

deepthrill ARCHIVE

compiled by /u/dream-hunter

May 15, 2023

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Game in College Bars

3 upvotes | September 22, 2013 | /r/askTRP | [Link](#) | [Reddit Link](#)

So I went back to some of bars at my alma matter for the first time in a while, and I want some advice with game.

I approached a few girls and talked to them, but I realize that most of my "value" comes from my education and career, and I have trouble veering the conversation that way without boring a girl. Should I try to be more like those drunk meathead guys that are prevalent at these types of bars (especially during a night after a football game like last night)?

How do you approach girls in these situations?

Side question: It seems like it could be blue-pill behavior to "play up" your status since that encourages the fact that you can provide for her. Thoughts?

He who Hesitates is Lost

32 upvotes | September 26, 2013 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Tonight I met up with some old friends of mine at a bar. I had a great time, and one of my friends had his girlfriend and her friend there. The night was going well and at the end my friend's girlfriend told me I should get together with her friend. She joked about being a matchmaker.

I looked her friend in the eye, and said to take my number down and text me. Her friend did with a smile, and seemed to like that I was bold enough to do this in front of my buddies without flinching.

As we left she gave others a handshake and gave me a hug because now that I have her number we are beyond handshakes. She then texted me as we all parted ways, and I texted her back saying that we should meet for another drink at a nearby place. She agreed and we went there.

The vibe from then on at this second place (just the two of us) was good. I held my frame, I was making her qualify herself to me, and she was eating it up. At one point we were talking about judging people, and what our friends judge us for. She then brought up a one night stand "just as an example" of things you could get judged for. The fact that she brought it up told me it was on her mind, and that she was worried about being judged for it. I recognized this was her trying to rationalize something she was interested in, and I told her very simply I don't care what others judge about me. She thought about it for a second and agreed. It was the sort of internal agreement that said she made up her mind that she didn't care about being judged. Then the conversation turned to movies and I suggested we go watch a movie at her apartment. She said okay let's go and we went.

At this point I could have closed, but I definitely fucked it up. We went back to her place, and I could tell she was attracted to me. She saw me as an alpha personality and it was then I should have escalated. Instead, however, I let her put a movie on, and waited a half hour into the movie before trying to escalate. She responded somewhat but I could tell that the attraction spark was lost at this point. I was on the couch with her and the attraction fantasy she had was clearly gone. She was leaning into me in a typical boyfriend-girlfriend situation. Any attempts of mine to escalate at this point were unsuccessful. After the movie she said she was tired and that I should go.

In short, I went from alpha to beta in that half hour.

So what did I learn? Well, when the vibe was right, and the situation was available, there was no reason I should have stopped escalating and I should have made a move at that point. By hesitating, I killed the vibe and the attraction.

All in all, he who hesitates is lost. Don't let your fear or trepidation get the best of you.

How you guys get a girl qualify herself to you?

1 upvotes | September 26, 2013 | /r/askTRP | [Link](#) | [Reddit Link](#)

Something I've found useful, if the conversation allows, state how I really don't like entitled people. She will usually then think about that and start describing to you how not-entitled she is.

So, any useful tips or techniques?

I don't see many younger (18-21 y.o.) girls date 30-35 y.o. guys (when guys' SMV apparently takes off); have I just been oblivious?

30 upvotes | September 26, 2013 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

So if guys' SMV really takes off around 30 and peaks towards 35, how did I not notice my female friends in college, while they were 18-21, date guys in that age group? I saw many girls that age date other guys their same age. Granted those relationships don't always last long, but I've felt that it's a rarity to find a young girl date a 35yo man. I've seen now 25yo females start looking for 30yo guys.

Some possible explanations:

1. I've been oblivious.
2. They sleep with 30-35yo men and hide it from their 20yo male friends.
3. While they may desire men 30-35, they aren't acting on those desires as much as TRP may lead one to believe.
4. It's only when girls start getting older (mid-20's) do they go after 30-35yo men.
5. Others?

Aside: For men on that age range here, do you normally sleep with 18-21yo girls?

Young or Old?

7 upvotes | October 3, 2013 | /r/askTRP | [Link](#) | [Reddit Link](#)

I've seen a lot of people on here touting the value of younger women. Is that just for pickups or for LTR's?

Here's how I see it:

Young

Pros

- Better looking
- Less indoctrinated to feminism.

Cons:

- At sexual peak so in high demand (more likely to leave for someone else?)
- More time spent while young means more can change in her personality
- Less mature
- Might not appreciate the world as it is, since she likely has been sheltered in college.

Old

Pros

- Knows she has less market value - less likely to stray in a LTR
- More mature and stable (hopefully?)

Cons

- Worse looking
- More "independent woman" attitude if she is a "career woman"

So what say you, TRP? Preferences? Goals? Addendums? Opinions based on your age or future age?

Business Trip

24 upvotes | October 11, 2013 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I posted this field report on [my blog](#) but I always like to get feedback from the reddit redpillers.

I just came back from a business trip out of town and had quite a positive red-pill experience. During one of the nights, at a Chinese takeout place, a girl "Tracy" came up to me and started talking with me about my laptop bag, and what I was doing with a laptop in a Chinese restaurant. I said I was just in town for a few days for business, and then asked her if there were any good places to get a drink. This was my opening way of seeing if she was interested in going out with me. She then asked how many days I was in town for, and when I told her, she offered to take me to some cool places.

I got her number, and only focused on texting in order to set up a time to meet. After what I've read, text-flirting is not worth it, and texting should simply be used to meet up in person, a mentality to which I now subscribe.

She couldn't meet up the original night we were going to go out, and said she felt really bad. I just blew it off and didn't respond to her because I assumed she was just a flaky girl. But the next day she texted me and asked me if I was around that night, and I said yes but she better not bail.

She said she would come to my hotel room first and then we could go out. She arrived and we had some wine I had picked up at a nearby liquor store. We got along pretty well. I actually tested her a bit and she liked that I wasn't kissing her ass and being chivalrous (blue pill). She said that she doesn't like forced chivalry, and I said good because I'm not going to be chivalrous, and made her pour me a glass of wine with a smirk. She seemed to like that.

Then she took me to this dive bar which had some live music. I made sure to grab her hand while we walked over. I've found that the longer I wait to start kino, the more awkward it is. She responded positively.

When we got there, she invited another regular "Luke" over to join us without asking me, which was clearly a shit test. He was 55 years old and divorced but was lively, in good health, and a smart guy. I actually wouldn't mind being like him when I am that age. To respond to her shit test, though, I just acted like I didn't care that she invited someone else and talked to Luke instead of her. She then texted and invited her other friend Nick over, who is a 40 year old bachelor (but looks like he's in his low 30's). She even mentioned that a few times she crashed on his couch after drinking too much (yeah, right). Again I kept my cool and pretended like I could not care less. Well honestly I wasn't pretending - if she was going to act like this to me I didn't want to talk to her.

At this point her shit tests were starting to get annoying so I just ignored her and Nick and talked to Luke. Then I could tell she was interested that I was ignoring her, so I started talking to Nick and we got along okay. Eventually she started to sit closer to me and put her hand on my leg, after she realized I was tolerating her but not getting mad at her shit tests; I was just getting less and less interested in her as the moments passed, which irked her.

We all decided to move to another bar, and this time Nick and Luke bought drinks for everybody. At this point the attention turned to me for a bit and I told them about my life, my career, etc., which they were clearly interested in. They even looked at Tracy and nodded a bit to show that they approved of me.

We all walked back to Nick's place (it was a pretty nice bachelors pad) and hung out there for a

while. Luke left and Tracy and Nick were talking for a little while with me standing there. At this point I politely yet firmly said to Tracy that we should go. She agreed and Nick said good bye.

When we were walking back, we were holding hands and I pushed her against a wall and started making out with her. She was very receptive. I pulled away and kept walking. Then I started slapping her ass which she liked. I made a point to keep stopping, making out with her, and then pushing her away. The constant (literal) push-pull drove her crazy, in a great way. She said we need to get back to my hotel room ASAP.

When we got there (after repeatedly touching each other hardcore and making out all the walk back) she basically ripped my and her clothes off. We then spent the next 3 hours having very rough sex multiple times. We had doggy, oral, anal, all sorts of sex. We even broke the bed in the hotel room (which I still might get charged for).

At 05:00, when we were completely drained, she left and that was that.

I need to go on more business trips. Something about her knowing I was only in town for a few days made her let loose a way local girls never seem to - it must be a scarcity and time-constraint thing.

So, at the end of the day this worked out quite well, but *I'd be interested in hearing other ways I could have dealt with her shit tests.*

Hello Ladies on HBO

12 upvotes | October 14, 2013 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Has anybody else been watching "Hello Ladies"? It's a pretty funny show in which the entire premise is to exaggerate blue pill pickup attempts by the main character.

The full first episode is here: <http://www.youtube.com/watch?v=zMcyIn-HZe0>

Skip to about 20 minutes in if you want a quick scene to see what the show is about.

What's been your experience with the Tinder app?

3 upvotes | October 21, 2013 | /r/askTRP | [Link](#) | [Reddit Link](#)

Opinions about Ethics

15 upvotes | November 12, 2013 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

What are your opinions on society-defined ethical vs non-ethical actions. Such as cheating on a test in school, lying to get ahead in your career, etc.

On the one hand, accepting the cold hard truth of reality means that if you don't get caught, then you are simply rationally doing whatever is necessary to better your current situation.

Selfish, yes. Do you think selfish is bad? Does it necessarily hurt someone else (if that's how you define unethical)?

On the other hand, men are capable of feeling honor. And if everybody acted unethically, society could potentially fall apart. But is that just an emotion that rationally one should dismiss to get ahead?

There are few places I could ask for objective opinions on this.

Complacency

8 upvotes | November 23, 2013 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Every time I write a blog post, I like to post it in its entirety here, since this is where many of my fellow redpillers reside, and I enjoy the feedback. This blog post is "Complacency".

<http://deepthrill.blogspot.com/2013/11/complacency.html>

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It's been a while since my last post, and in that time I've hooked up with a few girls, but have been mostly focusing on my career and personal growth. I am writing this post to point out some trends I've noticed in my friends.

That trend is complacency.

## **Fitness**

Since waking up to how the world works, I notice things differently, especially in regards to self improvement. Let me begin with fitness. I have been diligently tracking calories, and keeping a lot of my strength training, since I started in 2011. I now have several years of daily logs documenting what I've eaten, and what I've lifted. It's no effort anymore; it's just habit.

Throughout this time period, several of my friends have noticed the transition under which my body has gone. They have asked what I've done to achieve these results. I tell them it's very simple. I use a simple app (MyFitnessPal specifically) and a simple strength training program (Stronglifts 5x5). There's nothing more complicated than that. Consistency (dedication) is all that it takes.

So at different times over these past few years, some of my friends have tried these two programs for their own self improvement. The results are as I expected. They felt great, and saw results for the first 6 weeks. They noticed changes in their body, and their mood and self confidence improved. Then every single one stopped after around the 6 week mark.

They reverted to their old, complacent habits. They made excuses how it wasn't worth tracking calories, or they avoided conversations regarding fitness, or they said they'd rather just do what they wanted in the gym. It was all about being happier, right? And if moseying around made them happier, why not?

Today another one bit the dust. He tried working out with me for a few months, but today said that it wasn't worth it for him. He still wants to go to the gym as frequently, but he just doesn't want to try to improve his strength by lifting more. That simply screams that his apathy was worth more to him than actual self improvement. He wants to still go to the gym so he can rationalize to himself that he's making an effort and sleep comfortably at night, but doesn't actually want to put the work in.

## **Career**

Fitness is an easy one, though, and I've noticed this trait with other aspects of life. Another such example is career. Several of my coworkers have complained about the current work environment in which we operate. I do join them in voicing my complaints, because I agree with them.

But I have quit and decided to go out on my own because it wasn't worth it to me. Some of them have talked (and talked and talked...) about quitting, or looking for another job. They were even ready to pull the trigger with another job lined up. But at the end of the day, they decided it wasn't worth the risk. They preferred to stay complacent in their current job.

Note that none of these people to whom I am referring have dependents, so throw that excuse out the window.

But what they do have is comfort in their current position.

Talk is cheap. It's easy to talk about doing something, but at the end of the day, it's actually rare to overcome your complacency.

### **Jealousy**

A side effect of this, however, is how people are now treating me when they realize I am talking less and less, and actually doing all the things I state. It's subtle jealousy. They will talk about how improved I am from the gym, but try to shame me into saying how much time I must spend to achieve that look.

The ones who have joined me in the gym in the past avert their eyes. The ones who have decided to stay in their comfortable jobs try to tell me what I should do with my life. And it's not altruistic advice, which which I would have no problem. It's more trying to convince me to take a safer route.

Because by me taking a risky other job and leaving a toxic environment to strike out on my own, they would have to really do some introspection and think about their own choices. And that's too difficult. It's easier to protect their egos by doling out unsolicited advice.

### **Relationships**

The worst is in regards to relationships. My male friends in submissive relationships keep rationalizing their reasons for not ending the relationships. The real reason, despite whatever they may say, is because they are comfortable, and it's easier to complain than to take any action. Making a bold move such as breaking up with somebody and having to be single for a while is scary, even though it may be healthiest in the long run (even for people who build and define their lives with LTR's).

But when the conversations turn to me, and they see me happy, it bothers them inside. Again, it's easier to tell me why I am (should be?) unhappy, and how "there are plenty of fish in the sea" than to think about their own choices. I am certainly not unhappy, have made no claims as such, and have never claimed I am looking to catch a fish anyway. I actually think part of them is jealous of my freedom and happiness, but it's easier to fit me into their worldview than to consider alternatives.

The overall trend is complacency in their own lives. The fear of leaving their comfort zone and taking control of their own lives. Such is the allure of the comfortable blanket which is the life society has carved for them. To each his own.

## A new disease strain - Red Oneitus

11 upvotes | December 13, 2013 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Alright since trp my standards for women have increased ridiculously. So much so that I seriously doubt I'll be comfortable in a ltr for years. That's not a bad thing as I'm happier than I have ever been in my life.

However I'm now concerned that if I ever meet a girl who *does* meet my standards, I'll develop a case of oneitus. Because I have such high standards having a girl meet them will actually be pretty rare. I'm guessing i won't want to let her go.

Hench a red pill specific case of oneitus. Has anyone experienced this or does this concern you?

The best answer I can give myself is to remember that AWALT and always stay vigilant. Thoughts?

## Learn How to Play

40 upvotes | December 17, 2013 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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## Shark Tank

13 upvotes | December 19, 2013 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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## Improving HAVING sex

63 upvotes | January 2, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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A lot of TRP ideas, theories, and techniques are focused on *getting* sex.

With the recent post by [/u/SoftHarem](#) bringing up the idea of girlfriend game as something else TRP could focus on, I also think we should post information in improving the actual *sex* itself from a redpill mindset.

Tips for pleasing her better, pleasing yourself better, lasting longer, different techniques, what's good, what's bad, keeping her coming back for more, etc., all from a pragmatic, redpill perspective, is something I'd like to read more about going forward.

# My Holiday Field Reports

5 upvotes | January 3, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Every time I write a blog post, I like to post it in its entirety here, since this is where many of my fellow redpillers reside, and I enjoy the feedback. This blog post is "Holiday Field Reports".

<http://deepthrill.blogspot.com/2014/01/holiday-field-reports.html>

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I've had a fun and productive holiday. I recently found another bachelor and we moved in together. We got rid of all our previous belongings, and started fresh. We chose brand new paint, furniture, etc., and basically pimped out a really nice bachelor pad for a few thousand dollars.

I also started a new, high-status career, and have had some good sexual success, some of which I'll share here.

Faith

I was at a bar/club scene the other day on a Friday, and met a girl "Faith". It was towards the end of the night, but she seemed really interested, and I moved from upstairs to downstairs to bring her to a new environment. She seemed a bit fascinated with me, and I ended up making out with her while in the bar. Her friends were ready to drag her away since they were leaving but I said that she had to give me her number. She did and said she wanted a text right away.

I texted her when she left and we flirted for a bit that night over text. She ended up saying that my lack of modesty was unacceptable, but everything else about me was more than acceptable. She was immediately qualifying herself to me, saying she wasn't sure if I'd still be interested in her when I was sober. I said that I don't know but we'll have to find out.

The next day, I texted her in the afternoon and said I was still interested, but just a little bit. She said only a little bit? I said the first little bit is free, but she has to earn the rest. My old instincts kicked in when she didn't respond right away and I was about to send a followup text (in the past I would have sent a text saying "jk, you've earned it :)") or something lame like that), but I waited. She texted me back a few hours later saying that I'd have to earn her interest but it wouldn't be very hard. Her shit test was the fact that she waited to respond to find out if I'd maintain my frame.

I told her that we are going to hang out the following night and we'll both have to see who earns whose interest. She said obviously we are going to hang out the next night.

So Sunday rolls around and we meet up for dinner and drinks (I paid for dinner, she paid for drinks), and after some minor LMR we ended up back at my new place and had an exciting night having sex a few times.

She's texted me since then (she's always been initiating) and I'll probably ask her to meet up this weekend.

One thing she noted is that she was on the fence whether she wanted to hang out with me because my texts could have been too "dick"ish but she wasn't sure if an asshole or not. She said that in person I was more playful than dickish and was glad she was on the border and went with it. It just goes to show that she did like a small lack of modesty despite what she said (but I bordered on arrogant), but also how difficult it is to portray tone over text. I've recently subscribed to the philosophy of only texting for very minor flirting but really to make plans. It has served me well.

Nancy

Nancy and her friend came over to check out our new bachelor pad and have some drinks at a small party we threw. I gave her some attention at the beginning, but only seriously towards the end of the night. She had to go back to her apartment but I told her to give me her number, which she did. I think she was surprised I asked for her number in front of everybody, and for some reason thought it was bold of me.

But I found out the next day that Nancy is a virgin, and she doesn't want to be anymore. I asked if she wanted to hang out a few times, and she always gave "maybe" or "probably" answers but would never get back to me. Note that if a girl says she'll get back to me, I don't send a followup text, but rather make other plans if it gets too late. No desperation will be had by me.

After the second time she gave me a text that said she'll probably be free but never got back to me, I simply forgot about her. After a few days she sent me a text apologizing for not getting back to me and saying that she wasn't ignoring me. Whatever; I sent her back a friendly text, but this time didn't ask her to hang out. She has to earn it and make an effort herself if she wants to see me now.

New Years Eve

I went to a few bars in the city for NYE and ended up at a private enclosed rooftop party of a promoter we know. At one of the bars I went up to a girl and said something simple like "Hey what's up?" or "Hey what's your name?" and she just looked at me, said "No." and walked away. Situations like that remind me that while I could learn more about improving my openers, coming up with something situational, sometimes a filter is fine and I don't want to waste my time with somebody like that. Yes, maybe that's me hamstering, but that's better than getting strung along only to get rejected later. Sometimes she just doesn't want to be hit on. I don't know.

At the last private party, I already had some preselection and social status from knowing the person who organized it. A girl approached my buddy and I, and we chatted for a bit. She seemed interested, and I went to the bar to get drinks and champagne for everybody. I admit that was a bit of the provider in me coming out after a few too many drinks, but the drinks were for the group and it was an open bar, so I had no problem with it especially since I wasn't paying. But by the time I got back to the group with everybody's drinks, she had left and gone to talk to another guy. She noticed I had drinks and champagne, but then turned back to her other guy. I suppose I portrayed too much of a provider demeanor even though no money was actually involved.

I made no effort to chase her. Rather, I started talking to other girls in the party, and ended up kissing a few of them. The first girl noticed this, and started to become more interested, and dancing closer to me, but I essentially rejected her for the new girls, with no regrets. The night ended quite well, and I was pleased with my performance for the night (approaching and otherwise).

2014 and Onward

I've gotten reasonably good at getting girls' numbers and getting back to hook up. I still have some more work to do especially with coming up with better situational openers, but once we start talking, I can usually end up sleeping with them.

Some things I've learned this past year:

- Text-flirting is really risky and text should be limited to making plans.
- Meeting girls through friends is 1000x easier than cold-approaching. You already have social

status, and you don't need any real openers since you are usually introduced.

- Girls like guys with social status, either through knowing somebody at the venue, or from your career. You have to play to their fantasies (see 48 laws of power for more info on this). I feel like every girls' wet dream is to have an alpha who is also a provider (i.e. wealthy). So I need to not act like a provider, but rather make them infer that I have money, while also having the confident assertiveness of an alpha.
- I have to add a little bit of modesty and make them "earn" learning things about me. They like a little bit of a chase too, and there is a fine line between confidence and arrogance.

Moving forward, I want to focus more on my physical game. I want to become a sex god. I want to learn about tantra, kegels, use masturbation to improve ejaculatory control, learn how to make them squirt, etc. That's the next part of my game I am going to start delving into the underbelly of the internet to learn about.

Happy new years to everybody, and may 2014 hold many interesting and successful stories!

Enticing Drama

0 upvotes | January 4, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

One of my buddies is very successful with women. He is pretty red-pill at heart. He is practical, sleeps with a ton of women, has had a few long term relationships but ends them when it isn't serving his needs anymore, and is pretty wise to the downsides to marriage and is strongly considering not getting married.

But I've noticed he always has some drama with a girl in his life. Now it's not always the same girl, as he definitely doesn't have "oneitis". However, there is always some girl who is causing emotional drama in his life.

My theory is that he subconsciously encourages this drama because if a girl is emotional with you, it implies that she cares enough to actually be dramatic. It helps validate his desire for a girl to care about/for him, which he doesn't want to let go of.

Obviously we can never know what someone really is thinking or if there is even a pattern at all, but I'm curious about TRP's take on this, and if you have had similar experiences.

How and when do you break it to a girl that you have no interest in a relationship?

19 upvotes | January 14, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

For girl #1, I told her after we had sex twice. She brought up something about things being complicated now, and I said no it's not complicated, it's simple. She mentioned that she wanted a relationship and I said I had no intention of one. She was hurt but understood and still wanted to have sex afterwards. We are still on good terms. Fortunately it happened to work out that I was moving a few hundred miles away so that was a convenient "excuse" (read: lie) for why I didn't want a relationship.

For girl #2, who is one of my current plates, I never mentioned it. We have sex regularly but progressing into a real relationship has never come up and I'm hoping it never does.

For girl #3, when she was over, I decided to try telling her before we had sex. I told her that just to be clear upfront, I have no desire for any relationship. She almost broke down crying (this was literally the second time we hung out and we had never had sex). She ended up then drinking too much and getting sick so we still never had sex. I probably won't hang out with her again. Too emotional, and can't handle her liquor.

Anyway, I'm curious if / when / how you guys break it to girls that you are not looking for a relationship.

Bonus points for funny stories.

This sub is about sexual strategy. Let's discuss some.

8 upvotes | January 17, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

First post regarding attraction to dominance (for tbp women)

13 upvotes | January 23, 2014 | /r/PurplePillDebate | [Link](#) | [Reddit Link](#)

First post. I identify as a red pill man. I have to admit I am hesitant about posting here. It seems that this is very much a non-satire version of /r/thebluepill but with *slightly* more tolerance to red pill ideas. Yet many red pill men and women I see down voted and many simple "they are misogynist" comments up voted.

Perhaps it's confirmation bias on my part but I'd like to give this sub a try.

I do like intellectual debates as long as no emotions are involved.

Anyway, my question is for blue pill women on here.

Much of trp is about maintaining a dominant unapologetic frame because women are attracted to it. I have had great personal success with this. I have zero tolerance for bs and will "next" a woman and be happier for it if necessary.

If you women reject trp ideals, do you admit you are attracted to dominant men? Or do you think you see past dominance "deeper" into a man's personality as a "nice guy" or whatever and forget about any animalistic attraction? Not trying to present a false dichotomy here so feel free to present other ideas.

When is a strategy either immoral or unhealthy?

5 upvotes | January 25, 2014 | /r/PurplePillDebate | [Link](#) | [Reddit Link](#)

The official redpill stance is that "sexual strategy is amoral" (neither moral nor immoral).

Others here have commented that some things may be effective, but "unhealthy" for a relationship. We could potentially define unhealthy as something effective yet simultaneously decreasing one or both party's happiness.

Here are some "strategies":

- Makeup to look younger
- Going to the gym to look stronger / fitter
- Using "dread game" to install subtle or overt fear in the other that you may leave since you have other options
- Bringing somebody else in the group down to look better yourself.
- Subtly or overtly flaunting money or status to get someone of the opposite sex
- Looking for anyone to just be a father to your (born or as-yet unborn) children
- "Negging" (playfully teasing in order to bring down another's self esteem so they are more attracted to you)
- Many many others.

This is likely a personal question since there's no universal definition of morality, but I'd like to hear dissenting opinions.

Does it even matter if NAWALT?

37 upvotes | January 30, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Who cares if she's a gem? Assuming an AWALT mindset is likely the best sexual strategy.

For some things, such as the level of respect I have for a new business partner, I've found it most beneficial to start out neutral, and have them prove themselves either way, even if the prior distribution is not 50/50 (deserving of respect vs. disrespect).

However, with girls, assuming that NAWALT is a far riskier proposition than assuming AWALT.

If you think "she may not be like that!" and you're wrong, those risks far outweigh the risks of assuming AWALT and being wrong.

