

# How did The Red Pill change your life? What's your story

October 28, 2018 | 92 upvotes | by [QuachyStuffz](#)

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It's interesting to know how people's lives have changed.

Personally, I haven't done much yet but so far I did lose 22 lbs in preparation for lifting. (My logic being that if I am working on abs, I might as well see them). I also started performing better in school because I know it matters in the long run.

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## Comments

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liberty1127 • 75 points • 28 October, 2018 04:22 PM

I give a lot less of a fuck about my success with women because I don't place high value on them. I truly have outcome independence now.

I started lifting again...(last year), got super ripped...am starting another business.

I do and say what I want, when I want and do not apologize if others get offended. I stand my ground on issues and keep my word.

TRP has made me realized I need to do as much as possible to create the lifestyle I want to live and not feel bad about it.

SalporinRP • 68 points • 28 October, 2018 05:36 PM

Unlike some others on here, I never had too much trouble getting women before TRP. I was a 2-sport athlete in high school that was decent looking and was in good shape. But I just never was able to pull like some of my other friends because of my attitude. I was too supplicating and just a complete "nice guy".

What pushed me to discover TRP and the "manosphere" in general was when my LTR of 1.5 years cheated on me with a 28 year old (We were both 20 at the time). When I found out my brain just short-circuited. How could this happen? I had done everything "right" (or so I thought). I was a great loving boyfriend. I was majoring in a field that leads to lucrative careers, we never fought, I fucked her well. Where did it go wrong? I just got fucked by what I would later find out was hypergamy. She was out at a club and some fancy 28 year old finance guy started flirting with her and she decided to fuck him. Because while in our college bubble I was in the upper-tier of guys, out in the real world I was towards the bottom of the totem pole compared to older guys who made 6 figures and had their own apartments.

The aftermath of that breakup was the most painful experience of my life. I went through a whirlwind of emotions. I felt devastated and blindsided by her cheating. But I also felt emasculated and like a fucking cuck because I was fucking a girl who cheated on me multiple times with this guy. I felt fucking worthless and my grades and physical status slipped hard.

This place made me realize that I shouldn't tie my self worth to other people, much less a cheating whore of a girl. It was a solid 6-8 month recovery period, but TRP helped me through it so much. Helped me stop being such a fucking faggot wallowing in self-pity feeling sorry for myself.

And 2 years later I've never been happier. I'm in a great place mentally and physically, have fucked my fair share of women, and have a decent job. That time hurt me so badly but I would never change what happened because it made me such a stronger man.

askmrcia • 7 points • 28 October, 2018 09:28 PM

We all been there man. Glad you're doing better now though. I'll never understand why this place got quarantined. This is the stuff that save men's lives.

SalporinRP • 3 points • 29 October, 2018 03:18 AM

Exactly. TRP is a great community that helps many guys.

sstidman • 8 points • 28 October, 2018 09:01 PM

And what happened to the LTR? Did she eventually come crawling back?

SalporinRP • 11 points • 29 October, 2018 03:18 AM

Well the thing is when I found out she was cheating she wanted to stay together but I obviously refused. Blocked her on everything. She even showed up to my house but I just told her to leave. I've seen her around since then and have just been cold with her and she eventually got the message.

It was really tough when she came to my house trying to "just talk" which was basically just her telling me she loved me and asking to get back together. When someone cheats on you it's not like your feelings for that person immediately disappear. So on one hand I had this person who I had been in a loving relationship with up until 2 days prior to her coming to my house. And you hear that person who you care about talking about how everything will be better and it'll be happily ever after etc. Part of you wants to believe it.

Turning her away was fucking hard man. Of course my brain was screaming at me to tell her to fuck off on the spot but it's not as simple as that. Thankfully I did listen to my brain and not my heart and just told her it's over.

dani098 • 3 points • 29 October, 2018 02:43 AM

Yes, what happened to the cunt? Tell us!

MattMan970 • 4 points • 28 October, 2018 08:40 PM

Bro

ChadTheWaiter100 • 2 points • 29 October, 2018 03:16 PM

Don't kid yourself bredda. Even a mid to high 5 figure salary would have fucked your gf. Lol. But seriously bredda, I was in your shoes too. It's almost hopeless for all 22 and under guys out there. You just don't have enough exp and money yet.

