

# lietruth ARCHIVE

compiled by /u/dream-hunter

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# You will continue to suffer if you have an emotional reaction to everything that is said to you.

347 upvotes | August 18, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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## Maintaining your state:

You can tell the character of a man by how he takes criticism. Is he shaken up? Is he defensive and threatened? Is he apprehensive? Does he get nervous?

Recently I approached my dad, and I said: “dad, your gaining weight. You look fat, and it’s not healthy. You need to lose weight”. (We have an honest, straightforward relationship. I am genuinely am concerned for him, because of his sedentary lifestyle.)

Instead of being reactive, he calmly looked me in the eye and said:

“You think so? What types of things should I start doing? What are the risks of being heavier? Maybe you could show me a few pointers on you and your brothers weight lifting routine.” Laughed, and shook my hand. Then we went out kayaking on the lake after that.

I was stunned. He diffused the situation, took ownership, held frame, and turned criticism into an area where he could improve. Then after the conversation, he thanked me for the feedback. He did not become unsteady, or glance away, his body language didn’t change.

I know many people who would’ve been very offended. And said things like, oh fuck you, you lose weight. Or don’t tell me how to live. Or oh your not perfect either. Or play the victim, (get all sullen and act offended — then go passive aggressive) like my mother would.

Despite my dad being not in control of the weight gain — as in not directly his fault. (he has a mental illness, and a side effect of anti-psychotics is weight gain), he had complete control over the situation and his frame. He didn’t DEER (defend, explain, excuse, rationalize). He accepted the comment, and worked on improving himself.

**You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing everything with logic; true power is restraint. If words control you that means everyone else can control you; breath and allow things to pass.**

There are going to be times where men and women will test you. Test your frame, and criticize you. People will say things like:

*“You’ve been lifting weights for 2 years and you don’t look like so and so on instagram”.*

*“So and so bitch’s guy does this for her and he’s taking her to Cuba”.*

*“Why don’t you get a job like everyone else and stop working on your business. It’s clearly not working for you.”*

*“Your lame, why don’t you come out and drink with us Monday night?”*

## Maintain your state control.

You are an oak tree. You will not be manipulated by crying, yelling, lying, head games, sexual withdrawal, jealousy ploys, pity plays, shit tests, hot/cold/hot/cold, disappearing acts, or guilt trips. She will rain and thunder all around you and you will shelter her until her storm passes. She will not drag you into her chaos or uproot you. When you have mastery over yourself, you will have mastery over her.

— cited from redpillschool

How you respond to each test is going to vary (sexual mate, LTR, friends, family) but the importance is to hold frame. Responses to shit tests have been covered at length here. Use the search function.

**Actionable advice:**

Accept criticism in a calm and collected way.

**Summary:**

They'll test you, and then they'll test you again, and they'll do it again to try and break you. Most men will break. Most people will break. If you want to measure a true alpha's strength, watch how they take criticism.

# Training your LTR to become super HB9000 with 3 actionable mindsets and behaviours

262 upvotes | September 11, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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## Summary

These are some strategies I've been using on my current LTR and it's training her to become a super insta-HB9000. These will make your girlfriend become #girlfriendgoals and #instaworthy. Trust me.

In all seriousness, these 3 pieces of advice in this guide will maximize good behaviours in her (submissiveness, sex, making your life easier) and minimize bad behaviours (bitchiness, flakiness, disrespect). You'll do this by changing your own behaviour as a man.

This post is for men in LTR's or men wanting to LTR a woman they deem worthy <sup>1</sup>. These strategies work best when used on an LTR or a girlfriend, and not necessarily with a FWB or Plate. Actually definitely don't use these on a FWB or Plate... she'll want to be an LTR real fuckin' quick.

## An insightful comment on the escort post a few weeks ago:

Being a respectful, courteous, interesting, feminine lady is apparently now a rare talent worth thousands per hour. (In fairness, I have no doubt that the market is almost as depressing for women seeking a confident, masculine man.)

— BlacknOrangeZ

You and I can both agree that there is no substitute for having a good woman in your life. This is a woman who is feminine, submissive and willing to please. These women are rare to find, hence why some of them resort to "becoming an esco... entrepreneur". And in fairness, as BlacknOrangeZ puts it, masculine confident men are also as hard to find. Many of them lurking on TRP.