If you assuming AWALT and after 50 years of marriage you realize that you were wrong, that's a first-world problem right there. If you assume NAWALT and after 10 years of marriage you're wrong, you're most likely broke and broken.

It doesn't matter if only 90% of women are like that. It's a more *rational* mindset to assume AWALT and give her the chance to try to prove you wrong, since the risks far outweigh the rewards.

If you get married, even if she "isn't like that" or whatever, assuming AWALT would mean that you choose to get a prenup, you choose to keep yourself vigilant and good looking, you make a distinct effort to keep her level of interest in you, both in your personality and physique. All of these are good things.

When hooking up with new girls, I can attest that it's a far better (more successful) mindset to assume AWALT.

Sometimes I need a healthy dose of anger

10 upvotes | February 1, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Every time I find a girl receptive to red pill ideas I admit I get a bit enthused. Maybe this is a self-aware girl? Maybe I don't have to wonder if she is someone I have to be vigilant with?

That just makes me complacent though. She eventually regresses back to those tendencies I wished she suppressed.

Even the most self aware girls can still give in to her instincts.

Every time I think I "know" trp, life reminds me there is more to learn.

Stay sharp, men.

Kudos to the effort made on [/r/redpillwomen](#)

To note, this isn't about a girl I was hooking up with, but rather a friend who has expressed disdain towards feminism and positivity towards trp ideas she and I discuss on occasion. But pictures I've seen of her lately tells me she still wants to be a slut.

I do not like being frustrated but it sometimes is useful to stay sharp.

Sober vs Drunk Game

1 upvotes | February 1, 2014 | /r/askTRP | [Link](#) | [Reddit Link](#)

How would you say your demeanor, game, frame, wittiness, and confidence change (positively or negatively) when you drink?

Question for RPW from a man, regarding the odds of meeting a women like you?

15 upvotes | February 1, 2014 | /r/RedPillWomen | [Link](#) | [Reddit Link](#)

What would you say is the probability of girls in her 20's in the western world having a RPW mentality? How likely would you say it is for a guy to meet a given girl, and for her to actually be fit for a long term relationship with him?

Marital Benefits for Men

5 upvotes | February 7, 2014 | /r/PurplePillDebate | [Link](#) | [Reddit Link](#)

What are the benefits of marriage for a man? Question for both pills. I suppose you could also ask the same question for women, but I'm selfishly more interested in the answer for men.

- **Financial:** There may (or may not) be some minor tax benefits, depending on the relative income disparity of the couple. There is also a huge financial risk for the higher earner.
- **Legal:** Visitation rights? You can get power of attorneys without marriage, and make someone a beneficiary without marriage.
- **Emotional:** I fully support long term relationships for the right people. I'm asking specifically about marriage.
- **Familial Pressure:** Stand up to your family and make your own decisions about your life.
- **Knowing they will always be there:** See modern divorce rates.

Hierarchy of Needs

4 upvotes | February 7, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

According to Maslow's hierarchy of needs sex is one of our basic physiological needs.

Let's say you have a few plates spinning, and have sex on a fairly frequent basis.

If one of your plates leaves, or you next her, it may not be easy, but it certainly won't be challenging to find a new girl.

Now that your basic need for sex is reasonably fulfilled, my questions are:

- (1) What do you redirect this energy towards, if "the chase" doesn't require as much energy due to all your internal and external prep work via self improvement?
- (2) Do you feel as fulfilled from these other aspects of your life as you do from sex and from the chase itself?

"Who is he?"

60 upvotes | February 9, 2014 | /r/ThankTRP | [Link](#) | [Reddit Link](#)

I was out to dinner with a group of friends, male and female, and I was chatting with the waitress and she was eating up everything I was saying. The girl sitting next to me also was really interested in me.

My female friends at the table, who I haven't seen in a couple years, whispered to each other "Who IS he now? I don't even know who deepthrill is anymore!" It was with a gleam in eye.

They didn't think I heard them, but they were fascinated with who I had become in a positive way.

The fact that there was enough of a contrast with my previous self to be visibly noticeable was a huge affirmation for me.

Inspired by /u/illimitableman's post, how do you all fit on this dark triad personality test?

22 upvotes | February 12, 2014 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

<http://personality-testing.info/tests/SD3.php>

Girl considers the future wall

0 upvotes | February 13, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This was part shit test part somewhat self awareness. She is 21. She texted me "So how long do I have until I'm too old for you and you drop me?" My response was "I'll let ya know ;)" She then qualified herself to me and said she's gotten better looking every year so far.

You are the focus of a new /r/purplepilldebate thread.

4 upvotes | February 14, 2014 | /r/RedPillWomen | [Link](#) | [Reddit Link](#)

Thought you women might be interested in seeing the responses, and I would invite you to possibly clarify any misconceptions of your sub (although the OP is directed at red pill men's views on you).

http://reddit.com/r/PurplePillDebate/comments/1xw7n2/do_red_pill_men_typically_agree_with_the_goals_of/

Just watched House of Cards Season 2 Episode 1. Holy shit if you want to see a dark triad character.

1 upvotes | February 14, 2014 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

Do you believe that sex is the underlying motivation for all your endeavors?

9 upvotes | February 16, 2014 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

Some (many) on trp maintain that everything we do in this life is, at the end of the day, motivated from the desire to have sex and reproduce, due to evolution.

Edit: My question originates from [this discussion](#)

I can understand the sentiments, yet I disagree.

Things such as **power, money, and freedom**, are things I strongly desire.

However, after some introspection, I don't believe that I want these things in my life *only* because I believe they will lead to more sex.

I want power and money to achieve *everything* in life efficiently and to be able to achieve my goals with less effort, sex included.

I want freedom and to travel, and not because I necessarily want to garner experience in order to be more interesting to domestic girls, or to *only* sleep with foreign girls. But to expand the plethora of experiences I have gathered before I die.

It is certainly possible that I'm not truly understanding my own underlying motivations as well as I could, and I'd be interested in others' analyses.

So my TLDR question is: Do you believe that everything you do is motivated in some degree from your desire for sex?

Rising with a Leader

12 upvotes | February 19, 2014 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

Every time I write a blog post, I like to post it in its entirety here, since this is where many of my fellow redpillers reside, and I enjoy the feedback. This blog post is "Rising with a Leader".

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## RISING WITH A LEADER

### Identify the Leadership

In any social group, whether that's in a club or in business, there is a hierarchy. You must identify this hierarchy and see who the leader is. In addition, it's important to notice others in the group with leadership qualities. These include ambition, strategic pandering, and controlled aggressiveness, amongst others.

When I was younger, I saw huge leadership potential in my previous boss. He was young and a rising star. He wasn't yet established but he was a huge visionary with a firm grasp on the big picture of his technology. I immediately reached out to him and began working with him. Over the past years, his career has exploded. He is one of the youngest people in this country with his title and has built a significant reputation. I have been an integral part of that rise as well from being one of the few who started with him.

But over the past year or two, I have noticed that he hasn't "scaled" well. He is not as good at managing a larger group, as he was managing a smaller group. This is mostly due to his desire to micromanage and not delegate. It helped his rise but is not a scalable method of management.

Now, I have a new person who is a leader. He is extremely ambitious, already wealthy, smart, knows when to act angry and when to make you feel comfortable, and has good connections. I made secret flights out to meet with this new person, and a few months ago I quit my previous job and begin working for my new boss. Now, working for him, I am learning about the power structure of the new organization, and identifying where my loyalties should lie.

Even in large family gathers, for example, I have been able to identify which person is a natural leader. I have actually had several fruitful business relationships from these leaders.

Now there are two different types of leaders you should identify and win over, with different strategies for each.

### The Established Leader

These include executives, mid-to-large-sized company founders, celebrities, athletes, and politicians. They are firmly established in their careers, and they pretty much know their own value. In terms of the pick-up game, these would be the 9's and 10's who have been gaining validation and attention from men all their lives.

For these types of leaders, you do NOT want to pander to them. Everybody around them has been kissing their ass for a long time. To differentiate yourself, you MUST treat them like an equal if not someone slightly below you.

Don't be afraid to question them. It will put you in the spotlight as someone who believes he is worth questioning a natural leader. They will respect you. Don't blindly tell them they are wrong if they aren't, but feel free to disagree or enter into a debate or be competitive. You essentially want to

establish yourself as an equal who isn't afraid.

This will put you on their radar. Afterwards, you then want to firmly solidify your value by what you actually do say. It's all smoke and mirrors unless you actually can debate with them, show them some new technology, or demonstrate your business acumen. You've given yourself some respect already by being on their radar (which is rare) and so you don't have to be brilliant with whatever value you demonstrate. It simply has to be above average (although the more value you have, the better).

Once you have their attention and your value has been demonstrated, you will be invited into their inner circle. Stay with them until you detect they are on the downfall, or until you have identified a higher value person with whom to rise.

### **The Rising Star**

The Established Leader will be difficult to win over. They are used to others trying to win them over since their value has been already established in their minds.

A more efficient use of your time is to identify a Rising Star. These are people who have demonstrated leadership qualities (see above), but have not yet realized or implemented such leadership. Think Steve Jobs in the 1970's.

In terms of pickup, these are the 5's who are only 5's because they are overweight, and are currently working out in the gym six days a week. Or the new 8's who used to be ugly and don't realize their own value yet.

For these people, you don't want to treat them as equals or as people slightly below you because they are used to being put down by others. For these people, you want to help them realize their dreams. Play on their emotions and bring them up. Discuss their dreams as shared ventures. Make them realize that they can be huge in this world.

They know they have value but are frustrated that society hasn't recognized it yet. By playing them up, they will take you with them to the top. The only downside is that one day they will realize they don't need you anymore. When that happens, you can either treat them like an Established Leader (which won't be congruent with your existing relationship or mannerisms) or you'd better have identified a new leader by the time the Rising Star has risen.

This is a more risky strategy, as maybe 1 in 10 rising stars will actually rise. That's why you must diversify. For an Established Leader you don't have the time nor luxury to diversify as they will require all of your attention, and are prone to jealousy of other Established Leaders. However, with the Rising Star, you should have identified a few of these and target them all in parallel.

Think of a venture capitalist firm or a hedge fund. Do they use their money to simply invest in the safe, blue-chip stocks (the "Established Leaders" in stocks)? They use some, but most of their money is spent in maybe 10-20 new "Rising Star" stocks with the hope that one of them will hit it big.

### **Conclusion**

Whichever strategy you use, be careful to not make others jealous, to not let on too much that you are using them, and be able to identify when they are falling or when a higher leader is identified.

This applies mostly to business, but also with women. The more a girl is high value and knows it, the more you want to treat them as an "Established Leader" and be unique by bringing them down a notch. The lower value a girl, the more you want to bring her up which will make you unique by not acting like those "assholes" who treat her like shit and get with her friends.

Oh, and if you ever meet a girl who is low value but thinks she's high value, do yourself a favor and

stay away. Those girls have ugly personalities.

**Suggested Readings:**

- Illimitable Man: Law 01 - Never Outshine The Master Explained
- Ram Charan: Indicators of Leadership Potential

# Be Memorable

8 upvotes | February 25, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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I was talking to a female friend of mine Erica about a group dinner we went a few weeks ago. There was as guy there named Jon whom she didn't really know.

Jon is loud, boisterous, slightly unattractive (overweight), aggressive, assertive, and has strong boundaries.

We were talking about the night, and I asked her if she remembered Jon making fun of how she was "only a waitress". At first she didn't remember who Jon was. She asked if he was the strong, loud person, and I said that he was.

She then thought about it and said that he was one of the only ones she remembered there. Then she thought about my question and remembered how insulted she did feel when he said that to her.

But she immediately came back and said that she even so, really likes strong-willed guys who don't take her shit. She liked the fact that he was picky with his food (strong boundaries). She said she likes and goes for guys like him.

**She said that even though she was thoroughly insulted and a bit angry at him, he was strong, memorable, and *she said he was the only one there she actually liked and remembered.***

She remembers the guy who pushed her buttons. It didn't matter if he made her feel negative emotions. The fact that he made her feel any emotions at all made him memorable in her mind.

Girls are addicted to the emotional roller coaster.

Be like Jon, the only guy who she remembered because he made her feel something, anything (anger). Don't be like Steve. Who was Steve, you ask? Exactly.

# Bumping, Dancing, and Faith - Weekly Field Reports

20 upvotes | March 1, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Every time I write a blog post, I like to post it in its entirety here, since this is where many of my fellow redpillers reside, and I enjoy the feedback. This blog post is "Bumping, Dancing, and Faith - Weekly Field Reports".

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BUMPING, DANCING, AND FAITH - WEEKLY FIELD REPORTS

Here are some updated field reports from my week.

Bumping

I almost never go out to bars on my own anymore, since my roommate and I are each others' wingmen and we both go out all the time together. But Wednesday I was on my own and decided to stop by a bar. It's a different experience going out on my own, and has a certain sense of freedom to it.

I talked to a few girls at first but none were very responsive, so efficient that I am, once I saw their level of interest wane I immediately moved on to talking to someone else.

I was getting a drink at a bar and a girl "Nicole" bumped into me and splashed a little beer on me. I gave her a look of amused disgust and said, "nice move, is that how you always get guys to talk to you, spill drinks on them?" I said it with a smirk and she laughed. I asked her what her other lines were to get guys.

This portrayed the frame that I expect girls to try to pick up guys (and by extension, me). It showed me as the catch, that I was amused about how she tried to "pick me up" even though she was not doing that at all.

She lapped it up and we chatted for a bit. After about an hour, a guy much older than us (early 50's) started talking to Nicole and her friend. Even though he was not bad looking and somewhat charming, they looked a bit disgusted and later told me they hate when "old creepy guys" hit on them (also this was a college bar so it was a bit out of place).

But from my perspective, I wanted them to know that I had no intention of "competing" with this guy. So I ignored the group of them and left to watch the band for a bit. I came back a bit later at her beckoning to "save" her and her friend. I said I'll pretend to be her boyfriend for the night so he'd stop hitting on her.

She asked why I didn't stay and help, and I laughed and said it was much more fun to watch her suffer.

Throughout the conversations, she also was qualifying herself to me a bit by mentioning that she was not a feminist. It was her attempt at trying to say something that she thought I'd want to hear. And you know what? She was right. When a girl tells me unprompted that she's not a feminist and starts explaining all the reasons, I admit I get a little hard.

At the end of the night, she told me that I couldn't drive home drunk (which I was not), and I said that I don't know anybody in town. She said that I'd have to just stay at her place, to which I said that I guess I'd have to.

Once we were back at her place she said she was uncomfortable and intimidated since I was older

than her (by not too many years though) but I am already established in my career and life as an adult and she's still in college. I laughed again and then had sex with her twice.

I left around 4am since I had an early meeting the next day. She said I had to lead the direction of this and text her. She was just reiterating that she likes guys to take charge (duh).

Dancing

Last night I went out to some bars with my roommate and a bunch of his female friends (that's our usual play; him and me along with a group of girls). Last weekend I met some girls from this group, and got a girl "Vanessa"s number. I had texted her but she said that she didn't want to lead me on and that she had a boyfriend. I said no problem and left it at that. Last night Vanessa was there getting ready with the girls. She actually didn't look as good before she was ready and not in the darkness of the bar. I was visibly cheery and actually did not act like she had rejected me the previous week at all. I truly did not care. And it showed, and she started talking to me more and showing me interest. I didn't want to waste my time trying to pick her up at the bar, but had a fun time pregaming with her.

Anyway, we went out to the bars, and I have recently been doing a lot more high energy approaches and game. I will dance with whomever, be cheery as fuck, and my attitude is very much a do-no-give-a-fuck if I am at all if I am successful. It's been quite wonderful actually, as girls pick up on this and seem to want to hang out with me.

The group of us (my roommate and me and a group of girls) were out at a popular bar dancing. We met up with more girls who are friends with the original group we came with. I already had social proof since I had come with a group of their attractive girl friends. And my investments in myself such as physique, attitude, conversational skills, etc. make it pretty easy to talk to and dance with these girls.

I didn't hook up with anybody last night, but this morning I had some Facebook friend requests and messages from these girls, showing me that they were interested in me. Also I make a mild effort to cater my online "reputation" (if you can even call it that) to showcase both my success and fun attitude. I've responded to a few of them and will try to meet up with some of them this week.

At the end of the night, I was in a pizza joint and a girl behind me in line told me I looked like a celebrity. I laughed and then asked her what's good here. She gave me a suggestion on what to get and I said that she should give me her number so we can meet up here again. She said okay and her and I have texted a bit today. I like to diversify my sources of sex so I have a few options from last night, and we'll see which follow through this week to be a new plate.

Faith

One of my regular plates "Faith" and I have hung out a few times lately. Every time we hang out it's pretty much to have sex. But lately I've been busy with work and with going out with other guys and girls. Last weekend, Faith asked me what I was doing for the weekend. I told her I already had plans to go out with my roommate and a few other friends (guys and girls) so I couldn't hang out.

She started telling me about how I sucked. It was not teasing, and she wasn't really mad, she was just whining.

How did I respond? I ignored her. If anybody sends me a text I do not like, I simply do not respond until they text me something better. Training by ignoring. Eight hours later she texted me, "You know, I guess you are pretty cool". It was her way of an apology. I immediately texted her back something positive so she'd make the connection about which types of text I'd respond to.

Now, she asked me nicely this past week if we could hang out this weekend. It was nicer, she was more submissive, and she and I are going to hang out Monday night now.

Parting Thoughts

Overall, my success with girls lately has increased a lot. I've been more high energy, showing that I care less, and have been dressing better and getting much stronger which shows. We'll see what this next week has in store. Cheers all.

Sex without Relationship

2 upvotes | March 8, 2014 | /r/askTRP | [Link](#) | [Reddit Link](#)

I met a new girl at a bar a few nights ago and got her number. She is cute as hell with a great body. Her and I hung out last night. We were both plastered drunk and hooked up. But even in that state she said she wouldn't have sex with me. She said she wouldn't have sex this time or the next time or the time after that. But she gave me head and was visibly turned on.

I know some girls have a "policy" of not having sex until X number of dates or until they are exclusive.

I have no intention of having a ltr with anyone. Normally I don't bring up any relationship talk either and just casually hook up and date.

So my question is what are signs she isn't interested in just casual sex and how would you play this situation?

I respect the no sex policy from her and would appreciate that if I wanted a ltr. But i think I'd prefer if she was a bit of a party girl so I'd know we're on the same page with expectations. I just find taking about this shit with girls is not effective in any way.

What has been your experience with "daddy's little princess" girls?

1 upvotes | March 10, 2014 | /r/askTRP | [Link](#) | [Reddit Link](#)

Some initial thoughts:

Bad:

- They are likely to be looking for a man to replace their father.
- They likely have never had to make it on their own.
- May be more entitled from being spoiled.

Good:

- They may be used to following a strong male as a father figure (good for a ltr?).
- If you are the most similar to a father figure in her life (best provider in her eyes?) dread game will be more effective on this type of girl.

Girls and Bosses

17 upvotes | March 12, 2014 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

Every time I write a blog post, I like to post it in its entirety here, since this is where many of my fellow redpillers reside, and I enjoy the feedback. This blog post is "Girls and Bosses".

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## GIRLS AND BOSSES

Since internalizing The Red Pill, I've started to notice similar interaction dynamics in other situations in my life. One of those is in relationships with bosses. The similarities will not necessarily be spot on, and will be different depending on the boss's personality as well as gender. But most of these will hold true to some degree. The game is always being played even outside of sexual relationships, and you'd be a fool to not consider them.

### Shame Tactics

Quotes such as "I expected better from you" and the like, are shame tactics designed to put you on the defensive, make you feel the need to work harder or change a behavior, and an interesting management strategy. The goal is to make you feel ashamed of a certain behavior which isn't conducive to the boss, and to cloud your rationality with your own emotions. This is definitely not constructive criticism, but rather a form of manipulation playing on your deep-seated emotions. It is also quite an effective motivation technique.

Some examples of shame tactics include:

- "I thought you forgot about me"
- "I expected better from you"
- "Is this the best you can do?"
- "Where have you been lately?"
- "Do you ever do actual work" (said during a lunch break or vacation)

I want to state that each and every one of these has been said to me personally. Don't hamster them as simply inquiring about what you're doing. They may be inquisitive but they also contain a hint of an accusatory tone.

### Hypergamy

Okay, yes, that word technically means marrying up socioeconomically. But in a similar vein, your boss will "trade up" with his coworkers if the opportunity presents itself, given that (s)he has not invested enough time in you. He is also keeping his eyes out for someone of higher value.

When girls implement hypergamy, they consider the past time spent with you (even though it's a sunk cost she doesn't want to necessarily give up what she's put into you), the amount of effort required to gain the higher-valued target, and the (emotional or financial) loss of giving you up.

When bosses implement traits similar to hypergamy, they consider the past time spent with you (the time training you and the financial investment in you), the amount of effort required to gain the higher-valued target (the amount of salary required to get the new employee and the time required to train), and the (financial) loss of giving you up.

Both have some loyalty to you, but only insofar as you are producing value for them (conditional loyalty). They don't value you in-and-of-yourself; nor will they stay with you out of altruism or pity. And why should they? I actually have no problem with conditional love or conditional loyalty. It keeps you vigilant and leaves no room for complacency. If you start to be valued for "just being you", then why change, improve, or strive for more? The fact that you know you are always a minute away from being dismissed will be difficult and frustrating, but it will require greatness from yourself.

If you are the boss, your employees will also implement hypergamy. They will also be looking for a "higher value" company or another boss with whom to rise.

## **Dread Game**

This is one that an employee will play on a boss.

If a girl starts treating you poorly, an explicit or implicit threat of you leaving will cause her to reevaluate her actions and feel like she needs you more. If a boss is not treating you well, an offer from another company will instill fear that he will lose you and will cause him to reevaluate his actions towards you.

The more investments you make in yourself, in terms of fitness, style, and charisma, the easier dread game will be with a girl and the more implicit, rather than explicit, it manifests. The more investments you make in yourself in terms of job skills, critical thinking, and charisma, the easier dread game will be with a boss and the more implicit, rather than explicit, it manifests.

Many low self esteem guys don't realize their own value, and will supplicate to whatever their partner dictates. They have a permeating fear which keeps them in check. In the workplace, many low self esteem employees truly don't know their own value either. They don't realize how useful their skills are, they don't truly believe they could get another job. And bosses use this and exploit this.

Now with any dread game, if the target believes that you won't actually follow through, it can backfire. If you threaten to leave and they call you out on your threat, by not leaving you are telling the other party that you don't actually have any other options, and any future attempts at dread game will be ineffective, even if you would have followed through in the future. Don't be "the boy who cried dread".

## **Oneitis**

This relates back to dread game. By becoming irrationally attached to one person, you are clouding your own judgement. If you don't believe there is anything better for you out there, that person has you by the balls. With girls, you are more willing to tolerate bullshit that normally you may let slide. The hotter (or generally the more high-valued) the girl, the easier it is to fall into this trap. (Aside: Oneitis is different from loyalty and dedication in a LTR).

With a boss, if you put that person on a pedestal, you are more willing to overlook their flaws. If you suddenly got your dream job at Google, you'd be more willing to put up with bullshit and stand up for yourself out of fear that you would lose "the one" (job).

## **Spinning Plates**

This applies mostly to entrepreneurs or consultants, and not necessarily traditional mega-corp employees. If you have several clients or several customers, you are diversifying your income stream. If one falls through, then it isn't such a big deal since it's only a small piece of your portfolio. You are able to make more rational decisions, and are less desperate in your attitude with your targets. The fact that you have other options makes you high-valued.

## **Social Proof**

There are two ways this can manifest.

Firstly, in terms of other companies, if you are well known in your field, and if you have other companies considering you (whether when looking for a new job or during your job), your value immediately shoots up. Bosses (and girls) think that if others want you, there must be a reason. Note that there doesn't actually have to be a reason (you don't necessarily need intrinsic value). Simply the fact that others appear to want you is sufficient to increase your value. You can leverage this to ask for a sign-on bonus, a higher salary, a promotion, or use it in conjunction with dread game to be treated better.

Secondly, during events such as holiday parties, cocktail hours, board meetings, and investor meetings, if your reputation precedes you, or your bosses see you amicably chatting with others at these events, you immediately have social proof. If they didn't realize your value before, the fact that you can handle situations well and the fact that others like you will make them feel a sense of pride for being with you, a small amount of fear that you can leave and make it on your own if you want, and a desire to attach themselves to you. These are the exact same emotions that girls feel when they realize you have social proof.

## **Conclusions**

These dynamics are true in human relationships, and are not limited to sexual relationships. They mostly manifest in relationships in which there is a hierarchy or dominance structure (such as employer-employee relationships). They all essentially boil down to who needs whom more, how much value a party is perceived to have, how can one party be used for the benefit of another, and who is dominant in a given situation.

Whether you are the employer or the employee, be aware of these tactics being used against you, and be aware of how you can use these tactics to further your own career.

The knowledge is there for you; your morality manifests in how you choose to use such knowledge.

# Girls and Bosses

206 upvotes | March 12, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Every time I write a blog post, I like to post it in its entirety here, since this is where many of my fellow redpillers reside, and I enjoy the feedback. This blog post is "Girls and Bosses".