GlassLandscape • 40 points • 28 October, 2018 05:03 PM

I always had redpill thoughts but whenever I'd express them, I'd be shamed. I remember feeling discomfort over my girlfriend's sexual history and I posted about it on some other subreddit and was eviscerated for "being insecure" and a "misogynist". I thought maybe there was something wrong with me for not liking that my girlfriend used to be a huge slut. But then I found you guys and realized my feelings made sense. Now I don't dare date a girl who doesn't meet all of my criteria. I feel way more mentally healthy now.

no-negativity- 1 points 28 October, 2018 05:55 PM **[recovered]**

What are your requirements?

GlassLandscape • 12 points • 28 October, 2018 09:30 PM

As far as sexual partners goes, no more than 5, none of which are from one-night stands.

But I've also found that girls with strong father figures, no tattoos, and feminine personalities make for the best girlfriends.

nabosch • 2 points • 29 October, 2018 02:10 PM

Think of how many men also feel this way but cave to the peer pressure of "letting it go" because "it was the past"

Happy you found this place, I hope all men in trouble will eventually.

ChadTheWaiter100 • 5 points • 29 October, 2018 03:21 PM

The past is a good indicator of the future.

[deleted] • 1 point • 30 October, 2018 11:08 PM

Preach on, brother!

LunarTears0 1 points 28 October, 2018 03:47 PM **[recovered]**

I also gained a lot more muscle. Also paying more attention in school and going for top grades (and succeeding; the others in my class look up to me and come to me for help and advice. I also have women approach me now. However, it's also made me very nonchalant about women. I no longer go "hunting". When they approach me, if they're hot, I'll invite them over to have a few drinks and play some games (mario kart and mario party are easy to turn into drinking games, and an hour later, into stripping games). But I find it hard to make connections now, knowing that her questions aren't overt, and have manipulation tactics underneath. I'm no longer interested in women outside of something to fuck now and then.

JJTheJetPlane7 • 42 points • 28 October, 2018 04:00 PM

This guy fucks

johncillo • 19 points • 28 October, 2018 04:07 PM

This guy fucks

[deleted] • 2 points • 29 October, 2018 12:46 AM

I wanna know what kinda fucked up child hood this guy had

menial\_optimist • 9 points • 28 October, 2018 06:14 PM

This guy also has his mario party game down

I\_love\_you\_broskis • 16 points • 28 October, 2018 07:34 PM

TRP led me to MGTOW Youtubers like Sandman and Ronin Man who further helped me decide that Marriage is a trap and I shall never get in one.

UncleChido • 10 points • 28 October, 2018 04:49 PM

Thumbs up bro.

I think this is the most important lesson which anyone can learn from TRP. Women don't offer much value other than a f\*\*k. That's also my biggest lesson. Your mission is first, women are the side dish.

ChadTheWaiter100 • 1 point • 29 October, 2018 03:25 PM

In what circumstances do they approach you and how is there approach? I'm pretty sure it's not overt so I wonder how do they approach?

zboolh • 34 points • 28 October, 2018 05:43 PM

The most important thing TRP led me to discover was self-respect. Respecting my body by not filling my lungs with smoke and my guts with booze, respecting my time by not entertaining girls that don't please me, respecting others by being someone worth respecting and giving my time to them in the interest of personal growth, and so on.

It was as if I had been raised to denigrate myself and think it was cool, to never think I had enough power in me to do anything worthwhile and "who cares, anyway?".

ToiletPaperPringles • 7 points • 28 October, 2018 07:49 PM

Thank you for the self respect part. I'm only a teenager but so many my age drink and smoke while not having any self respect and not knowing the consequences it could have physically and mentally. More people need to learn self respect.

mickey\_\_ • 1 point • 30 October, 2018 12:25 AM

respecting others by being someone worth respecting and giving my time to them in the interest of personal growth

big one! thank you. Write more on it if you can

redpillren • 75 points • 28 October, 2018 04:05 PM

trp saved my life

3 years ago i was a fat, weeping, incel contemplating suicide because my bpd wife was banging the kids music teacher.

today i am lean, strong, popular, funny with plenty of options with women and in life.

A paleolithic diet, progressive resistance training (mother fucker lift that shit), meditation, learning new stuff, cold showers, yoga and talking to everyone have been the main things i have taken from trp.

small incremental changes, one mouthful at a time, one lift at a time, one cold shower at a time.....

zenRP • 8 points • 28 October, 2018 06:57 PM

Cold showers and paleo for going on 2 years now too. Good stuff. Never felt better.

screechhater • 4 points • 28 October, 2018 06:37 PM

Dude.

deimos31415 • 4 points • 28 October, 2018 07:31 PM

How did cold showers help you?

