRP journey, I need to do that... and I did. I have outfits for the season, outfits for formal events, outfits for work, outfits for play, the gym, even lounging around the house (yes you need to look good around the house as well). My wife will now occasionally ask my opinion on what she should wear - she NEVER used to do that before MRP (and it's not the "do these pants make my butt look fat" trap either). I took the time to understand what it takes to look good.

Just yesterday I got a compliment on my pants from a female coworker, and the day before I got a compliment on my [shoes](#). To be fair, am I the world's snappiest dresser? No. But do I have enough sense and style to dress for the occasion and look good? Yes. And if I can do it, so can you.

Summary

I'm not going to give specific advice, as it comes down to the individual. And I'm not going to advise you to go run up to your closet and start throwing stuff out. What I will say is this - make a plan. There are benefits to looking good. Make a plan first, THEN pitch out your old clothing. If you haven't come to terms that your appearance matters, let this post kick you in the ass - your appearance matters. A better appearance matters.

One final thing: "If you are hesitant about feeling fake in your clothing, the absolute last thing you want to do is turn over the power to choose what you wear to someone else. After all, no self-respecting man lets something as important as his image be determined by some 22-year-old girl who just finished her fashion degree." - Tanner Guzy. You see this across time in 60 DoD post after 60 DoD post. Take some ownership on your clothing (and everything else), and stop letting your wife or

anybody else pick out your clothes. Stop letting your fate be determined by someone else. Take some pride in what you wear.

Post your style tips and strategies below. As example, in a prior 60 DoD post someone recommended the use of NVSBL shirts, which I've used myself and can give a +1 too.

References

A quick note - when looking at the MaleFashionAdvice subreddit, I've seen it posted multiple times in other areas that you should stick to the sidebar, so I will repeat that advice here.

Previous Year's Posts on Style

https://www.reddit.com/r/marriedredpill/comments/45yz3l/60_dod_week_4_style/

https://www.reddit.com/r/marriedredpill/comments/679p5j/60_dod_style/

https://www.reddit.com/r/marriedredpill/comments/8ew0gt/60_dod_2018_week_4_style/

https://www.reddit.com/r/marriedredpill/comments/9fkvne/how_to_smell_amazing_a_mans_guide_to_buying_and/

Tanner Guzy's Book -

<https://www.amazon.com/Appearance-Power-Masculinity-Expressed-Aesthetics/dp/1979138400/>

MaleFashionAdvice - <https://www.reddit.com/r/malefashionadvice/>

Always Prepping...

18 upvotes | March 13, 2020 | /r/askMRP | [Link](#) | [Reddit Link](#)

Given recent events, I am putting up a thread for folks to discuss what they are doing for coronavirus planning. Normally we like to keep this subreddit on topic, but this is a occasion where exchanging notes is very useful.

Keep the thread on topic, as it will be moderated.

PSA: Lockdown and You

131 upvotes | April 8, 2020 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

This is a public service announcement.

Odds are you're in the midst of a lockdown due to Covid-19.

- You are not allowed to stop working out.
- You are not allowed to stop tracking your food, fattie.
- You are not allowed to stop showering.
- You are not allowed to stop dressing appropriately, you lazy fucker.
- You are not allowed to stop brushing your teeth.
- You are not allowed to stop trimming your fingernails and toenails, and your nose hairs.
- You are not allowed to stop shaving your balls.
- You are not allowed to stop being the oak.
- You are not allowed to lose all of the discipline you've gained.
- You are not allowed to not have a damn plan for the pandemic, even now.
- You are not allowed to stop preparing for the future.
- You are not allowed to let the things you can't control control you.
- You are not allowed to stop having fun and stop gaming your wife.
- You are not allowed to stop fucking your wife because you're stressed.

What I'm saying is, you are not allowed to stop being attractive. You have to be attractive. Don't be unattractive. Even in a pandemic.

I got a few doctor friends. They are all saying that their patients are getting fat. Every. Single. Patient. And booze sales are up 55%. Gee, I wonder why.

"But... but... I'm stressed, Steel. I need some comfort food. I NEED that drink." Well boo fucking hoo, you weakass.

Just remember, the next time you reach for that cookie or beer or what have you, and think to yourself, man, I deserve this...

Yes, yes you do. You reap what you sow, after all. In fact, that's what got you into this mess, isn't it.

Now get back to work. Summer is right around the corner.