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GIRLS AND BOSSES

Since internalizing The Red Pill, I've started to notice similar interaction dynamics in other situations in my life. One of those is in relationships with bosses. The similarities will not necessarily be spot on, and will be different depending on the boss's personality as well as gender. But most of these will hold true to some degree. The game is always being played even outside of sexual relationships, and you'd be a fool to not consider them.

Shame Tactics

Quotes such as "I expected better from you" and the like, are shame tactics designed to put you on the defensive, make you feel the need to work harder or change a behavior, and an interesting management strategy. The goal is to make you feel ashamed of a certain behavior which isn't conducive to the boss, and to cloud your rationality with your own emotions. This is definitely not constructive criticism, but rather a form of manipulation playing on your deep-seated emotions. It is also quite an effective motivation technique.

Some examples of shame tactics include:

- "I thought you forgot about me"
- "I expected better from you"
- "Is this the best you can do?"
- "Where have you been lately?"
- "Do you ever do actual work" (said during a lunch break or vacation)

I want to state that each and every one of these has been said to me personally. Don't hamster them as simply inquiring about what you're doing. They may be inquisitive but they also contain a hint of an accusatory tone.

Hypergamy

Okay, yes, that word technically means marrying up socioeconomically. But in a similar vein, your boss will "trade up" with his coworkers if the opportunity presents itself, given that (s)he has not invested enough time in you. He is also keeping his eyes out for someone of higher value.

When girls implement hypergamy, they consider the past time spent with you (even though it's a sunk cost she doesn't want to necessarily give up what she's put into you), the amount of effort required to gain the higher-valued target, and the (emotional or financial) loss of giving you up.

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The knowledge is there for you; your morality manifests in how you choose to use such knowledge.

Red Pill Axioms

40 upvotes | March 31, 2014 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

The mods have come up with a list of a few core tenets which we believe are the basic underlying axioms of those who are AlreadyRed.

They have been added to [our wiki](#).

This thread is a meta thread to discuss these tenets.

If you think something is missing, discuss it here, and the mods will decide if it's something we want to add.

Edit: Updated text based on discussion as of 2014-04-01 11:36am EST:

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To have a discussion about advanced topics, there are several axioms which will be assumed to be true. This is not the place to discuss whether or not those axioms hold true (try [/r/theredpill](#) or [/r/purplepilldebate](#)). Rather, given that those axioms hold true, how do we take our games and lives to the next level.

This list is not meant to be exhaustive, but note that it's difficult to find widely agreed upon topics which all red members find correct. We also don't want nitpicking if something (only) holds true 99% of the time. At some point you need to decide upon a level of significance before considering every single "exception which disproves the rule". In science, it's typical to use a 5% degree of statistical significance, so we'll say something should hold true approximately >95% of the time.

- Dreadgame works.
- Alpha fuck, beta bucks.
- Nice guys finish last
- TRP aims to change yourself to thrive in this world, whereas MRA or Feminism aims to change the world.
- Pay attention to what people do, not what they say.
- AWALT (applies to topics such as hypergamy, women being attracted to a leader, etc.). The individual differences come from the *degree* to which a women is like that. Everything in this universe is a spectrum.

(Added on 2014-04-01):

- Women only care about how you make them feel.

- If you pedestalize someone, said person can only look down on you.
- Never accept less than you deserve.
- *Self* esteem should only depend on yourself, not external validation.
- Focus on yourself first, then care about others. E.G. Diet, strength, mental frame.
- Sunk cost fallacy makes you act stupid; recognize your mistakes and deal with them.
- Maintain frame and stick to your guns, people will respect you for it.
- Worrying about things that are out of your control is a waste of time. Focus only on what you can change.

## How to respond to this shit test: "Did we christen your bed?"

3 upvotes | March 31, 2014 | /r/askTRP | [Link](#) | [Reddit Link](#)

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I recently moved and after having sex for the first time, one of my plates asked me if we just christened the bed. This bed was already "christened". But what she was really asking me was, "Am I the only girl you're sleeping with?"

How would you respond?

# "The Way of the Superior Man" (published 1997) on Shit Tests

83 upvotes | April 25, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Why is she being this way? Because she simply wants to deflate your success? No. She is challenging you because your success doesn't mean shit to her, unless you are free and loving. And if you are free and loving, no thing she says can collapse you.

**She wants to feel you are uncollapsible, so she pokes you in your weak spot.**

Of course she knows how much this moment of success means to you. This is precisely why she is negating it. Not because she wants to hurt you. But because she wants to feel Shiva [your masculinity].

She wants to feel your strength. **She wants to feel that your happiness is not dependent on her response**, nor on you making a million dollars.

*She wants to feel you are a superior man.*

There are lots of nuggets of red-pill wisdom in this book. I recommend you search for a pdf of this book on google.

I've said this before and I'll say it again. Shit tests make us stronger and more vigilant. They have a purpose.

## [Meta] Why I don't post here as much anymore

13 upvotes | April 26, 2014 | /r/PurplePillDebate | [Link](#) | [Reddit Link](#)

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- Longing for alpha cawk ... alfalfas have all the smv ... when there are hawt 16 year olds to bang in Europe?
- But what about bio trooths?
- Lol ya mad breh?
- Try not to commit suicide. Now go ahead and try to display value lulz

What's with using weird ways to spell things (alfalfa, trooth)? Is it trying to sound cool? How old are you? WTF has this sub become?

- How about those little girls being literally thrown in the garbage in China? I guess they don't deserve love either. Nobody wants them. Do they not deserve love? ... Let's burn all the small penis men.

Straw men, sarcasm, are not ways to debate.

- A good person (in my mind) should feel bad about being a shitty human being just for some tail.

Judging, shaming, and no-true-scotsman fallacy. Not really debating, just judging.

- The point of a debate is to discuss the ideas. You choosing to ignore the point he raises means the idea of a debate is pointless.

Exactly right.

- Actually, they taught us about the whole "women don't have honor" thing in biology class. Don't you remember anything at all from the "Sexual Differences and Obvious Biotruths" module?
- Because, you know, women have the mental capacity of animals/children

Again, sarcasm? Is this how people debate?

Okay, yes I know others can cherry-pick comments from red-pillers here on this sub who are debating just as poorly. That's not my point; my point is that the level of debate should remain high *on both sides of the aisle*.

**So as to be an actionable thread, any suggestions for how to address this?**

# The Way of the Superior Man (published 1997) on Decisiveness

15 upvotes | May 1, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Link to previous post:

- [The Way of the Superior Man on Shit Tests](#)

if you don't contribute to her masculine decision making process, the two of you will become depolarized by each other's energy. She'll be in the masculine, you'll be neutral, and there will be nobody in the feminine pole. This is fine for short periods of time, but if it becomes chronic, then the two of you will begin to feel like friends rather than lovers. The attractive juiciness of polarity will be replaced by two buddies discussing options.

This is the dreaded "friend zone" so many people have experienced. For attraction and love to sustain, you need to be opposite sides of the magnet, each contributing to your appropriate roles in the relationship dynamic.

If you refuse to offer your masculine gift by saying things like, "I don't really care. It's up to you," then she will have to learn to depend on her own masculine capacity. Another way to say this is that she will begin to trust her own masculine more than yours. Then, you will find that she trusts you less and less across the board. She will refuse to surrender to you even sexually, because she hasn't been able to relax and trust you all day; you haven't offered her your masculine clarity and perspective, so she has to be her own man and give it to herself.

This is a key component why attraction fades, especially in longer term relationships. Once she starts taking on both the male and female roles herself, she'll realize she needs your masculinity less and less. She wants to know that you are decisive, and bring decision-making ability to the relationship. To her, she wants to trust. But not trust you to be a loving teddy bear, but rather trust you to be decisive and lead the relationship in a positive direction. Once she knows that she can follow you, she'll be willing to submit to you.

I'll end with this gem:

However, the point in intimacy is not simply to make the best decision, but to make the best decision while maintaining the force of masculine/feminine polarity that attracted you together to begin with.

The goal isn't always to make the absolute objectively optimal decision despite everything else. You also have to take into account how a given decision will affect the relationship dynamics.

## RPW: What is the benefit of marriage to a high earning male?

6 upvotes | May 8, 2014 | /r/RedPillWomen | [Link](#) | [Reddit Link](#)

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Red-pill man here. I expect to earn significantly more than a women I date. I have no problem with a LTR. However, the marriage contract itself doesn't seem to provide a high earning male with a lot of benefit. In fact, it seems almost all risk.

I would like to hear the perspective of red-pill women (most of whom in this sub seem to support marriage) on what would the benefit be for a man such as myself to marry? It seems like all risk and minimal reward compared to a life-long committed LTR.

Possible ideas (not sure how many of these I personally agree with):

1. Legal benefits if I want children.
2. Symbolic gesture of commitment.
3. With high earning and highly educated partners the risk of divorce may be less than the oft-thrown-around 50% figure (that just means it's not as bad as it could be)
4. Social pressure.
5. Legal benefits for estate purposes, health benefits, etc.
6. Tax benefits (maybe; depends on the income disparity)
7. A high quality woman may not be willing to date a man in a long term relationship without the prospect of marriage (kind of an ultimatum situation there).

## 47 Seconds

0 upvotes | May 21, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This latest post from [my blog](#) is called "[47 Seconds](#)":

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This post will cover The Red Pill and the meaning of life (yes, a little melodramatic, I admit).

The Red Pill deals a lot with evolution as a basic premise of our sexual interactions and behaviors.

Let's bring evolution to scale:

[Click here for a figure.](#)

If the time it took to go from apes to humans is 1 year, then your lifetime is only 47 seconds. We are all just here in the blink of an evolutionary eye, and are simply a test to see if our genes are worthy of passing on.

I feel that we are a genetic test in a giant optimizer. We are simply the result of our genes trying to survive into the future. As such, you may feel a sense of duty to both have children to essentially represent the best your genes can, and acquire a significant amount of resources, security, etc., for your family so that your children's genes survive.

Some people have an inclination to acting like a jerk, others nice. Over millions of years, one type of behavior may win out over another by having humans with those genes pass on and be protected. Some people will impregnate 5 women and have bastard sons around the world. Another may only have one son, but who was cared for and whose family line is then in a position of power. Time will tell which sets of genes (gold-digging vs. sleeping around) are best suited for the future evolution, and more will end up as such.

That's why you are inclined to do your best to both pass on your genes (alpha) by learning how to get the best quality woman and have children ([r/thanktrp](#)), and do your best to ensure those genes survive (beta) by gathering as much resources and protection for my genes as possible (learning about Machiavellianism here, etc.).

It's simply the chemicals making up your DNA trying their unique combination in the universe via your body.

However, a parting note. That simply makes you a slave to the mechanism of evolution, with no free will. By rejecting that biological imperative, and consciously choosing to not pass on your genes, does that give you an extraordinary sense of mental freedom?

[X-Post] 47 Seconds

17 upvotes | May 21, 2014 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

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## If you can't stand up to her, how can you stand up for her?

79 upvotes | June 16, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Women are hard wired to want a protector. When they are younger, they go for the jock. The jock can protect her, can dominate other guys. Women frequently state that they want to feel safe in their man's arms. They still want the jock later in life, but realize they will need financial security, so look for a monetary protector. That may be big daddy government, or a financially secure man with a promising career. A man who can both physically as well as monetarily protect her (as TRP advocates) is a goldmine in their eyes.

Given that women want a protector, they need to find out how good of a protector are you. They shit test you. They tell you to take them to a certain place. They demand you refill their drink. If they like you, they *want* you to pass their test and laugh and say no, but they can't just assume you that will. They truly *want* to be continuously attracted to you.

When you fail, they realize subconsciously that you can't even stand up to her. How in the world, then, can you stand up *for* her!?

When you poke fun at her, display amused mastery, dominate her, you are showing that you are able to stand up *to* her, and by extension in her mind, *for* her.

Why were negs so effective when the PUA community first got started? It showed that you were not phased by her. You had enough balls to poke fun at her when no one else did. To a women, that meant that you also had enough balls to stand up for her if it came to that. And that was attractive.

# Conflation of Evolutionary Advantages and Personal Happiness?

7 upvotes | July 21, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This thread is meant to be a discussion, rather than a pronouncement of something as a known "truth".

A recent NYT article stated,

From an evolutionary perspective, it makes sense that we are wired to seek fame, wealth and sexual variety. These things make us more likely to pass on our DNA. Had your cave-man ancestors not acquired some version of these things (a fine reputation for being a great rock sharpener; multiple animal skins), they might not have found enough mating partners to create your lineage.

But here's where the evolutionary cables have crossed: We assume that things we are attracted to will relieve our suffering and raise our happiness. My brain says, "Get famous." It also says, "Unhappiness is lousy." I conflate the two, getting, "Get famous and you'll be less unhappy."

What does TRP think regarding the fact that people may conflates traits which are attractive and instinctually advantageous in order to pass on our DNA (what TRP aims to teaches) with things which will make us happy?

# Abundance and Efficiency

34 upvotes | July 27, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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With an ingrained abundance mentality, the natural progression is to increase efficiency.

## 1) Know What You Want

The very first step is knowing precisely what you want. Not some nebulous idea about "maybe marriage and kids one day" or "maybe be a playboy on a yacht in my 40's, but if I find the right women.... blah blah blah".

Be clear in what you want. Do you want a child? Do you know if you're fertile? Do you want a wife, a girlfriend, a live-in au pair? Do you want to sleep around until your 50's and then find a 30 year old wife?

If you want a wife or LTR, what traits specifically are you looking for and what are your deal breakers? Do you need her to be religious or atheist? Do you want her to donate to charity, or to be a tough chick on your side defending you (red flags aside)? Do you need a sweet attitude? Do you want a southern bell? Do you want someone who has a certain type of friends? Do you want her to have the same hobbies as you, or maybe introduce you to new hobbies? Do you care how much time she spends with you? Do you want her to be okay with you hanging out with your boys (this one is rhetorical)?

## 2) Be Efficient

Once you're clear about what you want, be efficient. Shit test women in your own way.

For example, hobbies in a LTR. If you want her to be interested in cooking, invite her to a cooking class and see how she acts with you; gauge her enthusiasm. Come up with your own ways to test if she meets your criteria.

You have to know which are deal breakers (attitude is a big one for me), and which are amenable traits (having the same hobbies is not a deal breaker for me; but willingness to trying new hobbies and experiences is).

There is an extraordinary number of women in this world, and if one does not meet your criteria, have the balls to move on, quickly, efficiently, and coldly. Find somebody new. Turn the shit test game on them, and filter out women. Don't try to change them.

With a true abundance mentality, you should be willing to drop a woman who doesn't meet your standards, at the drop of a hat.

Eventually you'll become so coldly efficient at determining if a women has what you're looking for, that you'll settle on exactly what you want.

But you must know what your standards are.

## Warning

A note of caution: Don't mope around if you haven't found one who has met your standards yet.

If this happens, firstly look inwards and see if your standards are too strict.

If they aren't, then look inwards and see if you're not being efficient enough. How long do you need to know somebody for until you know if she meets your standards? Can you more efficiently test the deal breakers? Maybe the "most important" deal breaker should be tested first, hierarchically.

Look inwards to see if you can improve yourself to become more attractive to a girl who meets all your criteria.

Then once you've found someone who passes all *your* deal breaker tests, you can start looking to see if she has that extra icing on top, and has the traits you *want* which aren't deal breakers. That will be a judgement call based on how many of your desired traits she has, versus the risk of starting the filtering process again.

### **TLDR**

*Know what you want, know what are deal breakers and what aren't, and efficiently test new women and drop women who don't meet your predefined criteria.*

This is your life. Don't waste your most valuable asset, your precious time, on a scarcity mentality.

# Fear & The Gervais Principle (x-post /r/alreadyred)

10 upvotes | July 31, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This is a post from my blog.

A few articles on The Gervais Principal were going around [/r/theredpill](#) a few months back, and how it applied to interpersonal relationships. Specifically powertalk, posturetalk, and straighttalk. It's even part of the required reading on the sidebar.

I hypothesize that almost all these types of interactions are based on fear.

## **Powertalk**

When powerful men engage in powertalk with one another, and refuse to explicitly state what they want, it's frequently borne out of a fear of litigation. As a thought exercise, imagine for a second that someone knows they have the best lawyers in the world, and will never lose a lawsuit. That person will have no fear of litigation, and won't need to be as subtle in their interactions.

I've noticed that men who are older, who already have "won the game" with regards to money and career, don't need to speak in powertalk as much.

The CEO's I've met, who *know* that they have a million dollars in income coming to them year after year, are actually pretty nice and straightforward people. Imagine how you would act if you knew that you had a new after-tax paycheck for \$50,000 coming in to you every month. Every Friday you're getting a \$20,000 gross paycheck.

They don't need to exchange power between one another anymore, because they truly have an abundance of everything in life.

These are actually very nice, kind people who don't engage in as much powertalk anymore. They are bored of trying to play the game and have no need for it anymore.

I've noticed much more powertalk in the famous athletes I've met. These men know that their income, while significant, is only available for a few short years while they are in their physical prime. They have this fear that their money is going to be taken away from them. This is especially true since their fame makes them targets. One buddy of mine, for example, has a past tenant trying to sue him for \$170,000 for "damaged" furniture. When your salary and net worth are all over the internet, you naturally get targeted.

The fear is in fact justified, but it causes them to engage in a *lot* of powertalk.

Truly fearless men with abundance have shed their need for powertalk.

## **Posturetalk**

When a person engages in posturetalk, he is doing so because he is scared of others' impressions. He wants to puff his chest out and look as tough as possible. This is especially easy on the internet when anybody can be whomever they want due to anonymity. That's why posturetalk is so prevalent on the internet. But it's really borne out of fear because he is terrified of another person thinking he's less than extraordinary.

## **Straighttalk**

There are two situations of straighttalk, one from a leader to a worker, and one from a worker to a leader, and they are actually slightly different.

When a worker uses straighttalk to a leader, he is actually afraid to misspeak. He knows the leader is in the position of power, and wouldn't dare try to use subtlety (powertalk), babytalk, or posturetalk. If the leader sees through the worker's subtleties, then the worker will be crushed. As such, fear causes him to use nothing but straighttalk.

However, when a leader uses straighttalk to a worker, that is the only type of interaction not borne out of fear. The leader needs nothing from the worker, and the worker's reaction has zero effect on the leader. The leader has a true abundance mentality with the worker, and fearlessly can ask the worker whatever he pleases.

### **Usage**

Most people assume that it's better to engage in powertalk with powerful men, to prove that you speak their language.

I disagree.

What's interesting is that other powerful men are not used to being engaged in straighttalk from an equal. If you are straight up with another powerful man, and clearly not a worker or peon, this causes a cognitive dissonance in the leader. Nobody speaks to a famous person or CEO with straighttalk unless that person is above.

By engaging in straighttalk, you are demonstrating a lack of fear, and perhaps even communicating that you believe this usually-powerful person is below you. For example, the President of the United States, or a Russian billionaire oil tycoon, would have no need to engage in powertalk with someone famous. The famous athlete's \$50 million is a joke to the billionaire. The billionaire would in fact *not* engage in powertalk with the famous person, but rather straighttalk. To the billionaire, the famous person is a worker, an entertainer, not an equal.

By engaging in straighttalk with someone who is used to being engaged via powertalk or posturetalk, you actually gain some respect for your fearlessness.

To even have conversations with someone that powerful or famous, it is usually through referrals. You already have some standing because an existing connection of yours usually made the introduction. For example, being part of one famous person's entourage means that you don't need another famous person's connections. If you start engaging in powertalk with them, they know it's because you want something from them and are essentially offering to exchange some power. If you speak in straighttalk with them, they know you need nothing from them, and it makes the famous person wonder if you are actually above them (something they are not used to).

### **Reversal**

There is another side to consider, and that is that it's not really about fear, but rather optimizing your own return. If you know that somebody will only do business with you if you "speak their language" and engage in powertalk, then you are consciously choosing to engage in that type of talk. Such a person is only using powertalk to gain another's respect, not because he needs to use powertalk himself.

# Fear & The Gervais Principle (x-post /r/theredpill)

21 upvotes | July 31, 2014 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

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# Channeling Aggression

4 upvotes | August 5, 2014 | /r/PurplePillDebate | [Link](#) | [Reddit Link](#)

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IMO this should be well known, but just in case:

Men's testosterone levels are 270 to 1100 ng/dl and females' are 6 to 86 ng/dl [\(1\)](#).

Testosterone is linked to aggressive behavior[\(2\)](#) [\(3\)](#)

The findings suggest that testosterone increases the propensity toward aggression because of reduced activation of the neural circuitry of impulse control and self-regulation [\[2\]](#)

...

Sexual arousal and challenges involving young males would raise testosterone levels further. In turn, this would facilitate direct competitive behavior, including aggression [\[3\]](#)

My guess is that men have a natural abundance of aggression, and if suppressed (yes I am looking at feminists leading the charge in this) it will "leak out" in forms of violence. I am trying to look up sources for this and will edit this post if I find anything compelling.

That's why the first advice to new TRP'ers is "hit the gym".

I feel like women are attracted to this quality of dominance but are scared of domineering abusive men, which causes a cognitive dissonance.

But if a man has found a positive outlet to channel his natural aggression, such as in business, fitness, adventure, or just in leading a relationship, that is the ideal scenario. I think we need to move away from this notion of suppressing men's natural aggression or dismissing it as something a man should control, and rather focus on positive ways to channel it.

So to PPD: (a) Do you agree? (b) What are ways to productively channel natural aggression? (c) Is any instance of channeled non-abusive dominance attractive?

1. Hormone Therapy: Hormone References

2. Mehta, P.H., Beer, J., "Neural Mechanisms of the Testosterone–Aggression Relation: The Role of Orbitofrontal Cortex", Journal of Cognitive Neuroscience, Oct 2010, Vol. 22, No. 10, Pages 2357-2368.

3. Archer, J., "Testosterone and human aggression: an evaluation of the challenge hypothesis," Neuroscience & Biobehavioral Reviews 30(3), 2006, pages 319-345.

## Reminder: Thrive Don't Whine

16 upvotes | September 18, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This post is directed at newbies. For older members, move on, nothing new here.

A lot of men are upset, angry at society, realize how shitty people can be, realize that you've been lied to, or "trickle truth"ed.

It's easy to be upset. It's natural. Let it out! This is the place you can feel free to be upset.

But as the epic post about the five stages of red pill states, it's just a temporary stage. Remember that and figure out what's next.

A major point is to not only complain about society, or complain about the current state of the world, or hypergamy, or biological imperatives, or Giffault's law.

Be upset for a moment, and recognize that, and don't be ashamed of it, but eventually move on to the next stage.

TRP teaches you to thrive given the current state of affairs. It's pointless and a waste of your precious energy and time to complain or want to change things that are outside of your control. You must figure out how to take what *you* want in this world most efficiently, given the current state of affairs.

Use your knowledge of hypergamy to your advantage.

The laws suck? Sure, you can try to change them if you want to dedicate your life to that and become a lawyer or politician. Or, you can react to the laws and take your stand by not enter into an unfair contract.

Your boss is female and treats you shitty because you believe she hates men? Fine, go over her head to *her* boss, and figure out how to move past her. Or buff up your resume and leave.

Complaining or even in a meta sense "concern trolling" here is easy and cheap. Anybody can do it and dig up examples.

To all the keyboard warriors: What makes you a man is your ability to stop talking about it and take some action.

Talking about it is easy, but are you in the gym 4 times a week? Have you researched about fitness programs and nutrition and the number of calories/protein you should be eating? Are you giving up going out so that you can take night classes and get your MBA to move up in your career? Or are you spending your time being angry that you need to spend money to get the education that your parents generation didn't have to pay as much for.

It's your choice. That's rhetorical. As a red pill man, the choice is obvious.

# Johnny

174 upvotes | September 20, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Johnny was the smallest boy in his class but had big ambitions. He loved comic books and wanted to be Iron Man when he grew up. He would play fight and he dreamed about being a billionaire, with beautiful women by his side. Making the coolest new gadgets and riding in the fanciest cars.

But when Johnny would tell his dreams to his parents and share them at family gatherings, he'd be told to be a little quieter. Or he'd be dismissed as having boyish dreams which nobody took seriously. When Johnny would play fight and dream about saving the world and killing bad guys, he would be told to calm down and sit dutifully in his seat. There was no place for wild crazy dreams in life. Oh, and killing was wrong.

By the time he was 11, his mother decided that a more responsible, conforming, adult name would be "Jon". Forgetting about the passionate men named Johnny like Johnny Depp or Johnny Cash, men who didn't give two fucks about having a "boyish" name.

But no, that sort of attitude just wouldn't do if she wanted to have a smart kind docile young man as a son. The type of guy she wished that men were like. She'd make Johnny into this vision of a prince charming that she knew didn't exist, but would be damned if she didn't do her part to try to mould!

Johnny started talking about his ambitions to his peers when he got to middle school. At this point he believed that he was going to be the next game changing guy in the world (fighting villains would be a bonus). But his teachers all told him to stop his silly fantasies and focus on his incredibly boring essay about the European governments in the 1800s. The plan was that in high school he'd have to revisit the same essay and write about how that same form of government in his middle school essay oppressed women.

