

itiswrltten

ARCHIVE

compiled by /u/dream-hunter

May 15, 2023

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Table of Contents

Leverage	5
Unattainables - A Core Element of Masculinity	6
[Dating Apps] Here is how easy it can be... ..	8
Accepting TRP Will Make You Unhappy: Your Choice if That's Permanent	10
Accepting TRP Will Make You Unhappy: Your Choice if That's Permanent	11
Accepting TRP Will Make You Unhappy: Your Choice if That's Permanent	12
The Metamorphoses	15
They're All Players	18
Who came back from a great night tonight?	20
It Means "You"	21
Breaking the Rules	23
German Volume Training	25
Breaking The Rules - Part 2	26
Whose "Truth" Is It Anyway?	28
[FR] She Belongs To The Game	30
Who was The Ex That Started It All (TM)?	32
The Virgin Binary vs The Chad Spectrum	33
[FR] How To Break A Plate In Three Months	35
Uncuffing Season	39
[FR] How To Break A Plate In Three Months - Pt. 2	40
"Portnoy's Complaint"	43
Self-Actualization is a Reflexive Verb	45
Self-Confidence Must Be Verified	47
Let's have some fun: who are your current plates, FWB, and LTR?	48
itiswr1tten Predicts All Your Future Relationships	50
[FR] Don't Be The Other Guy	52
Salty Lemonade	54
Supply and Demand In The Age of New Media	57
Women Do Not Have a "Sex Drive"	59
LURK MORE - or Why Some People Will Never "Get" TRP	62
60 Days of Dread Week 7: Career - Part 1 (Underwriting)	65
Lessons Learned Behind a Bar	68
Life Isn't Fair	70
itiswr1tten Answers All Your Questions Today!	72
itiswr1tten Answers All Your Questions Today!	73
Sales Bros and STEMLords	74
Overt Communication	75
Infidelity	76
If your girlfriend left, what would you miss? [A Patrice Series]	78
All Men Need To Womanize [A Patrice Series]	80
Emotional Reaction	81
[TRP.red] Wordsmiths - Organizational Behavior P.1: A Primer on the Philosophy of Capitalist	

America	82
Chase the Dragon	83
Why You're Still Getting Shitty Results [TrenGod37]	84
The Plight of the Extremist	86
You're Not an Introvert, You're Just an Asshole	88
TRP is Biology - Only the Truth Matters	89
How to Kill Your Bad Habits - Now	93
VasilyZaitzev & itiswrltten Hangout Podcast - Quarantine is Boring, Right?	96
Women Do Not Have a "Sex Drive"	97
Approaching a girl from the past? DMs?	98
Itiswrltten - Invite for Live Q&A	99
Impromptu Live Discord Q&A w/ RP EC	100
95%+ of PPD "Reds" are rejects of TRP and unfit to represent our stance	101
DISCORD IS LIVE	102
TRP likely banned tomorrow. What were your favorite TRP moments?	103
Narcissists, BPD, and You	104
Every Bitch is a Movie Star	107
They Have Neither Interest, Nor Input	108
Total Chad move in the club....advice?	109
Dog barking at strangers/the door?	110
Anyone else heard of sigma males?	111
[FR] Model Double Feature	112
TRP After Dark - One hour alert	114
TRP After Dark - 1 Hour Alert	115
TRP After Dark - Ep3 (10pm EST)	116
TRP After Dark - 2Hr Alert	117
TRP After Dark - Tonight (10pm EST)	118
TRP After Dark - 2 hour warning (10pm EST showtime)	119
The blackpill?	120
TRP After Dark - EP 6 (LIVE AT 10PM EST)	121
TRP After Dark - EP 6 (LIVE AT 10PM EST)	122
Anyone else heard of sigma males?	123
TRP After Dark - Episode 7	124
TRP After Dark - Episode 7	125
TRP After Dark (Live YT Call In Show @ 10pm EST Sunday)	126
TRP After Dark - Live Call in Show 10pm TONIGHT	127
TRP After Dark - 10pm TONIGHT (Live call in show)	128
No Life Without Company	129
Perspective	130
TRP After Dark - CONFESS!	132
TRP After Dark - CONFESS! (10pm Sunday)	133
Women Aren't Worse - Things Are Simply More Transparent	134
TRP After Dark - 10pm TONIGHT	136
Closure Is Bullshit [laidnyc]	137
Quick Clarification on Rants and Anger Phase Posts	139

TRP After Dark - 10pm EST TONIGHT	140
TRP After Dark - 10PM EST TONOGHT	141
Mythical Horned Creatures	142
TRP After Dark - 10pm EST TONIGHT	144
TRP After Dark - 10pm TONIGHT	145
The Computer Toucher Disease	146
Friends and Losers	150
The Pie Chart [FereallyRed]	152

Leverage

20 upvotes | April 10, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Background

You may have heard the term "leverage" used in a business context before. Leverage is the investment strategy of using borrowed money: specifically, the use of various financial instruments or borrowed capital to increase the potential return of an investment.

Simply put, if you put \$1,000 down to buy a \$10,000 car, you're ten times levered (\$10k purchase/\$1k of equity or cash). If you went and immediately sold that car for \$11,000, you've doubled your "real" money ignoring interest. Magical. This concept forms the basis of most modern finance and can be expanded upon into infinity (trust me, I am an investment banker).

Body

The Red Pill is also leverage. With TRP, you are able to take the information here and leverage your (most likely) pitiful masculine equity into real returns. The thing is, this occurs over time and on a path unique to you. That path is likely to start with changing your mindset, lifting, and eventually getting your first taste of success. This is a great step, but you're still very leveraged: TRP and its lessons are your debt instruments. Amused mastery, agree and amplify, etc. are all **borrowed capital**.

AT FIRST, it is not you getting the girls, it's mainly the method getting the girls. That's not to say your equity isn't rising - the fact your physique has improved and you're getting more of what you want out of life is proof. You might graduate from there to having pussy in pipeline form. Good for you. Your masculine equity is still levered up.

You must eventually deleverage to develop your masculinity. IBM and Microsoft issue debt when it is convenient, and pay it off when it is convenient. You should too. This is where the concept of a "path unique to you" is critical. We're all here because this stuff works, but you must become yourself at some point. Without finding your own style, the rewards will become hollow and you'll ask yourself ugly questions like "What's the point?"

This mindset and lifestyle deleveraging is the act of moving beyond the method and (i) defining what it means to be a man on your terms and (ii) relying to little or no extent on what you read here to achieve (i). I am not advocating leaving TRP - I am saying that any example of the type of man you should aspire to be exists beyond the sidebar and the posts. The act of deleveraging is making your own set of tools, and coming here to trade notes.

Conclusion

"Fake it until you make it" is oversimplifying it in my opinion - I say "use it until you no longer need it". Remember that the end goal is having the life you want to have. I recommend not stopping until the business of your life is deleveraged.

Until then, if you remain mindful that your novice and intermediate "returns" are **borrowed capital** you are likely to end up a valuable man. Treat this as an Ikea manual, and your desk is going to look pretty fucked up by the time you give up on building it.

Good luck out there.

Unattainables - A Core Element of Masculinity

68 upvotes | April 18, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

tl;dr won't usually do this for you, but this one is easy

Simply put: In order for a man to be happy and at peace, he must have a presently unattainable goal.

Let's jump right into it. Your personal deficiencies are going to be very different from the other guy (and your past self as you grow up and evolve). To expound on the second point, what I cared about at 17 was of the utmost importance to me at 17, but has no relevance to me now. Likewise, my expectation of achieving the goals I set for present-day me would be outrageous at that time.

That means in plain English that my mission in life at 17 was as follows:

- Graduate high school
- Hold on to the relationship with my girlfriend

My unattainable at 17 was:

- Get into my "dream" college

When the unattainable is achieved, something new must take its place. **Failure to do this creates existential agony until an appropriate obstacle is in place to calm that nerve once again.** What do I do now when I achieve what felt like the unattainable? I invent a new unattainable. However, this lesson took some time to learn.

My college mission was as follows:

- Break up with high school girlfriend
- Make grades
- Rush the fraternity I wanted to be in

My unattainable at the time was as follows:

Yep, nothing. This is where my journey stalled. I never bothered to think past my last unattainable into a new one! After all, I had already done the impossible. I was perfect and needed no further improvement in my mind.

I briefly got back together with the high school girlfriend long distance. It was, as my football coach put it, an "other than positive experience". See the problem?

This applies to men of literally any age. I use a teenage example because it will resonate with boys and men alike, but the message is the same: whether your limitations are sex, money, power, wealth (believe me, that is different than money), or fame (a thing many people hamster into attaining the other 4 aforementioned), you need to understand that without some seemingly unattainable goal to strive for you will never continue to be a man.

The core act of being a man involves becoming a different man worthy of surpassing self-defined

milestones. The unattainable should be a combination of "a thing you've never done before and have limited hope of achieving RIGHT NOW" and "things men you admire and respect have done before". Fortunately for our dear readers, many are probably major losers right now. This unattainable can be as low as "kiss a new girl" or "earn a promotion / earn \$46,575 a year". THIS IS A GOOD THING. Your self-actualization depends on actually achieving these goals, *just not in your current mindset, body, or frame*.

For the avoidance of confusion, your current mission should be:

1. Specific
2. Measurable
3. Attainable
4. Relevant
5. Timely

Your current unattainable may or may not be any of these things - you have the freedom to decide. The only requirement is that the unattainable must be grand enough that you are currently unworthy. Hold yourself to this principle, and you will evolve rapidly into the man you want to be.

[Dating Apps] Here is how easy it can be...

221 upvotes | August 17, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Alright boys, short and sweet. Invest in yourself to become attractive and the game changes. That's what they say, right? I'll show you 3 examples. Before we dive in, here are some prerequisites to achieving this:

- Be in shape. Fatties don't get these responses
- USE SOME PROFESSIONAL PICTURES - it goes a long way
- Keep your profile short and simple. List your height if it's $\geq 6'$
- Just escalate if it's not going anywhere - the truth will come out
- Play the numbers fgt. It's the same as sales - hit 100 doors and at least 1 will be the easiest sale of your life

[/u/mallardcove](#) has 2 great guides for dating apps if you want to get in depth.

Case 1: the 1%

In about 1-2% of cases, this happens

No further comment really needed.

Case 2: Fish jumps in the boat

This one is more interesting

My opener here is a classic - feel free to steal it, but remember who gave it to you! This opener is great because it's a bit disarming while also demonstrating you're interested RIGHT NOW.

This one happened because I slow played it....notice the timestamps. I also pursued just enough by messaging back, but not messaging over and over. By the end she hooked herself.

Case 3: the average incident

We'll investigate this one step by step

So her profile gave me an easy "in" - I know the dental industry pretty well so by playing to her interests she started investing immediately. If she has her Instagram on there you can almost always find SOMETHING relevant or informative enough to use this kind of opener.

After the opener, I focus on FORDs talk That's Family Occupation Recreation Dreams. It's the boulevard between small talk and way too involved talk. Practice this and remember it. FORDs loosens people up.

Next I throw some feelz and keep the conversation interesting by offering a little "secret". Feelz are sustenance, brothers.

Quickly after the feelz I escalate. Once 10 or so exchanges pass it's time to ask no matter how it's going. At the end, I sent her MY number and teased a little.

So that's it. Wondering if this stuff works? Reconsidering lifting 3x+ a week? Remember that I exist, and I am your competition. If you want these results, you have to become The Guy. Good hunting

gents.

Accepting TRP Will Make You Unhappy: Your Choice if That's Permanent

1 upvotes | August 25, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Accepting TRP Will Make You Unhappy: Your Choice if That's Permanent

403 upvotes | August 25, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Do you think dating "sucks"? Are you sad, or upset, that Tinder works REALLY WELL for >15% men (soon, >10%)? Do you think online dating has fucked everything up?

All these beliefs are correct - but your attitude is the one thing you can control. Will you *choose* to be unhappy forever?

To understand why this is and what to do, we need a history lesson:

A Brief History of The Decline - PUA

In 1994 a guy named Lewis De Payne started the online group alt.seduction.fast, and the PUA community began. By the early 2000s, anonymous men with screen names like Mystery and Style were attempting alchemy - they wanted to create a foolproof method to get women into bed, a supposedly impossible task in a world convinced that everyone is special and being your genuine self was the correct sexual strategy.

Their "Field Reports" (sound familiar?) existed for men to trade notes online (and in those days, offline in meetups or "lairs") and actually turned lead into gold; The Game was created. PUAs correctly identified that women out at night selected men who displayed domineering, proto-masculine traits and exploited sexual tension (typically through escalation and perceived indifference aka the "Neg") to get laid.

A Brief History of The Decline - Game

Game worked, and people were **ANGRY**. Takes 5 seconds of googling to reveal that mainstream thought labeled PUA "misogynist", "pathetic", and ironically "lies". What got bloops angry isn't that PUA *worked* (we teach you to listen to their actions, not their words). What made bloops furious is that PUA turned the AFC, or Average Frustrated Chump (aka 95% of you, dear readers) into a man who could get girls. Yet PUAs were disinterested in the "Why", because men care about what works, and don't typically give much thought once the method is proven.

What audacity to disrupt the sexual marketplace in this way! PUA ultimately stole away some of a woman's ability to fully gatekeep sex. This usurpation of power was unacceptable! PUAs tried to fight back with a concept called "inner game", essentially arguing that PUA was actually just self-help written in locker room talk, and getting girls is a necessary part of building Maslow's foundation (see "Maslow's Hierarchy of Needs"). This was weak - political correctness masquerading the desire to fuck as self-improvement. The bloops did not buy it, but a lot of men started paying attention....

A Brief History of The Decline - Enter TRP

TRP came next. TRP took what were essentially just bar tactics and built a cultural framework by which to *explain the entire sexual marketplace*. The Red Pill is an explanation of effective mating strategy in the context of culture - the "Why" behind the "How". Core PUA concepts like oneitis,

Game, and the like had an underpinning truth that united them all together - men's old sexual strategy didn't work, and needed to be replaced. The foundational post, that you all better have fucking read ("Introduction" on the sidebar), spells this out: modern feminism is actually female sexual strategy that,

puts women into the best position they can find, to select mates, to determine when they want to switch mates, to locate the best dna possible, and to garner the most resources they can individually achieve.

Women had to fight back against Game - so they sought to feminize the entire conversation around the sexual marketplace. Through shaming (ever seen someone get "blown up on social media"?), silencing (do you look around or hide your phone when you open TRP in public?), and downright making the ENTIRE CONVERSATION verboten, men started to lose ground fast. There's a reason there are literally two guys (Rollo and rian_stone) who associate their face with this place on a regular basis - TRP is an instruction manual written in a man's language on how to reject what a feminized society has claimed is the truth.

The TRP truths are ugly: she isn't yours, it's just your turn. She is ready and willing to dismiss you once a better prospect is available. Worse, in her mind you will have always been a loser when she decides to ditch you! Faced with this awful reality, TRP responds with painful aphorisms: develop abundance mentality and ditch oneitis to overcome the fact that she will leave. Lift and improve yourself to become as attractive as possible, so that you may become the prize. Be the prize to fix yourself, not for the girls. Practice quantity over quality, because *quality is actually just your delusion*. AWALT, right?

TRP is so painful to swallow because....it works. And TRP aware men will take what works over what feels good.

So Where Are We Now? AND WHAT THE FUCK HAPPENED?!

The modern first world or Western society enriches itself by creating abundance - we have vast quantities of food, incredible toys, and a world of information literally at our fingertips. However, the first world only achieved this by making these abundances CHEAP. You can all afford iPhones, refrigerators, and cars. Walmart and Amazon have literally everything - EVERYTHING at a price designed to fuck the rest of the ecosystem. Even debt is cheap nowadays...

The great engine of commerce then turned its eye to dating. Tinder, Bumble, and Match dot com became profitable by cheapening sex, and by extension, human relationships. Much like McDonald's made a multi-billion dollar empire by turning consumers to fast food from nutritional, home-cooked food, Tinder is building another gilded throne out of commoditizing human beings. Here's a menu of people - you can talk to them if they think you're attractive too. This spilled over into the rest of the sexual marketplace, now we're all eating the mating equivalent of frozen pizza every meal wondering why we feel like shit.

In Order to Choose Happiness, Accept That There is No External Solution

The nagging existential question in PUA is "So what's next? Isn't there more to life than just getting laid?", but TRP never really became the answer to that question. TRP is designed to do these things:

- Get you laid
- Ancillary 2nd wave goal: get you laid and navigate society without fucking yourself up emotionally, financially, or otherwise

At the end of the day, that is the fundamental core of this place. Does it explore a deeper understanding of why All Dating Is Like That? Yes. Does it delve into topics beyond pure game? Yes. *Can it solve your existential crises? NO. In fact, accepting TRP will create or exacerbate your existential crises RE: finding happiness in your relationships.*

Conclusion

I am only giving two pieces of advice in this post:

- Erase the pedestal of "quality" in your relationships until you have sufficient quantity to start forming your own idea about what "quality" is
- Don't fall into the trap that TRP philosophy extends past achieving sexual success

To find happiness, or at least minimize suffering, you have to figure out your goals for yourself and achieve them. There's lots of scientific and other literature that affirmatively states heterosexual men need to have sex with women as part of that, so lean on TRP heavily in that area. Elsewhere, what's written here for the most part is like all advice - meaningless until applied, and application does not extend to the mental consequences of your actions.

Putting that last point another way, applying TRP and achieving sexual success won't solve your problems, it'll just solve **ONE** problem. Coping with the rest of reality is up to you - some advice you'll find is "enjoy the decline", "GFTOW and build a harem", "find a traditional partner and have children with her", or "check out entirely". Like all advice - meaningless until applied, and application does not extend to the mental consequences of your actions. You will have to choose to be happy with your choices.

tl;dr

- Dating does in fact suck
- PUA led to TRP, which answered the "Why" behind the "How" of Game
- Dating sucks because competing male/female sexual strategies have been co-opted by capitalism
- TRP will create or worsen your existential problems because it is a roadmap to getting laid, and it actually working will painfully reshape your beliefs about dating
- TRP is not the solution to the hole left by that reshaping - only you can figure out what the end game is
- Make an active decision to be happy with your end-game goals, and you'll actually be happy; but it's up to you

The Metamorphoses

89 upvotes | September 9, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Like my last post, we'll start with a history lesson to help you answer a question you've come to TRP to try to answer:

"What makes men and women so different in the way that they love?"

By the end, you will understand that there is an underlying, unifying, ***SIMPLE*** theory that connects a number of existing TRP truths quite nicely. But first, history:

The Metamorphoses, as written by Ovid:

Ovid was a Roman poet. An important one, to be sure. He wrote a psuedo-epic, a series of interconnected poems, that defies a genre to this day. Ovid's magnum opus was called "The Metamorphoses."

The work is a pseudo-epic because it unfolds by jumping from one transformation tale to another, sometimes retelling important events in the world of Greek mythology, and other times moving fully into a bizarre tangent. Instead of following the hero's journey and preaching his virtues (a true epic), it simply jumps in between unconnected stories, but nonetheless has a profound, underlying link that ties the spaghetti together - love.

Ovid's work largely focused on the subject, and he masterfully understood its true nature - the Metamorphoses are essentially tales of how love (whether personal or anthropomorphized as Amor aka Cupid) humiliates, confuses, and otherwise makes humorous fools of the Roman Gods.

The work as a whole inverts the Roman culture, elevating human desires and passions by framing the Gods and their desires as comic relief when confronted with this awesomely powerful *human* element.

The Metamorphoses, as TRP theory:

A woman's relationship with a man changes what she wants in men

A man's relationship with a woman does not change what he wants in women

Many excellent TRP posts and aphorisms have been penned that are derivatives of this unifying theory:

| Women's pair bonding mechanism is damaged in a way a man's is not via promiscuity

A true statement, but it's missing the real theory: the woman's pair bonding mechanism isn't damaged by virtue of "being a slut", like we'd like to think (because it is nice and simple and validates our anger towards women that have abandoned or wronged us).

| Women love conditionally, and men love (mostly) unconditionally, save for sex and respect.

Also true, also falls short. Yes a woman's love is conditional, but what seems to make it worse over

time? Why is hypergamy such a problem for everyone?

Alpha Widow - a woman who has tasted a bit of the top percentage points of men, and is ruined as a result

It's not because some mythical Chad archetype "damaged" her, and now she only wants Chad, like many think....

The lightswitch effect - when a woman decides she's through with you, she rewrites history in a way where you were never attractive in the first place

Profound, and true - but still a derivative: why, besides the superficial convenience of this mechanism for the woman, does the lightswitch effect exist, and WHY IS IT SO INSTANTANEOUS?

Conclusion

The answer lies in the Metamorphoses - promiscuity gives women a huge number of reference points for her ideal man. She creates a list of things she wants for "the one", but the list keeps growing. Uncontrollably. Like all humans, our memories get fuzzy - we tend to just remember the good things from the past. That coping mechanism is the root of nostalgia.

Unfortunately, when men Metamorphose what that woman wants the effect is permanent. The lightswitch effect happens and works because what she wants in a man has now changed, and you're not enough anymore. Her conditions to love have expanded once again, and you now fail to meet the criteria.

If she gathers enough conditions, she reaches the Alpha Widow archetype - her Superman has such a cartoonishly long list of requirements that she resigns herself to "settling" for something less than Superman. She doesn't appreciate that Superman is a collage of all of the traits she liked in men, sans any of the flaws; it is this fundamental misunderstanding that has so radically transformed the modern sexual marketplace. This is the core of the dualistic mating strategy!

Flipping the script to men, TRP is basically a big toolbox designed to *avoid negative outcomes, because what we want out of women DOES NOT CHANGE - it is only that we improve our abilities to better select that woman, and manage the relationship to achieve that unchanged and unchanging desired outcome.*

Epilogue

From Wikipedia:

The *Metamorphoses* ends with an epilogue, one of only two surviving Latin epics to do so. The ending acts as a declaration that everything except his poetry—even Rome—must give way to change:

"Now stands my task accomplished, such a work

As not the wrath of Jove, nor fire nor sword

Nor the devouring ages can destroy".

The truth cannot be destroyed. It cannot be unlearned. Once you deeply and truly instill this TRP knowledge within yourself, you'll learn that the world around you may change, but the poetry of TRP will endure. It is non-malleable.... because just like our relationships, your experiences with women

will not change the truth.

They're All Players

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

"They're All Players"

Don't make the mistake most men do - assuming that she's a "good girl" (101 level mistake) or "she's different" (102 level mistake). This is an idealization. The reality is that what women decry in men they call "players" is their own default sexual strategy.

What's a player? A person who maximizes their own options at the expense of their potential partners, regardless of the (stated or actual) wants and needs of said potential partners.

Defining the player

Think of any girl you've wanted, past or present. It's a given she has options - after all, the beauty you lusted after didn't just work on you. But what did she do with these options? Did she play the game your blue-pilled self idealized, and invest heavily in the first thing that caught her fancy? Did she "love" with everything she had, like you thought would win her over? Or did she assess the value of her options, keep *many* strings pulled just hard enough to stick around, and cycle between various shiny objects?

If you're honest with yourself, Option 2 is the clear strategy of said girl since she first started recognizing and receiving romantic attention.

What if we flip that script...?

Let's enter a fantasy world for a moment and imagine you're a man with options. Before TRP, would you naturally (or even be able to) craft a list of pros and cons of the women in your life, pull their strings to keep them around, and cyclically fuck the ones who seem most interested, available, or attractive?

Almost certainly not. For men, that's a learned skill. In fact, that skill can only be the result of first becoming the guy WITH options.

So what does it mean...?

Becoming a TRP aware man, developing options, and selfishly exploiting them for your own benefit is roughly equivalent to basic, learned-as-a-teenager female sexual strategy. That understanding is the key to unlocking abundance - realizing that what you've worked to attain is available by default to the women you're after.

It seems much less "amoral" and a lot more "fair" once you internalize the idea that *they're all players*.