**Note:** *This advice will only work if you're already with a (potentially) feminine submissive girl. If no matter what you do, she's always a flake, disrespectful and a bitch, then time to find a new girl. Some women are simply broken and unfixable. Save yourself, and the TRP community some time and find a feminine submissive woman.*

**Background on me:** I'm 23 years old, white, 6'0, 175lbs, 12% bf. Lift weights and boxing 6 times per week. Bachelors degree in philosophy. Self employed web developer, 40–60k per year. I drive a black 2006 Porsche Cayman. I've been with this girl for 3 years now <sup>2</sup>.

**Background on Annabelle:** I consider her an HB9. Double D breasts, tiny waist, bubble butt, eastern descent, 24 years old. Classy woman. Doesn't drink. Exercises (lifts) and eats healthy (vegan). Takes care of her body. Educated, and committed to self development. Submissive and very feminine.

In this post there are one theoretical and two practical/field report guides relating to sexual strategy.

## Theoretical advice for using "beta" behaviour

There's a recurring theme I see on asktrp and TRP. Some of you (not all) will interpret anything that's not alpha as "beta behaviour". **Rightfully so.** Those of you senior to TRP will understand that women have a dualistic mating strategy for LTR's and each women's preferences for a man's behaviour are going to differ (i.e. some women prefer more beta, some women more alpha).

Depending on her age, time in cycle, and the type of woman they are. For courting women short term/no commitment (FWB, plate, ONS) you don't need beta behaviour.

Beta behaviour in LTR's is meant to be used sparingly. 80/20 alpha/beta seems to be a good balance in my LTR, and it works wonders in crushing comfort tests. Which are also a test of your strength and commitment. The trick is finding a balance between the two. You can gauge as you see fit. Most good women don't want to be with an emotionless psychopath. They want to be with a man who can lead her in the direction that he is going. Now onto the practical advice.

## **Tell her what to do. Lead her in every interaction**

You need to be leading her in every interaction. If you're taking her out, tell her what to do. Message her "*wear natural makeup, black heels and a dress*"<sup>3</sup>. Good women want to feel sexy. They feel sexy, when you tell them what to do. They want to be told what to do, because that's what their fathers did.

If your with a girl and she doesn't like been told what to do, chances are her relationship with her father is not good. And she's had a weak or absent father growing up.

The women who love been told what to do (aka been lead) usually have a strong positive relationship with their father. And chances are her father is a strong alpha male worthy of mentorship. Get on that.

If you get a chance, watch how she interacts around her father. Is she engrossed in his frame? If she lights up when he's around, and he has complete control over her attention and respect, you know that she's already tame. This means that she is used to being told what to do.

Initially, when you tell her what to do out of the blue, it's not going to work out well. She's not going to trust you/or she'll test you a lot. These are fitness tests, and you can create a new frame around it until she starts to obey<sup>3</sup>. See footnotes for more detail. Women communicate covertly, therefore you must change your actions for her to listen to you. OmLaLa has several excellent strategies for framing the relationship in a certain way. I suggest you read back on his post history for more detail.

## **1/3 in 2/3 out rule**

Every 1/3 that you put in, you should get 2/3 out. This generally should happen if you are dating a good woman. Over time, if you don't put at least 1/3 in with an LTR, eventually she'll get bitchy, think she can do better and will end up cheating, or find someone better than you<sup>4</sup>.

**An example of my 1/3:** I take my LTR out on some kind of date 2 times per week.

When I take her out on a date. I pick her up in my car, I open the door for her, I dress better than she does (hair styled, dress pants, good shoes, shirt and blazer, tie optional — or whatever your current style is). She shows up as I told her to (or better), always<sup>5</sup>.

I take her to eat at a place that I made reservations for. I touch her, I order for her, I tease her, I make interesting conversation, I pay for the meal (\$20–\$60). Then we drive around, go to the next venue, (concert, show, social event). I socialize with others, we have a good time. Change locations, walk on the beach, slap her ass to crush shit tests/comfort tests. Talk, laugh, touch, do things that I want to do<sup>6</sup>.