When he arrived in high school, he wanted the most beautiful girls in school. Yet these girls were going for the jocks and the guys who treated them like shit and had no ambitions. When he spoke about how he was going to be the next big thing and be rich one day, these girls would say "that's nice" and go back to bending over for the football captain because the football captain had muscles, while Johnny had brains. These girls knew there would be plenty of time later in life to "settle" for the nice guy with brains.

By the time Johnny, or shall we say Jon, got to college, everybody was a couch activist. When Johnny shared his career dreams with his peers then, people no longer dismissed him; they started attacking him. They started telling him that he shouldn't want a lot of money because people were starving elsewhere. That Johnny shouldn't want fast expensive cars because that was being too materialistic and not spiritual. That ambition and greed went hand in hand and made you evil, the worst kind of human.

When Johnny told his peers about his desire to have a beautiful hot nice wife by his side supporting him, he was told that all women are beautiful on the inside and that he shouldn't look for a hot wife. To his shock and dismay (what type of girl would get this upset?) Johnny was screamed at for promoting an "unhealthy body image". That he should look for a career woman because wanting anything else was considered holding women back in the world.

Johnny was confused. He had nothing against these ambitious women, but they seemed hell bent on attacking him. Johnny was confused because he simply wanted a hot wife himself. He wasn't trying

to promote any body image, healthy or unhealthy. What Johnny wanted in a wife was simply what *Johnny* wanted, right? He found hot girls attractive, but Jon started to feel a twinge of guilt because he "shouldn't" be promoting unrealistic expectations of women.

Jon was conflicted because he wanted to do the right thing. He didn't want to be one of those evil misogynistic men he always heard about! Maybe he should lower his standards to someone who was more beautiful on the inside, because that's what the Dove commercials said he should want.

At this point, the girls were all fucking the frat boys who spent their nights drunk in their basements. Johnny would vehemently attempt to tell these girls that these guys were low lifes. These girls would say "that's nice" and go back to bending over for the latest douchebag because the douchebag "didn't give a fuck" about life. The douchebag's attitude was exciting and enthralling, whereas Johnny was focused on changing the world and inventing cool new gadgets like Iron Man. What a nerd!

After college, Johnny was ready to make his mark in the world. But his friends told him that he should spend his precious money travelling and finding himself. Since they had no direction themselves, they told him that he should travel the world with them to be trendy and worldly. Johnny was confused because he wanted to put that money into a new venture. No, he was supposed to go clubbing and travel the world and forget about the cost. Because apparently spending 4 weeks vacationing made you cultured and sophisticated and superior to those who didn't travel.

When Johnny said he wanted to be the next Tony Stark, they said there'd be time for that later, and that he should listen to *them* and what the current latest trend in society is, which is to live with your parents after college, rack up credit card debt travelling and having fun, and worry about ambitions later. "Life is too short!" they'd cry. "YOLO!" they'd shout while trying to force their own insecurities and lack of direction onto Johnny.

They were always scared and jealous of someone with dreams, and they couldn't have a friend making it big, because that would mean they'd have to take a good hard look at their own life. So they'd subtly shame him any time he spoke of doing something more with his life. They'd tell him that it's okay to live a little now, their way of saying that Johnny should be as directionless as them, lest they have to face their own insecurities. They couldn't have time for that while they were YOLO-ing.

When Johnny told his career dreams to his parents they told him that it's time to get serious and take a stable job.

By the time Johnny was in his late 20's, Jon was being pressured by his current girlfriend to settle down and have kids. A shrill, powerful, ambitious woman who really just wanted a Ken doll to control. A girl who would get angry at Johnny for speaking his mind. A girl who decide what they were doing and when. A girl who decided what was important for Jon to spend his money on, and already had her engagement ring picked out from Tiffany's in her head.

By the time he was in his 30's, Jon had a nice stable job with a 401k to which he dutifully contributed 18.4% of his salary based on the current studies regarding retirement and asset allocation.

Jon laughed at his former self and his dreams of changing the world. Those were childish dreams of a foolish man. But it was an empty laugh. He laughed because he was supposed to. He laughed because adults were supposed to laugh at childish dreams.

The Steve Jobs and Mark Zuckerbergs of this world were just lucky. Just in the right place at the right time. Their passion and fire and unwillingness to conform could not have had any effect on their

meteoric rise. The idea of dropping out of the most prestigious college in the world because you truly believed in yourself was foolish. That would be silly. Because to admit that they had true control over their destiny and actually seized what they knew they deserved, meant Jon would have had to admit that he could have had the same things.

At 33, still young but tired all the time, with two kids and a white picket fence, Jon came home early from work one day and saw something which shook him to his core. Jon saw a strange man leave *his* house which he had negotiated a great mortgage rate on. This man had his hair disheveled but would be considered ruggedly handsome and muscular and reminded Jon of a guy in an old western. This man drove away in his Lamborghini, without realizing that Jon was watching him from across the street.

This man had money, and had invented a brilliant gadget. The type of gadget Johnny had always dreamed of inventing as a boy. This man had women eyeing him up, and when he took them to his masculine yet tasteful bachelor pad, women would see his expensive TV and granite countertops, and would get a little excited because this man also had money. This man had a fire within him which made these women feel things they hadn't felt in a long time.

This man had just ravished Jon's wife, who unbeknownst to Jon was in the process of filing divorce papers behind Jon's back.

Jon didn't hate this man. This man was Johnny. He was everything Jon could have been, if he still had a fire within him. Jon was deeply jealous of the man in the Lamborghini. Jon sighed, walked into his house, and got ready to confront -- no, not confront since that's misogynistic and abusive -- but ready to *talk* to his wife about going to marriage counselling.

*Also on my blog: <http://deepthrill.blogspot.com/2014/09/johnny.html>*

# I Need Feminism Because...

163 upvotes | September 25, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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As men in the top 20%, you should be grateful for feminism.

With feminism giving more of the bottom 80% "permission" to out themselves as weak and vulnerable, the top men are going to become even more stratified, and look even better relatively.

This is the uncomfortable truth that the media doesn't want to state. Top men want to embrace feminism not because they believe in equality, but because it makes them look even better by comparison.

Feminism has caused women to freak out about there "being no real men left".

As a "real man" (whatever the fuck that is), or rather as a man who has an increasingly high SMV due to his masculinity and focalized self development, you are going to get even more of the pick of the litter.

The ones who should despise feminism are, ironically, the white knights supporting it.

One giant shit test, gentlemen, one giant shit test...

# The Illusion of Rationality

44 upvotes | October 3, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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I was considering why people seem to despise using "evolutionary" theories, such as we do here to describe behavior. The common sentiment screamed from us are "AWALT" to different degrees, and the common detractors' argument is screaming "NAWALT" and you need to consider an individual, not her gender!

I realized that the reason this stirs up so much hatred is that people don't *want* to believe that their choices are not their own. By pointing out evolutionary bases for their actions, they take it personally because it implies their motivations don't stem from their own free will.

Consider a raindrop in a massive hurricane.

Such a raindrop will scream out that she just fell from the cloud because there was too much moisture up there and it was getting crowded. She was acting rationally of her own free will!

Such a raindrop will scream out that she chose to move to the left because there were too many other raindrops hitting her from the right. She was acting rationally of her own free will!

Such a raindrop will scream out that she fell to the ground and joined the other raindrops to flood a region because it was the path of least resistance. She was acting rationally of her own free will!

Such a raindrop was acting rationally, of her own accord! How dare you come in and claim that her choices were not her own!

Little does the raindrop realize, that although on a micro scale she was acting rationally based on her immediate surroundings, she was simply part of a larger hurricane.

There were larger forces at work dictating her seemingly rational behavior.

To such a raindrop, this is an affront of her own free will. She did what she wanted (e.g. path of least resistance) and didn't think about larger forces when she made her decisions. She could have acted differently, but she *wanted* to act as she did.

Such a raindrop might be correct, but such a raindrop was still subject to the larger forces of the hurricane.

# The Antifragile Red Pill Man

150 upvotes | October 7, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This is a post from [my blog: http://deepthrill.blogspot.com/2014/10/the-antifragile-red-pill.html](http://deepthrill.blogspot.com/2014/10/the-antifragile-red-pill.html)

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As I go through the book Antifragile by Nicholas Taleb, I see a tremendous amount of overlap with the red pill.

Antifragility is the concept that disorder and stressors can make some things (fine china) break, but can make some things (muscles) stronger. The idea is whether or not a given entity will improve to degrade when life throws random events at it.

This is inextricably linked with relationships, where you are trying to navigate a dynamic system in which the other party has either agency, or at least unpredictable behavior, depending on your philosophical views.

Every time I've broken up with a girl, it has forced me to confront issues deep within myself, be it jealousy, fear of rejection, dying alone, etc. Each time I've broken up with someone, these issues have been brought to the surface and could not stay hidden. These issues had no choice but to be faced. As such, I have been antifragile when it comes to relationships. They don't bring me down. Rather, they make me stronger.

The real blue pill mentality is that we can predict the future. It's the greatest illusion our minds play upon ourselves. Our minds categorize our memories, assign a certain "order" to the world to protect us from the randomness, and make us believe that we can predict the future.

It's this thinking which frustrates outcome-dependent (i.e. weak) men when the outcomes don't match up to their expectations. It's the classic average frustrated chump subconsciously believing that he can predict and control the future by buying a girl roses.

The red pill, on the other hand, constantly espouses the idea of improving yourself to increase your own sexual market value. Implicitly within this ideology is the fundamental truth that we don't know what's going to happen in the future. We don't know if we'll meet a girl when we happen to be bulking or cutting. We don't know if the trip to the grocery, when you haven't cut your nails in four weeks and look like a slob, will be the moment you want to interact with the cute cashier.

By making yourself as highly valuable as possible at all times, you are essentially aiming to increase your antifragility. You don't know what life is going to throw at you. You don't know if another man with broader shoulders is going to meet your wife when you're not there. But what you do know, and what is in your control, is whether you are at your peak. You'll know deep down whether you are better able to deal with these random occurrences which would knock a weaker, fragile, man down.

The abundance mentality will shine through when a girl treats you poorly, yet you bounce back harder. You become stronger for it, which usually results in an implicit yet unintentional dread game at work ([think of the first scene from Swingers](#)).

Being an antifragile red pill man is all about being outcome independent, and being able to use the randomness of life to improve yourself at every turn. To focus completely on using the world to grow. To not care if it works out with a given girl, but to care if you were the best you could be, self help cliché aside.

To be able to not care if you get dumped. In fact, to embrace small challenges and difficulties in your life, and use them as an excuse to be a stronger man. To be able to turn around and use people making fun of your shoes to learn a little bit about men's shoe brands, which in turn spurs you to buy some Allen Edmonds and then start to delving into the world of male fashion. You became stronger from an experience which would have made a weaker man feel depressed and sorry for himself.

When you find something about your girlfriend's past that shocks and disgusts you, you can use it to face some deep-seated jealousy from your childhood. Or you use it to work out twice as hard at the gym. Years later, when the event is just a blip in your memory, you still have your muscles. You still have your inner peace knowing you've dealt with a primordial emotional issue.

Antifragile is what we should all strive to be. An antifragile red pill man does not fear the random shit tests that life throws at him. He embraces it and uses every "bad" circumstance to learn about himself and improve. By the end of it, his fear of the unknown is gone, replaced by an excitement for how he can further spur on his self development.

End Game

29 upvotes | October 8, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is another post from my blog: <http://deepthrill.blogspot.com/2014/10/end-game.html>

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Let us use this time to reflect upon the extreme alpha or beta models, and really worldviews.

How do each of these personalities view the end game of life? What would each type of man think on his deathbed.

This is an extremely important question each man must answer, because knowing how you want to end up, will dictate every little action in your life.

And not knowing how you want to act in a given situation, with no strong personal philosophy, will result in an extreme amount of anxiety.

## The Blue Pill End Game

This is the narrative of a blue pill life. Somewhere in his or her mid 20's, a man and a woman fall in love. They go through a series of ups and downs. One may make a mistake, but all is forgiven because they love each other. Love trumps all. When a girl accidentally kissed her ex one night, she just needed some guidance. Fights, loving times, beautiful times, ending with a marriage, where everything ends up perfectly. On their death beds, the man and the woman end up holding hands, reflecting upon all of the good times. They feel good that they touched and helped so many people in so many ways. And that their love was stronger than all, lasting through decades of life. They would depart this world peacefully, ready for whatever was next.

That's the ideal turnout of a 100% blue pill mentality.

## The Red Pill End Game

This is the narrative of a red pill life. A boy grows into a man. That man, through the many trials life throws at him, develops into a charismatic, powerful, man the envy of all. He becomes wealthy on his own, and lives life to an extreme, buying fancy cars, At some point in his life, he wanted a girlfriend so he was able to pull a really good looking, cool, sweet southern chick. They had a relationship for a while, but when she made a mistake and cheated on him, the man was sad for a moment, but then thought practically, and said sorry but I could never trust you again. He'd be upset for a moment, kind of a "too bad, that could have really worked. oh well", but he'd bounce back from his friends, and go out and find a new girls, and it wasn't that hard. He eventually built an empire with his entrepreneurial skills, and was an important game changer in the history of humanity. On his deathbed, the man looks back upon his life fondly. He conquered great things in this world. He experienced some love, some fun, heartbreak, power, influence, and he could die happy, knowing that he left humanity in a better state than when he left it.

That's the ideal turnout of a 100% red pill mentality.

Now these are extreme examples, but they could be your life if you so choose. But I implore you to meditate upon through which lens you want to view your life. This way, whenever life throws you some shit, or you have a decision in front of you, you don't hesitate. You know who you are. You know how you'd want to look back upon this moment, from your deathbed.

This is a mental task that I think every man should meditate upon. If you want to live your life in blue

pill mode, and you want to die happy, knowing that you always held out faith in love, then more power to you, just know the alternatives.

Go figure yourself out, gentlemen.

# Chinks in Armor

77 upvotes | October 9, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This is another post from my blog: <http://deepthrill.blogspot.com/2014/10/chinks-in-armor.html>

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In a woman's mind, nothing is sexier than a man on a mission. A man who knows what he wants in life and takes it. Such a man who also has a desire to nurture a protect a woman is the perfect catch for a long term relationship.

They would love to be a part of such a man's vision.

Woman have all sorts of different pattern recognition systems going throughout their brain at any given time. They have seen men who are physically strong, and they correlate external strength with a drive and inner strength. They see men who are drive certain cars, or wear certain clothes, and their vision of a man with inner strength is correlated with these visions. That's why women tend to be attracted to such outwardly displays of inner strength, simple correlation.

So they shit test you. They need to know if you are truly resilient, or if it's all just an act. If you actually have inner strength or are faking. When they break up with you, or become overly emotional, how you act in such a moment defines whether or not they see you as a real man who can handle them.

They want to poke at your armor, to see if there are any chinks.

Forget about how they rationalize their emotions, what they think about their self esteem, why they say they do things. (Man up and realize that you do it too.) These are all post-facto rationalizations of their instincts manifesting. In every situation that you deal with in a relationship, try to figure out what instinct underlies their actions and words. Cut away all the bullshit and figure out what's really going on, in terms of evolution.

From your perspective as a man, every time life throws some shit at you, how you handle it helps redefine your boundaries and decisions. It helps reveal the sculpture underneath these external façades. Then, when a similar situation comes up again, you know how you'll handle it. It becomes part of your comfort zone. Every time we leave our comfort zone, and encounter a new random shit test life throws at us, we expand the circle of what is within our comfort zone. We are more confident how we'll deal with future occurrences. We are conquering more of the randomness of the universe as we grow. We are learning which actions yield better results as we grow and can take a longer timeline perspective of our lives.

As I discussed in my post about [antifragility](#), embrace these tests. Whether from women or just life in general. They are useful. They are chisels used to create the sculpture of your life. They are there to peel away the layers and show you the real man underneath.

The Sixth Stage

24 upvotes | October 12, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is another post from my blog: <http://deepthrill.blogspot.com/2014/10/the-sixth-stage.html>

You can read all my posts from the "grief" series [here](#).

Introduction

This actually became a bit of a series without me realizing it. All of you here at the red pill can see my thought process from beginning to end, if you've been following my posts this week. I can't link to reddit posts, but if you want to comment (since they are still fresh and people are still commenting!), then I put links to the reddit posts on each of my blog entries.

It starts with Johnny, the boy who had all the wrong expectations of reality and lived his life perpetually disappointed.

Johnny was in the denial and depression stage of grief. (Side note: remember, these stages don't occur in order. They simply all occur.)

It then discusses the concept of being Antifragile, in a red pill context, in which you use all the shit life throws at you with regards to women, to become stronger.

The Antifragile man was in the anger stage.

It moves on to End Game, in which a man tries to see how a blue pill outcome could possibly yield a happy life.

The man contemplating the blue pill End Game (even though he chose to reject it) was in the bargaining stage.

We then move on to Chinks in Armor, in which the man understands the reason life throws tests at him.

The man understanding the purpose of shit tests was in the acceptance stage.

This post is where it all comes back around and the man asks "what else"? He has moved beyond the acceptance stage, and entered into what I describe as the sixth stage: creativity, in which he takes back control of his life.

Background

When we have to deal with a tragedy, a death of either someone or something (e.g. our worldview), we go through a grieving process.

This includes: 1. Denial, 2. Anger, 3. Bargaining, 4. Depression, 5. Acceptance.

This was cleverly applied to The Red Pill (can't link; search for the phrase "5 stages" in [/r/theredpill](#)), which is really just a death of our expectations of women, so it flowed logically.

This post is about a sixth stage of grieving which I call creativity.

A lot of frustration regarding our lives, a lot of our anger, bitterness, depression, pains, jealousy, etc., stems from our expectations of the world. Allow us to demonstrate given an example of a man and a woman below.

When we were growing up through our childhood and adolescent years, we started to get expectations from Disney movies, media, etc., about what we were supposed to get as we go through

life.

A few possible examples in regards to the red pill:

Men

- We were supposed to find a nice sweet girl and have the happy family life. But when we got to college, we saw some older guys sleeping with girls and having crazy fun doing it, and our expectations of our lives changed. We wanted to be those guys. We saw a subconscious vision of our lives in which we are the player for 5 years, bedding many women, and then finding a hot trophy wife, like James Bond who eventually becomes either becomes the strong male figure in a family, or lives a life of luxury. Whenever things don't fit into this vision, we get angry.
- When a girlfriend cheats on us, we get so extremely angry and jealous that our expectations were out of line with reality. "This wasn't supposed to happen!" we say deep inside. "This wasn't part of the plan!"
- When we want to pick up women and are failing, we say to ourselves "This was supposed to work!" When men found pickup online, they got excited had a subconscious vision and expectation that learning pickup was going to make them gods with women. When that was shattered, they became angry again.
- A girlfriend who you thought was the "perfect unicorn" from all your understanding of the red pill and female biology, cheats on you. This is completely incongruent with your expectations that you'd be the man you always wanted to be after lifting and working on your career. In this vision, you imagined that you'd find a sweet girl with no daddy issues, who was sheltered from feminism. She cheated and shattered that vision. "This wasn't part of the plan! I filtered so much! I learned so much! I vetted you with all the correct questions. I maintained frame."

Women

- They were supposed to find a nice husband in college, maybe her first true love, and settle down. But when she is cheated on, or hurt by a guy, her entire vision of a fairytale is shattered. She doesn't know how to deal with that vision, and has nothing else to replace it, so she starts just giving in to all her natural instincts, and sleeps around.
- In the previous scenario, she has a new vision that sleeping around was going to make her feel fulfilled again, and then she could pick herself up and find a decent guy. Then that vision was shattered. She didn't feel fulfilled and felt emptier inside. This turns into a spiral resulting in bitter spinsterhood.
- Sex (which was supposed to represent love and commitment) starts to feel fun and exciting. Her vision when she was growing up didn't include these biological urges and instincts. Her initial vision of a nice boyfriend didn't assume that she'd enjoy sex as much and have a desire to sleep with other men. "This wasn't supposed to happen!" she says. She becomes empty. This causes depression, anger, and a general feeling of being "lost" or "floating" to use the words of modern American girls.

Acceptance

How do we solve this problem? How do we overcome our jealousy, our anger, our depression. It's

truly about acceptance. Not that people "are" a certain way, but rather acceptance that our expectations for our lives are not in line with reality.

How do you avoid bitter acceptance though? How do you not simply become angry that your expectations don't line up?

Because the five stages of grief only end with you accepting the world as it is. Pretty bleak, eh? Fine, things suck. Or things are not as you expected. Or women act differently than you thought. So be it.

Creativity

The sixth step in grief after acceptance is creativity.

You now have to come up with alternative visions for your next 10 years, which are congruent with your vision of the previous 25 years (just an example, not my actual age), and which also are a happy fulfilling vision.

So allow us to try an experiment. Reread the fourth vision of men above, regarding being frustrated that after reading about the red pill, your "perfect unicorn" cheated on you.

Now instead of simply carrying around an anger deep within you and reacting to every future event out of anger and jealousy, you need a new vision. Let's try some examples on for size, and see which one resonates best with you.

- In one alternative reality, she cheated on you, and it made you stronger, tougher, a better alpha. You then live a James Bond esque life for the next 10 years, and lived happily ever after sailing away on your yacht. Maybe this girl came back in some sort of revenge fantasy. Maybe not.
- In another alternative reality, you end up trying on the idea of an open relationship for size. You still keep her in your life, still connect with her, and both sleep around. You eventually end up in a happy open marriage where you both get plenty of sex.
- In another alternative reality, you chalk her up as a loss, continue your search for other girls who you think would fit the bill, and end up getting married with a strong prenup and live happily every after, with your submissive wife.

Conclusion

The point of all this is that things can work out if you put in the effort as a man. Things don't necessarily have to, and there are certainly curveballs life can throw at your shattering each vision. But if you put in the work, you can achieve other visions.

Given what visions you consider feasible, and the amount to which you desire each vision (and the odds of it occurring), you can make different choices going forward.

For example, most of the better alternative visions in the example above contain the concept of getting fitter and stronger. So you know you're going to lift right now. That decision is easy. Other visions cause you to reevaluate how you treat sex. Other visions cause you to stick things out with this girl, bonding, and make a different type of sexual relationship work.

The point is not which of these visions are "best" or "correct". We can debate the merits and disadvantages of each vision ad infinitum. The point is you must recognize that there are alternative ways your life could end up happy which are in line with reality. And pick a vision, and strive towards that. Constantly reevaluate your possible visions every few months, and tweak your behavior appropriately.

See the world for how it truly is. Meditate. Reflect back upon your life. Read the red pill. Read

philosophy. Read about the BDSM community.

This mentality is freeing. This is truly the red pill: seeing the world as it is. But it's more. It's about seeing things as they are, but taking the next step and making your life and world as you like, as best as you can.

All that's within your control is to make daily decisions striving towards your visions, and constantly tweak the visions and your decisions.

No matter how angry or jealous or depressed or bitter you feel now, you can let it all go and come up with creative ways you can achieve all your goals. Or find new goals.

Find your mission, gentlemen.

Deep Thrill (rearrangement of the letters in "The Red Pill"), out.

Reality Check - Dark Triad and Monk Mode

122 upvotes | November 17, 2014 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I want to point out an interesting trend I've been noticing on [/r/theredpill](#).

Dark Triad

Many users seem quick to romanticize the concept of being "Dark Triad". It seems mysterious, it seems powerful, and clearly women are attracted to this type of behavior. But forgetting about why it's so appealing to women for a moment, ask yourself why it seems so appealing to men on [/r/theredpill](#).

Is it really power you seek? Is it really control over others via Machiavelliansim? Is it really control over your own life? Is it simply to be whatever is most attractive to women?

Make sure you're self-aware enough to understand your own motivations for feeling pulled towards something. But don't romanticize something because it sounds "cool".

Do you really desire to be sadistic? To have a pathological innate desire to hurt others for pleasure? Do you really want to have a difference in your brain chemistry (most likely stemming from a difference in your amygdala) causing you to be unable to feel empathy for others and limit your range of experiencing certain emotions? Or is what you really want to be strong and possibly stoic (not the philosophy, the common usage of the word) enough to be in control of your own emotions?

What are you really after, and why do you romanticize it?

Monk Mode

[/u/illimitableman](#) created an excellent blog post on "Monk Mode", or spending a dedicated effort focusing on self-improvement, forsaking all useless distractions.

But this has become a trendy phrase now on [/r/thredpill](#) and I want to be clear about something: do not use it as an excuse to avoid facing your fears.

It sounds appealing, and if used correctly is hugely beneficial. However, ask yourself if you prefer "monk mode" because it's easier to be temporarily reclusive than to get real world experience.

Are you using it to wait until you're 100% ready to approach women because you're scared of failing? Is it your approach anxiety masquerading again?

Is it appealing to your goals or your fears?

From [the free ebook Flinch](#), which every man on this subreddit should read, it's better to climb trees and fall and pick yourself up, rather than sit around figuring out which branch is optimal to climb, or focusing on the theory of the minute muscle movements required to climb a tree.

Your neurons adapt better to real world feedback.

The book also made an interesting point. If I told you to speak to the next hot girl you come across, no matter what, and you don't do it, it's from anxiety. It's not going to kill you. If you make excuses about being in monk mode, seeing if she has a man next to her, whatever the fuck your brain rationalizes your excuse not to talk to her, you are acting out of fear and rationalizing it after the fact.