Therefore, it is your right to take your hard earned attractiveness and exploit it to maximize your own happiness. After all, she's been doing it since middle school....

tl;dr

- What women define as a "player" is their default approach

- Becoming a "player" as a man is hard work
- Don't feel bad about exploiting your newfound position - it's not payback, it's earned

Who came back from a great night tonight?

1 upvotes | October 21, 2018 | /r/askTRP | [Link](#) | [Reddit Link](#)

Let's get some engagement going.

I just spent the day re-caulking my shower floors, attaching soap dishes in my spare bathrooms, cleaning my car into a sparkling majesty, then broiling prime NY strip & doing a bit of online gaming to celebrate.

Had a solid girl ready to come over bow out last night due to getting on the rag early and coming off a flight that KO'd her. I said, don't worry baby, I'll be good...

And I was. How about you?

It Means "You"

357 upvotes | November 1, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

itiswr1tten's Law: statements "about the relationship" are always about YOU. Act accordingly.

A common communication trap guys of all ages fall into involves taking what women say at face value, in the context of your relationship. TRP broadly recommends acta non verba, but understanding the intent and meaning behind her attempts at verbal intercourse is helpful. When you can decode these statements, you'll avoid the confusion and drama that accompanies believing her the first time.

Body - Does Any of This Sound Familiar?

"We should...."

If you've been with a woman more than a month, you've heard this shit before. Common versions include we should:

- Plan or go on vacation
- "Be better abouts" like cleaning the kitchen or going to the gym

We should means "I want to feel like part of the result but I need you to handle all the strategy and initiation." It DOES NOT just mean "you should". What the girl is expressing here is a desire for you to take the lead but make her feel included. Treating it as a you should makes you a plow horse. Plow horses have dry dicks. Don't do that.

"We need to...."

Slightly different from above. This is not a request for her to be involved. This is a request to take care of it by yourself. I'm not telling you to do what she wants, you'll have to decide. But she doesn't want to be involved when "we need".

"I should // I need to..."

This is the most common fail for dudes. Google It's Not About The Nail. She doesn't want you to do shit but let her vent feelz when you hear this. In an LTR, this is very important, because if you don't facilitate her gradual release of feelz they will bottle up into a drama bomb. Those feelz will need to go somewhere, and that somewhere will be "violently directed at you, the closest blamable object".

"You should // you need to // you HAVE TO"

96% of the time this is a garden variety shit test. Ignore, Agree and Amplify, etc. Swat it away. Corollary: if she's telling you to mow the lawn or brush your teeth it's not a shit test, don't go full autistic. Take care of your shit.

"We have to talk about the relationship"

Alarm bells should be blaring. NEVER ENGAGE THIS DEMAND. Ever. I'll borrow a reply from Mr Purple Poison here, who nailed it:

It is a long mindfuck.

You are being asked to sit for hours and be lectured on why she is upset. With hints that you should change or she will be "unhappy" and might leave.

During this long lecture she will be picking your brain and updating the list of weaknesses that you have. She will poke at your boundaries and figure out just how far she can push you, what buttons to push, what cuts really deep.

Let's work on the relationship is information gathering and training. Do not engage.

Conclusion

When she says anything about the relationship, it means you in some form. Your reactions or lack thereof to the various forms of her attempts at verbal intercourse will make your life easy or hard. Follow this advice to make it easier.

Breaking the Rules

180 upvotes | November 7, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

One of the quintessential mistakes TRP newbies make is assuming the rules *don't apply to them* (or their unicorn).

Go to asktrp on any given day and you'll witness a thread of good advice being ignored in favor of "Yes, but...there is this one girl" or "I ultimately decided to get into a pen pal texting marathon with this girl, and now she's being flaky. Why???"

While part of this phenomenon is natural male arrogance, another piece of ignoring the rules comes from the nagging feeling (or worse, first-person observation) that guys successful with women break these rules regularly.

This post is practical advice into why certain red rules exist, and who gets to break them. We'll use just two "rules" for starters.

Don't try to cultivate female friendship(s). They are not your friends.

This one bewilders noobs in a big way, and is also ragebait for bluepillers. That double whammy makes it extra difficult to handle as a rule.

Why is this a rule? - because in your early stages, you can't handle the female attention properly *with any girl*. There are 2 ways to gigantically fuck female friendship up:

1. Have said female friend religiously reinforce your beta behaviors
2. Fail to manage the sexual tension and blow up the friendship

Both 1 and 2 will happen to unplugged men, usually #1. Simping for your "friends" or catching oneitis for them is no bueno. TRP tells you not to seek female friendship because you aren't ready.

In addition, a man really can't derive benefit from this setup unless he is subtly or unsubtly fuckable in said friends' eyes. That's because...

Who gets to break this rule? - when you're prepared and red aware, female friends (especially hot ones) can confer two significant benefits:

1. Social proof and pseudo-preselection
2. Funnel of available 2nd and 3rd level friends

Number one occurs when you walk into a venue with two hot girls, both of which are clearly having a great time in your presence. That's social proof - the other girls will be very curious why those two are with *you*. Ancillary benefit is preselection - I call it pseudo because you aren't getting the "fuck me eyes" from your friends, but it works roughly the same.

Number two occurs as a result of being fuckable to said friends but not fucking them. That

communicates abundance, among other things. This leads to handoffs - her girlfriend just got dumped? Becky visiting from out of town? You get an intro (with assurance you're "just so much fun to hang out with"). This is almost criminally easy access.

But most of you reading this are far away from that funnel - **SO DON'T DELUDE YOURSELF INTO MAKING THIS YOUR STRATEGY**. That's why it's a rule. Side note: once you fuck the friend she stops being a friend. Good way to destroy all those nice benefits you had.

Text only for logistics.

Fortunately, this is a much less complicated topic than female friendship.

Why is this a rule? - because the average dummy will go AOL Instant Messenger on a stranger and destroy the whole attraction before the first date.

Texting can maintain or decrease attraction, but never increase it. The reason for this is because non-verbal forms of communication are where the majority of attraction is created, where and how escalation occurs, and where genuine arousal is possible. Without facial expression and touch, words are pretty hollow.

The rule is a shortcut to not fucking up - *which is much more important than doing the right things*. It is an anti-heuristic, meaning the rule prevents the newb from trial-and-erroring repeatedly by taking a proscriptive (meaning "don't do this") approach.

Why is this rule breakable? - when you internalize the idea that attraction is never increased by text, you can find many ways to maintain it and enjoy the convenience of this form of communication.

Most rookies use social media and texting as a buffer to avoid the fear of gaming in-person. This is a fast track to entering the "coward" box in her mind.

However, the man who understands the utility of text can tease, push/pull, and work multiple prospects with a modicum of effort.

Conclusions

- TRP "rules" can be broken, but only after fully internalizing why it was a rule in the first place
- Decide whether or not she's a friend upfront - the benefits cease once you break the sexual tension, but there are real benefits
- Texting is useful when you understand attraction will never be increased with it

German Volume Training

2 upvotes | November 7, 2018 | /r/askTRP | [Link](#) | [Reddit Link](#)

Almost ready to switch routines and I've been eyeing this awhile. I'm curious about others who have done the program. My primary reservation is it seems best suited to those on gear - my specific questions are:

- how much if any caloric or macro increases in diet?
- 55% of 1RM is what I'll use - did you use the same?
- results? Pros? Cons? General "review" would be helpful

Breaking The Rules - Part 2

97 upvotes | November 8, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Part One is is my profile, which I can't link (archive.is goes to quarantine page)

Intro

One of the quintessential mistakes TRP newbies make is assuming the rules *don't apply to them* (or their unicorn).

This miniseries is practical advice into why certain red rules exist, and who gets to break them. Here are two more "rules".

Don't shit where you eat

An absolute classic. Let's break down a few elements of this amazing phrase:

What does this rule mean? - part of the genius of the rule is its phrasing. It is NOT "don't fuck people you work with". The reason for this is simple - the rule applies in many environments where you don't earn a living.

Any time I see noobs asking "how do I game girls at [inappropriate venue]" my answer is always this rule.

Analogy: The gym is where you go to get big and do you. Don't fuck it up by becoming the creepy guy, don't use it as a buffer to not hit on girls *anywhere else*, and the most important point: YOU'RE NOT READY.

Asking internet strangers for advice on some weirdly specific strategy assigns a high probability to

1. OP's oneitis hanging out there OR
- 2.

Who can break this rule? - people who work in the service industry (food, drinks, hospitality, hotels, etc.) It is an all out culturally acceptable fuck fest out there. otherwise please ask yourself one simple question:

- "Is the value I derive from this activity worth losing for the girl?"

If YES, think twice and go for it later. If NO, are you abundant?

Guys successful with women can break all the rules

Good to borrow where rewriting the content is a waste of time. From [/u/KeffirLime](#): (my one insertion [in brackets])

Who can break this rule?

The important distinction to make for newbies is they [Alpha/Chad/Whatever boogeyman you've invented] aren't successful with women because they break the rules, they can break the rules because they're succesful with women.

Female friendships work because they're in the friendzone, not you.

Texting outside the rules works because they're gaming you, not you trying to game them.

It all comes down to value and who's in control.

What does this rule mean

Now i'll quote myself, in terms of the first topic discussed in Post #1:

- Friends on your terms **with** benefits to you = good.
- Friends on her terms = almost exclusively bad for you.

Where do /u/KeffirLime and I agree? Simple - when you hold the power and direct the relationship, you don't need rules.

The rules are meant to *constrain your shitty behavior*, not control you. Without shitty behavior on your part, the rule becomes irrelevant! The number one mistake, however, is confusing the reason why breaking the rule worked.

Conclusions

- Don't shit where you eat, unless you're in the service industry in which case go ahead
- Be prepared to lose a thing you enjoy (gym, hobby, work) if you pursue a girl in that circle
- Breaking rules is primarily the result of success in the Sexual Marketplace, not a cause of success

Whose "Truth" Is It Anyway?

119 upvotes | November 29, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

There is a natural clash between what you read here and almost every other piece of information you consume.

Opinion pieces in all major media are quick to associate TRP with whatever negative flavor of the month, we're "quarantined" or on the naughty list of Reddit, etc.

Everyone is trying to tell you what to think, and 99% of the voices say stay away from here.

Why is that? Find out here...

Truth - or Eternal Truth?

There was a Danish guy named Kierkegaard (Søren Aabye Kierkegaard for the technical) who really wanted to figure out how to make people believe in the Christian god. He was such a crusader in this aspect that he accidentally invented Existentialist philosophy. How did he do that?

Kierkegaard's antagonized his peers by stating they lived an "idealist" fantasy - said peers believed reality was constructed by "the thinking subject", or to violently dumb it down, that what's created by the society, dogma, or religion of the people around you is effectively reality.

Kierkegaard did not like this idea. He was on a crusade, after all - he wanted to prove to everyone that the whole God thing was not some collective belief you sing in church, but instead something that begins with *just you*.

Authenticity

Before I lose your tiny attention spans, I'll give you something punchy:

Each individual—not society or religion—is solely responsible for giving meaning to life and living it passionately and sincerely, or "authentically"¹

This idea of authenticity was critical to Kierkegaard's development of what was later called Existentialism. The opposite of this was the ideal - that some collective or societal belief constituted "reality". I am sure the readers of TRP are well aware of the collective beliefs

Put simply, what actually works FOR YOU is the ideal. For this Dane, that was the path to God. But for us...

TRP and Truth

One can be brought to the point of becoming a Christian because the single individual must choose to become a Christian in freedom. Kierkegaard says, either believe or be offended. But choose.

Substitute "Christianity" for what you read here.

This was the core of what made his works so impactful - Kierkegaard insisted that the choice required freedom, and the alternative was offense.²

Fine - How does this help me get laid?

TRP is a simple praxeology. We are men trading notes that help us collectively improve our lives. Many of us "authentically" experienced shitty things - in Kierkegaard terms, the best proof of TRP is

that our romantic lives are better after applying what we learned here, and only because we all did it *on our own*. Even the bad parts.

Reading the internet words doesn't get anyone laid - but internalizing them, working them over to decide what fits YOU, and trying them out does.

The alternative is offense.

1. Stole this line from Wikipedia
2. This idea is mostly fleshed out in his 1884 work *Philosophical Fragments*

[FR] She Belongs To The Game

396 upvotes | December 7, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Background

Started a fresh LTR about a month ago. She passed the standard tests - always a "fuck yes" level of enthusiasm, put in the effort to make it easy for me, and followed my lead. She's mixed Latina with a few drops of Caribbean - has that truly exotic look that turns heads wherever you go and most definitively a Rear of the Year candidate (thanks for the term Vasilily).

State of the State

About four weeks ago things started escalating between us. I was doling out more time and attention and her behavior was only getting better - she was returning my investment in all the ways a guy could want. Still kept my distance and my options open, but damn, this girl was something else!

Of course, high SMV women won't live in the mystery box forever. She turned to me with that oh so serious face one night at my place and did the "sooo....where is this going...?" I kept it cool, "Probably round two, some ice cream, and you staying the night!" Unsatisfied with the AM to such an important question, she pressed the issue.

I just asked her, "What's in it for me? You want exclusivity...that one benefits you." She said, and I quote, *"The full service experience."*

Hmmm....intriguing. I said yes. I have to admit boys, I was skeptical, but damn. This girl has some MOVES. You ever had a dish that was basically just beans and rice but out of this world? Ever had it served by a woman wearing just an apron while she rubs your shoulders? She got me good. So far the ride has been incredible, BUT...

The Laptop

So I'm at her place, and needed to get something done for work. She's one of those Apple people...for those of you who don't know, you can totally wreck your opsec with these devices. EVERYTHING is integrated.

I'm clicking away and a notification pops up. It's her friend...a text message. Her whole phone is integrated with this fucking thing! I couldn't resist, I snooped. Who wouldn't? Lots of text in the group chat about how the sex is amazing, she's so in love, the usual mushy shit. But then one of her friends drops a little bomb: "So, is Aaron out of the picture for good then?"

Hmmm....who the fuck is this nigga Aaron? Let's go Sherlock on this shit.

She Belongs to the Game

Turns out when she said she hasn't been seeing anyone in months, she wasn't telling the truth. Can you believe it? A girl lying to a guy she's trying to impress about her sexual history?

Aaron is an NFL player she's been unsuccessfully trying to get over since July. Her last message to him was the Sunday night after she left my place and told me for the first time she loved me. He didn't respond.

Also, she got pregnant by a different pro athlete a little bit back and Plan B'd that shit.

What Did We Learn?

I'm not one much for young blood rap but Troy Ave has some truth here (title of this post is the

song):

You mighta fucked that girl

You mighta said you love that girl

But she belong to the game

And when she's with me I let her do her thing

My little burgeoning oneitis isn't special, boys. She's mine for now, but my turn will be up, maybe as soon as one of these dudes reappears. Maybe she does love me differently? Who cares. We're here to remind each other of the ground rules of the Game - I'm getting it while the gettin' is good. Had to get kicked in the gut again to remember the TRP truths, but it's always better to know the truth than be deluded.

Here's what I'm NOT going to do:

1. "Confront" her like a bitch - that's a one way ticket to nuking the attraction she has for me
2. Let slip I know the truth - because if I hadn't slipped up and let my ego delude me this would not have been a surprise
3. Drop my two in the kitty - this is a fresh reminder to put some spin back in my favorite two plates

At least I can know I lay pipe against pro athlete competition. See, it's not all bad when you can pull your ego out of it! Good luck out there boys, and stay sharp.

Who was The Ex That Started It All (TM)?

1 upvotes | December 15, 2018 | /r/askTRP | [Link](#) | [Reddit Link](#)

/u/awalt_cupcake posted something that intrigued me:

I still think of The Ex That Started It All^TM. Which leads me to believe men can be alpha widow'd. The ones that shatter our fantasy.

I think it has a lot to do with regret. Marcus Aurelius (sidebar reading material) states that it's only natural for us to regret what was good for us. Anything else is not natural to regret and shouldn't be regretted.

In this case I think we look back wishing we knew what we knew then to have become a better man for a particular individual so that maybe we'd still be together, in an open relationship scenario, happy, accepting what she is. That's how I feel. I still look back fondly because not everything was bad.

And I could have totally milked it now lol.

The Male Alpha Widow(er)?

This concept is interesting, but needs some flesh and definition. One of my laws is that relationships women have with men change what they want in men, but the reverse isn't true.

This is pretty easy to logically prove - has any girl changed your desire to get fucked on the regular, be treated with respect, and for her to have a tight body? Nope. But the whole concept of an alpha widow is rooted in the idea that once a woman has a man of a certain tier, the bar gets reset that high. But what happens with men? Most male sexual strategy revolves around not getting fucked over, not necessarily getting a 10/10.

The One That Got Away

Traditional TRP wisdom says oneitis is the consequence of lacking abundance. In many ways, this is correct. But....we all have that girl. Maybe even a few of them, for different reasons. So what's going on there?

My best guess is a mixture of what awalt_cupcake articulated (regret for not getting the best) and that these "special" girls *made some impact that changed us, but didn't change what we wanted out of women.*

My examples

I can think of 2. Funny thing is they are very apart timeline-wise.

Number one is my first live-in GF. We did long distance before I graduated college and I moved in with her "temporarily". Classic story of descent into betadom, not getting fucked, etc. This one was a regret story. Also she gave unbelievable head.

Number two was a Colombian girl I picked up literally days after filing my divorce. I definitely pedestalized her after the fact, since she "rescued" me. I got my mojo back with her in a spectacular way, so that's why she lingers.

What's your story?

The Virgin Binary vs The Chad Spectrum

256 upvotes | December 18, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

The amount of defeatist noob posting appears to be exponentially increasing, probably because the kiddos are back from school on break.

So your boy is writing a meme title post about why being on the spectrum is good to communicate a critical point in your own retarded language:

Thinking in binary extremes is the fast track to doing nothing, and continuing to hate yourself.

Here are some examples.

Alpha and Beta

The Virgin Binary thinker creates a large spreadsheet that looks like an accounting ledger. A third column is filled with various behaviors like "wearing a leather jacket with a scorpion on the back", "trying to AMOG dudes at the gym", and "aggressively insulting women without being funny about it".

The Virgin posts five asktrp threads a day asking about whether individual behaviors are alpha or beta, and over analyzes responses from unflaired users to categorize the behavior in his spreadsheet.

The Chad spectrum thinker reminds the Virgin that alpha and beta are adjectives, not nouns and verbs. The Virgin asks Chad if girls think it is alpha when you flex your cheek muscles. Chad sighs and closes his browser window.

Looks

The Virgin insists that at birth you are assigned a set of genetics that allow you to fuck anyone and everyone or live a life of total celibacy. The Virgin is a sexual Calvinist espousing predestination

The Chad spectrum thinker knows that while Looks Money and Status are important, they can all be improved. Chad also contemplates the many types of Game he has seen succeed - funny, cocky, confident, and more. Frame also enters his mind. Chad knows there are myriad ways to improve any man's situation and works on himself first, knowing the results come after.

Tinder

The 18th Ultimate Guide To Tinder recently came out. The Virgin Binary thinker claims he works out, dresses well, and gets no matches because only the top .0001% of men match with land whales now; and besides, some minor asymmetry in his jaw is definitely the reason Women Won't Fuck Me. Another Virgin suggests he do complex tongue exercises for years to fix this (this literally happened, apparently it's called "mewing" Jesus christ).

The Chad spectrum thinker asks the Virgin to reconsider - if he lifts and is as put together as he thinks he is, wouldn't he be top 20%? Perhaps working the sidebar and developing your game is the real solution. After all, attraction is complex and you can't win them all.

Conclusion and tldr

- OP wants YOU to get on the spectrum and stop being binary
- By thinking in extremes, you'll miss the nuance and probably continue your grand plan of total inaction. Later you will masturbate
- OP achieves the point ironically, since his teaching platform is a binary borrowing a meme template

[FR] How To Break A Plate In Three Months

70 upvotes | December 20, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This is Part One of the story of how I rescued myself from my divorce, and was reminded of the enduring principles of TRP by breaking my favorite plate, but had a blast doing it. Strap in.

Intro

It was 2pm on a Thursday. Earlier that week, I filed divorce papers at the local courthouse. I was in a Bad Place. I was "working from home" which really meant I was doing only the bare essentials, with a nighttime plan that could be summarized as "drink heavily by myself, jerk off, and probably cry like a bitch."

Like I said, it was a Dark Fucking Period sans the fucking. Or at least, it was going to be, until...

2:30 PM - The Chat

My work IM alert goes off. It's my buddy JC.

| "When are you coming tonight bro?"

See, it was the big boss's retirement party that day. I was planning not only to stay at home like a bitch but ALSO fail to show face at this sacred burial. Anyone who has worked in CorporateLand knows this is Not A Good Look.

I type some woe is me bullcrap about the divorce, the long drive and how I am a big fag, etc. JC writes back:

| No. Come to this party, and we ride back together to the city. Stay at my place in [heart of the city]. I got the valet. We're going to make this into a weekend.

3:30 PM - And After the Party....

I hastily pack a carry-on, finish the nonsense I was working on, don an extra-fly suit, and jump in my car. A weird feeling washes over me. As I'm doing 90 in the left lane, I realize for the first time I haven't thought about my soon to be ex-wife at all.

Around 5pm I get to the office. Retirement party starts at 6pm sharp. I pretend to work for 20 minutes and collect JC.

The retirement party is uneventful. Good showing of folks. Pleasantries exchanged over some free booze. The free booze is nice. But it's time to go.

8:00pm - ...it's the After Party

Before we leave, the collection of the Guys Who Know What's Up agree we're going to an upscale joint (clubby bar known for a rich crowd and gaggle of cougars) near the big city. The After Party is established. JC hops in shotgun, I drop the top, and we're off.

I get to spill my guts to JC on the way to the bar while we marvel at the outrageous mansions we're passing. This catharsis is useful.

As we approach the main drag, I spot the bar. Time to find a spot to par-

I put a line break here, but you should imagine a record scratch. Slowly crossing the street in front of me are two girls. Tall, Latina, both dressed up to meet someone. One is wearing these white jeans that are seared into my fucking memory.

Just like that, the light turned green; the moment was over and JC and I shared a laugh while I parked. We hop out and hit the bar....

9:00pm - It's ON!

The guys have a table by the time we arrive, since we took the scenic route. The bar is humming - DJ just started and the crowd is ready to get lit.

My boss has a Blanton's waiting for me. JC dips to the bathroom to piss his brains out. I get a little engrossed in the banter for a minute. JC is heading back and I catch his eye, point to my drink, and get the thumbs up. As I'm swinging my head over to the waitress, who the *FUCK do I see but those two girls I was ogling on the street!*

The Big Moment - audentis Fortuna iuvat

Remember that weird feeling I described earlier? It's still there. Fuck ordering from the waitress, sorry baby. I slam drink number one.

I'm not even thinking as I approach the bar and put myself right next to *bonita con los jeans blancos*. I banter with bartender a little before I order my drink. I'm not even looking at bonita or her friend, but I can feel them looking at me, just a little. My drink comes first, and after a beat I feel someone touch my left arm - and friends, I won't forget these words:

| "What are ju drinking?"

Colombian accent. Attached to a hot girl. With THAT ass in THOSE jeans. Gentlemen, it was fucking ON.

It is hard to describe what "being in the zone" is like. Doesn't matter if the game is football or The Game we play with women - when you are on, it's almost trance-like. Here I was in front of a table of 10 dudes, 8 of which had no clue I filed for divorce, in the arena with this total smokeshow. I was ready.

The Main Event

JC is the man. Did I mention that? He swoops in and opens her friend as I hand him his drink. Now I'm one-on-one off the back of that IOI she just laid on me. We make our own luck, but the stars had aligned.

It was my show, and it was up to me to make or break this opportunity.

So I banter. Let's call her Vanessa for the story's sake. She does the usual interrogation, "what do you do?". I told her I just finished cleaning the bathroom. She eyeballs my suit and says "een that suit? No." Boom. IOI #2 thank you. I briefly tell the story of where we came from, we're coworkers, etc. Sidebar: I had and still have a nice job. She turns to JC and her friend (who are jabbering en espanol) and says:

| ¿Está mintiendo? (is he lying?)