By the end of the date she is literally hanging off of me. Then I drive her back to my place or her

place, take her onto the bed and do what I want to her. That's my 1/3. I lead the whole night the way I want it to go. And she's a happy girl because she can sit back, relax, and be a woman with no responsibilities or worries. Sounds simple right?

This is the type of date no girl will ever flake on. Hypothetically, she would cancel plans for her best-friends wedding to go on this date. It's surprising to me how so many men haven't caught onto this yet. When you take a woman out, she wants to have no responsibilities. She wants to be lead. She wants to be shown a good time so she can feel feminine and open to you. That's the way it is, and it took me a long time to accept this.

**After our date — Annabelle's 2/3:** Over the next few days, it's TRP on easy mode. Hot sex, spontaneous blowjobs, random presents and gifts (cologne, chocolate, protein shakes). In 3–4 days she's spent at least 2/3 of what I've spent on her in money, time and gestures.

Sweet affectionate behaviour like cooking me food, giving me compliments, being submissive. Little to no shit tests. Comfort tests depend on the time of the month.

I usually reward these behaviours with positive reinforcement. But also act like it's nothing special at the same time, and that I'm used to it/expect it.

Then rinse and repeat next date night — except mix things up, and keep it spontaneous. This has been working pretty well for me, and whatever 1/3 I put in, I get 2/3 out.

## Summary and actionable advice

Find a submissive feminine woman. Apply some beta behaviour to balance out the alpha/comfort her. Lead her in every interaction. Give her 1/3 and you'll get 2/3 in return.

### Footnotes:

<sup>1</sup> *If you do these things too often, she'll become really used to the treatment, and do one of two things. One: Treat you way better and make your life way easier. And/or two: Want you to commit to her for marriage. Use at your own discretion, and throw some dread or play back a bit when you feel appropriate — depending, of course, on what your motives are.*

<sup>2</sup> *I am not from a wealthy family in any sense. I budget my money very carefully. I prioritize my spending on certain things and omit other things. I included background on myself for the Field Report section to paint a picture and give context to the situation, not for free internet points. But I'll take some of those too.*

<sup>3</sup> *Credit goes to the escort post for this line.*

<sup>4</sup> *In most circumstances this won't manifest itself for some time — so it's difficult to pin-point an exact reason why she left you. Many women also stick around in shitty relationships to use the man they're with for resources — also known as Beta Bucks. Valuable (and entitled) women will leave when they know they can do better.*

<sup>5</sup> *Initially when I started to tell her what to do — the first few times she resisted. Until I started dressing better than her... now she woke up and realized that she needs to step her game up. She's shows up as I told her to because it's a standard I set for her, and for myself. That's why I show up dressed better than her... because I'm not going to put up with anything less. Leading by example. Women communicate covertly, and they get the message when you start to **change your actions**. Women become the men they are with.*

<sup>6</sup> *Your one third is going to look different than mine. If you have an alternate method that seems to work comparatively well or better, comment below.*



# Your small daily decisions are the ones that create you into who you become

254 upvotes | October 14, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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## Summary

*“We are what we repeatedly do. Excellence, then, is not an act, but a habit” — Aristotle*

Start doing what you say your going to do.

Men on TRP who spin 8's and 9's on a regular basis don't do so by coincidence. Like you and I, they consciously decided that they we're going to put in the effort to work on themselves. The difference between those who are spinning 8's and 9's on the regular and those who aren't, is the conscious action and effort they took to consistently work on themselves.

Additionally, those that run successful companies didn't end up that way by saying “I might work on my business this month”. Men who are shredded af didn't go about their training schedule with statements like “We'll see about training legs this week”. Or any other cheap version of excuses that we all hear from our friends. People who are successful, didn't get there by accident.

Knowing something and **actually doing it** are two **very different things**.

I'm here to explain to you why you need to be **doing something**. More specifically, why you need to be tracking what you're doing (your habits) on a consistent basis, and how to do it.

## Overcome being average and turn yourself into a habit machine

Basically, over the past 6 months, I've been tracking everything I do. Every time I do something or don't do something, I log it in my habit journal <sup>1</sup>.