I am not dismissing the benefits or Monk Mode. If you use it correctly, and as it is intended (not out of fear, out of positive self-improvement) then do it. As long as it's not your fear masquerading.

Edit: You can also think of monk mode as simply an efficient use of your time, as I explained here

[/r/TheRedPill/comments/2mknn2/reality_check_dark_triad_and_monk_mode/cm5c18n](#)

Unleash

18 upvotes | January 4, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Circle jerk incoming, so feel free to upvote and move on. (Self awareness is a lost virtue...)

The scene of Kenikie from Grease eating the burger showed him as a man you identified with and wanted the best for, but was endearingly embracing his raw masculinity. He was a manly man you wanted to win. A bit of comic relief how raw he was. We feel ashamed for being masculine. trp gives you permission to unleash yourself. A strong hand guiding you to unleash your masculinity and not be ashamed of it. Fuck anyone who shames you for being "mean". if you don't actively hurt somebody, who cares if their precious feelings are hurt. No appeasing society's desire to placate you for being a male. You don't have to get married at 25 or 30 like all your friends. You don't have to have a house with a nagging wife which most men just succumb to as part of life. You have been given a gift, a gift of choice.

Yes we want you to think critically and don't be fucking stupid with using this as an excuse to rape. And you should use this as a space to debate the best way to increase your smv. But at the end of the day the man who fucks the girls is one who has reached inside and unleashed his raw masculine dark nature. A nature we all have inside which in most people only come out in times of great stress. All the rest is just details. Telling you techniques to get there, or how to fake it till you make it, so hopefully your chiseled body looks masculine to girls even if you haven't purged some softness inside you yet.

We were taught this view of the world as good and evil people from the media, and that we should feel ashamed of being an evil person, and constantly worry about it.

This is a false dichotomy. You can choose to not be "evil" or immoral if you don't want to, and choose to live life by ethics such as don't hurt anyone on purpose, or whatever your personal morals require. But be clear about your morals and stand strong. Don't feel bad for unleashing your masculinity though. That doesn't make you evil the way society may cause you to feel.

But at the end of the day, and this is even tougher to hear, you were weak to let society suppress your instincts. It's time to define your morals, and be strong enough to not feel guilty for being a man as long as you don't cross those morals.

Mental masculine strength comes from being particular and intentional about how you treat and use your body. It's the strength which makes you choose to work out day in, day out. Or choose to approach when your hormones are sending panicked signals to your brain rationalizing all the ways it could fail. Be a man and take the step. The strength to say that you don't want to drink with everyone if you are cutting, and maybe those around you will start caring more about their bodies. Or to lead and find a new fun activity for your group of friends to do, or to decide where to take your girl.

And fuck the detractors, we have every right to speak like men in our space. Don't fall into the trap of trying to outthink your masculinity. Constantly scared of your precious morals being violated, or offending the wrong person, or being perceived as someone who hates women. Fuck that noise.

Trying to find a logical argument why you want to act a certain way or why some bitch doesn't want to sleep with you. Move on and quit harping and posting to asktrp about how you should deal with her not telling you her N count. Stop overanalyzing and start doing, and realize that deep down you know the fucking answer. It's high and she doesn't want to tell you, and you have to decide if you can

accept that. The answers are obvious from your questions. You just don't want to face it so you ask reddit so they can tell you the truth you so desperately want to avoid.

Which guys get the girls? How do they act? How do they look, all the men you're envious of? You don't need a subreddit to tell you what's so fucking obvious you just don't want to face the truth.

Now sure, you can be decent and nice and strong and also get girls. But you are no longer fulfilling the bad boy symbol in their lives and you have to accept that with your eyes open. Be okay with that, if you so choose to act as such. Do it with your eyes open.

That's the red pill symbolism: living life with your eyes open.

Do you live by a code of morals, and if so, why?

26 upvotes | January 7, 2015 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

I want this to be a discussion of optimal strategy versus morality. Note how I didn't ask "what morals" you have, but as an overarching question, "why"?

I am not arguing for immoral behavior, but simply recognizing that morals are inherently constraining one's behavior, and may go against the optimal method to achieve one's goals.

One possible explanation is that it benefits oneself cumulatively over one's lifetime to treat others kindly, since they'd be more likely to reciprocate. But even then, it's simply not morality to "do the right thing", but rather still selfishly motivated (not using the word "selfishly" pejoratively).

Morals may have been imparted on society as a form of control by those in power. This isn't *necessarily* bad, as it may benefit you, but one must be aware if one lives his life by others' decisions and code of ethics.

Discuss the specific morals you live by only if it adds to the discussion of "why" live by morals.

Enjoy the Hardship

47 upvotes | January 12, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

It's pretty standard knowledge around here that an average woman has a much easier time getting sex, and it takes a disproportionate amount of effort for men (the 80/20 rule here).

Good.

My goal in life is to become Nietzsche's Übermensch, the epitome of a human, or Maslow's Self-Efficacy. With that life goal in mind, I actually enjoy it being more difficult to become the top male in order to get sex. Sleeping with girls easily in life, is just a challenge, an obstacle for me to overcome. A worthy opponent, sexual economics, put right in my face, testing me to see if I overcome it.

Sex is easier for girls, and therefore they don't appreciate the average male's struggle for economic dominance. Good. It helps separate the herd. They'll never have to work as hard to be the best, and therefore will never have to develop their personalities, social acumen, or fitness as much as men do. Now given these traits do help acquire a higher quality mate for girls, but they aren't necessary to get the carnal pleasures, or just an average mate in general.

I prefer to avoid the easy path in life. I like that I have to work hard on self-improvement, knowledge, culture, strength, etc., to get sex. It pushes me to be better, which furthers my ultimate life goal. It's an incentive and a reward (but ultimately a byproduct) of my goal for reaching my full human potential.

I say, quit whining about the difficulty, and enjoy and appreciate the struggle. Give me more challenges, now that I've conquered this one. Enjoy the hardship.

Politics and Power

14 upvotes | January 12, 2015 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

I would never post this to /r/theredpill because political discussions are rightfully banned. But I feel like we are small enough and mature enough, to have an actual discussion of politics from a standpoint of power.

Note that I am a mod here, and if this devolves into a flame-war, ad-hominem attacks, baseless political zealoutry, "passion", anger without underlying facts, or off-topic discussions, I will delete the thread in question and discuss with the other mods potential bans. Stay on topic and stay rational. This is related to many discussions on /r/darkenlightenment as well.

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I assert that over a minimal level of protection (the defense budget is 1/3 of the federal budget), *and expansion* taxes are a form of control. They are systematically taking resources from those who have found a way to acquire it (via inheritance, hard work, thievery, whathaveyou), and redistribute it to those who are too weak, or not clever enough, or yes even not fortunate enough, to have received it. It's a form of power in an epic right. The poor recruiting the powerful politicians to take resources (money or property) from the wealthier, since they don't have the ability nor desire to take it themselves. If they did, they likely wouldn't be as poor.

By painting it as "doing the right thing", they elicit the idea of "morality" for their own end goals, twisting it and using it to gain more power.

While that harps pretty hard on hardcore democrats, the hardcore republicans are not immune, either. They have elicited the idea of "morality" for their own end goals of controlling others' sexuality and can be considered pawns of the church.

I assert that both sides are really just knights of either the poor trying to take more resources for themselves, the church scared of losing power of its congregations, or the wealthy trying to hold on to their acquired resources.

In the book *Might is Right*, the authors discussed the idea that every oppressed people who "took back their freedom" from their oppressors, really just exerted their power and took resources from their oppressors usually by force, viewing life as a constant struggle for acquisitions. Extremely competitive and non-cooperative way to view the world, which the authors assert is the natural order of nature.

Painted in this light, let's have an actual discussion of politics and power without the petty flame-throwing and ad-hominem, emotional arguments, that feminized men have.

# Might is Right

21 upvotes | January 22, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This is a [post](#) from [my blog](#).

## Background

This post is going to be a summary of some viewpoints presented in the book [Might is Right: Survival of the Fittest](#) written by pseudonymous Ragnar Redbeard. It contains some red pill themes throughout, and is notoriously controversial and written in a harsh tone that would make most modern "men" blush.

It's important that you keep in mind that this book was written in 1890. It contains many hard truths, and yet also many foolish fallacies, equating man as simply another animal in a Darwinian struggle. The [wikipedia entry](#) has good introduction.

I am not necessarily personally advocating all of these views, but rather presenting the author's premise.

## Premise

The book essentially makes the claim that force and power is the ultimate goal. It advocates Darwin's survival of the fittest, and discusses how humans are breeding themselves into oblivion.

- Love in sexual relationship, Power in social adjustments, Polarity and Magnetism in physics, Gravitation in astronomy, and Might in ethics, are exact synonyms - 'the Persistence of Force'.
- Hereditary virtues can only be maintained, by keeping them in constant use.
- Each molecule, each animal, fights for its life. You must fight for yours, or surrender.
- Man is part and parcel of the animal kingdom and he cannot escape from draconic ordinances
- During the whole course of human history, there is not upon record, one authentic instance wherein a subjugated people has every regained property-holding Liberty, without first butchering its tyrants, thereafter confiscating to its own use the lands and realized property that previously had been in the possession of its defeated foes and masters.
- Inequality is summed up in the scientific axiom "inferior organisms succumb, that superior organisms may survive, propagate, and possess."
- To solemnly proclaim that "all men are created equal" is as stupid and unscientific as to assert that all dogs, cattle, apes, and trees are created equal.

## Controversial

Racism and a nod to genocide, as well as misogyny, are rampant throughout this book. Given the underlying premise of maximizing human breeding, it would naturally flow its logic towards things such as control and eugenics.

- Are all men really brethren? [in discussing racism]
- What proof is there that the brotherhood-of-man hypothesis is in accordance with nature? [in discussing genocide]
- Woe unto him... if ever these lovable creates [women] should break loose from mastership, and become the rules or equals of Man (But that is impossible)
- A woman is two-thirds womb. The other third is a network of nerves and sentimentality.

- Women's noblest occupation is... to breed men.

These are the "milder" of the more controversial pieces, and I'd rather not write the harsher ones them here. Buy the book for yourself if you want more of this.

## **On Modern Society**

(Keep in mind this book was written in 1890)

- Personal cowardice is the great vice of our demoralized age. Cowardice is corroding the brain and blood of our race, but men have learnt to disguise this terrible infirmity, behind the canting whine of "humanity" and "goodness".
- "Liberty, Equality, Fraternity" those three great lights of Modern Democracies are three colossal Falsehoods.
- Personal liberty is very nearly unknown and any citizen who dares to think in direct opposition to the dogma of the Majority does so at the risk of his life, if he thinks too loudly.
- Most Acts of Congress are the Machiavellian work of eminent rogues
- Slay one man (in order to rob him) and you are a murderer. Slay a million men (in order to rob them) and you are a renowned general
- My curse be upon the white-livered and the meek; the shameful dwindlings - who call themselves the "virtuous" the "law-abiding" the "righteous" the "godly" the "obedient ones"
- Society is altogether a matter of convenience
- When society becomes irksome to the strong they may dissolve it.
- Society must exist... for companionship is natural... [but when] it develops into a synonym for social restraint, then it becomes a menace
- Government and Society are two distinct entities, and care must be taken not to confound them.

## **On Morality**

- All ethics, politics, and philosophies are pure assumptions, built upon assumptions.
- Freeman should never regulate their conduct by the suggestions of dicta of others, for when they do so, they are no longer free
- Human rights and wrongs are not determined by Justice, but by Might. Disguise it as you may
- Is the Golden Rule a rational rule? Is it not rather a menial rule - a coward rule - a best-policy rule? Why is it "right" for one man to do unto others?... Should he not combat them, does not that give them carte-blanche to injure and destroy him?
- Is it reasonable to ask preying animals to do unto others as they would be done by? ... could they survive?
- "Love one another" you say is the supreme law, but what power made it so?
- Readers must distinctly understand that sexual morality is nowise condemned in these pages. In all sexual relationships "morality" is what strength decrees. [In discussing how sexual fidelity is an important moral to maintain]
- Certainly it is not good strategy for a man to openly proclaim his loss of faith in conventional moralisms; if he desires to get-on in the world. A wiseling keeps his real sentiments on this point to himself - guards them as his own life. ["Think as you like but behave like others" from the 48 Laws of Power]
- The man who plays "the game of life" in strict accord with certain cut and dried principles... is

not likely to come out a winner. [Related to [my post on Learn to Play the Game](#)]

- The man-animal can never be rendered absolutely "moral" because by nature he is as full of wiles as a fox
- If all men were scrupulously honest, then honesty might be all right (although even that is questionable), but if one percent are deliberately dishonest, then it is assuredly all wrong. Under such resultant circumstances the "ninety nine" actually become victims of "the one".
- Every age and nation must interpret Right and Wrong for itself. So must every man.
- All arbitrary rules of Right and Wrong are insolent invasions of personal liberty

## **On Masculinity**

- Strong men are not deterred from pursuing their aim by anything. They go straight to the goal, and that goal is Beauty, Wealth, and Material Power
- Every one who would be free must show his power
- Each individual should think as he pleases ... without the least respect for what others think or do - the only limit to his actions being the materialized opposition he actually meets with
- Cowards serve masters. Bold men make themselves Masters.
- The real man must depend upon himself absolutely
- A sensible man should never conform to any rule or custom simply because it has been highly commended by others, alive or dead.
- The best fighters are the best race-producers.
- The word "brutal" in real life means the reverse of effeminate. A man is brutal who will not turn the other cheek.

## **On Women's Nature**

- There is no other earthly passion so fiercely, savegely, egotistic, as sexual desire and it is the physical basis of all human "Love" - even the most ethereal and romantic.
- American women's passion for marrying foreigners, arises more or less, from similar instincts.
- The nerve cells of splendid feminines and resolute warriors vibrate in rhythmic unison... that neither "creed" nor "culture" has ever been able to eradicate.
- When these poor miserable manlings [professors, liberal arts majors, essentially beta men according to the author] do happen (by some lucky chance) to get a woman, they make her life a torment
- Without deception of some sort, a woman would have no defence whatever, against rivals, lovers, or husbands. We must not forget that women really hate each other - intensely.
- Over intellectualism transfigures women into freaks. The more Animal Nature [femininity] a maiden posses; the more of a true woman she is - the better wife and mother she will make. Culture and refinement are horrible substitutes, for the grand old matronly virtues - beauty, naturalness, purity, maidenly hypnotism.
- His daughters are controlled with equal vigor, are not permitted to mate with every strumous Dick, Tom, and Harry, that comes smirking along; but are "given away" to men who are born of good stock.

## **On Wealth**

- Next to the belted sword-swinger and the sturdy well-to-do athlete; the successful money-making "main of affairs" [businessman] is especially attractive to the average female mind. He also is a resolute professional fighter.
- In such matters the female mind is preternaturally acute...in questions of marriage and love, she is an expert.
- If a man possesses wealth (no matter how obtained) he can pick and choose among the most delightful darlings in the land
- He also [businessman] climbs to success over his prostrate rivals.
- The successful business man is able to support a family, and rear up his children in an environment of comparative freedom, and women are sharp to perceive this.
- Other things being equal, women prefer a rich-man to a poor-man for a husband, and they are scientifically justified.
- He who is without wealth amidst unlimited quantities of it, is either a coward, a born slave, or a lunatic; and no self-respecting woman should marry such an imbecile.
- Without being capable of logical reasoning, yet women intuitively comprehend that "there is oft a lack of courage in the race of [indebted] men."

### **On Sexual Market Place**

- Women of all ranks are still a marketable commodity. Whenever the supply exceeds the demand, they are straightway transmuted into ... concubines or "new women"... When few in number, they possess a certain proportion of selective influence.
- When for every eligible man, there is a score of eligible women, their market value dwindles, and instead of "selecting" they become "the selected".
- If legislative injunctions, and other bogey contrivances were wholly disregarded; then the Strongest and the Boldest would be fertilizing the pick of the best damsels per marriage.

### **On Hypergamy**

- Women instinctively admire soldiers, athletes, kings, nobles, and fighting-men generally, above all other kinds of suitors - and rightly so.
- The difference between a man who rules in the Castle, and the other man who is chained in the castle-dungeon, is the difference between success and failure.
- When average women find in Statute Law a "deliverer" and a "champion" more powerful than their husbands and brothers, they become both unfaithful and profligate - especially if "well educated".
- The bolder and more aggressive men are, the more women of all classes admire them
- Capitalists, kings, and presidents never take these servile hounds into consideration - nor do sensible women.
- In sexual affairs, they [beta males] must of necessity, mate themselves with second-rate women - who cannot possibly find anything more to their tastes.

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Summary

This book would likely never get published today. But it was used as a basis for The Satanic Bible. It has some comments on "modern society" in the 1890s which are still prevalent today. It takes an

extremely harsh view of the world, dictating that "Might" and power are the ultimate goals in life, and any form of morality is simply a nuisance. It shows how men used to think about race, women, etc., from that time period, and which of those views have fallen out of favor. His prediction on the beta-ization of men seems to have come more or less true. Interested in others' thoughts on these views.

Mental Trick: How Would You Fail?

134 upvotes | January 23, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is a [post](#) from [my blog](#).

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This is a mental trick I used to use frequently when I was first breaking out of the blue-pill mentality and figured it might help out some brethren.

The trick is simple: you simply ask yourself how you'd get what you *don't* desire.

For example, with fitness. Perhaps you've been struggling with diet fads over the years, have made minimal gains, but are frustrated. Maybe you justify eating that one extra slice of pizza, and feel guilty about it afterwards, or rationalize it as "living a little".

Simply pretend that you wished to get fat. Or get skinny and weak. Or get bulky but unattractive. Or whatever you don't want to do. What would you eat? How would you act?

This will start your brain to really tune in to your instincts. You'll realize that you know deep down what sort of behavior will lead to the goal you *don't* want. That's easy. You'll realize what sort of lethargy, food, exercise level, etc. will get you away from your goal and towards other non-desired goals. Then it will help you realize which "direction" each action will lead you: towards or away from your goals.

This sounds simple and obvious, but it's powerful. Sometimes we have a hard time honing into what we *should* do, since we are attached to the outcome. By imagining what you'd do to get *away* from your goal, it's easier to realize what actions will lead you *towards* your goal.

Some examples:

- What sort of behavior would lead to women cringing at your actions?
- If you wanted to get rejected by women at a bar, how would you act? How much of an ass, how much of a pussy, etc., would get you rejected by women if you wanted?
- If you wanted people to be unattracted to you, how would you dress?
- If you wanted a business to fail, how would you spend your days? How lazy would you have to be?
- If you want to fail a class, what would you do? How much class would you skip? How much would you study?
- If you wanted to get divorce raped, what sort of woman should you look for to marry? What traits would she have?
- If you wanted to be a middle age depressed man, what sort of life decisions would lead you to that?

Ad-nauseum.

Don't dismiss this as "obvious" and just say "Hey, [/u/DeepThrill](#), why don't you just ask yourself what you *do* want, you idiot!?"

Your subconscious is tricky and will rationalize, hamster, etc., because it's attached to the outcome of the goal. The minute you actually want something to succeed, and in some deep down sense believe that you *need* it to succeed to be happy, you will not be able to think clearly about it.

But when you ridiculously ask yourself how you'd get fat and have your business or coursework fail, you might realize that you're doing that with your daily actions more than you realize, and rationalize it as "relaxing cuz it's necessary."

You know how to achieve your goals, deep down, instinctually, and this will help you tune into those instincts.

This helped me a bunch when I was just starting to gain some confidence and achieve my goals, and maybe it'll help somebody else.

## Stints

17 upvotes | March 9, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Many detractors say that the "never get married!" mantra is nice when you're in your 20's or early 30's (the reddit base range). But it's not looking long term.

Here is a fact that will upset you, and be controversial to TRP's desire for older 1950's style relationships.

Your life, in the third millenium, consists of multiple, several year stints of relationships. Maybe she'll cheat on you, maybe you'll get bored of her, or she of you.

That's fucking okay. You have enough confidence in your own life, and realize how quickly relationships end these days, that you'll be okay finding someone else. There are 18+ girls becoming single every day, increasing at a rate faster than the rate of those entering into relationships.

It's okay if you don't ever get married. You have an incredible 5 years, for example, from 30 to 35, and then find the next girl to enjoy her company after it ends.

Let's say she cheats on you after 5 years. Let's even say that 90% of girls cheat on their guys with Chad Thundercock's (who the fuck came up with that ridiculous passive aggressive title?) every 5 years. Is that the worst thing in the world? Yeah, I know, I have no standards or self respect. I have abundance, though. I enjoy girls treating me well for 5 years, and if they stop treating me well, I'll find the next girl for the next 5 years, within 6 months, because of my confidence.

I don't expect many on this sub to agree with me, but honestly, my most abundant attitude, is that I actually don't care if I get cheated on. I recognize girls' natures, and while I will try to minimize the odds of that happening, if it does, it's not worth my precious time to be angry. That's some girls' nature, and if it happens, I am confident that I will easily find another girl.

I will ask you, if you can truly say that?

P.S. If you say, "That may be all well and good, but, well, some of us value and want the traditional marriage model and think it's best for society!"

To those, I say: who is more "red pill" and accepting society as it is? TRP was always about bettering yourself above all others. Who cares if society is in the trash. You should be able to learn how to thrive no matter how society ends. Who is more willing to accept reality and find personal happiness, despite the external world? If you've been in this community for well over a year, my guess is that you remember that TRP is about accepting the world as it is, and optimizing your own life, not getting outraged at whatever state the world happens to be in, at the moment. There are always injustices. TRP is about accepting this, and thriving.

# Abstraction

38 upvotes | April 4, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This is a post from my blog.

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I objectify women. I also objectify men. I objectify many things in my life.

But what is objectifying?

It's simply a form of abstract thinking. Abstraction is an important tool in our understanding of the world. We are naturally symbolic creatures, creating symbols to represent situations, memories, people, future outcomes, etc.

Here are some examples of abstract thinking:

- Breaking situations down to economics.
- Determining the value someone brings to your life.
- Having plates, each serving a sexual purpose for you.
- Creating the abstract concept (with legal recognition) of marriage in order to properly raise offspring.
- Determining the optimal way to pass in your genes.
- Understanding social interactions and power dynamics.

This type of thinking is freeing. It allows you to break down things to their simple value. It allows you to see your house as shelter, food as sustenance, girls as potential mothers and/or sexual fulfillment.

We discuss the economics of sex. We ask ourselves what value we bring to women. We determine which food to put into our body and which habits of contracting our muscles yield the optimal method to achieve our goals.

Heed this warning, however. Too much abstract thinking could be used as a defence mechanism, in order to hide from dealing with the fear of concrete interactions. Concrete interactions consist of the day-to-day interactions with the women in your life. The sensations of sex being pleasurable. Shooting the shit with your bros or your girl.

If you are using abstraction to avoid the pain of your girl possibly rejecting you, of the possibility of someone with whom you are enjoying a good time hurting you, then you are not in control of your own life and you are weak. If that is the case, then your time on TRP attempting understanding these interactions is simply a defense mechanism because you are scared of the concrete feeling of rejection which may accompany the concrete feeling of enjoying an interaction.

You can abstract people into the role you play, the value you bring, the value she brings, and the economics of the situation. But abundance means that you can enjoy the concrete interactions, and recognize that if shit goes south, you'll drop a bitch and move on for someone else to enjoy. Both able to enjoy what they bring to your life, and to also enjoy the concrete interactions.

It is freeing to be able to abstract interactions away, but it's even more freeing to both abstract interactions away, and not be afraid of the concrete dynamics. Don't limit your experience to only abstract thinking (usually new TRP members) or only concrete interactions (usually blue-pill

detractors who despise our "objectification").

Don't be weak. Embrace both, and enjoy the true freedom of abundance.

Fellow red pillers, can you write a few paragraphs giving a brief overlay of blue-pill's issues with redpill such that I would believe that a blue piller wrote it?

25 upvotes | April 7, 2015 | /r/PurplePillDebate | [Link](#) | [Reddit Link](#)

Inspired by the current post asking blue-pillers to give a reasonable account of a red-pill perspective in order to prove they understand the alternative side, I think it would be interesting for us red-pillers to do the same.

I will begin. And I'm going to try to do this from a non-extreme-feminist viewpoint, and try to focus on the writings of the more *reasonable* blue-pillers. This means I'm going to try to focus on the facts which I've seen consistently disputed, and not whether stereotyping people is "mean", and not whether I actually *literally* believe that a woman has the brain of a child.

Ahem. Here I go.

Edit: See my personal response in comments to follow proper procedure.

/r/PurplePillDebate/comments/31syyb/fellow_red_pillers_can_you_write_a_few_paragraphs/cq4r9x4

Your Body Is A Physical Manifestation of your Values

126 upvotes | April 27, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

If you are a bit slothful, then that will be reflected in your diet and exercise, and yield a slothful looking body.

If you are a bit half-assed with things, then your body will be a half-assed sculpture, because you would have half-assed fad diets and fad exercise programs, taking one too many cheat days.

If you are insecure, then you will be constantly looking to show off your body, desperate for others to give you the validation that you are strong or beautiful or whatever the fuck you're insecure about.