Excellent. Shit test #1. I respond in Spanish that I didn't know she was a police officer. SHIT TEST PASSED BOYS. I look and am gringo as fuck but I know enough to be dangerous. Now I not only

swatted away the test, but all eyes are back on me after I get that laugh. The table of my co-workers are clearly fixated on the spectacle of game I am putting on right before their eyes.

It was smooth sailing from here. We just flirted like two people do. I gradually escalate the banter to be more sexual, put my hand on her ass. She swats it away and "scolds" me, so I tell her fine, nothing below the belt. I then stuck my fingers in her hip belt loop and kept them there the rest of the time.

10:30pm - JC Gets Distracted

While JC is also the man, JC is also a fucking cad. In Spanish you might hear a girl yell "¡Que barbaro!" about him. When I wasn't paying attention, JC started making hard moves on a young slutty blonde in a fishnet top. Oops. Vanessa's friend is visibly annoyed. She's a bit older than Vanessa so it stings harder. It's also about time for this party to move to the city.

So I shift to the friend (who I had built some good rapport with already) and give her a dose of attention to keep the peace. Vanessa then opens my entire group of co-workers, who obviously can't resist the attention. Fuck. Shit Test #2 big time. This is getting tight. I need to own this situation. Vanessa's friend, however, tells me she thinks I am great for Vanessa, que lindo (cute), etc. Whew. I have an ally!

Time To Make the Move

I put my hand back in Vanessa's belt loop and gently pull her back over to me and her friend. I tell her we're about to get out of here, [friend] loves me, and I want her number. She says,

| "Only if ju can tell me my name right now."

Fuck. FUCK FUCK FUCK!!! So, this whole time it was incredibly loud in this bar. The DJ was blasting his mix. I almost froze, because I didn't know her name, I just knew sort of what it sounded like (it was a weird name). But audentis Fortuna iuvat, right? So I just sort of...make the sound at her. Quietly.

She protests. She's a little drunk. So I make the same mouth noise, but a little louder. Her friend laughs, and says loudly, "VANESSA - stop, you're being a bitch!"

With her name freshly shouted in my ear, I hand her my phone with the contacts screen after covertly typing it in the name box. I tell her "See? Now hand it over..."

I hug her friend, give Vanessa a little kiss, and we're off to the city.

PART ONE ENDS

Conclusions and tl;dr

1. You make your own luck, but when the universe offers something up, shoot your fucking shot
2. When you are in the zone or "in state" as the PUAs used to say, nothing can stop you. Ride out the energy of that as long and hard as you can while you have it.
3. A good wingman will never get the girls for you, but he sure can take the pressure off
4. Work the group, not just the girl
5. Make allies wherever you can - she trusts her friends more than the strange dude trying to fuck her

ON THE NEXT AND LAST EPISODE OF "HOW TO BREAK A PLATE IN THREE MONTHS"

- OP gets his first date with Vanessa (day after this takes place), and takes her out to a real club with the crew
- OP seals the deal the next weekend and reclaims his mojo
- OP promptly fucks it all up, but learns some crucial lessons after the fact

Uncuffing Season

125 upvotes | December 26, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

There's a big hullabaloo of beta male bitching (the second most common front page content) about how "men are trash" posts have declined exponentially thanks to gifts being on the table. Here's something to consider....

Are you feeling like your relationship is worth it?

Great question to ask yourself. Between now and January 1st those of you "with a girl" will probably have put forth A LOT. In fact, if you're here right now you probably already know something is up. There's good news:

Breaking up is not hard.

Did any of the following things happen to you, or do you think they will?

1. Gifts weren't "good enough"
2. You haven't "spent enough quality time" this year
3. Demands for more of your time and energy in 2019, or "we need to work on the relationship"

Put more simply, do you have any doubts that you are getting all of what you want out of your relationship(s)? If the answer is yes, then I have a mantra for you...

"I do not need to explain myself to anyone once my mind is made up."

A man does not question himself for no reason - if this post resonates with you at all YOU ARE PROBABLY RIGHT. When a man decides to end it, only two things matter:

1. You have made a decision
2. The decision cannot be changed

Be a broken record for 2-3 iterations, then get out of there. Nothing further to be gained.

The Moment Itself

There will be crying and begging. You *will be the direct cause* of her temporary unhappiness. Do not lose frame in the face of this facade - you have decided not to be responsible for her feelings any longer. That is the definition of ending an LTR.

AGAIN - End it quickly. She has plenty of other emotional support. She'll call and text and insta and facetime a shitload of them once you leave. Guaranteed.

She is their problem now.

[FR] How To Break A Plate In Three Months - Pt. 2

80 upvotes | December 31, 2018 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Part One Here, mostly an introduction and backstory (tl;dr I file my divorce papers and three days later manage to secure my first number in somewhat spectacular fashion)

This is Part Two of the years-ago story of how I rescued myself from my divorce, was reminded of the enduring principles of TRP by breaking my favorite plate, but had a blast doing it. Strap in.

This is partially for entertainment, but I'll do little tl;drs in each major section to keep it TRP. Note I am half a decade out of The Game at the time of the story (and less than a week off filing my divorce papers), so this is a lesson in both success and failure.

MAIN TAKEAWAYS YOU'LL LEARN FROM THIS

1. How to make the date experience fun
 2. The importance and mechanics of constant escalation
 3. How to use social settings to boost your perceived SMV and build attraction with your date
-

Cast of Characters From Part One:

- JC - my Colombian brother from another. 🎵Imagine if we never met the broskis🎵
 - Vanessa - That One Girl...also Colombian. You missed out on seeing what she looks like, come back for part three
-

6:30AM - The Aftermath

I wake up on a deck chair. I realize I'm on JC's rooftop pool. Fuck, it's breezy up here! Wait...it's cold because I'm not wearing my blazer. I realize the girl passed out next to me is wearing it. She's an ex-pro soccer player with practically no bodyfat, can't blame her for that theft. JC and the girl he pulled are passed out a few chairs over. But that's for another FR...

1:00PM - At The Outdoor Bar

We're out nursing our hangovers with the classic cure - the hair of the dog and some sunshine. Before I left, Vanessa was teasing that she would come pick me up, so I figure the best way to ask her out is to text her "I'm at [outside bar]. When are you picking me up?" We banter a bit after she denies saying it - I quickly realize we're texting too much.

So I do the unthinkable...and call her. We chat logistics quickly. Rooftop bar, 9pm-ish. Click.

What Have I Done Right So Far?

1. Abundance - Stuck with my original mission and didn't drop everything for Vanessa
 2. Outcome Independence - Pulled the night before, so why wouldn't I be able to do it again if she didn't respond? This attitude comes through in your communication.
 3. Text for logistics - didn't let that drag on and shot my shot right away. Girls will literally thank
-

you for calling them, it's that rare now.

8:30PM - The Rooftop Bar

JC suggested your stereotypical bougie hotel rooftop. I knew there'd be a wait so I came an hour early.

Pro Tip: ISOLATE. You're not going to do as well (with a date) floating in a 3-deep barside crowd as you will at a small table, especially at a nice place.

I flirted with the hostess(es) and said I wanted a particular 2-3 spots once one freed up. I got the spot I wanted - it helps to look like you know what you're doing on the first date, it's a form of preselection. She arrives and sees me right away - it's on.

We're still strangers at this point, so I start with the basics. Turns out she specializes in behavioral therapy with autistic kids! I say, "Wow Vanessa, that's perfect! You'll know how to manage me perfectly!" Keep it funny and interesting. A few \$18 drinks later, it's going well....so it's time to move the venue.

1. Establish yourself at the venue if you can - gelling with the staff and being "in the scene" is freebie social proof
2. Move the venue regularly to keep the excitement going

11:00PM - Food Interlude

If you want to go out until 4am, you have to pad your stomach. The best way to fuck up a good night (date or no date) is getting too drunk. We walked to a casual joint nearby the club I wanted to take us to next - I told her to sit on my side of the booth. This made for easy escalation; I've got the cover of the table to feel up her legs, squeeze her ass, all the works while we wait for the food. Always Be Escalating.

I hit up JC via text - the squad is already at the club and has a table. It's time to move venues again.

12:00PM - The Club

Some fun facts: there are two ways not to pay cover as a dude. First, bring a 3:1 ratio of 7/10+ girls and be upfront with the doorman. Second, have a table. Lucky #2 for me here, so we get waved in.

We're in a mixed group, all polyglot Spanish speakers. I intro Vanessa to the group, pour two drinks from our table bottle...and turn all my attention to the dance floor and the rest of the group. This accomplishes two things: vet how Vanessa hangs in the group, get some push/pull and more social proof going, and withdraw attention for a bit.

I dance with one of the girls in the group while Vanessa jabbers with the others. Make "friends" on the dance floor, work the room, the works. After a solid hour of this, I grab Vanessa and pull her onto the dance floor. From here on out there's not much talking - dance floor makeouts, grinding, and brief breaks to the table are about it. I've got all my attention on Vanessa and we're vibing.

1. If you like to party, make sure the girl gets along with your friends. If she doesn't, you are probably blind to some red flag
2. For those that partake in the club, use the room to your advantage. You're a fun guy who works the room - make that visible to your accompaniment

3. Absence makes the heart grow fonder - vibrant social settings are great to pull away a little. When you come back to her, get touchy and sexual because that keeps the emotional rollercoaster going.

2:30AM - Logistics Hit the Wall

I can tell Vanessa is getting tired and the club is showing no signs of cooling down. I'm having a blast but realize I need to address this issue. I pull her aside and get ready to talk logistics - how'd she get here, where does she live, and (to myself) how am I getting myself there?

Turns out the respective answers are "she drove" and "far as fuck away". Uh oh. I'm now in a bind because I hadn't thought about my closing mechanics AT ALL. I'm staying with JC who is nowhere near ready to leave.

Getting a hotel room feels desperate, I hamster to myself. Plus she'd have to move her car there! I start inventing a million reasons it's not happening tonight. This attitude creates a self fulfilling prophecy.

I walk Vanessa to her car around the block from the club. We make out heavy, my mind is racing. I call shotgun. She calls my bluff. Fuck, hail mary comes up incomplete.

I tell her I want to see her next weekend - she obliges. I tell her "we'll start at [hotel closer to where she lives], show me the best Colombian food. Saturday night is AirBNB on the beach." She gives a sly smile and tells me that she loves the plan. Partial victory, but no close. C'est la vie....but I'm feeling good about next weekend!

What Did I Do Wrong?

1. No plan to close - I didn't find out until crunch time where she lived, and wasn't staying by myself. That's a lot to improv when facing LMR.
2. Male hamster - I sealed by own fate by bitching out and not trying to close then and there. If she's down to be in a hotel with me all next weekend, she would've done the same right there.
3. Failure to lead - I waited until she was visibly getting tired to make a move. Partially fits into "failure to plan" but I partially entered her frame when I walked her to the car.

ON THE NEXT EPISODE OF HOW TO BREAK A PLATE IN THREE MONTHS

- The weekend at the hotel and the beach goes spectacularly
- I start to gradually overinvest in Vanessa and develop oneitis
- It all comes crashing down when I take her to my buddy's wedding, but the mistake is a teaching opportunity so you, dear reader, don't do the same!

"Portnoy's Complaint"

31 upvotes | January 8, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

Years ago (1969 to be exact) a subversive Jewish guy named Philip Roth wrote a book. The name of the book is Portnoy's Complaint, which is a partially autobiographical confession of sexual deviance by the author.

Why is this on TRP?

Roth received massive flak for this book. He pissed off an amazing number of people and groups - women, Jewish Americans, mainstream media, the "polite society", you name it. All were angry.

This is a post about critical thinking, and why it is so important to your journey as a man.

The Book

Portnoy's Complaint is framed as a man's confession of his sexual escapades to his therapist. This was partially because talking about sex in 1969 was still thoroughly forbidden - Roth's framing of the narrative allowed for the plot to take shape without being immediately dismissed.

"I needed permission, and permission came with casting the book as a psychoanalytic confession"

-Roth, New Yorker

The book details events like masturbating with raw liver that is later served at the family dinner table, the many women Portnoy runs through, and his inner thoughts .

The Response

Here's where TRP comes in - the difference between the message and the the response.

The principal themes of the book are lust and awe - Portnoy is both using and fascinated by women. As much of his nature is objectification, it is accompanied by a certain appreciation for femininity. While not as salacious, TRP recommends a roughly similar approach - appreciate women for what they are but don't mistake what they are. Ultimately, the book was a revolt against Roth's conservative upbringing.

Feminist critics (the movement was just getting its engine going in 1969) objected violently to the book. In their minds, Portnoy's Complaint was the pinnacle of misogyny, a written work of objectification. They were wrong - for one simple reason. Voracious sexual desire and misogyny are miles apart.; the awe of women that accompanied Portnoy's lust could never be construed as hatred of women.

Confusing the two is one of the principal mistakes of our critics, that masculine animal nature is to be contained. On the contrary, this book proved that unbridled male desire has myriad fans, men and women alike.

The other wave of critics were the Jewish community - they claimed Roth's book cast the protagonist as a man out to destroy the image of Jewish people.

“The cruelest thing anyone can do with ‘Portnoy’s Complaint,’” novelist Irving Howe said in his own scathing review, “is read it twice.”

For many Jews, the subversion of what was once a traditional, mate-pairing exercise guided by religion had been supplanted by this book. How could they stand for it? Portnoy was by all means a complete cad - bedding women and not generating children was antithetical.

For his critics, Roth had committed a major sin: portraying women or Jews as imperfect creatures, not perfect angels.

Conclusion

The vulgar scenes and comedy all are a way for Roth to hit the real nerve: the frustration that comes from being told to comply via shame, from the shame of sexual urges to the shame of abandoning family traditions to the shame of survival. Portnoy's Complaint is actually a rejection of "traditional moral values" as they're inconsistent with his lifestyle:

“The hysteria and the superstition!” Portnoy blurts out in the book. “The watch-its and the be-carefuls! You mustn’t do this, you can’t do that — hold it! don’t! you’re breaking an important law! What law! Whose law!”

Ultimately, people were mad because Roth portrayed characters like them that had flaws. To them, this was hateful.

Think about that statement as you hide your phone beneath your shoulder while you browse this sub. Maybe you're not so different from Alex?

Conclusions

1. Lust is often mistaken for misogyny in the modern era
2. The hatred of a fictional character is projected embodiment of a deeper problem within a group
3. Is it hateful for characters to have flaws? Ask yourself.

Self-Actualization is a Reflexive Verb

101 upvotes | January 11, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

This post is a guide to the order in which a boy builds himself up into a man.

Intro

Philosophy and practical advice tend to battle in TRP. Both are required, but each approach has its proponents.

Philosophy says,

"Internalizing TRP requires more than just the physical and practical, both mind and body are required"

Practical says,

"How does this help me fuck and get ahead in life?"

Noobs and vets alike will bicker on the point at times. Let's look back at the simple approach and why TRP does both well.

Maslow's Hierarchy

Unless you're in high school, you have probably seen this picture in some form.

TRP is ultimately focused on helping you cure your issues with "Love/Belonging", or the yellow part. In trying to simplify his theory into a nice little pyramid, Maslow skipped a step.

A man needs Parts 1, 2, and 4 to achieve real success and contentedness in most of Part 3

The pyramid is slightly out of order as a result of this conclusion.

TRP's Practical Advice

The things you hear ad nauseum like lifting - it's great for your health and aesthetics, but the secondary (and arguably more important) reason we preach it is because it allows you to take control of a piece of your life, and see real actionable results from it.

From a Maslow perspective, lifting starts as a Safety (Part 2) part of the pyramid by adding to health and body security; but the end result is it unlocks a big chunk of Stage 4! With the Esteem brought from the Safety, you can begin to achieve that part of Stage 3 you came to TRP for - sexual intimacy.

TRP's Philosophical Advice

This is when the spectrum shifts. To be truly satisfied from the Maslow perspective, you need this very elusive Stage 5:

Self-Actualization

The hard part about self-actualization is neither I nor any of the incredible writing here at TRP can ever create it within you. It's a reflexive verb, or something you can only do to yourself. The subject must be the object.

Put quite simply, TRP can unlock everything but the top of the pyramid.

Our theory **and** practical advice operate in harmony to bring you to that goal. Your effort is required every step of the way, but TRP can't answer the questions about what your *personal* philosophy or morality is - you have to decide that for yourself.¹

We can just tell you enough to put you in a position to decide (physical attractiveness, sexual abundance, strong social circle, rock-solid self esteem). If you get yourself in shape and have an abundance of sexual partners, you are *set free to answer the hard questions*.

Rather than sit around feeling lost, unfucked, and alone, TRP can get you to a place where you cure those problems. But it's not enough, and TRP can't solve the Self-Actualization part of the pyramid.

The top part is always up to you.

Footnotes

1. This is also why moralizing is forbidden - sexual strategy is amoral, it's your choice as a free man on how to pursue it. You may very well decide you like having an LTR that you cheat on, or that you think dudes who do so are pieces of shit. This just isn't the place to share those opinions.

Self-Confidence Must Be Verified

377 upvotes | January 23, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

One of the things we say A LOT here on TRP is:

| "You have to get over your need for external validation, especially from women."

This is true and correct advice, but it is premature for the vast majority of you. The reason it is premature is a bit ironic: **the path to overcoming the need for external validation starts with....external validation.**

The reason for this is simple. If you believed "I am fast", running a footrace against others and winning is the only way to prove it. Thus, being fast is about being *faster than others*, which is itself a belief verified by external validation.

Being attractive is not different, but there's a catch, and it's what TRP is all about. In order to believe "I am sexually attractive", you have to convince women to have sex with you. At first, you absolutely will be using the external validation of women to build your belief that you are an attractive man.

The catch is - you'll stay blue forever and continue to have terrible relationships (short or long term) if you cannot move past the NEED for validation.

The key to overcoming the need is to internalize the belief.

Think of the fast guy. If he challenges everyone he sees to a footrace, you'd probably think he's fucking annoying. He is annoying because of his constant need to prove to everyone that he's fast, rather than comfortably knowing it about himself and expressing it in valid and healthy ways like a track and field event.

Now think about yourself. If you constantly seek and require the approval of the women around you, you'll be really fucking annoying too. Neediness is not only unattractive, it also puts you in a position of weakness in your relationships. By *internalizing* the belief that you are attractive, you can express it openly and honestly, and you'll be rewarded with beneficial relationships (short or long term) as a result.

When you believe "I am attractive" and the proof comes from within (i.e. the belief itself is your proof), you'll take an important step towards being man.

Conclusions

- Embrace your initial need for external validation - you have to "prove it" to believe it
- Once you've "proved it", internalize the belief to move past the need
- When the belief is enough all on its own, your success with women will go up exponentially

Let's have some fun: who are your current plates, FWB, and LTR?

102 upvotes | January 30, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

It's easy to get caught up in the sea of "help I totally don't have oneitis but There's This One Girl..." and "I'm Indian and how do I get white goddess???" . I'm here to bring a little fun to asktrp.

Tell us about your current rotation! Who are they, why are you fucking them, and what did you learn? I'll go first with my most recently busted plate.

Shattered Plate

Stats:

25, Latina. Body type is "just finished running a marathon", decent fake tits and that South American ass that catches stares in jeans. Small, light, fun to throw around.

Acquisition:

Originally met at a friend's party, but just made acquaintances. I later matched with her on an app, oblivious. She opened with hey...you know me! Played it off. Turns out she just moved to my area, and my buddy was going to set us up anyway.

Side note: this is a perfect example of social proof, albeit through blood relatives. Her aunt LOVED me (went to their house for Copa Mundial), and my friendship with the family gave me an immediate in.

So I played it no different than any other girl, just wasn't as caddish given the shared social circle. First date some drinks and making out, second dinner close to her apartment and sweet talk into "meeting her dog" after.

After I get into the sexual part of the relationship with a plate, I always ask them what they're looking for during pillow talk. This is purely an info gathering exercise. In this case, she said nothing specific but was enjoying how things were going and we'll see. Game on.

The Break

This one was typical. After 2ish months I had her over on Sunday, cooked, we fucked like animals and fell asleep on each other. She wakes up, we start talking. She hits me with the "are you seeing anyone else" which I immediately give a yes reply to. She freezes. Uh oh.

Now I never lie when I get this question, but sexual strategy is amoral so I don't reveal everything. They can't handle the whole truth. She pressed for details and I said I was seeing a local girl and it had been going on about a month. She pretty much put on her clothes and peaced out immediately. I knew what was coming - either drop me or ultimatum time. She chose drop. Good for her?

Aftermath

Post mortem analysis says she was recently out of a 5yr+ relationship and just doesn't understand dating high value men yet. She is mostly a good girl, low n count, etc. The drawback to that is unrealistic expectations.

I could have logically pointed out she was the one who said no monogamy required, but that wouldn't have done any good. I only confirmed she wasn't mad and didn't feel deceived before she left. This

will allow the hamster to possibly spin its way back to me later, but I've got other options for now.
Moral of the story - it ain't logical or predictable when they break. Always have more.

itiswr1tten Predicts All Your Future Relationships

348 upvotes | February 3, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Hello dear readers. In light of it being Super Bowl Sunday, I'd like to engage in some non-sport prognostication. Today, I'll describe how every single relationship you will have from now until your death will transpire in four easy steps! Afterwards, we'll discuss some takeaways.

1. You like each other
2. One party realizes he or she is more invested
3. Invested party makes a demand of the less invested party
4. Less invested party faces a choice:
 - Accept or capitulate to the demand, building some level of resentment towards invested party
 - Reject demand of invested party

Now go back to Step 2.

What happens at each stage?

Let's use an example to walk through how this plays out. We'll go full lifecycle of a relationship. This might hit a little close to home for some of you!

The Circle of Life

Step 1 - Guy attracts a girl and they're dating and/or fucking. This is the blissful part of the relationship where no one is really asking too many questions, they're both enjoying each other and having fun. This stage typically lasts a few weeks up to a few months.

Step 2 - Said girl either realizes she has been giving up the goods with limited investment on the male side or gets ready to deploy her strategy to restore balance. This creates distress either way.

Step 3 - Girl demands monogamy from guy.

Step 4 - Guy accepts monogamy from girl without much of a fight. She's a unicorn, after all! Occasionally, he has intrusive thoughts about one or two of his plates, and realizes he has made no small sacrifice for this girl.

Step 2 (Round 2) - Couple enjoys some bliss of the new relationship status. Girl stops trying as hard, knowing competition has been eliminated. Guy becomes more invested party. Oops.

Step 3 - With the sex falling off and the choreplay rising, the man negotiates for pussy and demands the blowies and dirty sex he was used to in Step One.

Step 4 - After a big blowout fight, the girl successfully shames the guy into believing he's not making her happy enough to get the sex he wants, effectively rejecting his demand. She is massively turned off by this episode.

Step 2 (Round 3) - the man is now frameless and getting a shit deal. He's also still the more invested party. Girl branch swings because that whole negotiation for sex was REALLY unattractive.

Takeaways and Notes

- The less invested party always has the power

Be the person making the choice, not the one forcing a choice on the other. Can't stress this enough.

- Women typically demand monogamy in Step 3, but in an LTR this demand can be "more time/more quality time".

Men making demands in Step 3 as the more invested party almost always lose. Unless she is certain you can replace her, your demands are hollow and even her acceptance will create massive resentment. Don't be that guy.

- Which party is more invested can flip flop before a demand is made!

A big reason we preach frame is that women will tolerate being the more invested party for quite some time - but you need to *be prepared* should a demand arise. Likewise, getting complacent and not having either options OR abundance is a recipe for disaster.

Be cognizant of where you are in this cycle and be the less invested party. You'll find success where you previously were confused or caught off guard.

[FR] Don't Be The Other Guy

216 upvotes | March 12, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Field Reports are sort of difficult to write. If I really broke everything down for you, you would be bored as fuck. If I stuck to just the action, the whole story sounds fake (because it's the equivalent of a highlight reel).