ToiletPaperPringles • 8 points • 28 October, 2018 07:44 PM

Helps you wake up. Or at least that's what I use it for. Also increased testosterone, helps you sleep better and speeds up recovery for muscles.

deimos31415 • 3 points • 28 October, 2018 07:54 PM

I use it for similar reasons. I love cold showers after a work out.

redpillren • 1 point • 29 October, 2018 05:17 AM

However much of a bitch I am being I can always stand under a cold shower. 90%of people can't do that. Mind over matter training

ChadTheWaiter100 • 1 point • 29 October, 2018 03:32 PM

I've heard so much ravings about cold showers. Is this a placebo effect or is this real? What type of benefits have you derived from cold showers?

I really love taking hot showers. So fucking nice at the end of a long fucking day. But I'd be open to trying a hot shower if the benefits outweighed the freezing cold.

[deleted] • 1 point • 29 October, 2018 10:49 PM

Gimme dem working routine old boiiii.

[deleted] • 1 point • 30 October, 2018 11:09 PM

Congrats man. Hows the ex wife? I'm guessing hating life because you are doing better than her. Sorry for your kids, though.

LiftMeditateApproach • -8 points • 28 October, 2018 10:32 PM

yeah, but your wife is still banging the kids music teacher....

redpillren • 3 points • 29 October, 2018 05:14 AM

Ex wife. He's welcome to her. My loss.... Hahaha

ChadTheWaiter100 • 2 points • 29 October, 2018 03:39 PM

Did your ex wife have a sexy body or was she plain Jane type?

BloodSurgery • 1 point • 29 October, 2018 04:54 AM

Quality comment dude

menial\_optimist • 14 points • 28 October, 2018 06:18 PM

nothing yet. I'm reading the Rational Male and it's putting together a puzzle I've known about for over 5-10 years listening to bits and pieces of other RP stuff. While the info is great the book isn't written or organized very well. My N count is still 0 since beginning the RP journey. I *have* gotten 1 number which for me, was a giant step forward.

nhlfod21 • 4 points • 29 October, 2018 02:43 AM

All steps forward matter. Good job

Abeham10 • 12 points • 28 October, 2018 06:57 PM

TRP saved me from being a push over beta boy. My mission is my number one priority. I embrace masculinity and am confident more than ever before. I have developed a lot of witt and notice so much more attention from friends, coworkers, and strangers. I'm a lot more confident with girls and no longer put them on the pedestal. I have continued to grow muscle and size. I've had more lays than I've ever had before TRP including girls who have approached me.

PS: I'm 5' 6'' motherfuckers. Y'all can do it.

prrraveen • 2 points • 29 October, 2018 06:00 AM

I am 5'7". I started lifting since a month ago. I constantly fear that my height will keep me in disadvantage when approaching girls.

Don't you face this issue when you approach women?

Dymatizeee • 2 points • 3 November, 2018 05:47 AM

Only an issue if you make it an issue. Some girls won't date guys shorter than them or under 6 ft or whatever. That's a blessing in disguise cus it helps you filter her out from the spot. Focus on things you can control

ZeppKfw • 0 points • 28 October, 2018 11:34 PM

Where do you live?

Abeham10 • 2 points • 28 October, 2018 11:47 PM

Why does that matter.

Iwannachokekatie • 5 points • 29 October, 2018 11:24 AM

Being 5'6 in South America is different than being 5'6 in the Netherlands.

Abeham10 • 1 point • 29 October, 2018 01:45 PM

I agree. I live in a diverse area in the states where most girls I attract are under 5'6" and there are plenty. However, even though you'll have a less chance from physical appearance alone, remember that frame and confidence is everything.

itiswr1tten • 3 points • 29 October, 2018 02:33 PM

Cause lil homie wants a fresh anecdote to continue his plan of inaction

BePrivateGirl • 11 points • 28 October, 2018 10:19 PM

TRP taught me why I have hypergamy, why I'm attracted to my boyfriend, why I should ignore "some" of my emotional impulses.