If you are dedicated, then it will show in your physique. You will be diligent about meals and exercise and your body will show it. You might be known as caring more about yourself than friends if you skip social situations because of your dedication, but whatever value you have will show through.

If you are entitled, then you'll expect food to be handed to you, and you'll eat whatever people put in front of you. Spineless and unable to make your own choices. You might not overeat, but you might be skinny-fat.

Whatever your values are, they seep into your daily decision making processes and willpower. Your body, over many years of your values affecting your small decisions, will be a direct accumulation of your values.

Other people can get a quick glimpse of your values by looking at your body, and will start judging you and making predictions of your behavior in other situations based on those values.

So, what are your values and what does your body say about them?

Apathy?

8 upvotes | April 27, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is a [post](#) from [my blog](#).

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I used to suffer from a lot of apathy, laziness, general lethargy, for working hard towards delayed gratification.

I have two ways of dealing with bouts of apathy when they arise. The [first I wrote about in January](#), when I ask myself "how would I fail?" at something.

The second is a simple affirmation:

**"If I am waiting to truly prefer to start something over all other activities, I'll be waiting forever."**

Now sometimes I really do want to go to the gym. Maybe I ate a lot and feel a surge of energy or bloatedness; maybe I'm mad, or stressed, and need to release some energy.

But the daily grind required for a strong physique just isn't always appealing.

Now once I start exercising, I'm good to go. But my momentum of *not* exercising sometimes overpowers me and makes the change in direction of my day to *start* exercising difficult.

It's at these moments, that I remind myself that if I'm waiting until I *want* to start exercising over all other activities (including sitting on my ass on the couch), I may be waiting a long time.

Rather, my goal of the body I want, and the neurochemicals released after exercise, are more of a positive than the lethargy is a negative.

Don't want to take the plunge of working on a side-business? Maybe a touch of fear of failure, or just a general apathy at the hard work that's required? If you wait until you truly are going to prefer starting a project rather than sit around and enjoy a beer with friends, you may be waiting a long time. Your financial goals should be more powerful than your lethargy. Remind yourself that you are going to be waiting a long time to start something if you need to 100% prefer starting such a project over any other activity.

Tangentially, I used to have some minor approach anxiety at bars/clubs/that-starbucks-in-barnes-and-noble (you know, all the best spots for picking up quality girls). But if I stopped masturbating for a week, my lust would overpower my minor anxiety. If my brain knows that the only way it's going to release this built-up lustful pressure is to sleep with a girl, when I take the immediate release away from myself, *that* is going to be more powerful than any minor spell of approach anxiety.

Become self-aware as to what's truly the root of your apathy in different situations (start daily mindful meditation if you aren't self-aware enough yet, as long as you can overcome your apathy to start that!), and use psychological tricks on yourself to defeat it.

# Be Yourself, But Be Someone Worth Being

74 upvotes | January 3, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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## TLDR:

Frame, consistency, and integrity necessitates congruence and internalization.

## Body:

"Be yourself." Possibly some of the worst, yet widely distributed, blue pill advice out there. But advice such as this wouldn't be so widely appealing if there wasn't at least a nugget of truth hidden deep down, underneath the layers of bullshit and laziness perpetuated by it. Let's see if we can cull out the value, if any, from such a platitude.

The value is in consistency and integrity.

My journey through masculinity took roughly the following shape:

1. Confusion about the world, attempting to go about it in the way I was raised.
2. Frustration things were not going as they expected.
3. Awareness that there are alternative ways to view the external world around me (enter TRP, Buddhism, Nietzsche, etc. etc.).
4. Improvement (physical strength, mental strength, charm, intelligence, unbridled masculinity, manipulation, drive, etc. etc.)
5. ?

Once the results started to come in, I still found myself breaking frame at times. I found myself secretly subconsciously wishing things weren't so. I found that occasionally I'd feel twinges of jealousy of my friends taking trips to Disney with their significant others, comfortably enjoying their relationships with not a care in the world regarding optimizing their own lives. Why would I envy such naivety emotionally, when logically I saw little value in it? And statistically a good number of them are going to live happily ever after. Or at least monogamously ever after.

But I preferred my way of going about things. Yet what was missing? Why was I breaking frame on occasion, for example supplicating to a girl when logically I knew I "shouldn't"?

Enter Impostor Syndrome.

Impostor syndrome (also spelled impostor syndrome, also known as impostor phenomenon or fraud syndrome) is a term coined in the 1970s by psychologists and researchers to informally describe people who are unable to internalize their accomplishments.

I made such rapid changes in my personality and physique, that it didn't feel real. I felt like an impostor. I felt like I was putting on a mask. I was waiting and wondering if I was going to get "figured out" as faking confidence.

Fake it till you make it, is something which may give some nice short term results, but as it is inherently an illusion, will break down the more somebody gets to know you. When I subconsciously preferred things to be blue pill at times, my new "me" felt like a layer atop the old me.

Think of how adults can quickly regress to their old childish insecurities when back visiting family for holidays. Or how your old high school friends will see the "new you" as something fake, since

"your core never changes!". They see the static vision of how you were in high school, as your "core", and any changes you make as simply fluff atop your core essence. Whereas when you meet somebody new for the first time as an adult, they only know the static "you" at the time you meet them, and more properly see your old high school self you as simply a snapshot along your journey.

So what are the effects of this impostor syndrome? Well, there's a subtle fear which infects everything you do. A fear that you'll be figured out. A fear that it's not "real".

So how do you kill it? You recognize that your actions in the present moment dictate the "real" you. You internalize and *actually prefer* to go about the world this way.

Once your impostor syndrome is killed, there's no "trying" to maintain frame. There's no faking abundance. You must internalize things like "it's their loss", so you don't have to keep repeating it to yourself in a vain attempt to feel better. A lot of responses on [/r/asktrp](#) give the actions to take in a given situation. But the question will never come up if the tenets are internalized.

Kill the conflict inside of you, and decide what pieces of TRP you agree with and choose to incorporate into who you are, and don't look back. Otherwise, you'll subconsciously slip up in your "fake it till you make it" persona.

"Being yourself" is necessary to maintain consistency in your persona. It takes little effort. But make sure you've committed to who you want to be. The effort comes from making yourself into someone worth being. Then being yourself is easy and preferred.

### **Lessons Learned:**

- Rapid changes in self-improvement may lead to imposter syndrome, which will make maintaining frame a constant struggle.
- Internalization removes that struggle, and makes maintaining frame simply "being yourself."
- The effort should not be in maintaining frame, but rather in morphing "yourself" into someone worth being.

# Push-Pull in Business

24 upvotes | January 23, 2016 | /r/AlreadyRed | [Link](#) | [Reddit Link](#)

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Push-pull is a great way for sexual strategy. Or, more specifically in terms of game theory, tit-for-tat. When she pulls away, you pull away. When she acts as you want, you reward it by being closer to her (emotionally, fun-wise, sexually dominating, whatever your style of seduction is).

The adaptability in your behavior shows her that you are a dynamic person with "range" and "depth". It keeps her on her toes as well.

Etc. etc. You're reading this on alreadyred so I assume I don't have to give more details on this.

I'm hoping to have a strategy discussion on taking that principle and discussing its implications in business.

During a recent negotiation, I implemented a bit of this and several other principles.

Firstly, lifting and being good looking, well groomed, etc., clearly helps in business. It represents that you have discipline towards fitness which others will correlate to a general personality trait of "discipline", which the other side of the table will likely appreciate in business. It shows that you care about the health of yourself, which they will likely take as you are going to be meticulous and care about the health of the deal, or your job if you're interviewing, etc. If you are dealing with females, they can't help but want you to succeed if they are at least somewhat attracted, or at least intrigued, by you. To simplify this subtly complicated point, attractive people are more successful

Secondly, the push-pull creates an interesting dynamic in business. If one moment at the table, you go hard, unwavering, etc. Then you take a break from the table, and laugh about something completely unrelated to the business deal at hand. It communicates things like "genuineness", it "softens" them up to you, and makes them see you in a light that "he's not such a bad guy, he's just doing what's best in a business sense". The same principle which allows coworkers to bond during happy hour applies here, but your timeline to implement it is much shorter. (*Law 12: Use selective honesty and generosity to disarm your victim*)

Thirdly, specifically in terms of tit-for-tat as game theory, and conditioning, when they present an option you don't like and are being overly aggressive, you be aggressive back. Then when they present a good proposal, you can cheerfully agree to it and get them excited about both of you making a lot of money together in this deal (the "us vs the world" mentality that chicks fall in love with) (*Law 32: Play to people's fantasies*)

All this has to be extremely subtle to not be considered contrived. Nobody wants to believe they are being manipulated. And they're not, because you genuinely want to push forward on the good points, and push back on the bad points. And it also keeps them on their toes about guessing your true intentions. (*Law 3: conceal your intentions, Law 17: Keep others in suspended terror --- cultivate an air of unpredictability!*)

My last post on TRP about "be yourself but be someone worth being" discusses how to maintain integrity, it simply has to be part of your personality. Otherwise it's forced. It's not manipulation if it's part of your personality and natural. (*Law 48: Assume formlessness*) And others, especially high level executives, I promise you are better bullshit detectors than the chick in the bar who sees through 90% of guys.

But as anything we used to do subconsciously, and use our knowledge to do consciously, at its core is

"manipulation", without all the negative pejorative connotations of that word, so rather "strategy".  
Use the women to sharpen your sword, but the real power lies in finance, not sex.  
Others' related experiences, and feedback on this line of thought?

# Dread Game: Metric not Method

6 upvotes | March 12, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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**Summary:** Dread game is a result of what happens as you increase your SMV, not a method you effectively apply.

## Body:

When I was first learning about the red pill a few years ago, I saw dread game as a nice set of techniques to apply in order to increase the odds of a girl wanting me or staying with me. When dating a girl, I'd try to subtly imply I had other options. I'd maybe casually flirt with another girl in front of the girl I was dating (always with plausible deniability).

It was minor-level manipulation that had little actual real value at the time, and in retrospect may in the long term have hurt me. I say that because it contained the inherent underlying assumption that "I have to take an action to keep my girl with me, and that means that she wouldn't want to be with me naturally." Many people here, even popular submitters and old-timers, may disagree with that, but at least for me that's been my experience.

My point is, while I thought I understood, I didn't really get what TRP was about. And I never would truly get it until I experienced the effort and results of increasing my SMV. I take TRP to be about increasing your sexual market value to *be* the top 1% of men, not to *emulate* the top 1% of men.

I was previously using dread game as a method. And it was a mildly, if at all, successful method.

But while I definitely have a long way to go (the value of humbleness is to avoid complacency), my physical looks have improved since then.

Now, I see dread game as more of an effect of an increased SMV. It's a metric telling me if I've reached the levels of SMV I want.

Here's an example. You're out at a local pub with a couple plates, and a girl comes up to you and compliments you and asks for your number. Or you're at the grocery with your wife, and because of your demeanor and physical attributes, a lot of other women are looking at you with that sense of hunger in their eyes which show that they haven't been fucked right in 11.6 years.

In such situations, the only efforts you took were the long term efforts of building your sexual market value to high levels. And by sexual market value, in acute situations such as these, it simply means physical fitness, grooming, and swagger. As such, you applied no "method" to try to flirt with these girls in front of your wife/plate/girlfriend/friend-with-whatever-the-fuck. You didn't have to, which makes the effect that much more pronounced. If your girl sees you try and succeed, great, whatever. But if your girl sees you *just be there* and succeed, it adds credibility to the result.

Now, if you've been seeing the girl you're with (the one who notices the attention you are garnering from other girls) for a while, I've found one of two things will happen. And the result of what happens to me is my own form of test, to determine the quality of girl you're with.

a) She acts possessive. She acts accusatory. This stems from insecurity, and demonstrates a lack of respect towards you. That is an immediate red flag for me.

b) She wakes up and starts to appreciate you more. It's completely natural for the "honeymoon phase" to diminish over time, and these little events cause her to really remember to appreciate you and not take you for granted. That gives her a plus one in my book. And as an added bonus, the sex you have

that night will be that desperate kind of crazy sex which only happens after you get attention from another girl.

These events are polarizing, and rarely if ever neutral non-events.

Girls are social creatures. They define their value in part by the social status of the man they're with. Instead of all the idiots inserting a subtle sense of whineyness and frustration that girls are "only valuing you for your social status", take it as a positive. She appreciates you and is proud to be with a man that other woman want. Let her enjoy the status of being with you (trigger elating your narcissism).

Weak dread game is a method; something you try to perform (albeit subtly) to elicit a certain reaction. Strong dread game isn't a game at all. It's a result of abundance. It's a result of increasing your SMV. I view dread game as just something that happens after your SMV reaches a certain point. It's a result, a side effect. It's just one of the mechanisms we at TRP notice which keeps girls together with high SMV guys. It's intrinsically related to branch swinging, and simply reminds them that your branch is highly valued. And sometimes the dynamic between you two needs those little booster shots of dread, which happen naturally.

### **Lessons learned:**

- Dread game is what happens after you increase your SMV to a high enough level
- Trying to implement dread explicitly is a waste of your time and demonstrates subtle weakness.
- Be a man that the girl you're with for the moment is proud to show off, and embrace that they are social creatures.
- Judge your girl by how she reacts to moments of dread: possessive and insecure, versus appreciative and hungry.

# The Art of Learning - Red Pill Applications

71 upvotes | March 17, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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**SUMMARY:** Josh Waitzkin's book The Art of Learning has numerous parallels to the red pill. Be a life-long learner.

## **BODY:**

### **Background:**

John Waitzkin is an international champion at both chess and Tai Chi. Let that sink in for a moment. He has risen to world-elite status at *two different disciplines*. Clearly he knows a thing or two.

In fact, as he is one of the few humans who has achieved such a feat, he has a unique perspective. In his book, he has provided us with keen insights into the deep inner game required for the principle of mastery in general.

I just finished the book and will offer a few parallels I can come up with for TRP. I highly recommend that anybody who is truly serious about success and reaching their peak potential in their chosen endeavor purchase, read, and internalize this book.

### **Internalization:**

Oh look, what a nice transition.

He spends a good portion of the book weaving in the concept of internalization. There are hundreds of unique (chess, but not really) openers, and one can spend a lifetime focused on them. But instead of rote memorization, simplify the process and study the underlying principles until they are a part of your subconscious. Then build from there.

You've been reading TRP for a year, and you've read every piece on the sidebar multiple times. You've internalized it so much, you bleed red (see what I did there?). You don't even need to try to remember which post a concept came from. You've internalized the raw material so much that your brain can make connections between themes in the top posts. It simply becomes part of who you are.

Great, you're done, right! You go out to the club once a week for 2 months straight and fuck a different girl every week. Super duper alpha high five bro!

Now, go ahead and try to fuck that girl at the coffee shop reading a book on ancient poetry. Your game not working?

Hmm, she must not be into you. You can brush it off and realize that it's just a numbers game.

Or you can take Josh's approach and realize that you've punched above your weight class. And if you've truly internalize the principles in The Art of Learning, you've probably done it on purpose in order to challenge yourself and purposefully learn a lesson.

Because you're an incremental learner.

### **Learning Approaches:**

Another concept intrical to his approach is the idea of "entity" vs "incremental" learning. Entity based learners think that alphas are just naturally born that way. Or that some guys are just better at getting girls. Or, as I frequently see here, "I am an introvert". Notice the "I am". As in it's a fixed entity that's simply intrinsic to your way of being.

Anybody else noticing a bit of hidden, subtle victimization?

Incremental learners, on the other hand, understand that one can incrementally improve pieces of interactions with girls. They don't care about innate ability, but rather on optimizing their learning of a field.

So you've *chosen* to be an incremental learner, and you now are purposefully going out and trying to sleep with girls you meet at coffee shops, and book clubs.

Eventually you get some success there and internalize that. Now your brain is starting to make abstract connections. AWALT, AMIRITE!

Well, you've learned to calibrate your approach by forcibly facing difficulty in order to improve. Now go ahead and try to sleep with the post-wall woman. Oh, you don't have enough money? Go ahead and try to sleep with a hardworking girl who was raised on a farm all her life.

### **Mastery:**

The idea is to not think about a given girl, but to make things a life-long learning process.

The idea is to constantly challenge yourself with incrementally greater and greater obstacles.

Oh no, you've gotten burnt out and don't see the purpose in all this. Well, Josh as a child chess prodigy took some time on a vacation with his family, and returned to chess with a fervor and new abstract connections he didn't think of. He purposefully took a rest period.

When he was training for Tai Chi, he discusses using interval training to incrementally reduce the amount of rest time and how that has implications in your mind, not just your body. That may mean taking a month off from gaming women, but focusing your learning on talking to your friends in relationships. Maybe just absorb some information so you can better get inside a girl's head or understand relationship dynamics better.

If you're at a bar and there are no worthy girls to approach, use the opportunity to study the social dynamics around you. Be present.

There's never a dull moment when there's nothing to learn. Waiting around for your pizza pie and bored? Well, use it as an opportunity to learn or think. Why did this pizza place choose to be located here? What was the business advantage of this? What would you do differently if you ran this pizza shop?

There are many more trinkets in this book which will be of interest, such as channeling your natural emotions in high-stress environments, but I don't want to give away all the secrets of the book in this post.

These are a few of the takeaways I got from the book in how it relates to TRP teachings.

### **LESSONS LEARNED:**

- Internalize something to an extreme degree so that you can make abstract connections.
- Incrementally learn by continuously challenging yourself.
- Be present to every moment of life, and view it as an opportunity to learn.

# Revealed-Preferences Theory

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

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**Summary:** Don't just "watch what they do, not what they say" with women - apply it to all areas of your life.

## Body:

This isn't necessarily any groundbreaking theory here, but it's important to be explicit about how important it is to watch what people do, not what they say in the real world.

I recently stumbled across a term, and it appears to have some scientific backing: **Revealed-Preferences Perspective**.

From [wikipedia](#):

These models assume that the preferences of consumers can be revealed by their purchasing habits

Instead of trying to guess preferences of consumers, you actually look at their actions.

The popular book *The Lean Startup* by Eric Ries frequently discusses how you should not rely on what customers, or potential customers, say. But rather watch what they do.

Customers could not tell us what they wanted ... they revealed the truth through their action or inaction.

You want to split up customers into two categories using split testing, showcasing one product feature to only on subset of customers, and follow which group spends more money.

New customers were split automatically between these two versions of the site... Measure the difference in behavior between the two groups.

The reason is:

This is different from asking customers what they want. Most of the time customers don't know what they want in advance.

It's easy to kid yourself about what you think customers want.

It was used to describe founders' behaviors in the book *The Founder's Dilemmas* by Noam Wasserman in another context:

From a revealed-preferences perspective, in which we examine people's actions to learn about their preferences, solo founding is one of the clearest indicators of a founder's control orientation.

Essentially in comparing what motivates founders of companies (the primary motivators across the data being wealth or control), instead of simply relying on surveys ("what they say"), they followed the data of how well their actions correlated with their actual decisions which veer towards wealth or control ("what they do").

What does this mean for us at TRP? Essentially in all areas of life, you want to follow what people do, not what they say. Look to which guys the girls you want are actually fucking. Look at the

dynamics between actually successful relationships. Look to which group of customers actually purchase the product. Look at which types of founders (solo or team founders) actually make control vs wealth decisions.

**Lessons Learned:**

- There is no substitute for good data.
- Don't just "watch what they do, not what they say" for females - apply it to all areas of your life.
- The term for this is **Revealed-Preferences Theory**.

# Women-Owned Businesses: The Facts

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

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**Summary:** One of the chapters in the book *The Illusions of Entrepreneurship* by Scott A. Shane takes a cold hard look at the facts regarding women entrepreneurship (they lump together both small business entrepreneurship with high-risk, high-reward entrepreneurship), and offers many conclusions you probably won't be surprised about.

## Body:

Let's talk about their interest in entrepreneurship in general.

The data indicate that women are less interested in being entrepreneurs... Even among women who are in the labor force, women are half as likely as men to start businesses, suggesting that labor force participation is only part of the story...

The data show that women are less likely than men to initiate the process of starting a business because, on average, women are less interested than their male counterparts in working for themselves.

*pg 129 reference 16*

Specifically, the data show that women in richer countries are half as likely as women in poorer countries to start businesses because the former can afford to choose not to work whereas the latter have to work to support their families

*pg 129, reference 19*

The takeaway of this section is that women are less interested in starting a small business. He tried to account for many factors in his analysis, including the idea that maybe it's because women aren't as well represented in the labor force. In addition, he considered the country in which the women lived as another factor.

Next onto performance:

unfortunately, equality between the sexes in the performance of new businesses led by women is a wish, not a reality. Across all economic sectors, new businesses led by women perform worse on almost every performance measure - survival, sales, growth, employment, and income - than new businesses led by men.

*pg 130 reference 20*

Average of \$88k in sales in 2002 vs \$1.9MM

Average business owned by a women generates only 78% of the profit of the average business owned by a man.

*pg 130 reference 24*

Talk about that 77% gender gap!

The four-year survival rate of new businesses with at least 1 employee that are founded by women is 8.6% lower than that of comparable new businesses founded by men

*pg 130, reference 26*

Essentially, it appears that of the women who do decide to start small businesses, simply looking at the financial facts regarding the businesses, they don't fare as well. There could be a preponderance of reasons for this. The author then tries to parse out potential reasons next:

Careful studies that have tried to explain why start-ups led by women perform worse than those led by men show that the difference in financial capital [e.g. access to investors] doesn't account for the performance difference

*pg 131 reference 28*

Despite access to capital, they do get turned down more for loans. One example of why they are actually less likely to meet lenders' standards:

They pursue opportunities that are less profitable... such as retail trade and personal services

*pg 131 reference 30*

A reasonable explanation:

Another common explanation ... is that women are, on average, less experienced entrepreneurs.

Does it hold up to the data?

The data do not bear out this explanation. My examination of the data from the Panel Study of Entrepreneurial Dynamics reveals that there are no statistical differences between male and female entrepreneurs in terms of the number of start-up companies founded; the number of startup classes or workshops taken; ... controlling for a variety of demographic factors... differences in the performance ... cannot be the result of differences in entrepreneurial experience.

Oh, too bad.

So what's a better explanation? ... Their goals and aspirations. Female entrepreneurs have lesser financial goals for their businesses than male entrepreneurs.

*pg 132 reference 34*

Now he gets to the crux of it. Essentially, the women are less driven by the financial goals of their businesses as their male entrepreneur counterparts.

less likely than male entrepreneurs to start their businesses to make money, and they have lesser financial aspirations for those businesses, even after controlling for a variety of other explanatory factors.

What about hard work and drive?

These data also show that female entrepreneurs work fewer hours per day on their new businesses than male entrepreneurs.

Are they actually learning from their mistakes or are they more delusional?

research by Dr. Brian Head of the Office of Advocacy at the U.S. Small Business Administration shows that they are also more likely to view a failed new start-up as

| "successful".

*pg 133 reference 35*

What about their motivations?

| Many women become entrepreneurs to create flexible work schedules that will allow them to care for their families, particularly children.

*pg 133 reference 37*

| Studies show that becoming a mother increases the likelihood that a woman will start her own business because home-based work allows a woman to work and care for her children simultaneously

*pg 133 reference 39*

I want to pause here and consider the statistical possibility that over all businesses, women may be over-represented by small home-based businesses. This book did not analyze the value of women versus men in high-risk, high-reward ventures such as tech and life sciences, and as such the data may be skewed towards the home-based businesses women tend to start. Again, though, that simply ties back into their desires and motivations, rather than ability.

| Thus, it appears that many women become entrepreneurs when they have children because entrepreneurship provides the opportunity to work while simultaneously caring for children. This is a laudable goal and for many women it's the right one.

Now in my opinion, a lot of this research may not account for the new modern Empowered American Woman, but until new research is out there that says otherwise, I'm going to follow the data instead of trying to fit the data to my hypothesis.

| Gender is one of the best predictors we have of who is an entrepreneur and who is not.

Let's be clear. This is not to say that they can't. Simply that they don't.

In fact, the author addresses this issue with the usual blue-pill disclaimer:

| I am definitely, unequivocally, and absolutely *not* saying that women can't or shouldn't be entrepreneurs. And I am definitely, unequivocally, and absolutely *not* saying that they can't or shouldn't be just as good at entrepreneurship as men.

Gotta protect his reputation as non-misogynistic! However, just because they *can* be just as good as men, the data bears out what it bears out over general trends.

| I realize that much of this is depressing ... But someone has to reveal what the data say.

A bitter red pill indeed!

### **Lessons Learned:**

Well, the author provides his takeaways for us on page 134:

| Gender is one of the best predictors we have of who is an entrepreneur and who is not.

| Lack of access to money and business opportunities, lesser human capital, and a lack of desire for autonomy don't explain why women are less likely than men to start businesses; however, a lesser interest in running their own businesses does.

Compared to start-ups led by men, new businesses led by women have lower sales, fewer employees, less productivity, lower profits, and worse survival rates.

The lesser performance of female-led new ventures depends a lot on the lesser financial goals that female entrepreneurs have.

# I Objectify Women

388 upvotes | April 25, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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**SUMMARY:** Objectification is nothing more than recognizing and thriving with the transactional nature of our world.

## BODY:

It is the world that has been pulled over your eyes to blind you from the truth.