Let's combine the two but be brief.

Discus

I have a plate who just boomeranged. We'll call her Discus because it's sort of like a plate, but sort of like a throwing implement. Fuck you. It works.

Why did she boomerang? Here are the reasons with the TRP principle:

- Came over drunk and gave me the "you don't get to fuck me and other girls, I'm awesome" girl speech (Proves she's more invested than me). NEXT.
- After a soft next of about 2.5 weeks, her rebuttal was "boyfriend" (Indifference on my part, proof she wants to fuck by responding AND mentioning bf)
- [Here is the clincher](#), with a bonus. (AF/BB in an almost comedically literal form)

Seriously, click that link. Do you see how fast she shifted from "maybe he's 'sustainable'" to VERY sexually explicit?

That was last week. I persisted into a quasi-confirmed booty call tomorrow. Decided I wanted to push it.

I got home from the gym and started snapping her my various states of undress. Dirty talk ensued. Eventually, she broke and asked "are you going to just talk about it, or do it?" One text later, I had an address. Picked her up. Fucked her twice with BF blowing up the phone.

She started narrating her exoneration after we fucked. He didn't delete tinder, his location was disabled, she's a taurus (Imao).

Eventually, she just straight up said her suspicion *was enough to justify the revenge*. The revenge for a perceived slight.

She does give unbelievable head, I [tell you hwhat](#) [sic]. I'll keep her around.

What's the lesson?

Without TRP, this could be YOU. YOU could be this guy:

- Bright future in med school with high earner potential
- Polite and well spoken
- Treats women "right", and worships the ground they walk on (her quote)

**AND I COULD STILL BE THE GUY FUCKING YOUR
GIRL ON THE SIDE.**

Don't be *this* other guy. Be the "other guy".

Salty Lemonade

117 upvotes | March 13, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

It's rare in the psych world to actually see something useful. This is not the typical anger post you skim, jerk off to the outrage porn, and move on. There is a VERY distinct set of lessons here that will improve your critical thinking.

The Study

"Confederate" - An actor who participates in a psychological experiment pretending to be a subject but in actuality working for the researcher (also known as a "stooge").

The Salty Lemonade study is really simple - have a confederate introduce lemonade she claims to have personally made to 5 year old children.

Have confederate insist she is quite invested in how good the lemonade is, and encourage a set of boys and girls to taste test it and give feedback so she can serve it to other people.

The lemonade is salted to taste like absolute shit.

The Results

The Boys (Who aren't named)

[#1] "Oh no, that is disgusting"

(CONFEDERATE) [with an exasperated expression] "What do you mean, you don't like it?"

[#1] "Oh no, it's too sweet".

[#2] "I can't have any more, it's so disgusting"

[#3] "Makes me sick."

[#3] "I just don't want to drink it".

The Girls (who get names)

[ALICE] "It was a teeeeeeeeeeeeeeeeeeny bit too much lemon. I loved the lemon inside it. I think it's incredible but I don't like the lemon in it"

[TIARA] "I loved it but I didn't like the lemon in it!"

[TIARA in private interview] "I pretended I did like it so it made her happy"

(CONFEDERATE) "Alice, what do you think? Is it alright, should I give it to everyone? I mean, I think it's delicious"

| [ALICE] "Even though that I like it, can I please have a drink of water though?"

What Did The Experiment Show?

From a VERY young age, there is a clear difference between boys and girls. Even at 3mos old, girls care significantly more about the other party's feelings.

The purpose of this study is "who is higher in empathy"? The results are very clear.

What Do The Findings Say?

Here's where things start to get fucking weird. I heard of this study from NPR of all places, which bothered to actually bring in the experts who made the following conclusions:

- From a VERY early age, girls learn to use empathy to manipulate people
 - This is especially the case with perceived "superiors" or when others' experiences are at stake (recall the Confederate solicited opinions so she could serve it to more people)
 - Boys follow none of this chicanery and will simply say the lemonade sucks because they do not consider the feelings of the Confederate in determining whether the lemonade is good
-

Reactions To The Study

NPR pundits of course closed the segment with "shouldn't boys be treated more like defective girls and learn empathy?" It was uncanny how stereotypically this was expressed on the program, but I can't link it because it was live. Proof exists somewhere. Props to anyone who can find it.

Here is the youtube video which gives ZERO ANALYSIS OF WHY ANY DIFFERENCES EXIST IN THE GENDERS.

They barely even interview the actual conducting psychologists! The only snippet you get is "the girls are clearly more thoughtful about Confederate's feelings"! The most important part of an experiment is its conclusion.

The Standard offered a take, but only got this far on empathy before changing the subject:

The boys practically spit it out immediately, screwing up their little faces and saying, "That's disgusting!" The girls are far more diplomatic about it, with one of them saying, "I think this is incredible, but could I please have a glass of water?" The girls are miles ahead in terms of empathy, but how are they for honesty? Do these differences carry on in adult life as we know it?

What I must commend the Standard for though, is interviewing the researchers. Here is a salient point:

"We are talking about 5-year-olds here so I think we have to remain in context," says Dr. Kilbey. "We have to resist the urge to extrapolate and say 'Therefore this means that...'. Because there's quite a lot of developing that goes on between being 5 and being an adult. What it tells us I think is what our mechanisms of influence are. I don't know how we can predict how these children will behave as adults but what we can say is that they are shaping

their own peer group and that peer group is shaping them, in a kind of cycle. If the peer group they're in are confirming the gender stereotypes they understand, then yes they will carry that onto adult life – unless there is a different path taken. Then absolutely you can see that the train has left the station to where this developmental journey is going."

Conclusions

1. Men are lower empathy than women. This starts at the age of boys and girls.
2. Regardless of your feelings or opinions on what's right and wrong, the study IS A SINGLE PIECE OF EVIDENCE THAT MAY reinforce that boys naturally value their individual observations over all else
3. Go look for yourself - poor journalism, rags, and amateur psychologists make **borderline causal** conclusions (like suggesting boys need xyz or girls do xyz because of external forces) without consulting the actual scientists behind the study
4. While both group behaviors suggest there is a big "follow the leader" bias, it's interesting to see groups of 3 follow both their respective leaders.
5. Isn't it weird the video, which by far garnered more net views than anything else, gave the girls names but not a single male was named other than the researcher?

Supply and Demand In The Age of New Media

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

tl;dr - the advent of social media has made you, the person, both the supplier and demand force in the "new media economy." This is a huge problem for plugged in guys, and I'll outline why. The crux of the problem is answering the question, "what am I demanding?"

Intro - Economic Theory Foundation

Most laymen are familiar with basics in economic theory. As demand increases for any given item, suppliers will compete to provide that thing in greater quantity at some price that both sides agree works. Simple stuff.

However, this theory assumes that the "forces" of supply and demand are separate, independent, and rational. What does that mean? Broadly speaking, economic theory imagines two "sides" with different motivations that work "against" each other - the result is a nice equilibrium where both parties benefit because at the equilibrium, the consumer pays less than he otherwise would and the producer sells for higher than he otherwise would.

This mutual benefit is "economic surplus". Each party's SEPARATE self-interest creates the equilibrium.

The New Media Economy

In the new media economy, the roles of supplier and demand force have been blended for the benefit of a new middleman - the owners of platforms.

Ultimately, new media discovered that *attention itself is both heavily demanded and readily supplied by the same entity - the "user"*. A society of "users" on average simultaneously (i) seek and value attention and (ii) willingly supply content for the sake of attention.

Upvotes, Instagram/Facebook likes, retweets, and various shares are effectively currency - but the platform sits outside the supply and demand system entirely. **The economic result is that the users derive no surplus on either end.**

Practically speaking, "no surplus" means that the content we post (supply) is rewarded with attention (demand), but WE VALUE SUPPLY the same way we create demand (attention).

Converting Theory to Practical

Think of it this way - if you sell bananas but get paid in bananas, the system is all fucked up, because the whole transaction nets to zero for everyone. Now imagine you also really like bananas, so you eat the bananas you got paid in. Replace "bananas" with "content, attention, and new media currency". You ain't getting shit from this deal as a user.

The Demand Problem

And now we reach the core issue - *demand for certain types of content can enter this ecosystem and SEPARATELY AND INDEPENDENTLY drive the attention feedback loop.*

Anger and outrage are at an all time demand high on all sides of the cultural spectrum. Content

producers will whip out a phone to catch people yelling at their kids, abusing their boyfriends, and share stories of victimization. This isn't just "the left" or "SJWs" - this issue is rampant even in TRP! Ultimately, the "bad" is more valuable than the good or positive in our current climate. This is true of politics, culture, religion, and even sexual strategy. What flies to the top of TwoXChromosomes isn't terribly different from what tops manosphere subreddits - "look how terrible [thing] is."

As the demand for outrage increases (fed by attention from users), supply must catch up. This creates an ugly spiral on all sides - entire subreddits exist on both sides to manufacture supply (real and fake alike) for that precious currency of attention.

So what do we do as men to overcome the cycle for ourselves?

Solve The Attention Feedback Loop

Ultimately, the desire to participate in the attention machine comes from a deficiency of emotional fulfillment.

The Instagram thot posting her ass for likes, the victim porn on female-oriented subreddits, and the pissed off MGTOWs posting entitled dating profiles *are doing the same thing* - entering the attention loop by meeting a demand.

Conclusions and Advice

TRP is here to teach you the foundations of being a man, and the most important are (i) learn to think for yourself and question the narrative, (ii) whatever you're doing, do it for you.

Let's be clear - this isn't anti social media post number 3837. It is advice to understand why you demand the content you choose to consume.

When you enter the attention seeking cycle, you are inherently performing for others' approval. *When you consume outrage content, you are no more than a lowly user.* If you were getting adequate healthy attention, would you really make a habit of reading this shit?

If you subscribe to and spend hours a week reading rage porn (Braincels, MGTOW, WAATGM, some parts of TRP), ask yourself as simple question - "why am I creating demand for this?"

Unpleasant answers to questions the cultural zeitgeist doesn't want asked is core Red Pill.

"How Does This Get Me Laid"?

Easy - you sure as hell WON'T get laid sitting around reading about other peoples' (mostly shitty) relationships and getting mad about it. You WILL get laid by becoming a better man and breaking the attention feedback loop.

Women Do Not Have a "Sex Drive"

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

tl;dr Red Pill Theory focuses on *inducing and maintaining* female sexual attraction, but the applied theory (e.g. dread) is missing the underlying connective tissue - **women have an attention drive, not a sex drive**. If you want to maintain sexual attraction, learn to give the right type of attention (but not too much!).

What Makes a Woman Feel "Sexual"?

Anyone who reads the sidebar understands that the Game is all about FEELINGS. How you make her FEEL is the key to unwrapping every other aspect of attraction.

"Feelings" are temporary emotional states. They are also overwhelming, meaning at sufficient levels **they take priority over the rest of the cognitive processes**.

Female sexuality is REACTIVE - it's not the dull aching horniness that men experience. It is rapid-onset response to desirable male attention.

The price of male attention is sex. Sex is the glue that holds male attraction firmly in place.¹

Ipsa facto women are willing to pay the sex price and a natural feedback loop is created; male attention makes her "sexual", the sex engenders more attention from the male, the attention makes her FEEL "sexual", and so on.

They fuck because they want to FEEL sexual. Not because they want sex.

What Do Women THINK Makes Them Feel Sexual?

Who cares. Ask 10 of them once a day for a week and get 19182 different responses. Listen to their advice and get 0 sex.

What Motivates Women vs. Men to Play This Game?

I don't buy the line that "women are natural Machiavellians/She's always planning the next branch swing/etc."

Her goal is to maximally exploit her youth (in other words beauty) for maximal desirable male attention.

Can this take the form of a conniving woman, ready to trade up at the next possible chance? Sure. But that is a SYMPTOM and not a CAUSE.

Men want to fuck for fucking's sake. Some trade resources and their dignity for this (gradually rarer) privilege - we call them beta males. Others learn to exploit the desire for their attention. Be the latter guy.

Men's goal is sexual variety.

The Breakdown - Why Women Leave

Ultimately, whether through fault of the man or woman, the cycle of attention stops.

Men who break the cycle generally stop giving the girl "sexy" attention. This can be the result of him

becoming unattractive physically ², but more often the man fails to make her FEEL seduced.

His attention shifts from "sexy" to "expecting" - this makes the girl FEEL...at best nothing, at worst like she is doing work. What used to be motivating attention has been replaced by a demand for service. Wrong kind of attention.

Cheating happens when some other guy steps in and gives her that seductive attention again, making her FEEL sexy. She might fuck him then, she might not. BUT the relationship enters Stage 4 Terminal Cancer at that point.

You may hear "I love you but I'm not IN LOVE with you" at this point ³. Scrap it and move on.

Attention in Context of TRP Terms

Let's re-frame a few core concepts from applied (things you do) to theory (abstract thought that creates broader understanding).

- *Dread* is reminding a woman your "sexy" attention is always for sale, not overtly stating you will fuck other women
- *The 3/2 rule* is meant to stifle inappropriate outflows of your time and resources aka limitation creates mystery, it is not a math equation
- *Pre-selection and social proof* are when other women competing for YOUR attention increases its perceived value

I could go on - the point is **the underpinning theme is provisioning and framing of attention.**

Conclusions

- Women do not have a sex drive - they respond sexually to desirable male attention
 - Never rely on a woman to tell you what makes her FEEL sexual - especially not one you are fucking
 - Males desire sexual variety, women desire maximal exploitation of their youth and beauty for attention
 - Women cheat when they stop getting the sexy kind of attention - this PERMANENTLY prevents your attention from being "sexy" ever again
-

Footnotes

Throughout the post there are footnotes of side observations. Each references a specific problem in the modern SMP. Here they are in order.

1. Men giving away attention for free in never before seen quantities - Remember how I said the price for male attention is sex? This dynamic is fucking that up - attention is available in mass quantity without the old cost.

2. There's a reason our advice starts at "lift" - there's no excuse to be physically unattractive - Don't lose the game because you didn't learn the basics. Keep it simple.
3. Reinvesting in a dying or dead relationship - Don't go looking in the dumpster. You'll only find trash. Roll around in there and that smell will be stuck on your for awhile.

LURK MORE - or Why Some People Will Never "Get" TRP

349 upvotes | April 25, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

tl;dr LURK and learn the rules, culture, and etiquette before popping your mouth off in asktrp or this sub. This sub is about NUANCE presented in controversial and thought provoking ways on a taboo subject. **Some of you will never get The Red Pill, and here's why.**

Eternal September

As with all online communities, once something halfway decent is created it gets invaded by a bunch of clueless cunts who don't respect the etiquette or the culture, but naturally demand to be a part of the interesting culture that attracted them in the first place.

The phrase originates from Usenet, the first major internet discussion platform. Each September, a wave of college freshmen would get access and shit the place up until they learned how to comply with "netiquette" or stop using it.

AOL came along and started offering Usenet to any shithead with their CDs. The influx of idiots never ended as AOL exploded in popularity, thus creating an "eternal September" and destroying the original culture that made Usenet useful and popular in the first place.

You can hopefully appreciate the analogy.

Powertalk

What makes TRP so unique is that quality posts and quality posters are versed in powertalk.

Powertalk is beautiful because it can only be explained allegorically - i.e. its inherent nature is NOT literal, so dictionary definitions just don't apply.

BUT, we have the luxury of being direct on this platform, so we can freely engage with the audience without care for social norms.

What the "sperg" or someone who needs to fucking lurk more can't understand is that good Red Pill Theory **transcends the words by which it is written, but is direct.**

We can make posts about how women don't have sex drives or TRP has too much respect for women and the real point is buried well underneath the headline.

A certain group of people (not just bloopers, but fake reds as well) only look at TRP at face value, never understanding the context of what we are saying. This group has no powertalk skill.

Practical Examples of Powertalk

Since powertalk can only be explained by allegory, I would be remiss not to do so.

The Academic

Let's imagine a conversation about steroids. I argue against teenage steroid use by saying it is unlike alcohol. Alcohol is *verboden* because we don't think young teenagers are responsible enough to drink it, but steroids would have irreversible long-term health impacts when used at that age. The sperg responds,

| "Yeah, but alcohol is BAD FOR YOU too!"

Anyone with decent EQ (emotional intelligence) can realize why all I could do was roll my eyes. I thought, "Do you not understand the bigger picture? Do you not understand what I'm saying beyond *just my words*?"

Arguments to inform are useful. Arguments to "win" are ego-based and useless. A common scheme by those arguing to "win" is intentionally missing the point - rather than considering adjusting their view, they change the subject.

In the academic context, a sperg fails to see the contextual false equivalence of teenage alcohol vs. steroid use. He cannot distinguish the literal from the meaning.

The Social

Social powertalk is more complicated, because it involves a human being as a third party. In the academic context, it's you and the other person vs. an idea. In social context, powertalk is you vs. the situation vs. the response of the other person.

To elaborate, TRP is "mainstream" within the fun and exciting parts of society. This is self-evident once you reach that level.

However, RP theory is never talked about *directly* - doing so would remove the critical centerpiece of powertalk, which is **plausible deniability**.

Let's say my (socially intelligent) buddy and I are out. I am gaming a girl. I disengage to go dance with some other thot across the room to get those dread and preselection juices flowing. I come back and he says "So, what's good?" and I respond with, "You know, just me doing me."

My buddy knows what's up immediately. BUT because of the way I expressed myself to the group, **under no circumstance is that going to work against me**.

The girl I was gaming can't accuse me of doing it to make her jealous, because I never said to anyone I was doing that. Even if my bro decides to white knight and rat me out, he's revealed his hand and the **very act of being that direct is unattractive**.

This is the essence of "Red Pill Awareness" - playing by these rules not only tips off people already in the know, but your ambiguity is a shield against anyone trying to blow up your spot.

Conclusions - If these sound like you, you need to LURK MORE

- SOCIAL SETTINGS aka outside/IRL - It's not about being right, don't fucking talk about fight club.

When the new and eager sperg uses his RP knowledge in public like a dummy, he blows up the plausible deniability. Teasing girls about their orbiters or making them feel selfish for letting guys they won't fuck buy them drinks ruins the fun, even if that's what's happening.

Your motivation for doing this is inherently NOT socially adept. Learn to value the ambiguity. You are otherwise just alienating the type of people you want to be your friends and sexual partners.

- ACADEMIC SETTINGS aka here - If direct straight talk with nuance blended in is pissing you off, you are conditioned to live in a world where "statement" trumps "context".

If I could take you all out and live a weekend of my life first hand, it would be infinitely easier than writing words. Even the biggest bloop would feel the red. But I have neither the desire nor time to do that - so I and the other guys who get it are doing the next best thing.

Don't waste our time because of your shortcomings - lurk, read, learn, and apply.

Shut your keyboard mouth until you have something thought-provoking to say.

Stop offering advice when 15 seconds of introspection would remove all doubt about your right to give it.

I am not here to sell you anything - I am doing this for free for people willing to listen and change. If that sounds like you, please lurk and then start posting.

The Red Pill is not for everyone. Embrace the culture that was built here or get the fuck out.

60 Days of Dread Week 7: Career - Part 1 (Underwriting)

18 upvotes | May 5, 2019 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

verb

| gerund or present participle: underwriting

1. sign and accept liability under (most commonly, a loan or an insurance policy), thus guaranteeing payment in case loss or damage occurs.

- accept a liability or risk
-

Intro - Words and Meanings

When most people think of the word "underwriting", they think of insurance. It is the most common industry to use the word, banking being a close second.

Underwriting, dictionary definition notwithstanding, is "the transfer of risk from one party to another".

The concept is not limited to financial industries, and understanding the *scope and meaning* of underwriting is pivotal to the following:

1. Selecting a career appropriate for you
 2. Understanding your true risk tolerance *vis a vis* said career
 3. Making transitions across careers
-

Underwriting in Broader Practice

The best way to choose a career is to answer this question:

| What aspects of my future professional life need to be underwritten, and where am I willing to bear the risk?

Answering the question is multifaceted. Broadly, here are the things owners, upper management, mid-level managers, and employees underwrite that make the business function:

- Wage and benefits payment ("payroll")
- Performance of human capital ("productivity")
- Capital expenditure and cash flow ("budgeting")
- Direction of the company ("strategy")

When considering an ideal career, one must consider which of these 4 elements he is willing to *bear the risk* of.

Employees are responsible for none, but generally have productivity expectations.

Mid-level managers are responsible for productivity.

Upper management are responsible for payroll (treasury), budgeting (accounting and finance), and to an extent, strategy (executive level and/or owners, thus 'extent').

Owners are responsible for all.

How to select the appropriate level of risk

There is significant mental masturbation on just about any forum, Red Pill not excluded, about "entrepreneurship". The reason for this masturbation is a failure to understand the level of underwriting required to be an owner/operator, particularly in a sole capacity.

The idea of "being your own boss" is inherently silly - it incorporates the idea of management into employment. They are distinct.

To choose a career, choose a risk tolerance and understand your competencies.

There are limits to self-improvement and capability - you may never care about producing excess value out of human capital, but you may be an excellent strategist.

Likewise, you may neither care about nor be motivated by any of these 4 pillars of underwriting.

Be a good employee and learn to be content with that. Doing otherwise will hamper your productivity, and a decent employer will measure that productivity and pay you accordingly.

The Consequences of Underwriting

Your choice to underwrite any, all, or some of these pillars of "work" determines your maximum level of responsibility for failure. Here are a few quick punchy examples, as this is the easiest part to understand:

- Underwriting payroll and fucking it up is a crisis. If it's a crisis of operations, expect to be fired from your treasury or accounting role. If it's a crisis of solvency, expect your company to fold.
- Underwriting productivity and fucking it up is a DIRECT failure of you as the manager. It has personal recourse - whether it was a poor hiring decision or poor performance does not matter. Middle management lives and dies by its employees.
- Underwriting budgeting could be roles in sales, marketing, finance, or executive level. The key thing to remember is:

Failure to achieve revenue target(s) is a loss of imaginary money. Failure of spending to achieve ROI/E on spending is the loss of real money

- Underwriting strategy is Serious Business. If you are the owner, CEO, etc, this is straightforward. However, if you are the Duke of Fiefdom #3 and #3 is something like "number of SKUs we sell into Amazon at low margins", it is still Serious Business.

Taking control of strategy at any level (but generally reserved for high-ish levels of mgmt.) is DIRECT PERSONAL underwriting of all risk associated with the strategy decisions you make.

Summary: Choose what fits, and choose iteratively (as new choices show up, weigh your options and

risk tolerance). Risk tolerance should be dynamic if you want to be a big player.

Conclusions/tl;dr

- Your career is a question of risk tolerance, underwriting is the transfer of risk from you to someone else (or *vice versa*)
- Being an employee can be a good deal - you underwrite literally nothing
- Corollary: Being the equity holder aka owner means you underwrite everything. Consider before your dreams of being the boss.
- Missing cost projections always outweighs missing revenue projections, particularly when your decisions spent money for unrealized revenue

Your success or failure, broadly speaking, depends more on selecting and following through on an appropriate level of underwriting than anything else. Want to coast and answer phones? NBD, as long as the job exists and pays enough for you to live.

Want to hit higher than employee status? Congrats, you've underwritten the risk of *some element* of the business. That's how salary works in a functioning system.

Lessons Learned Behind a Bar

432 upvotes | May 17, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Top post on asktrp right now is "Bartenders/ex-Bartenders: what works and what have you seen?"
Would /u mention op but his name is ten kinds of fucked up.

This is a great ask, because you see anything and everything behind the bar, and it's a place people go to meet strangers. Here are a few things I learned doing it in my early 20s in NYC....

The Setting

Casual sit-down restaurant by day, average a \$75-90 tab for 2 to give you a price range. James Beard award winner, so it brought a mixed crowd during the day. Right around the corner was the main city university (NYU) and a law school, so the 21-28 crowd was our mainstay at night.