I use an app, called Way of Life (iOS). I think there's a free version. I bought the pro, it's \$5. You can find something similar on android if you search for “habit tracker” <sup>2</sup>.

### App screenshots of last weeks progress

As you can see, the habits I've been doing regularly, are all green. While the ones I've been slacking on, are red. Simple enough right?

Download the app or something similar. Figure out which habits you want to start doing. Every time you do the habit, open the app and mark it green.

What this does, is it solidify's your actions. So every time you open the app, you can be like “oh shit, I didn't jerk off for 5 days this week. Boom, let's make it 6.” Later on, that positive affirmation is going to snowball and you'll have the balls to go chat up that HB9 in the cereal isle picking up her cheerios. By creating that positive feedback loop, you're strengthening specific neural pathways and

reinforcing your positive habitual behaviour. Win-win.

Some people might say “damn that seems like too much work”... Or “dude, you’re taking this shit way too seriously.” You and I both know, that those are the same people who “might start that business this month” and who think “squats are too hard”.

Sadly, a few years ago, I was that guy who was “going to start working out next week”. But next week never came. Tomorrow doesn’t come. You need to start today. The small daily decisions of life are the ones that will actually turn you into who you become.

The truth is much more simple: if it’s not in your schedule or in your plan, you’ll never do it. Any goal or habit that you want to achieve in life needs to be concretely measured.

## What's measured, is managed

How often do you tell yourself you’re going to do something, and then not follow through?

If you’re anything like I was. The answer is multiple times a day.

Before I started tracking my habits, I was in a consistent loop of spinning my wheels and making false promises to myself. I wasn’t following through on simple things that we’re really important to me. I couldn’t understand why I didn’t start the business I always talked about. Or why I wasn’t playing guitar anymore. I wasn’t doing the shit that mattered... but why? Well. I didn’t make it a priority, that’s why.

This is where you take a conscious step back.

If you want to “start that business”, but you’re not dedicating and scheduling an hour of your time every single day to research/shipping/execution, then it’s just a thought and a dream and it will never happen. I repeat, your dream will never happen. **None of what you want in the future will happen by accident.** Internalize that. Start doing what you say you’re going to do.

Today doesn’t seem important until you realize that your entire life is just a string of todays. If it’s not being measured, it’s simply not important to you.

## Your small daily decisions are the ones that create you into who you are

I read on this sub once, that it’s what you do in your moments of decision that your destiny is shaped. The small daily decisions of life are the ones that will actually turn you into who you become.

Try to adopt 5 or 10 habits to do on a daily basis. They can be things you’re already doing. Use my habits in the screenshot above as a template <sup>3</sup>. Or track your own. Here are some good places to start:

1. Lift weights
2. Approach and make conversation with ten people/women today
3. Don’t masturbate or watch porn
4. Work on your business/mission/hobby for 1 hour
5. Read a book

Obviously there are costs to changing your habits and your life. You’re going to encounter

roadblocks.

Sometimes when you adopt one or two good habits in your life, everything can change. Keystone habits create a domino effect of other good habits and subsequently alter every aspect of your life. i.e. Lifting. Lifting makes you eat healthier, sleep better, get more shit done, feel confident, look better, higher self efficacy, stop being a bitch etc. These endless positive effects are going to create a chain reaction of good habits and behaviours in your life. This is why lifting is so often preached in asktrp to men looking for advice.

Do not try to adopt 20 habits at once. You will fail. After 6 months, I'm consistently following through on 23 habits <sup>4</sup>. Research shows that starting small gives you momentum and makes your goals more achievable. If you start by recording 50 habits/day you're just going to feel shitty and tired. You'll burn out and not do any of them because it's too much work. Start small. After you do a few of these things repeatedly, they become second nature. You won't even think about it anymore. They'll become you. Then slowly add more. Rinse and repeat.

## Summary and actionable advice

Confront reality. Your future is not important to you unless you're adopting the right habits to shape it. As you live your days, so you live your life. Make conscious daily decisions and take action on your habits. Internalize that you need to consciously shape your future through your daily habits to be where you want to be.