TRP taught me that it's up to me, to be thin, pretty, and sexually available, and to treat him like the catch that he is, in order to be truly happy.

sector • 1 point • 29 October, 2018 02:41 AM

I want to tell my LTR about these concepts so she understands them in the way you do. Currently I lead by example but it'd be nice for her to think like you do on her own.

She's loyal, no daddy issues, responsible, etc however she is definitely emotional and does not understand hypergamy or why/how cheating occurs.

How would you recommend transitioning to this?

BePrivateGirl • 2 points • 29 October, 2018 06:19 PM

It's hard to say. It's kind of like how you can't lead men to TRP. It backfires. Redpillwomen is supportive once you find them on your own. But if someone lead me there or encouraged me to read their stuff I would be...offended.

Jabbermouth • 9 points • 28 October, 2018 09:42 PM

TRP gave me confidence which was the main thing I was lacking. I gained over 30 lbs this last summer (shoutout to genetics and teenage testosterone). Went from looking like a twig to looking like a semi gym bro. People tell me I have a Russell Westbrook physique. Big shoulders dye.

TRP introduced me to meditation, cold showers, "game", and just self improvement in general. Changed my

entire wardrobe over the course of three months, got a good looking haircut, and have a good amount of money saved up. Also, it made me see the importance of education and trying in school. I've always been a "straight A" student but only did it to make my parents happy. Now I do it to better my future.

All this has led me to going from a virgin during my freshman year of college to fucking 4 girls in about 2 months of college so far my sophomore year. I'm no Chad but that's more than action than most college guys see in there whole 4 years. TRP truly does work and even though I found it at a young age, I still wish I had found it sooner.

iintrOOutroo • 18 points • 28 October, 2018 04:12 PM

I feel that I am drained out offl any emotions/ attachment to anyone. Simiar to De niro in Heat *"Don't let yourself get attached to anything you are not willing to walk out on in 30 seconds flat if you feel the heat around the corner."*

Sometimes I am not sure if it is a good thing.

my\_mix\_still\_sucks • 5 points • 28 October, 2018 08:02 PM

I don't think that this is healthy dude

rockyp32 • 2 points • 28 October, 2018 06:01 PM

Idk bout that

itiswrltten • 1 point • 29 October, 2018 02:32 PM

Understand this is the post anger phase. You're in Depression zone. Don't forget the next step is Acceptance, and figure out where you being your best self fits into the type of interpersonal relationships you want to have.

iintrOOutroo • 1 point • 29 October, 2018 05:46 PM

I am wary of saying it is not anger or depression coz you may say I'm in Denial phase.

mrthrowaway413 • 6 points • 28 October, 2018 10:04 PM

A while back I made a post at 17 years old thanking you guys for changing me since I started reading at 15. It was one of those humble brags but a sincere thank you because you really did change my life that much. I'm 20 now going on 21

Since then I've come a longer way. I just picked up guitar 6 months ago and performed for a sorority last friday and I was nervous as fuck but held frame. I put myself out there and after that I know what genuine confidence is. Its not the fake shit I had always throughout highscool.

It comes from hard work that you put in overtime. It comes from sucking at something for a long fucking time. And doing it until you just simply don't suck anymore. I also respect older men who have spent their time well, for I know thats all I can hope to do when I'm older. I will always have something I need to improve. Whether it be social skills, public speaking, hobbies, at the gym.

I have a lot of those I need to work on. I put myself down mentally more than I need to on myself sometimes and I try to focus on that. Outcome independence is something I believe is built over time and I've started developing it better about 8 months ago, and have years to go.

Also I learned I need to find real, genuine friends. I have found some of my frat brothers to be my best fucking friends, and then there are some that I like, but I know I can't trust. I want to have a group of men I can trust with my life so we can be each others support systems.



When I was sweating, pacing back and forth, knowing I have to sing high notes playing guitar in front of judgemental sorority bitches, my brothers were there. I put in the practice and my closest brothers were there to remind me of that before hand. They clapped and cheered like maniacs and they really fucking pushed me to do well. I need more of that in my life and I will do that for these guys anytime. I never realized how important that can be at times.

I have a lot of growing to do for a long time.

akema94 • 3 points • 28 October, 2018 06:46 PM

Not much, but I lost like 25lbs since I started keto, I noticed the change, people noticed aswell but now I don't need other's people validation. Used to be a lot more defensive about comments on my height (5'7), I cannot change it so why did this shit bothered me so much in the past lol. Got rid of bp friends (hoes before bros apparently). Game wise, nothing, my city is empty, I'm not going out much so it doesn't help. I need motivation in my life, and a goal, that's my struggle

Abeham10 • 4 points • 28 October, 2018 07:00 PM

Bro read Mastery by Robert Greene. Talks about chasing your passion. Read amazon reviews if it helps. This is the first step for attaining passion in a craft you love and how to master it.