We had a sick happy hour, so we'd get lots of pre-date, post-work, and pregame action at the bar. We closed around 1am usually, so I got to see millions of closes, fails, and everything in between.

I would be solo behind the bar except Friday and Saturday night, when I'd get paired with one of our uber hotties. The bar could seat about 24 (fixed stools) so it was pretty big and we'd pack 3-4 deep on the regular. We'd pull the high chairs off all the 6 front tables to let people mosey around that area after 9pm.

The Most Important Lessons

- **AMBIENCE:** *Even if you're not a regular, always get a little banter going with the staff first*

Obviously, if they know you it's free social proof. If they don't, ask THEM about something more than what to order. This loosens you up, gets your "be interesting" muscle going with no pressure, and if you click with the bartender boom free social proof.

I don't care if it's 1am at a strip club, I always reciprocated to the people who made an effort to learn something about me UNLESS they were incredibly weird or obnoxious.

- **APPEARANCE:** *Look different, or fit your stereotype well*

There are 10-50 other dudes at any given bar looking to socialize. Your appearance is not just your first impression - it's an open or closed door when she checks you out.

Your look should either be a conversation starter by itself, or you should fit your archetype. That means if you look like a frat bro, embrace it. Plenty of girls into "that guy". I wore bright yellow sunglasses in a Miami bar at 1am once and immediately started hitting on the first girl who said I looked like a douche. Get the drift?

Point is - don't be average, and definitely don't look boring. No girl ever said, "It was really his business casual that got me wet".

- **APPROACHING:** *Immediately respond to Iols if it's loud, otherwise pick targets carefully. If you wear out the venue, get your ass somewhere else*

Most failed approaches are....the ones that didn't happen! If you lock eyes with a girl and she doesn't look away or she smiles, go say hi. Right now. That's a hard and fast rule, but especially so at LOUD

places like clubs. High traffic high volume places are where you can make 10-20 approaches no problem.

At bars, where the setting is more intimate, *pick your targets*. You only get a few approaches at smaller venues before you are labeled The Dude Ready To Fuck Anything by the girls (who are all watching you btw). If you bust 2-3 times, just finish your drink and peace out.

Tips and Tricks

I **HATE** giving this type of advice on TRP, but there are some quick hits here that put you at a disadvantage if you don't know them. In no specific order:

1. Approaches succeed or fail in the first 20-30 seconds. Eject gracefully if it's not working, and don't double down EVER.
2. Use girl groups to open solo girls and groups too large to open. I would see the dudes who "get it" open and friend or brozone a set of 2-3 girls then use their preselection to drag in his actual targets. I now do this.
3. Getting a pipeline of 9s and 10s is done through other 9s and 10s. Unicorn hunting happens via social circle, not online.
4. Hold your drink in your left hand about waist height. Too high and your posture screams "don't talk to me". Keep that other hand free for handshakes, hugs, and gesticulation.
5. Hold eye contact until she looks away or smiles. If she looks shy/embarrassed or smiles/giggles to her friends when she looks away, that's an IoI. If she looks away like she just read a bus ad, don't go over there.
6. Stay off the fucking phone! It's a trap. Tease girls who are on theirs. Ask them how many insta followers they have, tell them to show you their cute dog pictures, whatever. Just scold them in a fun way. Easiest open ever.
7. Get numbers or fuck off. Insta and snap are them telling you to fuck off or they're not actually out to fuck anyone that night. If they are waffling on it, just tell them you are a big boy who can take a "no". You'll get the real answer.
8. Never try to be cool. Don't try to be funny if you're not - to get better at being funny, just watch standup. It's 90% timing.
9. Never buy drinks. Ask any of your female friends why not.
10. You are there to HAVE FUN. NOT TO HOOK UP. Take the pressure off your dick and chill.

This is punchy enough - for a follow up post, I'll write a section just about:

| A Few Stories

Until then, it's Friday night. Get out there and have fun.

Life Isn't Fair

493 upvotes | June 4, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Graduation season is upon us, so I'm going to take a minute to remind brand new and still-digesting members of a few things.

- **LIFE ISN'T FAIR**

If I told you no two people are created alike, and that some people are going to be objectively better mathematicians than others, you'd heartily agree. After all, it is a self evident fact, and you're a smart enough guy to accept reality.

But for some reason, inequality in the sexual marketplace prompts irrational, reactionary anger in our newbies and unplugging crowd. Let's go over the top rage bait and inject some red rationality back into the conversation.

- **Some are born more attractive than others**

Duh, right? But what happens when we specify....

- **Women state a preference for tall men, and you can't change your height**

It's true, even the ones that lie and say "he just needs to be taller than me" when she's 5 foot nothing prefer taller men. In the words of Tony Soprano, whaddaya gonna do? I assure you that "being angry about it on the internet" won't help.

Why are you listening to what they say anyway? Stop doing that.

- **Your facial attractiveness is only naturally malleable via your weight**

So get fit and stfu about it.

- **Swipe and online dating have inflated women's expectations and made them further objectify men**

So be the shiniest object you can be to compete in OLD or try something else. Speaking of compete....

- **Women are not magically excluded from darwinian thinking**

You want hot enough. She wants the hottest she can get and will only trade up. LIFE IS A COMPETITION, and there are other dudes who will beat you out in various ways.

Why should she settle for #2 or worse? Don't replace bluepill "women are wonderful" with rage pill "women are fucking reptilian brained". Replace it with "I'm doing my thing, they can sign up for the ride if I let them."

- **Unhappiness is primarily the result of defining yourself on a relative basis**

There was an interesting study that asked "would you rather make 100k and your peers make 75k, or

200k and others make 250k?"

Most picked 100k. This is a classic BP failure of defining your own success through comparison, and is the killer of self actualization and happiness.

Most are answering the question from the reptilian brain, instead of concluding that one income is objectively superior to the other.

Who cares if some guy has it better than you, if you have what you need?

- **Men have very little intrinsic value, women have a lot**

Pareto and the whole OkCupid "women rate 80% of men below average" result from the fact that on the **superficial, surface level** women are unable to judge the majority of characteristics that make them want to fuck a man.

Without seeing and FEELING nonverbal frame and game, men don't have much to offer. Dick is cheap.

Is it really surprising they then bias aggressively to looks in OLD since there is nothing else to go on, and she wants the best? Pussy is valuable, and they learn that early.

- **TRP is for men who will read, apply, and win for the sake of winning**

If you want to give up, there are plenty of swamps to go drown in. If you want to post about how terrible women are and meme about your impotence, this isn't the subreddit.

If you want to make yourself the priority, improve your physique, and get what you want out of life **by doing it the hard way**, stick around.

"But why would I do all this just to get girls?" if you're asking this, you still have a long way to go.

We will help you realize it was always about you, if you're willing to put in the work.

Now get to work, and when in doubt blame yourself first.

itiswr1tten Answers All Your Questions Today!

135 upvotes | June 7, 2019 | /r/askTRP | [Link](#) | [Reddit Link](#)

Asktrp is always busy on Friday because our dear readers are getting hyped to go out, or alternatively, try to fix their retarded LTRs and chase their oneitis of 6 months.

I'm going to do you a favor and answer every question you could possibly have so you don't need to post. Here we go:

- (solves 50%+ of issues) This wouldn't matter if you were maintaining sexual relationships with multiple women

Plate ignoring you? Fwb wants commitment? Struggling with the close on your totally hb9 bro? Is there [This One Girl](#)?

Here's the solution.

- (solves 33% of issues) Yes, you should do it.

Should you switch to PHUL lifts? Should you ask her out? Should you move to a new city. Do it faggot.

- (solves 17% of issues) Go out and get off the internet.

Existential dread? "What's the point, so i just spin plates forever until I die?" Feel like saying clown world unironically?

Time to go outside.

Thanks for reading, you saved some other EC lots of time.

AMA otherwise, I'm around for awhile

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1 upvotes | June 7, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Sales Bros and STEMLords

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

Old school TRP used to be full of sales guys. Most ECs are in careers that require negotiation on a regular basis, solicitation of new customers, or own companies. Why is that?

We understand the art of the sale. We are Sales Bros.

TRP today is absolutely plagued by STEMLords. You make us look bad, in fact the only legitimate way to criticize the sub most of the time is by quoting your absurd hate filled nonsense.

You see, salesmen like their customer. They appreciate their product and find ways to make their customer connect with their product. They enjoy risk - sell and get paid well or don't and starve. They are winners. They know the best customers are tough to sell, because they get pitched all the time.

STEM Lords HATE their customers. Ever seen programmer humor? It is 90% vitriol toward their users, who they think are stupid, incapable, selfish, and inferior. Sound like the way you think about women?

I am here to teach you to sell YOURSELF. In order to be a good sales bro, I demand the following:

- Appreciate your product - look in the mirror and tell yourself "this guy is fucking awesome"
- Learn to like your customer, even if they can be annoying cunts sometimes
- **WANT IT.** Demand the best of yourself and cultivate a desire to win

Yes the SMP can be brutal. Yes women can be picky and stuck up. That's just life, friends.

Do you want to win? Join me and be a Sales Bro in the SMP. Otherwise, please fuck off to the loser subs. I've got future customers waiting.

Overt Communication

16 upvotes | June 14, 2019 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

...is a RED ALERT, nuclear launch detected red flag in your relationship.

Women have their own way of communication. It confuses men who don't pay attention. The point at which a woman directly criticizes another woman is the point of war. It's that serious.

Their entire social web is held together by NEVER being directly critical to one another.

The point at which your woman is overtly communicating at you is ALSO that serious. However, it's usually not war. It's total desperation.¹

Your wife, girlfriend, whatever has exhausted everything in her playbook and is willing to go against her entire life's experience, hell, go against her fucking biology by the time she is straight up telling you what's wrong. You have officially Fucked Up Big Time™ if this happens.

When you hear unfiltered, unapologetic, aggressive aggressive (as opposed to passive aggressive) language, you are officially on notice.

Hopefully, this didn't happen to some of you. But for many, it did, or it will. Be aware.

You don't want her to talk to you like a man - it means she thinks she has to be the masculine one now. You can guess what she thinks of you as a "man" after that.

(1) if it's war you need to gtfo. She is irredeemably crazy.

Infidelity

198 upvotes | August 8, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Every time cheating comes up in asktrp, people cannot help themselves but moralize.

"Cheating is beta!"

"Following through on your promises is alpha!"

"Why be in an LTR if you knew you wanted strange?"

Some version of all 3 gets posted, and usually reaches the top of the votes.

Sexual Strategy is Amoral

What does this mean? Here at TRP, a founding philosophy is that *the advice we give here must not be muddled by our personal beliefs*. Just because YOU are personally opposed to taking certain action in a sexual context, doesn't mean it is not an option for whomever is asking the question.

This rule exists because we strive to be objective about the truth, not evangelize. TRP is all about what works, regardless of how unseemly it may be.

On Infidelity

Let's say you're exclusive with a girl. You see some ripe strange when you're at the bar and your testosterone monster starts the porno reel. Shit is involuntary, right? Right.

Here are your options.

1. Go privately smash that strange, and keep it a secret.
2. Go smash the strange, and fess up later or get caught.
3. Try to open up your relationship.
4. Do nothing.
5. Break up with LTR prior to smashing strange.

Option 1 is optimal from a sexual strategy perspective. You keep your girl and get what you want.

Option 2 is least optimal - you likely end up with no pussy and your LTR has a free pass to start drama forever because "oh yeah???? Why don't you just GO FUCK SARAH AGAIN" Imagine that in your ex's shrill voice when you forget to buy toilet paper.

Option 3 is volatile - even if it works, she is banging other dudes, and even a one sided open relationship might breed massive resentment.

Option 4 is status quo.

Option 5 gives to get. It's suboptimal from a sexual strategy standpoint.

Why should I be OK with this?

Two reasons.

The first is that you're here at TRP to swap notes with dudes, and see what works (or how others handled the situation). Leave your morals at the door.

The second, and *far more important reason*, is that **women are passively cheating 24/7**. Especially any of them hotter than a 7/10.

My best friend, my work boyfriend, Ted who DMs her on Instagram? All part of her web of dudes. Funny thing is, it's subconscious. If you called her out, she would tell you you're crazy or insecure. In her mind, nothing is wrong.

Some guy who upped his game into smashing primarily models did an experiment. He put a key logger on his fwb's phone, and pulled the results after a few days. Sure enough, she had a pile of orbiters and "friends". All were constantly offering dinner, dates, gifts, and all manner of thinly veiled sexual advances. *And she was responding to most of them, some in rotation.*

Thinking she was just a hoe, he told himself "wow, this girl sure is bad!" Then he did it to a plate. Same EXACT result.

He finally stopped after 10 girls in a row proved his suspicion right.

The moral of the story is that cheating comes in many forms, and there are some all women are going to be doing to you.

Wise up and realize that physical cheating is what it is - genuine redpilled guys aren't going to judge you on it. We're just going to give you the options so you can *decide for yourself*.

Remember this the next time you see the subject of infidelity.

If your girlfriend left, what would you miss? [A Patrice Series]

819 upvotes | August 28, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro - Who is Patrice O'Neal?

Patrice O'Neal was a big fat black comedian who knew women like no one else. Before TRP even existed, Patrice was spitting hardcore RP truth. I'm writing a series on his work, and will break it down for you. Each entry will be accompanied by audio/video. Most of this is relationship focused, but plate theory will enter now and again.

This guy needs to be known by anyone who spends more than a minute on this sub. Look forward to introducing anyone and everyone, and showing fans some of his more obscure stuff over time.

Here is the audio we are breaking down today (YT Link)

As soon as she knows you will righteously leave, she will righteously stay. They can't help it.

Patrice was dealing with a caller who said "I was the biggest muthafucka" to his girl in the early days, and she "gave him the best treatment", but "the minute I decided I wanna try and settle down and 'treat her right' she started acting like the biggest bitch."

What's going on here? Simple - *what we are programmed to think is correct treatment of women kills their attraction to us*. 5 minutes on the sidebar can tell you listening to what women say is a death sentence for your dick. 5 weeks of accidentally doing it can fuck up a 5 year relationship.

We do this because we are subconsciously pedestalizing the pussy. Let go of "good and bad" and focus on what seems right to you. When you have frame control and she knows it, she will treat you right. If she doesn't, you leave!

I told my girl she's the 4th most important thing in my life

Patrice told his girl the following order applies:

1. Me
2. My Career
3. My Mother
4. My Girl

| "It's not an attitude thing, it's a belief thing."

You have to truly believe in this order of operations. Number 3 may or may not apply to you. After that truth bomb (surely prompted by some comfort test) Patrice's girl doubled down by explaining she put him ahead of everything - family, career, EVERYTHING. His response?

| "Oh wow. Thanks."

Couple of things to take away here. **Never love anyone more than yourself.** In the moment aka

"right now", she really thinks she loves you. It's why we tell guys to add the phrase "right now" to EVERYTHING she says to you. She really believes it....until she doesn't.

The woman must be more emotionally invested than you in the relationship. Period. Treat that as law.

If you don't talk to bitches, you lose the ability to talk to bitches.

The Commandments of Poon (which can be found via Google or sidebar) number 7 said "always keep 2 in the kitty". I'll quote a piece of it:

A woman knows once she has slept with a man she has abdicated a measure of her power; when she has fallen in love with him she has surrendered nearly all of it. But love is ephemeral and with time she may rediscover her power and threaten to leave you. It is her final trump card.

Never be a kept man. That does not mean never be in an LTR, it means never surrender your balls. To get the best from a woman, she needs to KNOW you can get more girls.

Dread is all about her understanding your value. For her to understand, it needs to be prevalent. You are gaming girls because it comes naturally to you. It's not a trick, it's not a show, and it's certainly not contrived. **Start treating every attractive girl like a prospect and see where it takes you.**

The power that you have is the power I let you have.

All bad behavior you experience in your relationships is your responsibility. And your fault.

Your girl acting up? You permitted her to do it. If you acted up for even a few weeks, she'd branch swing.

Understand you need to hold her to the same standards SHE WOULD FOR YOU. Women are naturally better at having standards in an LTR. Copy that behavior.

Conclusion/tl;dr

- If your girlfriend left, you can always replace what she was giving you
- Treating your girl like an equal who will appreciate your "niceness" is the path to losing your girl
- Always put yourself first
- The ideal relationship is where she is desperately in love with you, and you just like her
- Women's power in the relationship is all about what you allow her to have. Don't give her anything she doesn't deserve.

All Men Need To Womanize [A Patrice Series]

201 upvotes | September 1, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro - Who is Patrice O'Neal?

Patrice O'Neal was a big fat black comedian who knew women like no one else. Before TRP even existed, Patrice was spitting hardcore RP truth. I'm writing a series on his work, and will break it down for you. Each entry will be accompanied by audio/video. Most of this is relationship focused, but plate theory will enter now and again.

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Here is the audio we are breaking down today (YT Link)

You need to womanize

You can't understand wanting something else until it's available to you. If you haven't "broken up" with a woman because her presence was *INCONVENIENT IN YOUR LIFE* you haven't womanized. There's a reason there's no man-izing or guyzing. Just sounds dumb.

The epiphany

There's a point when you internalize this shit and it becomes real

Patrice said,

| "I need a woman that makes people go, 'What?'"

If you don't objectify your woman, she won't respect you. Once you find that out, you can literally get almost any woman you want.

They're selling what you're buying

American women are constantly transforming to sell you what you want. We had a phrase on TRP,

| "Women are like water, they take the shape of the container you put them in"

Reality is that's prostitute behavior. To get played like that is to get pimped. Don't be stupid.

We settle for significantly less than we should, before we learn the game women are playing.

The next segment starting around 7:15 on Superman is worthy of its own post. That's the next one. Enjoy this breakdown.

Emotional Reaction

153 upvotes | September 28, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

On this beautiful Saturday, we're keeping it simple with a little trick that combined with some honest meditation can achieve great things.

One of the recurring themes of "bad posting/commenting" on TRP is really just uncontrolled emotional reaction without introspection.

Every time you see:

- Someone calling a Field Report fake
- Slap fights over the semantics of word(s) rather than idea(s)
- Moralizing

...and other flavors of shitposting, it is because the commentor or poster failed to ask a simple question:

What is it about these words that is causing me to have such a visceral reaction?

A lot of progress and introspection can be achieved just by genuinely asking yourself that question.

Does the field report make you sad or envious?

Are you engaging in Sophistry because you refuse to let go of your argument?

Are you moralizing because you're afraid of the guy who doesn't?

Ask yourself this question the next time you feel that **NEED** to let your reaction be known. You might be surprised to discover where it's coming from.

[TRP.red] Wordsmiths - Organizational Behavior P.1: A Primer on the Philosophy of Capitalist America

64 upvotes | October 20, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

<https://www.trp.red/feed/status/27915>

Chase the Dragon

4 upvotes | November 14, 2019 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

The Imaginary Finish Line

A classic success-borne mental issue arises when guys with formerly garbage lives actually put in the work to internalize the Red Pill. I call it the "Imaginary Finish Line".

The reality of life is that *chasing the dragon is the whole ride*.

Intermediate RP

Men who unfuck themselves and make a bunch of progress always end up mentally lost in the intermediate stage, because they wrapped up their ego existentially in some goal. Meaning, if the meaning of your life became fixing your problems - and you succeed - what's left?

You are guaranteed to have an existential crisis once you reach the goal if you've redefined your existence through said goal. Thus, the Imaginary Finish Line.

If you fix your life, you're left with an awesome life. This is hard to grasp when your old existence was defined by being a big faggot with lots of problems. The LACK of problems feels like one.

The cure is recognizing that all you've done is position yourself to live an awesome life. Getting laid with your wife (or whomever) and the gym were just tools of self actualization, not the end goal. The end goal is an awesome life.

If you catch the dragon, find a new dragon. That's all there is in life.

Why You're Still Getting Shitty Results [TrenGod37]

504 upvotes | December 11, 2019 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

So you've read the sidebar. Got back into the gym. You start to feel better. Confident. You start approaching. Getting numbers. Dates. Etc.

You think, Man, I like this. Then it happens, things are going well and she hits you with a shit test. AA. Pass. Cool

And then another one. Only this time you're stumped. Later You go for the make out and she pulls back. Fuck what did I do wrong. You run home and log onto askTRP.

"How do I pass this shit test?"

"How do I respond to this text?"

you know what I'm talking about. Someone gives you a good response and it's back to the races. And then it happens again and again. And now asktrp is filled with "how do I response .." questions.

Why is this happening?

You are forgetting the most important thing

Frame. Mindset.

YOU are the prize. YOU are more than good enough. Why the fuck wouldn't she want to go on a date or fuck you?

You guys need to drill this into your fucking skulls until it's bleeding out of your ears.

Do you think she is running home asking an Internet forum what to say or how to respond to your text? No she's not. She doesn't care or need to, Because you have already framed yourself as needing her more than she needs you by coming on here in the first place asking about this one girl.

"But trengod I don't feeeeel like the prize"

Well there is your answer. You need to work on yourself until you do. And I don't mean work on your witty responses (there will be a time for that). I mean work on feeling. Acting. Carrying yourself and most importantly, being the prize.

"But trengod. They say fake it till you make it!"

Well yes. That works. But it's not efficient. You guys are trying to play in the majors without ever playing Tball or going to the batting cages.

Sure if you stand in front of max scherzer everyday for a year trying to hit the pitches he throws, eventually you'll get lucky. Hit a few once in a while. but then throw another pitcher in there and it's back to square one.

You're skipping the steps.

T-ball (frame). Little league (mission). High school (hobbies. fun life. Value. Intelligence) Minor leagues (confidence. Game/OI. Finances. Etc) Majors leagues (abundance. Self Fulfillment. The life you want)

And then the cheering crowd....(women)

(All are up for debate of how important one is from the other. But that's based on person)

You're going to the gym everyday putting 315 on the bar and trying to bench it when you just started

lifting. The guy spotting you (everyone on this and the ask sub) is curling it for you every day. And it's looking like you're doing it. But you actually ain't doing shit or the work. The spotter is.

There are a lot of steps you need to take and master way before you are able to smoothly handle women the way you want to be able to and how they should be handled. And it isn't by running to the ask sub everyday with another shit test you received.

you have no fucking mission besides women

I will not go into the importance on a mission for yourself there's a million post and reasons for that. Read.

But I will talk about it's importance with women because most of you are just obsessed with only them

You're wandering around a huge dark cave with a bunch of women (your dates). Trying to lead them to the exit without a flashlight and a map, or a plan. Sure they might follow you at first

"Hey he looks like he might know how to get out of here" (alpha appearance)

But after a little of hanging around and talking to you. They will be like. Who the fuck is this guy really? he don't know where he's going. Or what he's doing let's dip. And away they go.

Your interactions have no purpose besides hope. Hoping to get laid. Hoping she likes you. But you have no real purpose behind them. No real direction of how you want things to look.

That's why when she throws shit test at you. Or your girl or plates give you shit. You come here asking what to do. Because you have no fucking idea what it is you want.

Only once you have a plan of how you want your life to be and turn out. What you want in it. Out of it. Can you really be of any use to not only these women. But your damn self.

So you can come here and continue picking and choosing what you want to work on just to get laid but there is a seduction sub for that. You will never find true fulfillment in that. That's not what this sub is based around although it seems to be the only thing guys come here looking for. I know it's easy to get lost in the excitement of getting laid.

But If you're really looking for a place to better yourself and not just some way to get laid. This is it. Getting laid is fucking awesome. We all know it. But it will never be fulfilling as building yourself as the prize. Feeling it. Not just saying it.

Original post by [/u/trengod37](#)

tl;dr Do you think she is running home asking an Internet forum what to say or how to respond to your text? No she's not. She doesn't care or need to

Only once you have a plan of how you want your life to be and turn out....can you really be of any use

The Plight of the Extremist

55 upvotes | January 7, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

This post will diagnose and explain why TRP isn't quite what it used to be, and how to continue to extract value from its modern form.

When you see readers complain about "how TRP used to be"¹, they're usually speaking about a specific thing.