### Footnotes:

<sup>1</sup> Many men in this Sub are already tracking their workouts in apps, and by hand in their journals. This can be used as supplementation or replacement of that. Also tracking your habits by hand via journal is probably more effective than digitally. I use an app because it's convenient and efficient.

<sup>2</sup> Some other comparable apps for iOS are: Habitify, Coach.me, Productive, Done, Momentum, Strides, Today, Habitica. For Android: HabitHub, Coach.me, Habit Streak, Habit Bull, Habitica. Point out any others I missed and I'll add them to the list.

<sup>3</sup> The total time commitment of tracking my habits is around 1–2 minutes in the app per day.

<sup>4</sup> One study on habit formation found that it takes 66 days to hardwire in a new habit. Not 21 days like the previous research suggested. Study from University College London.

## “It’s like he has nothing else to do.”

590 upvotes | November 17, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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### A quick reminder on initiating contact with women, and a conversation I overheard between my girlfriend and her friend.

So I’m in the kitchen crushing a protein shake and two bananas post-workout. My gf (Ana) is on the couch with her friend (Lucy) talking about some guy Lucy met.

Now, I’ve met a few of the men that Lucy has dated... most of them making over 80k+, driving nice cars, decent bodies etc. Lucy is 25, easily an HB9, and usually dates in the top 10% of men, so I imagine this guy to be nothing short of a high quality man in order for Lucy to consider him.

Anyway, here’s how the conversation went down. I’m paraphrasing, but you know.

**Ana (my gf):** So tell me about this guy you met...

**Lucy:** He’s totally perfect and I was so into him the other day, I gave him my number and he messaged me a few days later asking me where I wanted to meet.

**Ana:** Okay and did you meet him?

**Lucy:** Yeah we finally decided on going out for tea.

**Ana:** Ok... when are you seeing him again?

**Lucy:** I don’t know if I will... he is texting me all the time about his day. Sending me good morning texts, calling me every night. Snapchatting me, liking all my instagram posts, leaving me voicemails. It’s like this guy has nothing else to do. I would rather have him barely have time for me, then all the time in the world.

**Ana:** Omg, that’s annoying af. Literally, like leave me alone and let me do my thing. I’ll call you when I need you amirite? (...Looks at me curiously... I raise my eyebrow.)

**Lucy:** It’s so unattractive. There’s no mystery in him, he’s literally saying “I have no mission, I have no other women in my life and I spend all my time trying to contact you.”

Anyway, you know women. They talk in paragraphs about nonsense. So this girl goes off for like 10 more minutes about how this guy turned her off just by the sheer fact of his eagerness.

Needless to say, tied up my shoes, finished my protein shake, and went to play basketball with the homies.

**TL;DR:** Guy becomes attached at the hip to a random chick he just met. Didn't polarize and made her lose interest.

**edit:** For those of you in disbelief about the validity of the conversation, **context** goes a long way here. Previously we were talking about pursuing big goals, passion, purpose, and missions in life. Normally out of the blue I don't hear women blatantly talk like that either. Nonetheless, I prefaced this saying that I am paraphrasing how it went down, and you can substitute mission for "goals" or "things to do". The context of the conversation was about how this guy compared to the last guy she dated who had a ton of female "friends".

## "He needs to be careful."

311 upvotes | January 29, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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I've got this friend. Michael. Software engineer. Just got this new job, working remotely out of Canada for a respectable company in Silicon Valley. 120K a year. He's 22, borderline genius, 6'2, natural alpha, lifts, a real exception to the rule.

Anyways, Ana and I were having tea on her couch cuddling, chatting about the week and my buddies new job and apartment. 11pm.

My LTR is pretty openly expressive about her feminine instincts. She's asian, fairly traditional, and knows her role in a relationship. She knows what she wants and likes, and is honest about it. It's not rare to hear Red Pill tidbits of truth coming from her.

Last night was a bit different.

We were chatting about the week. I was telling Ana how much Michael makes. How I was proud of him for coming so far (we grew up together), and that he's saved 50K this past year.

She asks if he's seeing anyone. I say no.

She says oh. I say why?

She says he needs to be careful. I say why.