JW\_2 • 2 points • 28 October, 2018 07:53 PM

did you go full keto? no rice, potatoes or fruit?

akema94 • 2 points • 28 October, 2018 10:11 PM

Now that I achieved my weight goal, I have like 3/4 cheat meals ( by cheat meal I mean with more than 20g carbs) each month, but other than that yeah it's full keto, cheese, meat, veggies, 2 squares of chocolate a day, eggs. No potatoes, nothing fried, no fruits, no pasta no rice. It has been hard at the beginning because it's so quick and easy to cook pasta or rice

JW\_2 • 1 point • 28 October, 2018 10:41 PM

thanks for the reply. I'm trying to lose my gut and im having success just eating healthier but my friend said try keto.

akema94 • 2 points • 29 October, 2018 01:32 AM

I did try a normal diet (a diet with caloric goal only, no nutriment goals) and stayed around 1400/1600 cal per day.

Now with keto I mostly eat over 1400 cal and the results are clearly not the same. But if it works for you and you're happy about the results, don't change what isn't broken and stay with your current diet

JW\_2 • 1 point • 29 October, 2018 02:41 AM

thats interesting, so just eliminating carbs and eating the same did the trick for you?

akema94 • 2 points • 29 October, 2018 04:32 AM

Yup, I don't like vegetables that much but I still eat my pork chops with cream, bacon & mushrooms (and chicken sometimes if i'm very hungry), yup that's only one meal. Only thing that changes now is no more pasta or rice or bread to fill myself easily

jwarner95 1 points 28 October, 2018 10:28 PM\* **[recovered]**

I was severely addicted to video games, jobless, and my life and social skills were absolute shit. I got a job, replaced video games with lifting and jiu jitsu, and have been working on my social skills to some success. The social skill thing is going to take some time and is what's holding me back the most. But it's still improving, and I'm sure I'll be where I want to be (where I can confidently say what I want without being a complete dick and make genuine connections with people).

jackandjill22 • 2 points • 30 October, 2018 07:02 AM

Grats.

SpinPlates • 4 points • 28 October, 2018 10:33 PM

I was extremely RP before I found out it had an actual name. I went from a 300lb fatass working at Walmart to a 185lb fit handsome bartender from my late teens to early 20s

The insane difference in my love life from fat and no social circle to handsome and life of the party blew me away. I learned that looks matter a lot, your social status matters a lot. I learned the most important lesson of **hypergamey**

Working with beautiful women I learned just how much attention and validation they get and how to properly seduce them without looking like a needy bitch beta begging to wine and dine them.

I discovered this sub about 4 years ago. So far it just reinforced everything I already knew. Made me slightly cynical. I'll never get married. Too many divorce rape horror stories and cucks raising kids that aren't theirs. Men are not loyal by nature and women are only as loyal as the next upgrade In man.

premeboi • 3 points • 28 October, 2018 07:36 PM

First discovered it on youtube about a year ago from face and lms and casually consumed it until getting on the subreddit about 3 months ago and really practicing it.

I'm fairly young and have been lifting for around 7 months, lost some fat and gained some muscle. With blind confidence and about 2 hard weeks of reading TRP I started a new school in a new country and ended up with a high value female and some cool friends.

It changed my life by providing an explanation to things that i've seen happen to me and others but was never accurately talked about. Platitudes like "just be yourself" and "be confident" weren't very helpful so i swallowed the pill and realized that you need act better and look better to get what you want in life.

Owneh • 1 point • 28 January, 2019 09:58 AM

Sick channel but I still don't know if I'm fully sold on the looks over everything stance

askmrcia • 3 points • 28 October, 2018 09:37 PM

It changed my life because I truly did think I was alone in what I experienced. I know guys got cheated on, but I didn't know that all these red pill concepts were so damn common.

Like that was the shocking thing to me. It also put it into perspective that I didn't have it as bad as other men (I never had kids or got divorced).

