

Be Brutal: Is it worth trying to get girls if im extremely skinny?

July 22, 2022 | 6 upvotes | by [starmassive](#)

Im at 99lbs at 5'9 and i feel like im fighting an unwinnable battle, im in my early 20's and am still a kissless v, ive hugged maybe twice in my life. My game could be better but i also feel that i can make girls laugh and smile but when i touch or anything its never reciprocated. In fact nothing is ever reciprocated and i feel like they dont wanna be there.

Girls have called me too skinny occasiomaly to my face and behind, (my friend told me) im fairly confident in my style but im in the works of improving it. I also dont feel confident in my body.

Is 99lbs just too skinny to attract anyone? Does having a better body make women like you more and wanna see you?

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Comments

gd_101 • 7 points • 22 July, 2022 08:59 AM

The general rule is the top 10% of guys get 90% of the attention. Girls do not like skinny.

I don't know what 99lbs are because it's 2022 and those units are from the dark ages, but I can safely say that if you go to the gym and get strong, you will have more success with women.

You literally answer your question in your question. Lifting is trp101. I don't know what you're really after here.

I would recommend the sidebar of r/asktrp, accessible via archive, because lifting is one of the first items on the list.

starmassive[S] • 2 points • 22 July, 2022 01:02 PM

99 lbs is 45kg at like 177cm

gd_101 • 2 points • 22 July, 2022 03:25 PM

That's actually unhealthy light. BMI is kinda BS, but a handy orientation. Google "BMI chart" and check out what's healthy. "Strong" guys tend to be the high end of healthy with just muscle.

themostgianthorse • 6 points • 22 July, 2022 02:15 PM

99lbs is not too skinny to attract all women. It IS too skinny to attract the women you will want.

lift 4x a week. Bench/Squat/Deadlift/Military Press. If you go to the gym and did not do one of these, you did it wrong. Don't bring your ego and lift light at first concentrating on form. Stay off bar squat for now and focus on the goblet squat using a dumbbell or kettlebell.

You must be in a calorie surplus. Drink this after your workout.

Creatine! Nom nom! Eat/drink this up.

Water! Water! Water!

Get 8 hours of sleep

Alcohol will kill your gainz. Limit or eliminate it.

Keep the goal in mind but remove your attachment to it. Focus on the process. In my early 20s, I was also very skinny. It took about a year and a half of consistency to see results.

Continue your other self improvement activities and social life. Fuck this monk mode bullshit. Monk mode is for 34 years olds who gained 80lbs during their "marriage" and found out the kids weren't actually theirs; not for 20 year olds that need to hit the gym.

starmassive[S] • 3 points • 22 July, 2022 03:02 PM

Thanks for the comment & link, i appreciate u

SommelierofLead • 2 points • 4 August, 2022 10:39 PM

Just eat sleep and eat and gym. It's a slow process man.

Accurate_Piglet_5768 • 5 points • 22 July, 2022 01:29 PM

Dawg u weigh less than my little sister. I think you know what you have to do

starmassive[S] • 1 point • 22 July, 2022 03:01 PM

Lmao fr

Taipoe • 2 points • 22 July, 2022 04:10 PM

99 pounds at that height is extremely light. Start bulking and you'll see a huge increase in success by that alone.

319Skew • 1 point • 22 July, 2022 03:14 PM

No. You can be a twig and pull but don't expect anything great.

Better question is what's stopping you from bulking?

yungelonmusk • 1 point • 25 August, 2022 06:17 PM

Food do be expensive ☐

throwitdownman • 1 point • 22 July, 2022 06:59 PM

Too light. If it's due to a medical condition get it solved first, chicks can wait. Otherwise, bulk up.

iJuiiCe_x • 1 point • 22 July, 2022 08:29 PM

If you don't feel confident about any aspect of yourself, then you know it's what you need to improve on. Skinny to muscular is harder physically than mentally but its doable. Meal prepping helped me get enough protein and lifting heavy helped build the muscle. There's plenty of youtube videos that can show you how to get started (I recommend barbell exercises to build a base).

MusicgoonV2 • 1 point • 22 July, 2022 08:52 PM

Bro you know this shit. You can still pull, but you need to eat more and lift. Don't stop practicing game and start lifting.

Ok_Pension_2064 • 1 point • 23 July, 2022 03:35 AM

i'm skinny and pull a lot of women, maximize your looks and don't change yourself over women, women stereotype skinny guys for having a big D. As long as you work out and toned you good

confidence is what matters, women will say anything about men big small tall short skinny muscular, it's all about you loving yourself

starmassive[S] • 1 point • 23 July, 2022 04:08 AM

Skinny as me? , im anorexic stats wise and its almost impossible for me to pull

Ok_Pension_2064 • 1 point • 23 July, 2022 04:10 AM

i'm 6'1 and around 130 lbs

RelucBeam • 1 point • 24 July, 2022 07:28 PM

Fat bitches love skinny guys.

But do you like fat bitches? That's the question.