She says you have no idea about women. You have no clue what they'll do to lock down a man like him.

I say what do you mean?

She says she'll make him fall in love with her. A woman will do anything. Trust me. I know girls. She sips her tea.

I kind of egg her on here, she's still talking, on a rant and is really into it.

I say ya; but women fall in love with a man don't they? Like for his nice personality and his caringness.

She says kinda. But no. She says women want a man with his shit together. They want the best, the best they can get. And they'll do anything to get it. And once they have it, they'll hold on to it.

I say, til something better comes along?

She says no. Not always. Some girls are never happy. She hugs me and says in her baby voice "but not me boo. I'm happy with you."

I kiss her on the cheek, feeling great that she passed my comfort test!! Haha.

She tries to change the subject lightly.

I go back and I say yeah but what about true love?

She says sure, it exists. But do you know how rare it is to find a man like him? True love will happen to any woman with the *right* man. Whatever you do, tell him to hide his wealth and find a girl who doesn't see any of that before she decides she wants to be with him.

I say yeah, will do. Conversation segways into some business she's thinking of starting, then bed.

Not sure what was in the tea tonight. Hypergamy herbal or some evolutionary blend. Buying that one again.

*Lessons learned: Most of you in LTR's will understand this kind of talk to an extent. If you let her blab, she'll say some crazy ass shit. Start to ask some leading questions to your woman when she's feeling chatty and honest. Some women are well aware of their hypergamous nature. They don't know what to call it - or terminology for it. And it kind of makes them uncomfortable when they feel like they've "shared too much". But the women in their 20's have seen enough men to know what they want. They're clear on it. And sometimes they'll let you in on the secret.*

Grateful that The Red Pill exists so I can interpret this. Two years ago I wouldn't have batted an eye in this conversation. Thank you founding members, contributors, and everyone else keeping this community alive and evolving.

# To the man shooting 3's in the gym today

1372 upvotes | August 17, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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I play basketball a few times a week at a local indoor court near my apartment.

Often I see this guy there, we'll call him Brad. Brad's about 5'9, 28 years old, he's handsome— but only because he takes care of himself. He lifts, gets haircuts, he's in decent shape, lean. He has male friends, he does things, can hold a conversation and takes care of himself. Not a Chad by any stretch... but he's working on himself continuously.

Whenever we're playing basketball in the gym, I often witness Brad approach women charismatically and effortlessly. I've seen him cold approach 8's and 9's, convince them to watch him play basketball for 30 mins, then walk out of the gym with them after the game.

Today was different. I see Brad doing his thing as usual, shooting hoops and approaching women when the game dies down.

Brad sees this blonde HB9 and immediately B-lines to the locker (10 feet away from the court). Walks up to her and starts chatting with her. 2 mins pass, She's not feeling it, resting bitch face and giving him some dirty looks. He keeps at it... invites her to play basketball. She's still not feeling it. Then about 15 seconds later, she turns her back to him without saying anything at all and gives him the most cold and unexpected "*slam the locker in your face*" rejections I've ever seen. It could have been out of high school musical.

I'll never forget what he said to her.

Just so she could hear him, he calmly — without chagrin, says "**your loss**", as she walks away.

He picks up his ball, turns around, takes 2 steps and sinks a 3 from way downtown. Continues to play ball for the rest of the night, unfazed.

I commend Brad to get up after rejection like this. There was at least 15 men and women around him that saw exactly what happened. Most men would have social shame or at the very least some humiliation or discomfort. He didn't even flinch. Just turned around, says the truth, then shoots a 3.

We often talk back and forth about abundance mentality on TRP, but only in theory. Maybe some of us are like Brad, but surely not all of us are. How many of us are practicing in real life situations like Brad? Who here would have even approached an HB9 after her workout? I've never seen abundance mentality first hand like this in my life. This man didn't attach any of his value or worth to talking to this woman. He was simply a man who saw a woman he found attractive and approached her to see if she was also interested.

I know Brad personally, he's a great guy, and the words "*your loss*" is exactly the way to describe the how this woman should feel tonight.

*Post some FR's in the comments that you experienced rejection and how you could have handled it differently.*