What truth?

That you are a slave.

What specifically is this blue-pill indoctrination we fight so hard against? Very simply, it's the transactional, economic nature of our world. From advertising to sexual relationship dynamics, the world is transactional.

The recent [subredditoftheday](#) thread highlighted the key detractors' points. So let's delve into them and discuss how they relate to the transactional nature of our world.

**Objectification:** A typical claim against TRP is that "you objectify women" or we "treat them as sub-human". Is that true? Not at all. I objectify everybody. I recognize what each party brings to the table, I recognize how the shit-tests women present are simply an attempt to measure my fitness level. I have no problem objectifying everybody, men and women alike. I recognize the transactional nature of social dynamics, of employer-employee dynamics, of family dynamics, etc. And yet that is, in no way, mutually exclusive with concrete emotions. One can pair-bond and have loyalty and trust amongst other men. One can certainly feel love, and also recognize its evolutionary advantage, with his eyes wide open as to the fact that love may have a shelf-life shorter than he desires. But such a man who objectifies and uses the transactional nature of the world to his advantage is surely manipulative, right?

**Manipulative:** I think what others would call manipulative, is what some call "strategy". Nobody is forcing Little Miss Slut to stay with Mr. Bad Boy if she's not getting treated as she wants. He isn't physically coercing her to make "poor choices". Or maybe she stays with him because deep down, he *is* treating her as she wants to some degree? We are all employing some strategy or another, and hence we are all manipulative. The nice guy has his covert contracts. The girl has her hypergamy, her make-up to hide her flaws, etc. Is it a matter of degrees? Is some level of manipulation inherently "worse" than others? Just because we bring our strategy to the surface and are conscious about it, doesn't change the fact that others are employing subconscious strategies which have literally evolved over time. You surely don't *need* to employ strategy or manipulation to get what you want, as there are plenty of (well, a few) relationships out there in which the parties' underlying subconscious strategies happen to mesh, but it surely increases the probability of success. Is such a "manipulative" asshole toxic?

**Toxic:** Toxic, if you really think about it, simply means ineffective. A toxic strategy is one which, over the long term, isn't actually best for the parties involved. It erodes the functional dynamics which non-toxic strategies exhibit. Yet if a strategy (conscious or subconscious) is effective, how can it be called toxic? Detractors would rather see things happen "organically" which simply means

without any strategy. Perhaps instead of ineffective, it means immoral?

**Immoral/Asshole:** This was thoroughly covered by [a post](#) over a year ago on purplepill debate by [/u/whisper](#). The gist of the concept is that bluepillers are inherently *moral absolutists*, in which any action or "truth" is viewed through the lens of morality first-and-foremost. It doesn't matter to them if a strategy is effective, if it's considered immoral. Whereas redpillers are inherently "factual absolutists", sticking only to what is most effective. At the end of the day, the strategy itself is amoral. It's simply information as to what is effective. The fact that it's "wrong" in the eyes of others doesn't change whether or not it's effective. It's ultimately up to the wielder of such knowledge to choose to act on the information. Well, even if it's effective, perhaps it makes the person wielding such a strategy hollow inside and unable to be happy?

**Unhappy/Bitter/Angry:** In the [classic staple post](#), again by [/u/whisper](#), regarding the five stages of grief as applied to TRP, when the band-aid is ripped off, and you start to see the transactional nature of the world, you naturally go through Denial, Bargaining, Anger, and Depression. You vehemently try to deny the truth. But once you accept and internalize the transactional nature of the world, you get to Acceptance. But not everybody in the Acceptance stage is happy. What do I mean? Well, you have a choice once you've accepted the nature of the world. There was a recent thread on the darkenlightenment subreddit discussing "The Black Pill", which is essentially someone who sees how things are, and yet doesn't like it. He wants out. This is the *defeatist* interpretation of Acceptance, which results in one feeling *exasperated*. You could argue such a man hasn't truly accepted the world, but I believe he has. Think of Cipher. A man who is unplugged from the matrix, and yet wants back in because he hates the truth. Your other choice is to be an *opportunist*, and learn how to *thrive* in the true nature of the world. Think of Neo, who finally accepts the world, and then bends it to his will, with his newfound knowledge. Such a man who sees the world how it truly is, can choose to use the rules of the game to better himself. He can even have a LTR and a child, knowing full well the risks. In fact, such a man is using his knowledge of the transactional nature of the world, I attest would minimize the risks such as hypergamy. Such a man is ultimately happy because he finds a joy and power in that choice.

## LESSONS LEARNED:

- To deny the transactional nature of the world is to deny reality.
- Recognizing that the world is transactional doesn't imply you can't feel emotions.
- Whether something is objectifying, manipulative, or toxic, isn't inherently "wrong".
- I objectify women and men alike, but am happy and (in my moral relativistic view of the world) not immoral.
- To be happy, recognize and thrive in the transactional nature of the world as an opportunist.

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-["DeepThrill"](#): Anagram of "The Red Pill"*

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A Red Pill Interview with Mr. Trump

49 upvotes | May 15, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is not a real interview, you click-bait fools. I just finished his book "Think Big", and thought we could have a little fun with it, red-pill style. Whether or not you agree with his political views (I happen to personally be a supporter), you can't deny he's spouted some red pill truths in this book. Read this book to get the actual content of his successful mindset for business, without all my out-of-context interview answers.

So, Mr. Trump, when was this book written?

| Copyright 2007

Okay, tell us a little bit about your background.

| My mother was a wife who really was a great homemaker. She always said, "Be happy!" She wanted me to be happy. My father understood me more and said, "I want you to be successful." He was a very driven kind of guy. *(page 321)*

You've been a very successful guy, and are now running for president! Do you have any regrets?

| I don't have regrets. You have to learn from your mistakes because we all make them. *(page 322)*

Attitude

Wow, that's a great attitude! You don't ever doubt?

| Big thinkers conquer their doubts. Doubt leads directly to failure. *(page 276)*

Have you ever felt just at peace and satisfied with what you have? Or do you feel that leads to complacency?

| Somebody once asked me why I am never satisfied with where I am in life. It is simple: that is not who I am. If I were satisfied, I would not be Donald Trump. *(page 70)*

| Some people start out with big goals. They start out thinking big, and it works. They achieve a level of success, a good job, money in the bank, a nice income, a retirement plan, and some play toys or a luxury car. Then they stop thinking big, and start thinking about playing it safe and protecting what they have. Do not fall into that trap. *(page 290)*

| Life is not easy. The world is a vicious, brutal place. *(page 139)*

That attitude sounds stressful! Don't you get tired or burnt out?

| One time Stan's wife called me and said, "Oh, Donald, he's miserable, he's unhappy, it's just not working. My marriage is no good, nothing is good." I said, "Why are you telling me

this? I can't do anything about it." *(page 52)*

Here is a guy with a 180 IQ, and he cannot sleep, and he cannot have sex with his wife because he is so stressed. *(page 57)*

People are looking to put you down, especially if you are on top. *(page 139)*

Interesting. Now what do you think of our politically correct culture that's becoming much more prevalent? I heard you had an issue with Rosie O'Donald...

It is funny; I called her a total degenerate, and nobody cared, but when they thought I called her "fat" they were all going ballistic! *(page 189)*

Then I said, "Assuming I did call her a fat pig, do you think I'd be wrong? I didn't [call her that], but do you think I'd be wrong?" *(page 189)*

Entitlement

Now some would call that attitude egotistical. In fact, some say you are a bit too egotistical and narcissistic.

My advice is yes, have a big ego, but do not be egotistical. A big ego is a positive thing. *(page 280)*

In truth, I am dazzled as much by my own creations as are the tourists *(page 50)*.

Do you think young people today are too narcissistic?

[On The Apprentice], Michelle's quitting made me wonder if young people today lack the backbone to keep going. I read a new study which found that today's college students are, in fact, more narcissistic and self-centered than ever before. *(page 66)*

Since birth, many of these youngsters were fed a steady stream of compliments on how wonderful and special they were. *(page 66)*

Too many hollow compliments are not healthy for kids. It is okay to let your children know they are special. It is part of being a loving parent, but do not overdo it. *(page 67)*

If you over-compliment a child, you give him or her an inflated sense of self-worth, and they start to believe they are entitled to success in life without even trying" *(page 67)*

People who tell their children that they can do anything they want are being unrealistic; some things are just not possible. Yet you do not want to discourage them. *(page 68)*

Marriage

Wow, that was quite the rant, Mr. Trump! So you think the problem comes from the parents. Let's move onto the issue of modern-day marriages.

Who you marry has a big impact on your ability to focus. *(page 231)*

[For example], Brooke wanted to start a family and put pressure on Andre to cool it in the tennis circuit, but Agassi would not give in to her. He rededicated himself to tennis. *(page 232)*

But surely a woman can help a man succeed; surely they aren't all bad?

He later married Steffi Graf and again became number one - she was the right woman behind the man. *(page 232)*

So it's funny to imagine that having your own mission as a man could help a marriage sometimes, and hurt it other times. So you think that sometimes man's mission can impede a successful relationship?

Ivana and Marla were both great, but they could not compete with my business. Business is so all-encompassing to me ... I did not see my ex-wives as often as they deserved. *(page 252)*

Prenups

I guess with all the guesswork of modern marriages, a prenup is necessary?

There is nothing more vicious than a man or woman going through a divorce. It is pure hell, like nothing else I have ever seen. You need a prenuptial agreement to protect yourself and your business interests. *(page 31)*

There's nothing more terrible than an ex-spouse with a ten-ton axe to grind. *(page 31)*

So to be clear...

Always have a prenuptial agreement. *(page 251)*

You can't do that knowing that 58 percent of the time people get divorced. If you get married without a prenup, there is a 58 percent chance you will get a divorce and lose everything, even if you were madly in love when you married in the first place. *(page 252)*

But what if you're in love, and feel that a prenup would tarnish that love?

Love blinds most couples to the truth *(page 253)*

I have been talking about the importance of prenuptial agreements for many years, and maybe people are starting to listen. *(page 258)*

But sometimes prenups can get thrown out. How would you advise people to mitigate that risk? Maybe video tape it?

It's important [to video tape] because a lot of times, the other spouse will say they were forced to do it, or they didn't know what they were doing. When you put it on tape, you can prove they knew what they were signing. *(page 312)*

So given that you're such a staunch proponent of prenups, how do you bring it up delicately?

I said, "Melania, you are so beautiful, I love you so much, and we're going to have the greatest marriage ever. It's going to be unbelievable. Listen, just in case it doesn't work, sign on the dotted line." (page 260)

Dating

Alright, well with your experience with women, surely you have some advice for the youngsters who are out dating. You seem to be quite the expert at women!

What the hell do I know, I've been divorced twice? (page 313)

Now regarding waiting until the perfect moment to approach a girl at a bar, for example...

Do not wait around for the "right time" or until you are perfect. (page 71)

That's one way to think about approach anxiety. Do you think cheating is a problem these days? I heard about a story regarding one of your speaking engagements a few years ago and some women named Jennifer who you called up on stage?

The second I laid eyes on her I knew she was hot, hot hot! ... "Okay there are only about 20,000 people here, and he's never going to find out. Have you ever cheated on your husband?" Jennifer said, "Truthfully, yes" ... I said, "In front of all these people, you admit you cheated like a dog." (page 257)

Any tips for the young guys here who wish they could sleep with the kinds of women you have?

The women I have dated over the years could have any man they want; they are the top models and most beautiful women in the world. I have been able to date (screw) them all because I have something many men do not have. I don't know what it is but women have always liked it. So guys, be cocky, confident, smart, and humorous and you will be able to get all the women you want. (page 270)

The Red Pill

We've heard some of the same type of advice being spouted on the internet.

We're all a product of our environment. Join clubs, associations, and organizations where successful people congregate. (page 283)

Some of these places are being heavily criticized these days.

If you're on top you are naturally the target for all those small thinkers who love to criticize big thinkers who make things happen. Do not let it stop you. Speak up and stand out. (page 282)

But what of the latest trend on these "alpha" male archetypes based on evo-psych babble? For example that misogynistic pseudo-science place The Red Pill?

In primitive times women clung to the strongest males for protection. They did not take any chances with a nobody, low-status male who did not have the means to house them, protect them, and feed them and their offspring. High-status males displayed their prowess through their kick-ass attitudes. They were not afraid to think for themselves and and make their

own decisions. They did not give a crap about what other people in the tribe thought. That kind of attitude was and still is associated with the kind of men women find attractive. It may not be politically correct to say but who cares. It is common sense and it's true - and always will be. *(page 271)*

Well, that's it folks! That concludes our out-of-context interview. Until next time...

-Deep Thrill (Anagram of the letters in "The Red Pill", [@deeperthrill](https://twitter.com/deeperthrill), deephthrill.com)

Hurricane Generalizations

56 upvotes | May 18, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I'm going to keep this post (reasonably) short and sweet, and maybe you'll find some value in it.

Many modern people shirk at generalizations. They claim that the world is too complicated, and that nuance is necessary. They claim that to apply a generalization of a large population to an individual leads to stereotypes and bigotry.

All of those might be good points, but in actuality completely miss the point.

Let's be clear about what it is we're doing when we generalize. Rather than delve into the annoyingly complex statistics of power studies, p values, Bonferroni corrections, non-Gaussian distributions (all of which can relate to our discussion of generalizations) let's use a simple analogy that gets the point across.

You're a man on a beach without access to modern technology and cut off from civilization. You see a storm coming, and its gale winds whip you around. You run inside. The raindrops and wind are coming from all directions. It's chaos!

Or at least to the uninformed man, all he sees is chaos.

Now there's a weatherman on TV. He uses all the information at his disposal (satellite imagery, data from past hurricanes, etc.), and sees a hurricane as clear as day. He sees the spiral spokes, and understands the direction of the hurricane *in general*. He's not exactly perfect at predicting it 100% yet, but he can at least see how it's moving.

The motion of a given raindrop, or even a given storm inside the hurricane, is annoyingly complex. There are a thousand variables at play. To take the hurricane's general direction and apply them to a specific raindrop is stupid and foolish, due to the complexity of a small, acute situation.

But that doesn't mean the general trends don't exist. That doesn't mean that the hurricane itself is not moving in a given direction, despite the fact that you can't necessarily see that direction from a given raindrop's movements.

An extraordinarily complex system such as a hurricane has general trends when you look at it from the proper perspective. When you are knowledgeable.

You will never know exactly how a given raindrop will move, but you are better prepared and understand the general trends of the storms.

We're learning more and more every day about the dynamics of the interactions between men and women. There are nuances, sure. But many of those dynamics have been common knowledge which have passed the test of time. Nuances are constantly being brought to the surface, but let's not forget that the general trends over large populations hold true.

Speaking about the sheer complexity of the dynamics between a pair of two humans, between a pair of raindrops in a hurricane, does not dispute the simple fact that there are general trends we're observing.

TLDR: AWALT

Indulgence Goals

16 upvotes | June 3, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Face it. At this very moment, if you're honest with yourself, you'd love to shove a piece of cake into your mouth, stop working those extra hours, and say fuck it, you deserve a break. Cozy up in front of your TV, grab a six pack of that IPA you've had your eye on for a while, and put your favorite sitcom on.

And yet one of several things may happen:

1. You indulge, you feel relaxed, go to sleep, and wake up the next morning feeling reasonably comfortable, albeit a bit groggy. You're not exactly skinny, but not exactly fat, and have some muscle. Your career is going pretty well, and are considering asking your boss for a 2% raise in a few months. We'll call this situation #1.
2. You indulge, you feel relaxed, go to sleep, and then next morning you have a little twinge of regret. It's so subtle that it's nearly imperceptible. But somewhere deep down, if you're honest with yourself, you're wondering if it was worth it. You look down and aren't 100% pleased with your body or financial situation. You sort of wish you didn't indulge quite so much last night. But your subconscious is excellent at what it does, protecting you from self-loathing, and you rationalize it. You're pretty sure you're on track to hit your goals, and you can learn to be happy with what the universe gives you in terms of relationships. We'll call this situation #2.
3. You choose to not indulge, and either do some work or chores you've been putting off, or relax without the beer and cake, perhaps reading a book you are interested in. We'll call this situation #3.
4. Your indulgences are now no longer the beer and cake. Your indulgences are: A nice Chianti from your cellar. The latest Star Wars movie in your movie theatre room. Perhaps you just fucked a great looking girl who is finishing up her last semester of school. Maybe you order some expensive heavy Mediterranean takeout. You look down, and are extremely pleased with your body. You feel relaxed. When you wake up the next morning, you have zero regrets because you realize that your "indulgences" (if you can even call them that) are not going to hurt your goals. Your body is already at top shape, and you'll simply work a little harder at the gym and eat a lighter lunch today to compensate, bringing yourself back to before your indulgence meal. Your career is on track, so you know that spending time with Jennifer last night is not going to change whether or not your company succeeds. You have the financial freedom to be able to walk away and maintain your lifestyle, so buying that home theatre room doesn't take away from your finances. We'll call this situation #4.

Now before you act like a pain in the ass, and come telling me that there are a million different scenarios, and these 4 barely scratch the surface of all the possible types of nights, this is obviously meant to illustrate a point.

But what is that point?

The point is that these situations are sequential. The point is the twinge of regret. That little voice in the back of your head, knowing you could have better success if you really tried. And that one of the reasons you have not achieved those goals are that you have been indulging too much. The point lies in the links between the situations; the acts of will, the invocation of your choice, in which you move from situation #1 to #2 to #3 and finally to #4.

The point is that the only way to get from situation #1 to situation #2, is to realize you're being complacent in situation #1, and that you deserve better. The point is that the only way to get from situation #2 to situation #3 is to choose to act on that inner-frustration, and turn the dial up on your productivity. The point is that the only way for the majority of us to get to situation #4, is to revel in the discomfort of discipline, and stay in situation #3 until time works its magic, and the discipline compounds.

The point is that discipline plus time is what is necessary to achieve your peak potential. That giving up of your short-term indulgences is one of the best ways to achieve your long-term indulgences.

Continue reading on deephthrill.com or trp.red.

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-Deep Thrill (anagram of the letters in "The Red Pill") ([deephthrill.com](http://deephthrill.com), [@deeperthrill](https://twitter.com/deeperthrill))

# Inner Peace is Earned

47 upvotes | July 3, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Inner Peace is comfortable.

It sounds nice, doesn't it? To be completely at peace with whatever happens in the world. To appreciate that you're alive, and you're at peace with whatever happens. The physical, hormonal feeling that being "at peace" has.

It never was quite sustainable though, was it? Whenever you've felt it, it was fleeting.

That's because your subconscious knew it was a lie. It knows that life is a struggle. It couldn't fit in your brief spouts of inner peace with the challenging world around you.

If you want inner peace, get your 2.5 kids and a white picket fence, live in your delusional bubble, and enjoy it.

The issue with inner peace is that it's comfortable. Why is that an issue? Well besides the obvious fact that it is a breeding ground for complacency, there's a deeper reason:

*If you're improving yourself, you're inherently outside your comfort zone, and that is inherently uncomfortable.*

If you're serious about being the best you can be, and increasing your power as much as you can, then you're going to be outside your comfort zone. Skills like learning to play an instrument might be easy to practice on your own, but what if you are serious about being your best, and competing amongst other musicians? If you're really pushing yourself, those situations are going to be uncomfortable. If you're pursuing an advanced degree, or standing in front of sharks and the American audience on Shark Tank, putting it all on the line with your idea, you're inherently outside your comfort zone, and are going to be uncomfortable.

If you think you're going to be "at peace" in those moments, then you're naïve and inexperienced and have clearly never been there.

If you've never challenged yourself or competed, you probably don't know what I'm talking about.

But if you're one of the men who have truly put themselves outside their comfort zone in order to be their best, and placed their skills up against other men, then you will find no inner peace there. Maybe inner peace afterwards, but that's just a temporary reprieve before you challenge yourself again, isn't it? You must find a joy in the struggle. You must revel in the discomfort of discipline, which is necessary to achieve any real worthy goal.

There is an inner peace that you can achieve like men, though. And that is the inner peace which comes from power. From accomplishments. Inner peace stemming from pride or power.

The inner peace that at any moment you can walk away from life with enough money. The inner peace coming from knowing you have the skills to perform well. Then, and only then, do you have the right to talk about inner peace.

Inner peace is comfortable. Self-improvement (if you're serious about it) is uncomfortable.

Inner peace must be earned.

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As a practical matter, what you really want to do is to channel the natural uncomfortable emotions

into productive endeavors. If you're nervous, reinterpret the accompanying sympathetic arousal response (fight or flight response) as excitement. You can't change the fact that emotions will naturally come to the surface. Dismiss some if you can, and others like anger or anxiety, channel and let it fuel you in some way.

For more information on that emotion technique in the face of high-pressure situations outside your comfort zone, see the book *The Art of Learning* by Josh Waitzkin. This was also touched on in *Presence* by Amy Cuddy briefly at the end.

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Enjoy the struggle, because it shows us we're outside our comfort zone. And if you stay outside your comfort zone long enough and thrive, well then you've just earned some peace.

# The Burden of Game

81 upvotes | October 9, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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There have been some excellent posts in TheRedPill over the past few months getting back to "game". Game can be thought of as influence over others, and the ability to *manipulate an interaction to achieve your desired result*. Game is applicable not just with sexual interactions, but in all areas of life (such as sales, business, etc.).

I'm not going to sugarcoat it, and talk about "game" being just "making sure both parties win and enjoy the interaction!" No, game is manipulation and you should feel no shame. You are not physically forcing any girl to do anything; she's always making her own choice, so set your morals aside. In a pickup artist mentality, put forth your best tactics, and if she sleeps with you, wonderful, you've achieved your desired result. If not, either she was never going to be interested, or you didn't have the necessary skills. It's your job to discern whether there's a lesson to be learned or not.

The post currently at the top of [/r/theredpill](#) about Verbal Judo is an excellent piece on game. The purpose of *this* post, however, is to showcase a contrast to the value of game and provide some caveates.

If we return to the basic definition of game as *manipulating an interaction to achieve your desired result*, then we must ask ourselves: how much effort are we willing to put in, to learn game? Books on psychology & persuasion, reading redpill theory, etc., are all useful methods for you to learn game (and don't forget to actually go out there and apply it for all you weak timid readers).

Yet a core tenet of the red pill has always been to improve yourself, and understand that you are the catch. Well actually, that's bullshit. You *can* be the catch if you put the hard work in.

Such hard work at improvement does indeed have game as a component of it. But it also contains more important foundational work. This is lifting (and cardio if you want) for your body, a proper diet, meditation, wealth, experiences, knowledge, and real power.

Game can be useful, but you must keep in mind that *you are optimizing your game for your current level of status in the world*. If instead of spending your time on game, you improve yourself by traveling, or growing a small business, or lifting religiously, then you'll notice something odd.

What you will notice is that your past attempts at game were a waste of time. Because when you enter a social situation now, your "burden of game" goes down significantly. You'll realize that it becomes pretty easy to *"manipulate an interaction to achieve your desired result"*. You are essentially coming in at an advantage. You're cheating at the game.

In the past, that "8" might have been right in your league, and you optimized your interaction given that fact. But if you work extraordinarily hard at improving yourself, that 8 is now below your league. Your sample size for which to improve your game goes way up, when girls want to talk to you. You find that the level of effort you must put in to achieve your desired result goes significantly down.

The issue with most people is that game can be learned by anyone with a computer and a local watering hole. Yet to become a truly high-value (e.g. having a large amount of international experience) takes real effort. If you're only 80% improved (stupid metric I know, but bear with me), you might notice no change when you enter a room. But once you break through and hit 85% improved, a plethora of doors open up. It takes a while to reach the threshold in which extreme self-improvement yields enough concrete results to make significant changes in your life, but when it

does the effect is exponential.

If you work your ass off lifting and learning about fitness instead of learning about game, when you enter a room, you're already noticed. If you work your ass off to grow a business, forgetting about being a "beta provider", you have unique experiences to share with people. And even if you don't want to discuss your small business with girls (I recommend just focusing on being the guy with some game and a fuckton of muscles; almost never showcase wealth to girls), that experience that you have is going to grow your confidence and power.

This doesn't just apply to women, but also to your coworkers. The halo effect is very real and can actually yield concrete financial gains in your life. Such financial gains in turn can result in more experiences, which becomes a positive feedback loop.

Game is an essential part of one's toolbox. There is no denying that. And it's a tool which can be used in any interaction (not just sexual). But to come in with a better foundation of status (such as lifting; or unique experiences; or a lot of international travel; or a lifestyle afforded to you by wealth; or the confidence and power gained but mastering something), your burden of game decreases significantly.

You decide what to spend your time on, but always bear in mind that time is the only asset which always depreciates, so make the most of it.

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-Deep Thrill (anagram of the letters in "The Red Pill")

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Rational Boundaries

22 upvotes | October 19, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Many of my friends, both male and female, will send their single male friends to me, because they're "concerned" about "evil red pill views" their single male friends have. I laugh because they assume that I am just a happily single guy with no concept of the red pill.

They see me as happy and not espousing "hateful" or "bitter" red pill views. They see the other guys as just damaged guys who have been hurt by women, are crying inside, and are just looking for love, deep down.

When they see me interact with women, I don't feel this need to verbal diarrhea all my deepest values and thoughts out onto the world to prove how "special" and "unique" I am for having contrarian relationship views.