The "thing" was the type of user who frequented TRP several years ago, who:

1. read
2. put into action, and
3. (usually) moved on.

Those that stayed enjoyed teaching, or liked to hear themselves talk. The latter was pushed out if they weren't good at their hobby.²

What changed?

The Old Userbase

If you asked random members WTF redpill was all about years ago, they would tell you something akin to:

"We are guys trading notes about how we got what we wanted. We do it absent of our morals, backgrounds, etc. The point is to find your path to what you want, even if some other guy seems to have a better hand."

TRP is about extracting the ego from the situation, diagnosing accordingly, and making changes. Those who do not are typically some form of Extremist. They stay for a different reason.

The Plight of the Extremist

The Extremist is a tragically comedic character. He deeply worships an ideal of himself that is impossible (or close enough to impossible as to be foolish) while outwardly declaring he is at or approaching the finish line. This is all ego defense, of course.

The Extremist believes that unless you are the top 0.00001%, you have failed.

This is an excuse to never take the first step. To never get to what he thinks is "average" or "normal" before being dissatisfied with it, while trashing normal and average through typed words.

No, the Extremist somehow knows he's dissatisfied with normal, even though he is leagues below that point. The Extremist suffers from his exposure to lifestyle.

The internet is a wealth of knowledge, but an interest payment when your consumption becomes your mindset.

Conclusion

Avoid the Extremist mindset. Better to be better than before, then waste time on creating your perfect idol of yourself. Bonus, you'll improve the whole community as a result.

Follow Up: Check the history before taking advice - you might be surprised who speaks with confidence through the keyboard but posted a question that could be answered by ["There's This One Girl..."](#) a week ago.

1. [Source](#)
2. I am both of those things.

You're Not an Introvert, You're Just an Asshole

555 upvotes | February 20, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

The title is intentionally misleading, because the vast majority of you think the definition of introversion goes something like this:

Introvert: a very special person who has a social battery. Their scintillating intelligence causes them to prefer their own company, because they are superior to normies.

Introversion. This word is CONSTANTLY misused. Introverts aren't loners, they're not special, and they're certainly not magically smarter.

Introversion is,

"the tendency to be concerned with one's own thoughts and feelings rather than external factors or things."

That's straight out of the scientific textbook, in the "how to diagnose problems" section. Introversion can mean you have a preference for your own thoughts and feelings because you are a fully formed person, or it means you are a maladjusted pussy. Almost everyone who self identifies with the false version of introvert fits into number 2.

Introversion is NOT some condition that makes you naturally and justifiably uninterested in social interaction and group belonging needs. That is you being antisocial. Being antisocial is also a *disorder*, which is defined as,

"a state of confusion."

Having an ingroup in real actual life is a basic requirement to fulfillment. It also requires social skills, which is a critical and challenging part of developing into a man.

Building an ingroup is an uncomfortable and anxiety inducing journey for everyone, because acceptance is not guaranteed and those with lower talent for socializing will inevitably experience rejection and shame at some point. Talent is a given, but skills are built from work. Quitting because it didn't come naturally is for losers.

Work on it if this post resonates with you.

Destroy your Comfort Zones

TRP exists to help you figure out why you are deceiving yourself, so you can be better. Some of those deceptions are the result of social programming, but most are the result of complex rationalization schemes to avoid the difficult task of being better.

The sooner comfort zones of all stripes are conquered, the more of your life is left to go pursue meaningful accomplishments.

If you want to be like everyone else, by all means. Open a comment section on any platform, Reddit included, and see how the introversion hamsters spill their disorder into **everything**. Do you really want to be that person?

If not, stick around here. If you do, please get the fuck out. We are building things here.

TRP is Biology - Only the Truth Matters

125 upvotes | April 21, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Introduction

This post will rely heavily on the excellent summary work of Bret Weinstein & Heather Heying. They are a husband and wife duo of evolutionary biologists who successfully sued their former employer, Evergreen college. Weinstein dared to say that forcing all white people off campus for a day of absence was wrong, and was summarily chased down by crazed students with baseball bats, while the campus police refused to protect them. Side story, but relevant because nowadays both are persecuted by a new coalition - gender activists, for daring to say that there are biological factors that discretely describe men and women, and they are fundamentally different.

Today we will be walking through the science of why biology instructs sex - and the conclusions about what biology defines to be male and female. At the end, I encourage you to ask yourself - why aren't we allowed to talk about TRP in public, and who leads society to growth?

Nature's lessons

Gametes are the cells that combine together in sexual reproduction to form a zygote. In humans, male gametes are sperm, female eggs.

For a long period of time chromosomes were believed how the human sexes received their traits. But we know when observing birds that, unlike humans, the dual pair (WW chromosome for them) makes males and the blend pair makes females. Humans are the opposite - male is XY. So "how we define male and female" is not consistent across chromosome pairs.

Broadly speaking, all flowers have male and female sex organs. Their male parts have mobile and numerous gametes - flowers are not picky about spreading these wherever they can. Their female parts, conversely, are coy - the style is a long tube that the male part must navigate to pollinate the flower. The female part is a test for the male part; a flower practices a female and male strategy, and does so in markedly different ways.

Our common ancestor with a flower is ancient and remote - a primitive ocean dwelling single celled organism. Yet, over billions of years...there has been a consistent pattern of what it means to be male or female evolving from these organisms. An organism's gametes that are numerous and mobile exhibits "male" behavior, and gametes that are in short supply with higher investment in offspring exhibits "female" behavior.

Male and female is actually a **convergence of a set of traits, not a chromosome pair., and certainly not the same** What we believe about what it is to be male or female, we generally aren't conceiving correctly. Sound familiar?

Titties

Couldn't resist that header.

Of 5000 species of mammals, only human females have permanently enlarged breasts. Enlarged breasts are a fertility signal. Ipso facto, human females uniquely present a fertility signal at all times. Ancestrally, as with all animals, women would have spent most of their time in cave and savanna days pregnant.

The consequence is that human females are the only mammals we know of where evolution allowed

a circumstance where *their fertility window is concealed*. Add in the fact we are on a *very* short list of creatures that have sex for pleasure, and pair bond with sex, and human sexuality suddenly seems very unusual.

Think evolutionarily, and realize the likely cause is female fertility signals probably signaled to primitive men that they were a prime target for rape - evolution would select against this as a result. It also means only maternity is guaranteed - fathers must rely on the female mate's honesty before modern science enters the picture.

Polygyny

Polygyny means one man sired multiple offspring with different women. There is *no disagreement* that this was our mating strategy for the dawn of man up until *relatively recently*. Evolutionarily, a man who can find multiple women to bear his offspring without needing to invest resources in the kid or the woman has maximized his evolutionary success (let's call this the A strategy). However, the female is in the exact opposite position, and thus wired to stop that from happening and secure commitment (let's call this the B strategy). As civilization coalesced, many factors have led to monogamy or B strat as the stabilizing force. Men invest resources to be secure in their paternity, women receive the resources to raise the child. Evolution wise, this is still pretty good for everyone.

Hotness

For a moment, please imagine a woman that is hot. Think about what she looks like.

Now imagine a woman who is beautiful. She looks very different from hot, right? We as men have two very different responses to this. Beautiful is the wife or the girlfriend material, hot is plate and FWB material. Madonna/whore. We have talked about this forever on TRP.

Weinstein theorizes, with evidence, that "hot" triggers the A strategy in males. Hot is also what is sold by advertisers - *advertising works by selling an image to create an insecurity*. A product is then displayed as the cure to the insecurity they caused. Women are sold hot 24/7, you can point to the woke trend in ads but it is a total minority when compared to hot. Hot also fades with age. So advertisers are tricking women into triggering the A strategy in men.

Men are therefore also pursuing a dualistic mating strategy! A pumps and dumps, B commits. A...lpha....b...eta.

Porn producers are also triggering the A strategy in boys and low value men who cannot actually run the A strategy. It is showing a mechanical false form of sex that is fucking up their programming - it is also economically motivated - and thus will act amorally and accept children as customers. Porn is basically creating sexual autism in men, from an evolutionary biology standpoint.

Sex with Strangers

Historically, the stakes for reproduction were really high, making women careful about how they take that risk. Birth control reduced that risk to zero. Both women and men are very interested in sexual pleasure, but now the strategies have finally been aligned by reducing the stakes.

If you're interested in sexual pleasure, you're suddenly in a place where you're being sold "have sex with strangers" by our cultural zeitgeist. Sex and the City anyone? Sheryl Sandberg, who women idolize as a "boss", is straight up telling women to bang bad boys then settle with betas. This is not up for debate, it is a fact that our current cultural narrative is shaped to encourage casual sex, and there is

an economic engine that benefits from it selling products all along the way.

The Modern SMP

So - these 2 evolutionary factors are now completely flipped. Sex is now no longer risky from a reproductive sense, and the culture encouraging women that they are now free to fuck strangers - after all, what better activity for a strong independent woman to engage in than sexual liberation?

There is a second factor at work, things like #metoo and the idea that all women should be immediately believed. What is the goal? Perhaps, when we think evolutionarily, the culture is trying to **remove all the danger from sex with strangers**. Affirmative consent is an equally absurd concept, but with the same goal. If we are asking "is this OK" every step of the way, there can be no misunderstandings. But what is the cost?

The Price of Absolute Safety

Between 1-4% of society are actual sociopaths. However, neurotypical people are absolutely capable of engaging in sociopathic behavior.

When you create a believe all women system, you have also suddenly created a perverse incentive for sociopathic behavior. Garrison Keillor lost his show because he gave a woman a hug to console her, she recoiled, he said sorry, and she agreed later via email it was fine. #metoo comes around, and suddenly she decides what happened was a problem, and retribution must be served.

The price of absolute safety of sex is the destruction of everything enjoyable about it. Furthermore, absolute safety is an impossible illusion.

The Cure for Cancer

This is cancer of our social systems. The solution to the cancer of false tolerance and total safety is uncompromising intolerance. **The Red Pill is uncompromising intolerant rejection of the lies the Matrix is set up to tell you.**

So, we need to be more than intolerant with some intolerant minorities. It is not permissible to use "American values" or "Western principles" in treating intolerant liberalism (which denies other peoples' right to tell the truth, and has no respect for the truth). They must be crushed. The West is currently in the process of attempting suicide, and this is one of the only places fighting back.

Science isn't the sum of what scientists think, but exactly as with markets, a procedure. Once you debunk something, it is now wrong. Had science operated by majority consensus we would be hundreds and hundreds of years behind where we are today - and the blue pillers are trying to sell you the bullshit science of feelings-based consensus.

Do you know why the Red Pill is trustworthy? Because our stance with people who question it is simple. "Don't believe us? Go out and test it, you'll see." Question a blooper about their dogma and see how they react. I promise you it is not scientifically. I promise you they will try to destroy you.

Your opponents are anti-science and anti-evolution. They care to practice "scientism", a perversion that ignores science that does not reach the desired conclusion, while draping itself in the flag of Science!.

The reality is that the core foundational material of TRP is very much based in biology. There is no

need to fear biological determinism - understanding it will actually give you more freedom (thanks jojo this was a great point). What comes through goofy terms like AF/BB is in fact fully supported by the truth. Reject the lies where you see them, and you will see it for yourself.

While you're at it, join us on TRP.Red because Reddit already threatened a total shut down, we don't have much longer here.

How to Kill Your Bad Habits - Now

266 upvotes | April 22, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

One of the most common askTRP questions is some version of this:

TRP, I am stuck in a loop of [video games/porn/alcohol/drugs/name your vice]. Every time I quit briefly then suddenly I am doing it again and hate myself. Why do I do this?

People think it's hard to quit because that's what we're told. Whether it comes from "experts" or organizations like Alcoholics Anonymous, the message is always the same: quitting is hard.

The reality is that quitting is not difficult, it is a decision. But there are 2 prerequisites:

1. Understanding the nature of the problem.
2. Following an effective method to solve it.

If you have a problem, you have probably heard bullshit platitudes when you ask for help. Almost all bullshit platitudes come in 2 forms:

1. You are powerless so surrender to a greater force like god or a \$1000 program
2. You lack willpower and are stupid

We have now covered the requirements and the bullshit. Let's get into the solutions.

Step 1 - No Miracles Required - But Understand it Controls You

Do not sit and wait for motivation or a miracle. Neither will occur. Instead, understand that *your trap is built on the lie that this thing does not control you*. It does. Have you ever heard a video game addict rationalize that "it's just having fun bro" or a drinker "I can quit whenever!"

The nature of the problem is these lies are built on identical foundations - "I am in control." The problem-laden person must face their options: stay in the trap and continue to suffer the misery, or try to escape.

- Step 1 - Admit to yourself you are not in control, and choose to escape
-

Step 2 - Your Happy Life

We've established what will happen if you stay in the trap. Now, we need to *imagine and write down what it looks like on the other side*.

1. Physical Health
2. Control
3. Finances
4. Self-Respect
5. Time

Whether you drink or jerk off to cartoon porn 10 times a day, you stand to gain all the above from

escaping the trap. Without this addictive vice, you will eat and sleep better. You will feel control over your life. You will gain back all the money you wasted, whether directly on a product or lost from pursuing income. You will feel great pride when you think back on how you achieved this victory. And finally, and most importantly, you **will cherish the time you now have to pursue a fulfilling and rewarding life.**

The headlines will be the same for all of you. The meaning of those headlines will be different. Write each of them down, and allow them to be fluid - but only partially. Make sure you know the core meaning of each benefit, then it is OK to say "actually, I will use the money I saved on booze to pursue...." *But commit to saving the money first.*

Step 3 - Remain Flexible

Two words you have probably seen a lot of these days are:

1. Flexibility/openness
2. Resiliency

Both are certainly important, but rarely is the cause addressed. Many people experience a life where their beliefs are largely determined by the ideas of other people - this type of existence cannot foster either of the above tenets.

You may laugh at blue pillers, but you likely accept the redpill solely because people you perceived to be experts have made convincing arguments that you should do so. Have you gone out and tested it?

Have a look at these tables. If I told you they are of identical dimensions, I assume you would be pretty skeptical. One is a longer rectangle, the other a shorter square.¹

These are called Shepard Tables, and they are of identical length. Go get a ruler and check.

You gain two things when you keep your metaphorical ruler on you at all times. The first - you remain open to new ideas. The second - you remain willing to test those ideas, and your conclusions will make you confident and resilient.

A Reminder

One of our core principles here is, "don't just believe what we're telling you, go out and test it for yourself."

Overcoming your addictions and vices is no different. Here is some advice based on what I have done by myself and read from others. Go try it for yourself. I am confident you will be happy with the results, but you won't be until you do it by yourself, for yourself.

My last point, and this is important. Never hate yourself.

Learn to hate the shitty behavior.

Good luck.

To Recap

1. Admit to yourself you are not in control, and choose to escape
2. Contemplate the happy life that awaits you - and write down what that means
3. Keep your mind open and stay flexible

Footnote 1: this example borrowed from Roger Sheperd & Allen Carr from the book *Mind Sights*

VasilyZaitzev & itiswr1tten Hangout Podcast - Quarantine is Boring, Right?

151 upvotes | May 7, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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

Women Do Not Have a "Sex Drive"

3 upvotes | May 11, 2020 | /r/PurplePillDebate | [Link](#) | [Reddit Link](#)

I am using the opportunity of The Purge to address my favorite post, linked here.

Archive link if that isn't working

People on Reddit really enjoying reading just a headline, experiencing emotions from the headline without reading the body (or article), then "sharing their opinion". I expect many of you to do this anyway despite that explanation.

My favorite weak-ass counterpoints:

- Haha, yeah, women MASTURBATE so how do you explain that???

Masturbation is not sex. What drives women to masturbate is not relevant when we're discussing what makes them fuck men. Next question.

- Lesbians exist!!!

We are discussing heterosexual women. Also Lesbian Bed Death lmao.

- Wow, looks like this means women have never initiated sex with OP, OWNED!

This is a prototypical snark strawman reaction to "female sexuality is responsive".

Sex is good, and women enjoy it. WHY they choose to pursue it is sexy male attention. Men will do a lot for heterosexual women if they will fuck him. Women's requirements for sex are significantly more complex (over time) but for acute attraction, it's the attention.

Good faith efforts to debate this or CMV will be responded to in comments. Purge week means you can call me names too!

Approaching a girl from the past? DMs?

35 upvotes | May 20, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

I talked to this girl I used to know 12 years ago. Well, actually I walked by her and she smiled so I know she remembers me - plus I was wearing red and I know that helps with attraction. So there are the multiple IOIs.

Are they enough for me to talk to this woman? Only hold up is she has a husband but he is blue pill. I can tell because I checked out his FB and he has photos with him leaning in and the girl is leaning away. I even drew a line in MSPAINT to confirm it first like all those cool manosphere YouTube alphas are doing lately. Really great trick. Anyway.

Also, on her instagram she has no pictures of him, only lots of pics with her friends (all HB6-8's obviously). So I know she doesn't even fuck him, it's completely impossible based on this evidence.

So should I DM her on instagram? What should I say? I was thinking "Hey ____ meet me for coffee" or is that too direct? Maybe just a series of emojis, women love emotion right?

I lift and please don't say read the sidebar because I don't have time to read. Reading does not make you smart, only smart people read so don't bother because I am already really smart. I make 300k a year working for myself in IT and am basically retired at 29. I won't tell you how much I lift because I've been lifting redpilled for YEARS so no thanks.

I don't have oneitis either, talking to a few other chicks on tinder for a few weeks straight. Text game bro. Haven't met up yet just talking and improving my life from their advice. They're quality women I need to ask them to get a drink soon (is that too direct after just weeks of talking?)

I'm just not sure I'll ever see her again so I'd have to DM her. Also forgot to mention we were in the same chem class freshman year of EDIT: High school not college* and were lab partners once so we have history. So much history.

Is this too direct or should I "run into" her at her job? I saw she works at PetCo downtown and thought I'd approach her there. Also tbh not looking for advice. Only sharing my experience.

Itiswr1tten - Invite for Live Q&A

10 upvotes | May 22, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

Gents - I am thinking of doing an impromptu live question and answer via the TRP discord. Timing would be about 4pm EST.

Interested? Post here. I will link the discord if we have sufficient interest.

Edit: Chat is over. We had a great session. Special thanks to GLO and Vas for joining

Join the discord here: <https://discord.gg/cqDdDSN>

Impromptu Live Discord Q&A w/ RP EC

2 upvotes | May 25, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

<https://discord.gg/cqDdDSN>

Get in here bitches. I am in the main voice channel.

Ask anything you want.

95%+ of PPD "Reds" are rejects of TRP and unfit to represent our stance

12 upvotes | June 11, 2020 | /r/PurplePillDebate | [Link](#) | [Reddit Link](#)

[removed]

DISCORD IS LIVE

1 upvotes | June 16, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

Get in here buddies

<https://discord.gg/cqDdDSN>

Join Watch Party

TRP likely banned tomorrow. What were your favorite TRP moments?

287 upvotes | June 28, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

As you may know, giant ban wave is expected tomorrow, and we can reasonably expect TRP to go. In memoriam, I wanted a general favorite moments, reminiscing, and shitpost friendly thread in what may be our final hours.

Mods will relax, shit posts and rants are fine.

Questions cool too, I'll be around for a bit.

Remember to register on www.TRP.RED and join the [Discord](#)

Edit we have survived the ban somehow. Viva la TRP

Narcissists, BPD, and You

116 upvotes | July 20, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

There is a constant stream of "I am/emulate Dark Triad" or "my girlfriend was totally BPD/Narcissistic and destroyed me bro". Chances are, you're not, and/or your oneitis wasn't.

They're about 1.5-2% of the population. That seems small, but if you compare it to your uni/college social sphere, you probably know a few. Fun fact: Cluster B shows up much more often as socioeconomic status and education increase.

This post will rid you of armchair psychology, and give you accurate information about the following *in the context of personal relationships*:

- Properly defining the general disorder
 - Practical, punchy tips to find and deal with these types
-

Classifying

Most iterations of these disorders fall into "Cluster B". Cluster B is:

| characterized by dramatic, overly emotional or unpredictable thinking or behavior

Whereas Cluster A captures the "odd and eccentric" such as paranoid or schizo, and Cluster C captures "anxious and fearful" such as obsessive compulsive or avoidant/dependent, Cluster B is one of the more "functional" of the extreme abnormal psychologies, because those afflicted generally aren't immediately recognizable.

Most A and C don't leave the house much, and if they do, they are generally manifestly identified, i.e. you can tell just by looking. Bs, on the other hand, are lurking unseen among us. Narcissists and Borderlines are Cluster B.

Key Definitions

- Depend on "narcissistic supply"

Cluster B have a clear goal: fuel their own self obsession. This is termed "narcissistic supply" and applies to those that aren't strictly narcissists. The most important thing to understand is that they care for nothing but this supply. The rest of their words, actions, and beliefs are an act to further the supply.

This is not posting your ass on instagram, or putting hoes before bros. Normal people can do that just fine.

Bs define and derive their ego from other's reactions to an image they present and project. He or she depends entirely on other people to determine their "self", but considers the sources of this fuel inferior or contemptible.

This makes a true B volatile and amorphous, but absolutely sure of themselves RIGHT NOW.

Have you met someone completely sure of their ever changing beliefs?

- Co-idealize the partner, and depend on that co-idealization

Bs create a fantasy about you as a partner, then use that fantasy to fuel their supply. "You are so talented/handsome/social/strong" is a vessel for the reflexive thought of "what does that mean for me?" The only answer to this fantasy is that the B must also be equally incredible, if not greater for finding you.

Keep in mind, this co-idealization is not purely romantic. Bs also carry this out in friendships and acquaintances.

This shared fantasy must be perfect, as they cannot exist without it. The fantasy must be perfect for the Narc/B herself, and you must be a perfect participant. This does not mean a Narc cannot survive conflict, they simply dissociate from the conflict, should you be willing to propagate the fantasy.

Have you ever had a fight that was "over" without real resolution?

- Possess a dual reality, with a partial self awareness.

This is the most important part. True Cluster Bs do not experience regular emotion. They feel INTENSE emotion. Bs are VOLATILE, though some in different ways (detailed in bullets below). They also have an internal database for "how people behave".

If a Narc/BPD ("N/B") is smiling right now, they have accessed the "how do people look when happy" database and acted accordingly. This is her or his **reality** database. Lived experiences exist in a specific, compartmentalized place in the Narc's mind. They are tools to "fit in" or use you.

The N/B also lives and breathes a fantasy. The N/B creates a Disneyland that you both live in - their fantasy and reality, for the most part, coexist without the N/B's awareness. Any awareness of the conflict between fantasy and reality is an attack. It is deeply unsettling for a Cluster B to be presented with their fantasy *as a fantasy*. Any devaluation of the fantasy is a devaluation of the B herself/himself. You shit on their work of art, essentially.

Cluster Bs are essentially in a constant post-traumatic state, gilded with grandiosity. If you interfere with their idealization of you, or their internal fantasy, you are now reduced to an object to be either controlled again or destroyed. Neither is good.

Practical Advice

- All Cluster Bs have their own unique disorder

This is especially true of Borderlines. Narcs and psychopathic types are generally "classifiable". Regardless, it is a waste of time to define why your particular crazy person is crazy. ID the crazy and act accordingly (that's usually "get the fuck out").

- Narcs have an "Island of Stability" (kudos Sam Vaknin)

Narcissists possess most of the above characteristics, but pick one thing that is rock solid. Male Narcs usually pick things that can be "shown off" externally, e.g. careers, money, or appearance. Female Narcs tend to pick things that are an "extension of themselves" (if not their own body) such as social circles, close friends, or children.

Regardless, what defines a NARCISSIST is their island of stability, while Borderlines and actual

psychos are pure chaos.

- Praise and co-idealization are different

We should all seek a partner that notices and makes us aware of our "good parts". The important aspect is recognizing where this behavior is designed to control. If someone is telling you are hot, cool, or successful, that's not immediately an issue. If you sense they're doing it *because their association with you* is why they are saying it, take a closer look.