Granite\_Pill • 3 points • 28 October, 2018 11:18 PM

To make a long story short, I got into Austrian Economics and whilst researching that subject, I stumbled upon the concept of SMV which lead me to TRP. It's given me correct and reliable information I can act on instead of a bunch communist propaganda bullshit. It put so many things into perspective and provided me with some

powerful tools to help accomplish my goals and do the things that I want to do in life. I've been able establish a sense of purpose and take control of my life.

HeadingRed • 3 points • 3 November, 2018 01:12 PM

1. Gave me the tools to look back on my past understand and own my mistakes.
2. Took away some of the hurt I had over women in my past. Honestly owning your shit helps you stop kicking your own ass.
3. Better all around at relationships. Detractors of TRP see the hurt guys bitching, angry, incels etc. frame the community as angry misogynist pickup artists lying to each other about their lives.

In the office I'm better at building alliances and dealing with assholes. Personal business - the mechanic, home repairs, finance etc. I'm doing better. Owning my shit, better at predicting others behavior and real confidence has me making smarter decisions all around. I wish I had this understanding in my 20's

1. Fitness and health - being more active in keeping my ass in shape. Part of that is my ass just turned 50.
2. Appearance - part of owning your shit. Finally looking sharp 24/7 and seeing the benefits. Admitting to your lazy ass self that the idea of "people should like me for who I am not what I look like" is BS. Bought lumber a couple of weeks ago all grubby - got basic service. Went back yesterday with my sportcoat and sharp jeans\shoes - had 3 guys pulling 4 pieces of cedar for about 10 minutes finding me the best ones.
3. Honest confidence - not just in areas I know my shit but all around. I used to front or stick only to narrow topics I knew solid. I don't sweat not knowing like I used to and I don't fear others knowing I don't know like I used to. Having the confidence to not have to show off and ask questions.
4. All around intellectual growth- my desire to understand new things has gone up. I fix my own car, nutrition, my home, finance etc.
5. Spotting assholes and dealing with them. That could be a post all to itself.

When I first starting reading TRP I started with false bravado, smugness and bitterness.

As Winston said- **"It's not the end, or even the beginning of the end. But it is the end of the beginning."**

ahg1008 • 2 points • 14 November, 2018 04:34 AM

Could you elaborate on number 6 ? Spotting and dealing with assholes

HeadingRed • 2 points • 22 December, 2018 01:11 PM

Sorry about the late response- I don't come here as often as I used to. I got better at telling when someone was using me or was an adversary. I learned to keep my mouth shut and not let on that I knew. I got better at working towards protecting myself and taking them down.

In the past if someone at work was a problem I would tell people about it or call them out in weak ass manner. Now I see what my real victory conditions are and I am better at making sure others don't take credit for my work, minimize my value or steal the credit.

Start with the 48 laws - it's a gold mine.

ngyuhnang • 2 points • 28 October, 2018 05:20 PM

Lost 20 pounds by doing keto diet, learnt how to dress better, friends told me I look way more confident than

before, and I got laid more

ToiletPaperPringles • 2 points • 28 October, 2018 07:50 PM

When I first started using reddit, I saw a post and saved it because it sounded interesting. I came back to it like 5 months later after I got use to reddit and thank fuck I did.

[deleted] • 2 points • 28 October, 2018 07:58 PM

TRP let me feel confident pursuing things in an Alpha way and going for what I wanted, and saying fuck people's opinions. I was a naturalish Alpha raised by a super big beta and I learned to suppress myself, thinking it was "right." Now I don't. I'm also in a one-way open relationship, which I ironically started setting up two years ago ish a few months after finding this place and starting to digest it. I wouldn't have even known that a one-way open relationship was a thing before I found the manosphere (I didn't start on TRP--I found places like RSD, GirlsChase, SimplePickup, ChateauHeartiste, etc first. I was pretty opposed to reddit, lol. But I've since decided TRP is the best choice among them.).

Moreofmore • 2 points • 28 October, 2018 08:15 PM

You'll read a few things over and over because it's true and the same for me

I weigh less than when I finished high school, I lift more than I ever have, I focus on winning at my chosen career and aspirations, and it's happening, I dress better, I look better, and I have better friends. This sub has been to me what the term empowerment was really meant to describe. An awareness of reality and acceptance of my responsibility to fix my life has caused me to take action and get damn good results.

Oland\_Devo • 2 points • 28 October, 2018 10:49 PM

After a 5yr ltr...