I find it not very efficient to achieve any of my goals, and typically an impediment. I don't have much trouble in social situations getting girls interested in sex with me.

Do I physically force women? No way. Do I wait for them to get drunk? Too high variance; drunk girls are annoying. Do I try to force my "cool, unique" red pill views into the conversation to appear edgy? LOL, I don't need to be a special snowflake. But do I use everything about my presence, attitude, etc., to achieve my desired result? Of course.

Yet my friends see, from an outside perspective, my "single" attitude compared to other, less finessed, "red pill" single attitudes.

My friends will often ask me to talk to these people about their evil "red pill" views. I laugh inside, as I've been part of this community for a long time (since about 2k subscribers I think).

But I can't help think to myself: What's the difference between me and these other men? Is it merely finesse and nuance to interactions? No, I think it's deeper than that.

I think it's about boundaries.

"Healthy boundaries are good!" goes the useless platitude touted across the country by new-aged armchair psychologists.

Sure, healthy boundaries are good, I guess? *Who can disagree with such a blanket statement?*

Yet as rational men, we must delve deeper into what that means. And I'll give you a hint: it relates to how my friends think that these "red pillers" they know in real life are just hurt damaged boys pretending to be men.

That's because most people (males and females) will see the rational avoidance of pain as a weakness. A fake boundary. A "defense mechanism" (which rationally is not all that different from a boundary). Is this the fabled "unhealthy boundary" to which that prior platitude alluded?

Calling a boundary a "defense mechanism" implies that it's based on some unresolved emotional weakness you're too scared to face.

I have a hypothesis: Calling something a defense mechanism is a shit-test, trying to test deep down

if these men just have some unresolved sadness. Or, God forbid, these men are actually happy with their choices, and not putting up "a wall" to help protect some gooey center of love. It's a shit-test to see if your core is weak or strong. Because a weak person would need such a "defense mechanism". Yet a strong person at his core is not some sap who needs a defense mechanism, but rather someone who is just starting to value his own strength and happiness more than anyone else's.

The girls who would take advantage of a genuine person can hurt you, sure. You can open up emotionally and if you can't handle the nature of females, she crushes your heart and soul. Are you just a lost hurt puppy lashing out in anger against the world? Or rather, are you a rational person who thinks deeply about the value of girls in your life compared to your goals?

I have dated several girls throughout my 20s. Some "relationships" ended because I was a little bitch pre-TRP. But some ended because I maintained my integrity in not wanting a serious commitment.

Now flip that around. Instead of a "defense mechanism" as an avoidance of pain (a completely rational behavior, by the way), what about seeking pleasure?

What if I prefer a relationship in which I don't need a girl to be my emotional tampon and "open up"? I have no fear opening up. I don't mind discussing my dreams and desires with anybody who wants to know, male or female. But I prefer to handle my negative emotions on my own.

I have certain techniques to do this. One technique is to write down all your fears with your non-dominant hand so it looks like a child wrote it. Then rationally go through each fear and logically address it. That's just one technique. In no step of that technique do I feel this need for an emotional tampon from a spouse.

The result? I'm simultaneously happier and stronger. I don't come across as bitter towards woman, very simply because I'm not bitter. I see their nature rationally. I definitely come across as "selfish" to the outside world, but I'm comfortable with that.

And the girls who do stay in my life, I have wonderful connections with. Always from a position of strength and power. I have clear boundaries of no long term commitments, no emotional craziness from them, etc. etc.

The point of this post is not to list my specific boundaries, but to address a deeper issue.

That issue is: rationally I am avoiding pain and seeking pleasure in my life. *I am not lashing out, hurt, damaged, or even "incapable" of genuineness* (I'm very open about many of my desires).

But rather, *I am 100 percent the architect my life*. And as such, I define the dynamic of relationships (I use that term loosely) that I desire with females. To feel no shame in that. No hate. To be rational.

What's best for me? What value does the person provide to my life? What value do I provide to theirs? What value do I get being more "open", or show some emotional weakness I can't handle on my own? No bitterness there, just rational thought.

I am missing out on a "deeper connection", some might say. Analyzing that rationally, I am very comfortable with the connections I make.

Always from a position of strength.

To say no to needing to "open up deep sadness" or putting up with their shit, because I'm happier to not have that dynamic. I am not an empty shell of a man. I am completely happy and gaining strength

every day through selfish self-improvement.

I am a rational male, constantly striving to maximize the joy and power I experience in my life.

In summary:

- New-age "healthy boundaries" is a useless platitude which must be analyzed rationally.
- To avoid pain and seek pleasure is rational.
- Not every man with boundaries against an emotional tampon is a "damaged puppy".
- It's possible that shaming men with having "defense mechanisms" is a shit-test to see if you're strong at your core.
- To have a relationship dynamic from a position of dominance can be a wonderful choice.

My Secret Desire to be the Best Sheep

60 upvotes | October 29, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is a simple insight that I had at some point over the past few years. I honestly have no idea if it will resonate with anyone else, and if you'll even agree with it, but it might speak to someone.

I've seen a few posts over the past several months about how "caring what people think" is actually a positive thing. We don't really optimize ourselves unless we actually do embrace the hard-to-swallow truth that: how we physically look and act, actually matters in terms of achieving success.

I think that's an excellent point. And one of the "red pills" that some high-and-mighty keyboard warriors will argue to the brink about not needing external validation. But who is getting more sex (or successful results in general)? Surely it's the man who cares what people think and optimizes himself for them.

I think that's a fair point and rationally I don't see much wrong with it.

But one subtle distinction that I learned, is that instead of *caring* what people think, I'd rather just *know* what people think, and then decide whose opinions I actually care about. It may seem obvious, but it was an important (albeit nuanced) breakthrough I had at some point in my journey.

(Bear with me with the analogy here.) But I see it as a secret desire to fit in as another sheep in the herd. I know that when I was first embracing my masculinity, I had *a secret desire to be the best sheep possible*. I wanted to optimize myself, and live within the system, being the best participant possible in order to achieve my sexual goals. But when I switched to thinking like the wolf, not the sheep, I no longer had that Disney fantasy. I no longer had the secret desire for comfort. The wolf doesn't care what the sheep think, as the sayings go.

The Rational Male describes how I used to be as:

This is the guy who's become Red Pill aware, but believes he can make his Blue Pill idealism work in a Red Pill context from the outset of his partial unplugging. As a result, there's a certain degree of affirmation seeking men of this stripe look for from other men in Red Pill forums. That affirmation is entirely based in the *false hope that he can use Red Pill truths to achieve Blue Pill goals*.

But we are not just going to foolishly reject the fact that we are constantly interacting with other people and our value is being judged by them.

When I switched from *caring* what people think to *knowing* what people think and *analyzing* what people think, I was able to realize that I previously had a secret desire to be a sheep. That I had "*false hope that he can use Red Pill truths to achieve Blue Pill goals.*" A secret desire to achieve my comfortable blue-pill goals.

I will always think deeply about what other people think of me, and why. Especially men I respect. But I no longer feel obligated to appeal to everyone.

Now my goals are much more selfish. I *think* about how I come across, but first and foremost I achieve my goals before ever *caring* what people think. I may use the feedback to improve, but sometimes I simply dismiss someone's opinion of me. It's entirely up to me now. I no longer have any desire to achieve my former blue-pill goals. I will be constantly outside my comfort zone in all areas of life. That's just for me, we all have different goals and values in life.

To give a simple concrete example: if a girl thinks I'm an asshole, that's perfectly okay with me. I'm not going to optimize away from that, if it's getting me the results I want overall.

Anyway, the takeaway is that:

I killed my secret desire to be a sheep, to "*achieve my blue pill goals*", when I made the subtle distinction to stop *caring* what people think, and instead started *analyzing* what people think.

Maybe you'll agree with me and maybe not. Or maybe you'll say "duh, that's obvious." This is just something that definitely pushed me in the right direction when I was starting out learning about the red pill, so maybe it'll help some newcomers.

Rational Red-Pill Results

14 upvotes | January 10, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

We are the ultimate rationalists. We don't care precisely what psychological studies say about certain topics in controlled conditions. We use that information, sure, but what we really hold credence to it unless it benefits our own experiences.

"Isn't that anecdotal? Is it statistically valid?"

Sure, I guess. Does it matter, rationally? What I do know for sure is that prior to consuming red pill knowledge, I had a certain success rate, and after absorbing red pill knowledge, I had a certain success rate. And I know how that success rate changed, for many of my goals.

We define endless theories galore about the *why* behind women's shit test (I have contributed a few myself), but at the end of the day, we rationally observe.

We see which guys are with the girls we crave. We notice their behavior, their mannerisms. We might generalize, but that simply comes from noticing patterns amongst successful (compared to unsuccessful) men.

We notice which guys *actually, in reality*, have the highest success rates with sex, and which have the most loyal relationships. Whatever modern psychologists may say (they are just following along other professors' theories), we observe and find trends. We look at the pieces of their lives, their personalities and their external successes, and we observe how women respond to those components.

While we may try to understand the evolutionary mechanism behind shit tests, the red pill started with men observing that when a woman pouts her face and turns coldly away from you, the men who responded in a certain way *achieved better results*. We notice that the guy who tries to console her actually yields a worse success rate cumulatively compared to the guy who has amused mastery in such a situation.

We observe which relationships we aspire to have, for those men looking for one. We observe which men have the most efficient success with hookups, for those men who enjoy the freedom of spinning plates.

That's key. **We are results driven.**

When we debate endlessly about "NAWALT/AWALT" *ad nauseum*, we are not trying to appease detractors and make sure that "don't worry, we still value the individual!".

Rather, what we are trying to do is to find nuance to increase our own odds of success.

I am inherently selfish.

You could say that we are our own scientific method, testing our blue-pill versus red-pill mentalities *in our own lives*.

We have noticed certain behaviors in ourselves which make us feel better and achieve our goals more often. If that knowledge which works for me is not generalization to every other guy, I'll try to learn from it and share what I think, but I don't care. For my own life, with the datapoints of pre-red-pill to red-pill, I have enough to validate the fact that *this knowledge has benefited me* (even to some statistical significance I might add, for the scientifically-minded).

We are comparing our way of interacting with the rest, the "blue pillers" as we call them. And we

collectively have shown ourselves results. I know I sure have.

If somebody finds that they don't want that knowledge, if they fear such knowledge, or think it's immoral; if they believe they want to go through life with a different type of relationship to the girl or to their own feeble emotions, god speed. The scientific method did not work for you. You found no evidence that it increased your odds of success. Or you were unwilling to actually go out and try (i.e. seriously **lift**).

Yet in the hypothetical case of a man who followed all the red-pill tenets (seriously lift, eat well, sleep well, employed amused mastery, actively initiated dread game, demolished shit tests, understand how their actions connect to their evolutionary drives, et cetera) and *actually used all the knowledge* as his fingertips, and *still* had trouble with women, I'd love to hear from you and learn from you.

But we are ultimately aiming to rationally determine the optimal path towards our goals.

We are moral relativists and factual absolutists (one of my favorite posts).

I for one have experienced much more joy and success in my own life, and I instinctively know it's because of how I handle situations after swallowing the red pill.

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# Beware Male Shit Tests

618 upvotes | January 31, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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This will be a short post, straight to the point.

Shit tests from women are neither good nor bad. They are simply to test your fitness. They try to poke holes in your demeanor to test if you're as strong as you're portraying. They are testing your evolutionary fitness. Simply an amoral truth.

A corollary that I've noticed is that the more you change as a person, the more shit-tests you'll get from *men*. That's right. Now obviously it's not sexual in nature, but the underlying concept is the same.

This pertains to the majority of the plugged in men who are weak (it does not apply to other men striving to reach their own peak potential).

They see you as different. They may have known you earlier when you were younger and softer, and they may have even liked you better before (probably because they could walk all over you easier).

But if they see you changed, if they see you get serious about your diet or career or lifting regimen, they will try to poke holes in your demeanor. They will challenge you not because they want you to be better, but because they want to see if you're pretending.

They wish you were still soft inside, and don't want to believe someone could change at their core. They might try to "bring you down to their level", the most important part of which is to **"bring you down"**.

Never forget that you're on your journey to reaching your peak potential. Other men may shit test you to poke holes in your strength, to really see if you've changed.

Recognize what they're doing, immediately cut them out of your life, and use it as a filter to see who actually has the balls to join you on the journey of extreme self-improvement.

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[@deeperthrill](#), www.deepthrill.com

Progression of Female Shit Testing

53 upvotes | February 3, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

1. Imagine you're in high school. A girl you want to fuck says to you, "I'm going to visit Brian after school." You correctly interpret this as a shit-test. She directly challenged you and wondered how you'd react to such a situation.
2. Imagine you're at a bar 5 years later. You've started to work towards your goals and are a bit better than you were in high school. A bit fitter and a bit closer to your career goals. A girl you want to fuck says to you, "I was with Mark for a few years in college, we went to Cancun for a few weeks last year. Did you do any fun traveling?" You also correctly interpret this as a shit-test. She is asking you (not so subtly) how you compare to her past guys in terms of life experience.
3. Imagine you're at an outdoor beach bar 2 years later. You've worked out more and are looking extremely fit. Whether or not you've hit your financial goals yet (this is what you focus on for the rest of life once you've gotten sex taken care of), you have a strong stoic mentality towards life and thus are a bit more confident. A girl you want to fuck says to you, "Hmm, I don't know if you can handle how we party down here."

All three are examples of shit tests.

1. The first is actually an unintentional shit-test by the young girl. It's the girl's brain actually learning how the top guys act. She isn't challenging you directly or on purpose. But some of the guys who *are* way more confident than you actually laugh at why she's visiting Brian, and convince her to spend time with them. She didn't realize that shit-testing was even a viable method for filtering out guys. And that won't be figured out for about one more year. But she is starting to realize that there's a difference between how different men react to the same situation. Maybe part of her deep down wonders if she can use men's reaction to test guys' worth.
2. The second is intentional. It's saying that you may be one of the men she'd allow to fuck her, but you must prove your worth. It's a clear indication that you're on the borderline. Obvious shit-tests like this, which wouldn't be done towards larger, leaner, or wealthier guys, just says you're on the right track but not there yet.
3. The third is like an inside joke between two sexual beings. At this point, her shit-testing is more like flirting. You've already passed her internal tests by "being hot" (which girls don't even know what that word means, they just follow their evolutionary instincts. I'll tell you: it just means being able to squat deadlift and bench a lot while having a lot bodyfat percentage). After seeing you, she's just confirming her notion that you're fuckable. She's just doing some final last minute checks. You'll probably pass these tests by joking back with her, and it's an opening for you to tease her a bit.

Increase your fitness and life experience, and you progress from 1 to 2 to 3.

Foundations

888 upvotes | February 4, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is my contribution to Endorsed Red Pill Weekend. At the risk of this being an annoying self-help guru hippie type post (since we don't want this subreddit to devolve into that), I do think that once in a while it helps to revisit the foundational work. Foundational work which will result in more sex and money (what more do you want in life?).

This post is meant to be a collection of a whole bunch of disparate topics condensed into a single place. They all relate to male sexual strategy in some way. More detail on each topic can be found in our community's archives. Hopefully it's practical and I'm sure you all have your own foundational shit you want to shout to the world as well. So here it goes. This is what I do:

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## PHYSICAL:

**Posture: (2 minutes / day)** Clinical studies have demonstrated that better posture increases testosterone and lowers cortisol. Do [this exercise](#) daily. Whether you're sitting in a car, walking, or socializing, dedicate some brainpower to being aware of your posture. See if you can stretch the back of your head towards the ceiling a bit and check in with your posture frequently.

**Showering:** Take cold showers daily. Alternate hot and cold water in the shower a few times. It boosts both your testosterone and your immune system.

**Exercise: (60 minutes / day)** Lift weights every other day. The days you don't lift weights, go for walks (it's not only for cardio but for your mental health, creativity, confidence, and anxiety). Do this for 12 months, and then come back. Learn about proper form, but don't debate on the pro's and con's of different routines quite yet. Only once you've been consistent for 6-12 months can you start asking questions about optimizing, or go work with [/u/gaylubeoil](#). **Get consistent first, optimize later.**

**Diet: (constant vigilance)** Eat a lot more vegetables. Let me repeat that. **EAT MORE VEGETABLES.** Seriously. No matter how much you're eating now, eat more. Eat enough protein. Don't analyze the proper ratio of certain food items until you're on a consistent schedule. **Get consistent first, optimize later.** Others might disagree here, but so be it. This is what works for me. The ones who disagree probably already have this foundation down pat, and forget the value of taking the first few steps. This is more for people earlier in their training. There's also some early scientific evidence that meat could be linked to an increased risk of cancer and heart disease, but I'm not a staunch vegan or anything; I am just including it here for others who may wish to do their own research. You can also [consider fasting](#).

## MENTAL:

**Knowledge: (1 book / week)** Reading the right books gives you a tremendous leg up on the competition. I always ask myself: "If I were competing against someone else in my career, and that person has read this book, would I feel intimidated?" I won't go into too much detail on book selection, except to say that Robert Greene's books are mandatory. I enjoy persuasion and strategy

books myself, and I think the amount of time it takes to fully internalize Nietzsche's books can last me a lifetime. Use services like [Summaries.com](https://www.summaries.com) or [KI Book Club](https://www.kibookclub.com) to learn more efficiently. [/u/illimitableman](#) explicated this better than I ever could, so I'll simply [defer to his blog post](#) on this. [wallstreetplayboys](#) recommends 100 pages / week. I prefer more, but only if the books seem to have practical value. I have no experience with podcasts (I prefer to read) but I include it here for completeness. You might enjoy [Mike Cernovich's](#) podcasts and I always learn things from [/u/illacertus's Youtube Channel](#).

**Meditation: (5-20 minutes / day):** The book *Peak* discusses the value of both consistently being outside your comfort zone, and yet doing things extremely gradually so that your brain barely notices that you *are* actually outside your comfort zone. I applied that principle to meditation. When I used to try to meditate for 20-30 minutes per day, I'd skip days, I'd barely get into a rhythm, and it was a challenge. I now am at 10 minutes and 21 seconds, and every day I only add 1 second to my meditation time. By the end of 2017 I'll be at 15 minutes. This helps me stay consistent, and meditation is a long game anyway. Start at 5 minutes (300 seconds), and simply add 1 second each day. Before you know it, you're both on a regular schedule and picking up speed. Secondly, a trick I do to stay present when I'm not meditating is to say these words to myself (preferably outloud but in your head works): "What am I doing right now? I'm asking myself what I'm doing. I'm focusing on the present situation and my concrete senses." You can adapt that mantra to whatever you want. For example, you may want to give yourself some motivational positive self-talk after saying that (e.g. "I'm hunting/grinding.").

**Fear Bootstrapping: (2 minutes / day)** Write down your fears with your *non-dominant* hand. It looks like a child wrote it. *"I'm scared I won't have the discipline to go to the gym consistently enough to actually have as much sex as I want."* This is most important to do when you're feeling especially down about yourself. When you're in a better mood, *answer* the child-like handwriting with your *dominant* hand. *"Whether or not I was disciplined enough in the past doesn't matter. The past is set in stone and I can always choose to start being more disciplined today. When I weight 190 lbs and have 9% body fat, it's going to be much easier to get sex, so it's worth the difficulty now."* Your fears are your own. They may center around fitness, around girls, approach anxiety, money, whatever. This method is one form of self-therapy I developed for myself. It trains your subconscious to see your fears coming from a ridiculously stupid inner-child, and your confident answers coming from a powerful adult man.

**Scheming: (10 minutes / day)** You're a smart person, right? You have things planned out pretty well? You see how to get to your future financial goals? No matter how smart you are, keeping your plans in your subconscious hides how sloppy your thinking truly is. Have you fleshed out the details? Do you actually internally believe it will occur? Write it down. Read it over. Rewrite it. Read it over. Repeat. Once you have step Z written down you realize you're at step A today. Have you filled in B through Y? Write down the lifestyle you want, write down the career path you want, whatever. By writing it down, you realize how sloppy your thinking is. Also don't spend too much time on this in one big spurt, only to ignore it for the next few months. Write down a paragraph on week 1. Add another paragraph on week 2. Get consistent with this first, and do it gradually. Before you know it, your confidence grows because (1) you start to internalize that you will actually hit your goals, and (2) you see the next action items more clearly. Do this from the first person perspective (from your own future self's eyes). Keep it simple in a single Word document. Don't try to optimize the method before you become consistent. **Get consistent first, optimize later.**

**Fiction: (as a vice to relax)** TV may be pink slime for your brain, but I find certain fiction shows (like *Peaky Blinders*) wonderful for seeing which personality traits I value and which I don't. Which character do I identify with, and why? (Hint: It's usually the villains). I enjoy TV and fiction books at the end of a busy day. When reading fiction books, in the past I used to visualize the story from the third person perspective. "Gandalf looked at Frodo and the ring." Instead of visualizing this from the third party perspective, as a "floating body" above the scene, I actually make it an exercise to visualize it from the first person perspective. I envision it from Gandalf's or Frodo's eyes. I go back and forth between the two. I practice envisioning details. If this seems useless, I promise you it's not. Many highly successful athletes, authors, and business coaches discuss the value of visualizing your future from the *first person perspective* using all your senses. When I read, it becomes an actual *exercise* to *practice* my visualization skills. It improves my memory, and when I plan out my future, using this skill helps me fill in details.

**Sex: (3 approaches / week)** Read the top red pill posts weekly, because there are always new gems, but don't spend all your time here. Don't watch porn. If you're single, log your number of approaches / week. After each approach, analyze the good and bad based on your own behavior. Write it down when it's fresh. Then don't harp on it; throw it away after looking it over a week later. Always ask yourself: "*Would she have treated someone stronger, richer, more confident, or more aloof this way?*" (It used to be called "The Brad Pitt Test" if that term is still floating around the manosphere). Take a good hard look at yourself. You're probably too fat, too scrawny, or care what people think (male and female) too much to be successful with sex. Here's a simple test: are you actually happy with your current amount of sex per month? **If not, you're probably mentally or physically weak, and you can change that by working harder using the above advice. It will take a long time, but so what?**

Add those all up, and you get: 588 minutes/week, 1 book/week, and 3 approaches/week. It really isn't that much time for foundational work (the majority of which is allocated for exercise), compared to the 7000 minutes/week you're awake. And the results are tremendously exponential for your fitness, finance, and sex. *If* you're consistent.

This is what works for me. Adapt it to your life.

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- [@deeperthrill](#)
- www.deepthrill.com

"But am I realllyyy required to read the sidebar? I'm a whiney lazy entitled alpha."

1 upvotes | February 22, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I hear way too often "back to the sidebar!" in the comments. What does that mean, and why?

Sure, the sidebar tells you what a subreddit on Reddit.com is all about. We want you to be pretty informed what we're about, before you start contributing to our bright cheery community! Right?!

No, we want you to succeed in the concrete world. It's not about what the subreddit is about. It's about what the manosphere is about. It's about how to actually change your life.

I don't expect you to be up on all the history of The Red Pill, how it was borne out of the PUA community and the major players at the time.

However, have you read [The Rational Male best of year 1](#)? Have you read [Chateau Hartiste's earlier materials](#) from 5 years ago, which outline exactly how to tweak your game?

Now you must bear in mind that the older members of this community have grown *with* the material in the side bar. We've seen the core foundations of our community form over time. We've seen the posts get added to the sidebar, and we remember what additional posts were posted around that time, putting it in context.

Now since we grew *with* the material, it doesn't take long for us to catch up.

I know we're asking a lot. We're asking you to get caught up to date on the core. We want you to be able to understand the meaning behind [Michael's story](#), and see if it resonates with you.

Above all else, we don't want you to be like most millennials (who will likely fail in life) and give things a cursory glance, and then start debating on the internet! Yay, right!? You have some nice theories which might or might not agree with something you read on the surface of some subreddit.

Your head is full of your modern psychology professor's thoughts, and the value of egalitarianism above all else. Yet Nietzsche reminds us that when morals infect psychological or philosophical study for the truth of reality, it limits it.

We expect you to shut up, and actually implement the methods. You should really not be posting until you've gotten your life in order and lifted for 3 months. Because if you've internalized the material, you'll realize that you must. Then you'll start to see some changes in your body, and you'll live the theory.

Only then do you have the right to waste others' time with your opinions.

We value your opinions. We are men always seeking to improve. But we only value your opinions from an informed basis. A truly informed basis. Not the modern millennial quick glance at something, believing you're an expert, and get a spurt of dopamine from some witty online debate. This is about actually actualizing yourself. The debates online are only a means to an end: to succeed. By the time you're posting, you should have not been lazy, and spent the time delving into the **required** reading. And if you've truly internalized the sidebar, you'd be too busy making changes to your core self to have time to debate online for a while.

Again I almost feel bad for you. We got the chance to grow with the content, so we didn't have the spent a few difficult weeks delving into the details in a giant push of gritty effort. Sorry that you have

to spend the time and work hard to open your mind and change your life. Because if you've been living life one way for decades, taking a whole long month to change such programming is definitely not worth it, right?

I almost feel bad for you, because improvement's never easy. But then you wouldn't be a man if you shirked away from something that took effort.

TLDR: Read the sidebar. That's why.