- Borderlines are amorphous, but identifiable

Most Borderlines are women, most true Narcs men. No Borderline is identical. Borderlines are identifiable from their "metamorphosis" between a number of Cluster Bs and personalities. The change is sudden and distinct. What defines a Borderline is *their sudden, complete lack of self awareness* while they shapeshift. A Borderline will exhibit neurotypical, narcissistic, psychopathic, sadistic, et al. What makes them Borderline is their sudden and unaware change.

Conclusion

Having coached a lot of guys through some disordered bitches, I can tell you that sometimes the problem was said guy. The goal of this post is to technically detail who is what and how to identify. Personally, I'm fine fucking crazy - as long as I know what kind of crazy I am fucking. Crazy can be fun, a mechanical bull some unseen force is controlling, but always a fun run if you know what you're getting into and can dismount without getting hurt.

For the majority, let's stop putting labels on things that are just "you getting fucked over". Best to face reality. This is my guide, and best of luck to you.

Every Bitch is a Movie Star

701 upvotes | July 30, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

.....in her own head.

To understand women, you simply internalize that she is the star of her own movie - and every scene runs on feelz.

Everything that happens to her over the course of a day becomes a narrative that is later dramatized in her head. The screenplay becomes reality, and "drama" is a critical aspect of the show.

What happened is of secondary relevance, if relevant at all. What mattered was how she FELT.

Women absolutely love drama. It is better for her to be pissed at you (or feel any strong emotion), than not care - therefore, all you guys that are Super Serious Business, ego invested, and/or emotionally disconnected fail hard. There's no excitement in that. There are no feelz.

Don't misunderstand drama. Drama is useful. Some of the naturals I know are frankly histrionic people, but women are obsessed with them because their personality brings EXCITEMENT. She might hate his guts, but immediately gets a dopamine rush when her phone buzzes and it's him. Feelz are highly addictive.

Feelz are the currency the movie star treasures. Good game is all about making a story, laced with emotional highs.

You bounce venues on dates because it "feels" like you got to know each other so fast.

You keep an air of mystery because it makes her "feel" curious.

When I lived in nyc, I told girls to meet me under the clock at Grand Central Station. Why? Having to find each other and meeting in an iconic location is just like....a movie. When she was blabbing to her friends about me, I guarantee you it started with, "he told me to meet him under the clock, I was nervous but we found each other through this huge crowd, it was so much fun!"

Those are feelz. That is the screenplay. I gave her all the emotional ammunition she needed to create the fantasy of me and Our First Date.

That's why feelz are so useful. By channeling emotion, you can manipulate and control the situation. She's bitching about her coworker? "Yeah, that bitch Kathy SUCKS! I bet she dresses like shit, too." Now, instead of listening to 20 minutes of bullshit, you've revved up her feelz and she gets it out of her system faster.

Same with a girl you approach - "I saw you getting really animated from over there. What got you so riled up?" once she gets back into the high emotional state, you coast on it. Relate to that experience at the same energy level she was bringing. Suddenly, she'll feel that mysterious "connection" starting to form. It's all feelz.

So look boys....if you want to get to the next level, just remind yourself - this girl really thinks she's a movie star. Don't let it be PG rated - bring the excitement and feelz, fuck with her head a little, and you'll be amazed how many girls will be obsessed with you.

They Have Neither Interest, Nor Input

516 upvotes | August 5, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

...in the type and manner of the relationship they want.

Let's be clear - female "flirting" is to show up somewhere and look pretty, while hoping some mystery guy will do something about it.

Why is that?

They have absolutely no capability or desire to dictate the type of relationship you have. They certainly couldn't make a decision, even if they have some vague idea. That's SOLELY on you, as the man. So many fundamental TRP concepts are actually based on this simple idea.

Branch swinging happens because she will never make that move until some other dude has setup the terms of the new relationship for her.

Briffault's law is based on the fact her memories of your past are irrelevant, *because she would have to be deciding the terms and their meaning if they mattered.*

Hookups swipe left, quoth at least 12 girls I've piped on the first date.

You really think a bitch that can't decide what to eat can proactively get the man they want? Hell no. They don't even know who that guy is, or how any of it happens.

YOU have to decide what kind of relationship you're going to have, and be convincing about it. Strictly sex on Tuesday? Cool. Total monogamous devotion with babies in the future? Sure.

BUT YOU DON'T "FIND" THAT GIRL. YOU CREATE HER.

The whole point of spinning plates isn't that getting girls is important. It's a necessary step on the way to (i) figuring out what YOU want and (ii) learning how to dictate those terms effectively and efficiently.

Any time a woman is controlling the terms of the relationship, it's out of desperation or disrespect. That is total disaster in the making. You all know some "yes dear" faggot. Neither of those people are happy.

The moment you let (or worse, force) a woman start deciding what kind of relationship you have, the faster whatever it is goes to shit. This applies just as much on an approach as in a 10yr LTR.

I'll close by saying that **any time you are "working on the relationship" you have officially FUCKED UP**, because she is now making or remaking the terms. She didn't want to do that.

Total Chad move in the club....advice?

184 upvotes | September 5, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

Alright boys strap in, I really need some advice on this one.

I've been red pill aware for eleven years, even though it didn't exist. I like to think of myself as a pre vanguard. It's chill, don't worry about it. I also lift. No, I won't share body fat or my physique, or numbers. That would be breaking frame.

Anyway, I was at this totally sick (not like Covid I just mean cool) club in LA and I saw a move that totally got me shook. I need some perspective.

So there's this dude, let me erotically describe his physique and choice of clothes for like 3 paragraphs, but I'll say no homo at the end its chill.

So yeah, he's totally killing it. I know what social scenes are like, because I go there all the time. Did I say no homo? Anyway, I'm staring at him holding my drink at exactly waist height in my left hand (holding your drink up is a HUGE beta tell btw, immediate set break) and then he holds up his finger and says,

| "hold on females, I have to do Man Shit real quick".

The period came after his close quote because he did this really weird thing where he seemed to slap every girl on the ass simultaneously. It was crazy bro. No homo.

So I'm following him into the bathroom. A moment of sheer panic sets in - as I realize that I'm holding my drink at chest height.

Chad turns around. He sees my drink, he looks at me. He smirks.

"mogged."

It was so casual it was lowercase.

Anyway, I'm completely shook. But that's not why I'm posting. It's what he did.....right after.

This Chad PLUNGES his head in the toilet and just starts chugging. Full on, mouth gulps, he even stopped to cartoonishly go "aaaahhh" but not like he enjoyed it, like he was proving a point, you know?

So yeah, I'm standing there. Mouth agape. Drink back at waist height (Jesus bro, I need to read the sidebar again, thank God I recovered). Chad walks out of the bathroom like nothing happened and proceeds to leave with the ENTIRE group of girls who were waiting for him.

So, like, I'm not looking for advice, I only read redpill for fun and I'm not at all serious about getting girls. But I can't help but wonder....

Do real Chads only drink toilet water?

Shoutout to trpcops for inspiration.

<https://archive.is/DKvIV>

I'm so drunk.

Dog barking at strangers/the door?

21 upvotes | September 22, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

Hey guys, experienced lifter here.

RED PILLED since birth since I needed cherry cough syrup for my bronchitis at a young age. I guess that is technically red glazed? Throat Glazed. Hold onto that one, it'll be on the sidebar soon. I used to post here all the time but my old account lives in Canada. She goes to high school there.

Anyway, I am having a serious issue. I found this dog on the street and decided to adopt it. Much like the women in my life, anything that likes me back I accept without thinking about it.

Boys.

This dog is dirty, it shit on the carpet, and wouldn't accept my frame. Every time I told it to sit or stay, it used to shit test me. Fortunately, I used my Alpha Trix and summoned the Trix Bunny, and finally it relented and came back in the house.

I succeeded by just feeding it all the time, it costs lots of money but that really isn't any different than my dates, haha. MGOTW right?

But I have a new problem. Now that Chad (his name btw, no relation) is in my frame, he is really aggressive with strangers.

He shit tests them every chance he gets. He has one move, which I call, "The Woof". He barks at mailmen, plates (potential), my mom (i live there she is single), everyone.

He keeps scaring away potential plates, like the UPS driver who has a pony tail. Or the girl scouts.

So asktrp, I am not really looking for advice, I read the sidebar, I lift, but.....

How do I hold more frame with Chad?

Anyone else heard of sigma males?

35 upvotes | October 21, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

So we all understand the alpha/beta dynamic, but I have seen a lot of youtube dudes talk about Sigma Males.

Supposedly Sigma is like the real version of MGTOW - you are a lone wolf, you don't need anyone else, you take women when you want them but you don't need them. Sounds pretty cool, though didn't see anything about lifting. That's not a big deal anyway.

Anyone ever pursued that lifestyle? I am curious because I think I have been a natural sigma from an early age. I have never conformed to society's standards, never bothered to listen to advice, and have been redpilled for years. Despite all that, I still have questions.

To me, the ultimate form of this lifestyle is what I would call the BrownPill. Redpill, blackpill, MGTOW, etc all played out. Been written about forever and let's be real, I am still having to expend some kind of effort to get girls. I killed my ego by taking eight hundred pounds of mushrooms on a mountain, but still I have to talk to girls to get them to let me inside their vagina. But I found a new way.

BrownPill is all about your natural energy. Your essence. What is the real essence of a person?

What goes through and out of you.

BrownPill is all about feces. BrownPill is about unleashing your natural male essence into your pants, onto the girls, everywhere. You need to spray your essence, just like your gametes. Why blast on a girl's face with your dong when you could blast your REAL essence all over her body?

My new diet consists of fiber and protein. I am basically keto. I NoFap because quite frankly retaining all that helps my prostate get even stronger. My prostate and intestines throb 24/7 now. I only let it rip to truly dominate sigma-style.

Now I'm by myself, I am dropping bombs, but I still have to ask myself - is the sigma lifestyle the ultimate pill?

Here's a short video for those who have trouble understanding what I'm talking about. Hope that helps. Regardless - lone wolf or alpha? Need your input, but not really looking for advice.

[FR] Model Double Feature

1 upvotes | October 22, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Intro

Did a double feature with the model (have tapped at this point) and a new insta girl (1st date, ~500k followers type). Model is essentially in the bag, and she is at the top level of the game. Signed to a national retailer you all know the name of. That's a 300k/yr retainer for her and she posted up \$1.5mm in her best year ('18). Top of the food chain.

She is vegan now because she kicked her coke habit and can afford to hold onto the 15-20 extra lbs because of the Rona, which she is thankful for. That one is pretty much settled.

1st Date

However, this new girl, 1st date right after the real model, is a very interesting character. We vibed quite well - she told me upfront that not only do I clearly have the type of direction in life (career, ambitions, desires) that turn her on, but that the way I talk to her is different and made her "very curious". I picked her up from her girlfriend's place to go to a raw bar for light food and some drinks. TBH, i rarely do food on a 1st but all rules are meant to be broken and even at her level of the model game I KNOW from her photographs and social media presence she travels for free.

So I have 2 questions to answer on this 1st date.

1. What is her real level of access? This is answered by getting her to qualify herself to me.
2. What is her side hustle? Even with a half mil insta followers, you peddle some digital market, shill some product, but THEY ALL NEED A SIDE HUSTLE.

The game is too fragmented and the internet means money can find hot bitches faster than ever.

The Date

As we ride over, we're blasting music, I am throwing some song recommendations that are unique to her caribbean heritage - AKA, I am proving I am culturally educated to her original way of life.

I tease her about how her parents definitely think she is a good girl and try to run her life. She laughs and agrees. We both share stories of the last fucked up relationship we were in, nothing gets the FEELZ going like that.

Once that is done, and she has vetted me to be the type of mover/shaker I am in my career (let's be real, models know finance guys pretty well) she is ready to spill guts. So I corner her. "So....[name], what is your side hustle?"

She wants to tell me about Maxim and Playboy and working photographers to tag along on bigger shoots, but I shoosh her.

| "What's your REAL side hustle?"

She gives a big, mischievous grin.

| "Well....I am a bit of a madame."

For those who don't know, that's a female pimp.

She is exceptionally good at finding and directing hot pussy into the laps of rich men.

Very interesting.

For those who don't know, hot pussy is a very critical piece of currency among the upper class. When I say upper class, I mean 0.1%. Middle eastern oil guys, Bilzerans (know he is a fraud but he didn't spend like it, point is that social media type), russian oligarchs, billionaires, etc. If you've met rich people (not to be confused with wealthy) they are almost exclusively single men and dudes with OLTR-style setups.

She wields that currency, and her street/social smarts build respect amongst that crowd because she is the not dummy amongst a sea of hot dummies, and they do what she says.

"Hmmm....I am not surprised", I respond. "We have something in common. Hot girls will do what we want." She laughed and said I am the first app date she's ever gone on - she otherwise just uses it for attention. Surprise surprise. I don't care if it's the truth, even as a lie it's an attempt to qualify herself to me.

At that point we've seen eye to eye and I can tell we're going to have fun together. Whether it stops at FWB or not, this is a good friend to hang onto even if we stop fucking. The GAME recognizes THE GAME. She laughed to herself and said the same.

What's next?

We will see where it goes. My main angles are to maximally exploit new insta and signed model's social circles for social proof and new contacts in the Hot Bitches game. Also, insta girl is very bisexual so OLTR and I will definitely fuck her together. I suppose I am a magnet for these gay bitches now. Cool.

Takeaways

Morals of the story: just be cool. The less you're fazed by their connections and clout, the more they want to share it with you. Two - model tier bitches know lots of model tier bitches, and they all share. Three - there are dumb hot bitches and smart exploitative hot bitches. You can *fuck with* the latter but only *fuck* the former, for your own good.

Last but not least, Rona has locked down travel, which has severely limited the ability for these true 8.5-10s to move around. They are on dating apps. If you have the frame and game, the time is ripe to fish for this type of girl. They are bored, horny, and open to meeting the right type of guy.

[Join the discord](#) for more direct access to me and the other involved dudes. We do regular shows on YT and have a great crowd there. Voice chat is a game changer. Read the rules and initiation protocol, otherwise you won't be able to access anything.

See you there.

TRP After Dark - One hour alert

3 upvotes | November 2, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

Last episode

Gents,

<https://discordapp.com/channels/731260927063621757/764983586746400838/764992715229364244>

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TRP After Dark - 1 Hour Alert

78 upvotes | November 2, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Look forward to seeing you there. Live at 10pm EDT (1hr from now)

TRP After Dark - Ep3 (10pm EST)

1 upvotes | November 9, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

[Linking you to the FEATURE WE PROMISED - Interview with GLO](#)

Last week Mike and Joe had GLO on for a deeply based and redpill hour of time. Check it out. Subjects include who and who doesn't have agency, societal shifts, and what to do about 2020.

Gents,

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Look forward to seeing you there. Live at 10pm EDT (~2.5hrs from now)

TRP After Dark - 2Hr Alert

1 upvotes | November 9, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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TRP After Dark - Tonight (10pm EST)

60 upvotes | November 16, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

EPISODE IS UPLOADED

Last episode

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Look forward to seeing you there. Live at 10pm EST.

TRP After Dark - 2 hour warning (10pm EST showtime)

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

Gentlemen,

Holiday break is over. We're back. Call in via this link (goes live at 10pm and moderators will queue you in order)

<https://discordapp.com/channels/731260927063621757/764983586746400838/764992715229364244>

[Stream is here](#)

That link is now live

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Look forward to seeing you there. Live at 10pm EST.

The blackpill?

3 upvotes | December 11, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

I used to think that face makes life. Then I thought height mattered. Then I realized that it's over if you finance a Lay-Z-Boy at Rent A Center. But finally I swallowed the ULTIMATE AND FINAL BLACKPPILL - still I need some advice boys.

The blackpill in its original form was pretty straightforward. But now the blackpill has taken over my life. The blackpill is the foundation of America. The Black Pussy Pill.

My boy TJ (that's Thomas Jefferson for you normies) realized that all men were created equal immediately after he blasted a fat nut into his indentured servant.

What more liberalizing feeling is there than releasing your colonizing instincts directly into the parchment of the Supreme Law Of The Land?

The blackpill almost destroyed me, but now it's liberating. Just like Lincoln liberated the same essence that TJ MONEY espoused.

I am getting off track. Does anyone else think black girls give the best head?

TRP After Dark - EP 6 (LIVE AT 10PM EST)

5 upvotes | December 20, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

Gentlemen,

We're back. Call in via this link (moderators will queue your questions in order)

Submit Questions Here

Stream is here, goes live at 10pm EST

Tonight's subject: **how to avoid being roped into shit you don't want to do.**

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TRP After Dark - EP 6 (LIVE AT 10PM EST)

8 upvotes | December 20, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Anyone else heard of sigma males?

26 upvotes | December 23, 2020 | /r/askTRP | [Link](#) | [Reddit Link](#)

So we all understand the alpha/beta dynamic, but I have seen a lot of youtube dudes (only alphas) talk about Sigma Males.

Supposedly Sigma is like the real version of MGTOW - you are a lone wolf, you don't need anyone else, you take women when you want them but you don't need them. Sounds pretty cool, though didn't see anything about lifting. That's not a big deal anyway.

Anyone ever pursued that lifestyle? I am curious because I think I have been a natural sigma from an early age. I have never conformed to society's standards, never bothered to listen to advice, and have been redpilled for years. Despite all that, I still have questions.

To me, the ultimate form of this lifestyle is what I would call the BrownPill. Redpill, blackpill, MGTOW, etc all played out. Been written about forever and let's be real, I am still having to expend some kind of effort to get girls. I killed my ego by taking a heavy dose of mushrooms on a mountain, but still I have to talk to girls to get them to let me inside their vagina. But I found a new way.

BrownPill is all about your natural energy. Your essence. What is the real essence of a person?

What goes through and out of you.

BrownPill is all about you.

BrownPill is about unleashing your natural male essence into your pants, onto the girls, everywhere. You need to spray your essence, just like your gametes. Why blast on a girl's face with your dong when you could blast your REAL essence all over her body? Way more dominant.

You have to shit on them. Not just figuratively.

My new diet consists of fiber and protein. I am basically keto. I NoFap because quite frankly retaining all that helps my prostate get even stronger. My prostate and intestines throb 24/7 now. I only let it rip to truly dominate sigma-style. It's natural.

Now I'm by myself, I am dropping bombs, but I still have to ask myself - is the sigma lifestyle the ultimate pill? Is the **BrownPill** the end of theory?

I think we could also reach greater understanding with our bros if we brownpilled together. Maybe with our dicks sometimes? I don't know bro, as long as the balls don't touch.

ΣΣΣΣΣΣΣΣΣΣΣΣΣΣΣΣΣ

Regardless - lone wolf or alpha? Need your input, but not really looking for advice.

TRP After Dark - Episode 7

0 upvotes | December 28, 2020 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Episode 6 can be viewed here on YouTube. Featuring OLTR as a special guest!

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TRP After Dark (Live YT Call In Show @ 10pm EST Sunday)

11 upvotes | January 9, 2021 | /r/askTRP | [Link](#) | [Reddit Link](#)

SPECIAL GUEST THIS SESSION: /u/VasiliyZaitzev

What is TRP After Dark?

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Like the dirty radio shows of yesteryear, we are typically focused on the more taboo topics of TRP. Expect to hear about how to make a girl obsessed, creating fake girlfriends, and everyone's favorite, Dark Triad strategies.

However, we are first and foremost a call-in show, and are happy to divert the show for interesting questions.

How to call in

I will edit the post near showtime with a Discord/Streamyard link where our moderators will field your question and then put you on live voice in queue. You can also submit questions into the live chat.

We go live at 10pm EST Sunday, 1/10/2020.

TRP After Dark - Live Call in Show 10pm TONIGHT

56 upvotes | January 24, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

[Recording is here](#)

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How to call in

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We go live at 10pm EST Sunday (today)

TRP After Dark - 10pm TONIGHT (Live call in show)

10 upvotes | January 24, 2021 | /r/askTRP | [Link](#) | [Reddit Link](#)

This link goes live at 10pm EST

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We go live at 10pm EST Sunday (today)

No Life Without Company

502 upvotes | January 30, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

You're on a roll. Your "self improvement journey", however you define it, is going very well.

You have a routine. Your physical attractiveness is way up. You've read books.

But suddenly, the euphoria of this cycle is giving way to the same old thought - "why am I miserable?"

You are miserable because you are alone. All the time you spent convincing yourself that "doing the right things" would magically conjure happiness has, unfortunately, been proven incorrect.

What kind of incorrect, though?

The simple reality of life is that your biology demands you be a gregarious creature (gregarious means "living in flocks or loosely organized communities").

No amount of lying to yourself or "just monk mode bro" will replace human connection.

Sure, this is a time where connection is harder to come by, but I can tell you that the older you are, the more difficult human connection becomes - **it's mostly because people stop trying.**

Do yourself a favor if you're doing "the right things" and still miserable - **try that.**

I've made a best friend on a plane. Trust me, your homies are what keep you going.

You don't need to be the leader, particularly if your personality type is not suited to that. What you do need is a place.

Find your place amongst others.

Perspective

262 upvotes | February 6, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

What makes a man capable of dealing with life?

Is it endless resolve? Capability? "Frame"?

When reality comes to meet someone at the door, I am sure you've noticed everyone deals with it differently. Many become greatly upset, but a select few seem to handle it - then assist others around them in helping themselves.

Are these genetics, or personality? What makes a personality?

Broadly speaking, in every circumstance you're faced with the following decisions.

- You can choose what feels good.
- You can *choose* what others will perceive as good.
- You can **choose** what to do is right.

Notice the theme?

"Feels good" is fairly straightforward. You can jerk off and play videogames all you want.

"Looking good" - slightly more complicated. Ego driven decisions could result in a social blunder, or worse - a purchase you couldn't afford. All for the sake of....*looking good*.

Last but not least - you make a responsible **choice** based on the values you believe in at the time.

Did you know self esteem is based on that third type of decision?

Sacrifice

Each time you sacrifice yourself for those first two decisions, some part of you is lost, or at least - detracted from.

I don't care if it's eating cake or avoiding a social situation - the result is the same.

Anger.

Imagine

Imagine you have a roommate. He's a real cunt. Spending time around him is a series of situations where he fucks up, and sometimes you have to fix it afterward. But you're stuck with him....

Wouldn't that make you resentful? All the times you knew better, but he chose to do the wrong thing? Cleaning up messes, hoping he doesn't do it again....

Perspective

You live with that roommate. He is your endless companion. EVERY SINGLE TIME you make that sacrifice for feeling or looking good, you look in that guy's room and see it's a mess. Disgusting.

Who wants to put in effort for someone they don't even like?

Ego

The ego will fill in the gaps for your mistakes. In fact, it gets bigger, stronger, and nastier the longer that cycle goes on.

When you commit the feel or look failures, the only compensation is rationalization. The ego grows and grows to fill in the gaps between you and who you want to be. What other choice does your brain have?

Gain or Loss

So, how to overcome this cycle?

Your mental health depends on your ability not to be SuperChad9000, or a fictional character, or a ridiculous platitude like 'faking it until you make it bro'.

The solution is breaking the cycle - the cycle of perspective loss.

Once you're pissed off and lonely, the world becomes a nasty place. Not because the world is like that, but because your ego has transposed those feelings onto the world. Filled in those gaps with things that couldn't possibly be your fault.

What's missing is the moment where you ask yourself, "am I really a victim, or just a pussy who can't see this is my problem?"

Conclusion

Accept the painful truths. Admission or admitting, and acceptance are not synonyms.

ACCEPTANCE is admitting, understanding, and resolving to plan to not do it again.

There's a thing I like to tell people, "Just pick a direction and go. You have the right to change your mind later."

That's a big number three. Those will be actions aligned with your values, what you think is "right" and know is "right". That alignment will create self esteem. That self esteem creates confidence. That confidence and acceptance creates a person who can learn from mistakes, without filling in the gap with ego.

I believe in you.

TRP After Dark - CONFESS!

9 upvotes | February 21, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

We are changing it up this session. The topic is "confess your fuckups". We will take the best of written comments in addition to callers.