Lifting for the past 1.5yrs

Eating way better, feeling stronger

Forcing myself to do more uncomfortable things.

Being more social, talking to more strangers regularly.

Asking more girls out regularly. (Have had at least one plate going for the past year with some overlap)

Less tolerant of a woman's bullshit, no fear to kick a girl to the curb. Making sure they are more invested in me than I am them.

Keeping my place on point, less lazy, always busy, less tv.

Going on solo trips to other city's/countries for concerts and visits.

Keep in mind I'm happy with one main chick and am not going out slaying college sluts weekly. That's not my goal.

Overall I'm healthier, stronger, happier, more outgoing and getting laid when I want by a hot girl that's more into me than I am her.

izzyinjurious • 2 points • 28 October, 2018 10:52 PM

I used to be BP with red pill qualities in regards to women not life. Got a LTR and became introverted BP then lost my women skills. Broke up and became more and more BP. Found this place and found myself again as I was before my LTR. Currently ironing out the BP qualities lingering. I missed having plates and being single. Also, trp made it easier to get more plates. Finally, it helped me get outta my head, act on what I want to do, pick up a craft instead of watching Netflix. Also, a plus/negative you can't watch a movie without realizing how BP

all the male characters are.

[deleted] • 2 points • 29 October, 2018 04:22 AM

I recognized that all the SMV I had was being presented incorrectly. Within 6 months I have corrected and feel incredible and women treat me that way as well.

Divorce triggered the change. Thank you divorce.

Morphs\_ • 2 points • 29 October, 2018 07:20 AM

Last year I found TRP while in a toxic LTR with a bpd girl. Loads of red flags all around. Reading TRP was a mindfuck and I had to stop reading here because the mindfuckery became too much. But I already digested a lot so I was able to detach myself enough to know things weren't going anywhere. This year I more than doubled my n count by living a redpill lifestyle, it's awesome. I've learned so much about female psychology.

I also thought a friend of mine about it and his life changed too.

So far I've had a really good glimpse of what is possible with a good frame when it comes to getting what you want, I'm sure more is possible. I've always been in good shape, but now I'm lifting fanatically.

The hard part is of course the shattering of a fairytale. The TRP view is informative and sometimes harsh, which can be difficult to accept. On the other hand the redpill was always in me. At 37 I never cohabitated in an LTR, it never felt right.

Two things are currently following me: I wonder if my work motivation is higher when I'm in an LTR (wanting to show a more productive version of myself) and I wonder how life will be once older. Say in my 60s/70s.

TRPanalyst • 4 points • 28 October, 2018 05:38 PM

Grew up in a home where father became complacent over time, had not guided us towards success, as well physical, mental, and financial gain.

Played video games instead of studying, then came across The Red Pill just by browsing feminist fail compilations on YouTube.

I got more interested in TRP, and it's been two years since i've started reading. I was still a complacent fat fuck until 6 months ago. That one day I said "fuck it", got a job, got into Chicken/Rice/Veggies. 5 months ago today I got a gym membership and I have lost weight and gained muscle. Chicks that ignored me back then act like they never met me, but we fool around.

I'm very glad I did all of this learning and taking action in my life.

Datanami • 4 points • 28 October, 2018 04:33 PM

I doubled my n-count in less than a year. Currently approaching 40 lays

[deleted] • 14 points • 28 October, 2018 06:18 PM

Fuck that n count shit

Datanami • 6 points • 28 October, 2018 07:57 PM

I don't do it for the numbers but they're a good indicator of progress

remember\_that\_girl 1 points 28 October, 2018 04:02 PM **[recovered]**

Posts must be requests for advice OR clarification

It's called askTRP, not tellTRP. Not pollTRP, or discussPhilosophicalIssuesWithTRP, or

haveAConversationWithTRP.

Violations of this rule will result in an immediate and permanent ban.

empatheticapathetic • 12 points • 28 October, 2018 04:18 PM

Don't be so boring.

Datanami • 4 points • 28 October, 2018 04:34 PM

I once got banned because I asked what everyone mission was. Same here

Scrummy671 • 5 points • 28 October, 2018 04:37 PM

Some of the people here just get off on being dicks and shutting people down.

empatheticapathetic • 4 points • 28 October, 2018 04:42 PM

Nice question. Have you got a mission now?

Datanami • 4 points • 28 October, 2018 07:56 PM

I allways did in a sense, but as some have said it's something you keep crafting your whole life