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How to call in

[ACCESS THIS LINK AT 10PM SUNDAY](#) where our moderators will field your question and then put you on live voice in queue. You can also submit questions into the live chat.

We go live at 10pm EST Sunday, 2/21.

TRP After Dark - CONFESS! (10pm Sunday)

6 upvotes | February 21, 2021 | /r/askTRP | [Link](#) | [Reddit Link](#)

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We go live at 10pm EST Sunday, 2/21.

Women Aren't Worse - Things Are Simply More Transparent

333 upvotes | March 4, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

A frequent askTRP and TRP topic goes like this:

- Is LTR even possible/worth it with Western Women?
 - Is hypergamy completely out of control in [year]?
 - 10 Statistics That Show How Terrible Everything Is Now
-

These questions and topics are all missing the point - in fact, we should be grateful it's like this now! Counterintuitive, right?

Anyone can go read divorce statistics, graphs and charts about perceived attractiveness, and share anecdotes about shitty behavior in the SMP or online dating.

But - statistics is about seeing patterns and making *inferences*. What do all these data tell us?

The simple conclusion is that the market was always this way, women are just more upfront with you.

If the vast majority of people in marriages and decades-long LTRs are unhappy, and those people are from both the current (but primarily) the prior generations - what does that tell you?

It should tell you that the SMP didn't change, etiquette did.

If you've read our core material, you know these things are facts:

- Most women don't end up with their preferred option
- Most men don't hold up the attractiveness side of the bargain
- The Age of Information has brought the previously unspeakable into the conversation

Why get angry and depressed about women who are open and (gasp) rude about their preferences? They were always that way, but instead of the fragile veneer of politeness and societal shame getting in the way, now they're telling you!

Job Interview Mode

Here's the simple solution. What I call job interview mode - imagine a college student in the room with the hiring manager for his potential career-starting job.

What does he do? Certainly not "just be yourself". He works a practiced, careful angle - with the goal in mind to **appear** to the employer what *he perceived to be what they were looking for*. He will make sacrifices of virtue and possibly morality to make that correct impression.

Later in his career, he will have sufficient power and knowledge to exert leverage and flip that dynamic.

Sound familiar?

Be on alert for job interview mode in the women you date. More importantly, don't encourage it.

Threads about red flags are the fucking worst. Yeah bro, tattoos? Expensive purses? Immediate next bro. Wrong. Why is it wrong?

Because overt communication about your preferences doesn't screen for them - it causes women sufficiently attracted to you to pretend they fit the bill.

When you're dating or screening, let her talk. Encourage her to talk. Act accordingly, but don't get upset and butthurt if you hear something you don't like.

She did you a favor.

TRP After Dark - 10pm TONIGHT

43 upvotes | March 7, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

SPECIAL GUEST: [/u/VasiliyZaitzev](#)

<https://youtu.be/obXSVJC0a3s>

The link above will go to the live show at 10pm EST.

TOPIC - The various forms of game. Day Night, Online, Cold, Receptive, you name it - we are covering it.

What is TRP After Dark?

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How to call in

I will post a link here shortly where our moderators will field your question and then put you on live voice in queue. You can also submit questions into the live chat.

We go live at 10pm EST TODAY.

Closure Is Bullshit [laidnyc]

652 upvotes | March 13, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Reposting this because, outside of archive, this excellent post is now gone. Cheers to laidnyc, the original author.

I have seen a lot of askTRP questions on this subject, because it's spring break and turns out your LTR/FWB/Wifey was a ho and she broke up with you to get on the ride once again.

Without further adieu:

As a man, you don't need closure.

A girl either wants to fuck you or she doesn't. A long, emotional conversation will not change this fact.

Girls, however, need to put a man they are dumping into a desexualized box and wrap a pretty bow of closure around it. By participating in the closure process you are helping her tie the bow around your desexualized fate.

If a girl breaks up with you:

- Do not talk about your feelings
- Do not talk about her feelings
- Do not argue with her reasons

Just accept it and grieve on your own time.

This is hard.

Why?

Because a woman will never give her ACTUAL reasons for breaking up with you.

She will only give you society-approved bullshit that makes her look innocent.

She will never say "you didn't fuck me good enough" or "you're too nice and not exciting" or "no other girl I know wants to fuck you so something must be wrong with you".

She will say "I'm really busy with school and work and don't have time for a relationship now" or "you're great but I'm not ready for anything serious" or "I care about you as a friend".

Sometimes the reasons she give will be SO false, such obvious flowery bullshit, that you will feel a deep burning need to set her straight, to correct her misunderstanding.

Don't.

You can't logic a woman.

You can say "okay", walk away with a smirk and never contact her again. Being robbed of emotionally dripping closure, she'll always feel a little incomplete.

Why didn't he fight harder for me?

Did I really not get to his emotions?

Am I not as desirable to him as I thought?

Is he more desirable than I thought?

Girls have egos. They WANT to know you're emotional about her breaking up with you. It validates her. So don't do it.

You want a girl dumping you to question her reasons, not verify them.

When a girl dumps you, you want to be able to look back on how you handled it with pride.

When you give a girl closure, you give her your pride.

Quick Clarification on Rants and Anger Phase Posts

20 upvotes | April 1, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

[removed]

TRP After Dark - 10pm EST TONIGHT

3 upvotes | April 4, 2021 | /r/askTRP | [Link](#) | [Reddit Link](#)

[removed]

TRP After Dark - 10PM EST TONOGHT

4 upvotes | April 4, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

[removed]

Mythical Horned Creatures

422 upvotes | April 9, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Unicorns - what are they?

Broadly speaking, TRP uses the term "unicorn" to describe a girl who is simultaneously physically attractive, emotionally stable/loyal, and willing to work with you to maximize your happiness.

Do they exist?

Sure, but you don't find them. You make them - and like all mythical creatures, they may one day cease to exist.

2 posts caught my eye recently - the first declared that women will never grow with you/binary AWALT (more on that later), the second asked where to find "10s".

We're going to cover the many mistakes inherent with the anger phase, and the reasons why you put yourself first *no matter what* to achieve *sustainable* happiness.

Women are Wonderful

One of the endlessly repeated falsehoods in threads about good girls/unicorns/etc. is the belief that women in a prior age were somehow different. This is a fallacious and sneaky version of the Women are Wonderful effect at work - their nature never changed to be suddenly less loyal, they simply (in the 1st world) have the same freedoms as men.

Women didn't change or "get worse", a lot of legal and societal chains simply came off. Getting upset about this or imaging "the good old days" you never lived in and cannot return to is a pointless exercise.

The Rage Pill

Anger is a tool - you can use it like a hammer to smash your own dick or you can embrace it as a temporary feeling, useful for motivation, but ultimately a feeling that must come to pass.

Once you reach a sufficient SMV/RMV, you will absolutely find women who will do just about anything for you. If you STAY high value (in her eyes), you will experience a level of "loyalty" you were not aware existed previously. Will she stay that way forever?

That's up to you, mostly. She might get goofy ideas and peace out anyway - c'est la vie. If you like yourself as a person, you know you can find and create a new one anyway. Why be mad?

If you haven't felt some semblance of loyalty from a woman, that is a signal you have some work to do. Do not resent human nature, develop your NGAF and be resilient to its effects.

The revenge fantasies do you no good, and the Red Pill is the radical belief that women are human beings, not evil.

Loyalty

This also doesn't mean what many of you think it does. What men conceive of as honor does not apply to the other half. After all, relationships are restaurants, not banks.

You are not investing money for a future return. You are spending money on dinner. That money is gone, and you receive a meal...If you show up tomorrow with no money, you don't eat. Even if you've been a loyal customer for years.

Women understand this. Most men do not. Men will lament when a woman behaves badly. They will question how she can do this to them. They have been so loyal and invested so much over such a long period of time. How can everything they've done over all this time mean so little to her?

Male participation in a relationship is performance. This does not mean you must be a dancing monkey, but ultimately men show up everyday to a relationship and use their capacity to provide attractive time and attention to cement that relationship.

Loyalty is a product of correctly doling out this attention, and making her believe that it is valuable, and never free. In order for her to respect you, she needs to pay up with the things only a woman can provide you - femininity, sex, and someone who makes your life easier, not harder.

Don't Project Your Sexuality onto Them

The Vagina Envy trap is very real. Yes, women can get sex and male attention whenever they want (decreasing over time, but you get what I mean). You can boo hoo about that or you can learn to play the game.

They don't want what you want. They want good feelz, and pay for those good feelz with sex and other aspects of femininity you want. They don't have the male sex drive, so don't fool yourself into thinking what you want and your "code" is what they live by.

Unicorns are Earned

Almost all good behavior in relationships is a mirror. It is a mirror of your attractiveness and reliability as a man. Almost all bad behavior is the result of a crack in that frame, in neediness, in *unattractiveness*.

You make your own unicorn by deciding what you want, finding a woman who wants to **earn** your commitment, and *making her earn it the hard way*. Her loyalty is fundamentally transactional, but that doesn't mean you can't get a good deal.

If you refuse to invest emotionally in her to some extent, the length of that relationship will be exceptionally temporary. Don't get so caught up on hardcore TRP mode that you fuck up something decent. As always, you have to spin plates first to understand what you want and lay down the law. No exceptions.

On 10s

10s don't exist. YOUR 10s exist. No one will agree on what a 10 is. Use the binary scale boys - 0=no, 1=yes. Find an exciting 1 and don't think about these dumbass scales. Part of what makes a high value woman is how she treats you - remember that.

Summary/tldr

- The game is sold not told - attractive actions on your part are the bedrock of the relationship
- Unicorns are made through respect for you, and placing high value on your time and attention
- If you've never experienced good behavior from a woman, you haven't earned it yet
- Their sexuality isn't yours - our sex drive is their feelz drive
- Never forget - even a unicorn must EARN your commitment, what is given for free has no value

TRP After Dark - 10pm EST TONIGHT

18 upvotes | April 18, 2021 | /r/askTRP | [Link](#) | [Reddit Link](#)

How to join the stream:

<https://youtu.be/NOqUso10R1w>

Comments are on in YouTube, we read them. If you can't join live or post a question here on reddit, we will also take those provided you follow Rule Zero.

You don't need to ask questions on our topic - can be anything relevant to TRP.

THEME - TRP ORIGIN STORIES. We will tell ours, call in and tell us yours.

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TRP After Dark - 10pm TONIGHT

13 upvotes | April 18, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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The Computer Toucher Disease

240 upvotes | April 22, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

I recently solidified a long-term theory of mine. I call it **Computer Toucher Disease**, and it holds back a massive portion of young men raised with the internet and our broader audience.

The Cause

Instead of actual social interaction, you get all or the majority of your interaction through social media, forums, and multiplayer video games. Moreover, you expose yourself to an endless series of ideas with no real original thought about who you are as a person. You are a mosaic of others' ideas, or worse, memes (short quippy nonsense).

This is less than a substitute - it causes active degradation of you as a man if left unchecked.

Let's be clear - moderate use of these platforms is no issue. Computer touchers rely on those platforms for BOTH quasi-social interaction and reinforcement of their false sense of self.

The Symptoms

This takes on several forms - but the consequence is always the same:

An imaginary version of yourself is created, and that imaginary self is disconnected from your actual self.

But when you go try to be that person who exists in your head, you're socially off-putting, silent, or anxiety ridden. Worse, you might not go out at all for fear of disrupting your self image.

Computer touchers develop either gigantic egos or horrific anxiety. Oddly, sometimes both! We will get into comorbidities later.

After his ego is damaged (or anxiety spikes) by in-person social interaction, the computer toucher then hammers his way back into thinking:

- He's better than other people (who are inferior, stupid, or just "don't get it")

and/or

- Better than he is in real life (the imaginary provides comfort against a harsher reality)

No ACTUAL work required, because obviously you're the master race or going to be famous on instagram, or you can just b urself.

The Archetypes (core disorder(s) in parentheses)

- The Perfectionist (Ego/Anxiety)

The Perfectionist procrastinates and fails to improve by believing that unless they can do anything at the highest level, it's either not worth doing or "they're not ready".

This type will enter "monk mode" (I hate monk mode) and use it as an excuse not to talk to women. They will go to the gym and quit because they aren't instantly benching 2 plates. They have a series of interests, hobbies, or potential professions that they talk about as if they are pursuing, but actually

just have surface level knowledge hoping for ego validation.

The Perfectionist computer touches for more external information hoping for a magic pussy password, the one trick that makes them a good coder / lawyer / doctor / bodybuilder, instead of understanding that everyone they see at the top of said mountain put in the work.

Put in the work, Perfectionist. Failure is OK and necessary. Think horizontally, not vertically and try things out until one you're **willing** to suck at sticks.

Comorbid with The Comparison Trap.

- The Comparison Trap (Anxiety)

The Comparison Trap sees the top of the mountain and becomes discouraged because either they aren't already there, or believes (often correctly) said top of mountain is unachievable for them. In the worst cases, the trapper may actively speak out against the top of the mountain as something that is "morally wrong".

Compare yourself only to yourself, Trapper. Treat those better than you as inspiration, not a source of discouragement. Look in the mirror and figure out what positive things you can say to that guy.

Comorbid with The Perfectionist and The LARP.

- The Puritan/Moralizer (Ego)

The Puritan has a series of false moral values they either don't actually believe, or are simply a regurgitation of what they've read elsewhere.

Like the worst of women's dating app profiles, they assemble giant lists of what they need out of life, women, or friends that is unachievable. Worse, the Puritan's arbitrary "requirements" are typically based in straight up incorrect or impractical beliefs about others, like the false belief that all women under 25 have fucked 100 men or he doesn't need to be the outreach to make a real friend.

The Puritan, because he refuses to inspect his own flaws, expects or hopes for a flawless companion in life or love. The Puritan is socially annoying because he won't shut the fuck up about what he "believes".

Puritan, go outside and see how real life compares to your beliefs. You're probably wrong. Understand your flaws, improve where you can, and get comfortable with grey areas of life. **EARN YOUR RIGHTEOUSNESS.**

Comorbid with The Commodifier and The Perfectionist.

- The Commodifier (Ego, Indifference)

The Commodifier thinks that everyone and everything is replaceable. He treats people like objects with no regard for their individuality, despite being adamant about his own.

The Commodifier fucks up friendships and relationships alike - much like the worst of women, once the other person does something he doesn't like, or even slightly distasteful, he HARD NEXTS THEM ALL BRO.

The Commodifier is a terrible listener with relatively little interest in people.

Commodifier, consider that others have given **you** a chance after a bad impression. Standards can be unreasonable - consider what your actual minimums are and let others who meet the minimum show you what else they've got. Then decide.

Comorbid with The Puritan

- The Racist (Ego)

The Racist is almost always computer touching on 4chan, stormfront, and other hubs of online racist thought.

The Racist is either a gigantic pussy or bold enough to express racism in small groups. I would argue silently seething is a *slightly better look* than doing some edgy racism in public, but they're both a really, really bad look.

The Outward Racist, like the worst of women, believes he was born with a badge of respect / honor / value. The pussy racist wonders why people don't like him, the bold racist goes out of his way to MAKE people not like him. Both justify this nonsense with ingroup/outgroup fallacy - dividing people up and seeking or keeping only those that agree with pre-determined beliefs.

The Inward Racist flips these ideas and uses his race as an excuse to give up, or idolize what he is not.

Racists - you need to gather in-person anecdotal evidence. Understand you, despite believing you know "the truth", have simply adopted someone else's ideas. They can be unwrought the way they were wrought.

Comorbid with the Puritan, The Superiority Complex.

- The Superiority Complex (Ego)

A special snowflake, the Superiority Complex believes nearly everyone else is stupid or inferior.

Complexers fail to understand that they dumb everything down to fit their beliefs. Their language is snark and sarcasm. They fail to see the irony in their incredibly poor communication skills. If they were so good, why are they so misunderstood?

Complexer, competition is masculinity. Go test out your might, your mental mettle. You need some losses in competition to gain the perspective required to beat your symptoms.

Comorbid with The Perfectionist, The Racist, The Puritan.

- The LARP (Ego/Anxiety/Indifference)

This applies to the vast majority of computer touchers. The LARP likes to give advice about things he doesn't know about. The LARP prefers the idea of himself to the reality.

The LARP is utterly addicted to the external validation of someone who can't see him listening to or agreeing with him.

The LARP is and would be immediately exposed by some basic lines of questioning from a person who understands the topic he is LARPing about.

| Seriously, stop LARPing. It's the worst. No specific advice required, just don't.

Comorbid with all.

The Fundamental Computer Toucher Cycle

1. Do something harmful to the self (active or passive, e.g. be openly racist or do nothing at all)
 2. Feel negative feelings about the harmful thing
 3. Computer touch them away instead of self reflection (e.g. go to imright.com and read about why white people are superior, or go voyeur on others' lives and imagine yourself as them)
 4. Go to (1)
-

Conclusion

- If any of these sound like you, it's time to look in the mirror
- The same things that breed self harm also create a need to solve the negative emotion
- Reality is always in front of you, and you can always conceptualize it - running away to the computer won't make it go away
- Everything you want to be is the product of hard work. You weren't born with shit.

If you let someone else's ideas become the basis for who you "are", you will be mediocre at best.

Friends and Losers

239 upvotes | May 12, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Just as a guy doesn't understand the physical pain of a woman having a period, or a woman can't understand the pain of getting kicked in the nuts, so a low 'SMV'¹ (as it's called here) man will not understand a lot of the things a high SMV man will experience.

In fact, the low SMV guy will need to tell himself the experience of a high SMV guy is a LARP just to feel better, and avoid the pain of knowing that lifestyle is possible (and the loser can only imagine it).

If you're objectively a male '9' or '10,' (remember, this is a function of the pie chart² and not just looks) there will be times when you come across women who are objectively attractive but *less than worthy of your time and or attention*.

Maybe she's an 8.455653 and you're particularly well-sexed at the moment and therefore uninterested. Maybe she's a hard 9 but exhibits 'crazy' and you're turned off. Maybe a bombshell gets hired for the new role at your office but you firmly refuse to shit where you eat. Maybe you get past the 10 scale and move to the binary one (it's better).³

It's situations like these where the keyboard warriors who've stumbled into this subreddit, read half the sidebar, spent two weeks reading meme books and watching YouTube videos (lmao) - and now decided they're "alpha"....would simply fall flat on their face.

Contrary to what many people here would tell you, you can't be an insouciant bastard to a woman the minute you decide you are either unable or unwilling to sleep with her.

During life you'll encounter countless friends of close friends, coworkers, friends of relatives, neighbors, or people who are otherwise socially proximate to you. You can't treat people like shit, and you can't be the smug, aloof, grim, holier-than-thou bastard that a lot of posters here seem to think is the epitome of "alpha."

Having women (particularly when they're objectively attractive) in your life who you aren't sleeping with can have massive advantages.

If the new hottie at work is going out of her way to qualify herself to you and prove her eligibility (and you're encouraging it ever-so-slightly yet with zero intent of closing unless one of you leaves the company), other men notice and it raises their estimation of you. You rise a bit in the pecking order of the wolfpack.

Though the formal hierarchy of the workplace hasn't changed (your title is still yours and your boss' is still his), the informal hierarchy has shifted in your favor; down the road, that informal shift may lead to a formal shift (promotion or raise).

I could give more examples, but the gist of it is that **if you're in a position to draw social favors from women who compete for your attention or who make efforts to qualify themselves in your eyes, you stand to gain.**

Women make terrible friends, in the truest sense of friend. They won't be as trustworthy, supportive, kind, or reliable as men who you can develop strong bonds of friendship with. For the high-value guy though, keeping women around who he isn't sleeping with is a force multiplier.

For the average (or worse) guy, yes, it wouldn't be wise to try to build relationships with women he

isn't fucking because the SMV mismatch would mean the woman would continually try to take advantage of the male resource (commitment) without offering the female resource (sex) either on her own or by proxy through introductions.

Essentially, the low value man cannot help but fuck that dynamic up.

By the way - anyone who repeats the idea that men and women cannot be friends doesn't have many friends of either sex. Is the sexual tension always looming? OF COURSE. The question is, who is setting the boundaries? Furthermore, who is the more invested party? If the answers are "me" and "her" respectively, that's a potentially good female friend.

Another important point - do not commodify⁴ your friends. Male or female, if you treat others as objects that dispense value for you, you'll wind up alone all over again. **I am not advising you to dispense with judgment - the supermajority of all people max out at "acquaintance"**. It's simply that when you have massive amounts of excess value, giving some away isn't a big deal.

In terms of percentages, the most successful game is social circle game. Yep, it's true. Do you think a self isolating loner with an ego complex is able to run that? Of course not. How many people do you look up to who play the cartoon alpha caricature many LARP here?

Zero.

Conclusion/tldr

Let's recap for the attention deficit crowd:

1. The life of the high value man can't be comprehended by inexperienced men (until they go and put in the work)
2. Women can be fun and useful friends... If you lead the interaction
3. The caricature alpha is a fantasy only a computer toucher aspires to
4. There is no life without company - if you're not surrounded by it and satisfied with it, perhaps some introspection is in order

Footnotes

1. Sexual Marketplace Value i.e. someone's attractiveness broadly speaking
2. The pie chart is a term coined by FereallyRed. He used it to explain that the many and varied aspects of a man just need to add up to "enough" or "past the fuck line" in a woman's mind. He used this term when moronic "only looks matter" losers showed up.
3. Zeroes and ones, the binary scale. 1 yes, 0 no.
4. Commodify means to treat as fungible objects instead of people. Haha, I bet you have to look up fungible now.

The Pie Chart [FereallyRed]

218 upvotes | May 22, 2021 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

/u/fereallyred is one of our dearly departed great posters. I mentioned his "pie chart" comment a number of times and people always asked for more explanation or a link. I finally found it, so I am re-posting it. Enjoy.

Subject: SMV and what makes it for men.

****There's a neverending battle in the sperg nation regarding SMV.**

"Looks are all that matters!"

"No way! you need to have solid frame!"

"You guys are idiots! Game is the most important piece of SMV!"

You're all wrong.

Women want the package. A pie without any missing sections, and the biggest diameter pie she can get. Matter of fact she'd rather a complete pie that is smaller than a pie with a missing piece. (Never let them see you weak.)

So think of the SMV factors as pie pieces. A pie chart if you will.

If you're not so pretty, you have to either increase the size of that slice, or have bigger pieces of other values to fill up the pan. Preferably both.

If your game sucks, get better at game and ensure your looks and frame are compensating.

Always present the largest entire pie to women.

That's SMV. When you've maximized your SMV, you have increased the diameter of your complete pie to your maximum.

Some guys will only ever have a 6 inch pie. Other guys will be an 8. Dudes who take TRP to heart will start with a 4 inch shell with a big slice cut out and end up with a full 7 incher. Guys who have the fatalistic attitude of not understanding you can modify your tiny sliced up pie will never have a SMV increase and their pie will be left on the shelf in the market to rot.

How big is each pie slice? What percentage of the pie is looks? Completely irrelevant. As long as your sections all add up to a full pie then you've done your job and have maximized your SMV.

Maybe you'll never have a fully stuffed steaming hot 9 incher to display. That's life. But if you work at it, you can be the king of the 7's.

The other PIE.

The other reason I'm mentioning pie is that it's a useful memnomic during dates.

P Polarize - Get her to say "hell yes" or "hell no" early so neither of you wastes time, and you can set a sexual tone asap.

I Isolate - Get her away from friends, hens, crowds, double dates, groups...you need to show her you want to be with her, not as an orbiter, not as a tampon, not as a bestie... you want to be ALONE with her. Again, to set a sexual tone and to drive the interaction as the man should.

E Escalate - Get intimate. Break the touch barrier. Get in her personal space. Push and pull, create

sexual tension. Increase the intimacy until you are inside her or she shuts you down. Be outcome independent, but push for the outcome you want, all the while calibrating to her responses.

Be aware of these two aspects of pie and your dad will never catch you fucking mom's still warm one in the kitchen.