

You are Not a Special Fucking Snowflake.

November 23, 2015 | 258 upvotes | by [CrazyHorseInvincible](#)

We get it.

You have brown skin. You're short. You're tall. You're an introvert. You're extroverted and hyperactive. You have a thick Russian accent. You're skinny. You're fat. You have one arm. You don't speak the local language. Your eyes are different colours.

Stop asking for a special program. Because it doesn't fucking matter. Everyone has different stuff about them. But I fucking guarantee you are not so unique that the TRP advice needs to be customized for **you**.

How does a white man get strong? He eats a lot, sleeps a lot, and lifts really heavy things.

How does a black man get strong? He eats a lot, sleeps a lot, and lifts really heavy things.

How does a brown man get strong? He eats a lot, sleeps a lot, and lifts really heavy things.

How does a yellow man get strong? He eats a lot, sleeps a lot, and lifts really heavy things.

How does a red man get strong? He eats a lot, sleeps a lot, and lifts really heavy things.

Asking for special advice is just another form of procrastination. *"Oh, I can't just go and do Stronglifts 5x5 like everyone fucking else. I need to ask the internet endlessly about how to tweak it so I can get maximum benefit from the exact way I bench press 135 lbs. with my tiny little stick arms!"*

No, you fucking don't. You need pick up the heaviest thing you can lift, any old way, put it down again, and keep doing that.

You know who needs custom programs and tailored advice? Intermediate lifters and beyond, that's who. The guy whose bench is stuck at 265 because he broke his collarbone ten years ago and it wasn't set right and so he's always been a little weaker right on the bottom on that side. The guy with the bad habit of rounding his back a little when he tries for that five-plate deadlift. The guy who needs more thickness in his upper back... weighted pullups or bent over dumbbell rows?

If you've never had a threesome, your race doesn't matter. Because what matters is that you are a newb and haven't mastered the basic material yet. Yes, it's harder if you are a midget or a cripple. But it is **not different, just harder**. You beat it the same damn way. **ASKTRP is for when you don't know what to do, not when you are too lazy to fucking do it, and you want some sympathy and a cookie instead.**

Race whining posts will vanish without notice, starting now.

Archived from theredarchive.com

Comments

superbad4life • 104 points • 23 November, 2015 11:24 PM

ASKTRP is for when you don't know what to do, not when you are too lazy to fucking to it, and you want some sympathy and a cookie instead.

Clap, clap, clap This is unfortunately long overdue. Seen these pop up way too often especially the last few days.

Cunt_Robber • 28 points • 23 November, 2015 11:58 PM

Bro this hurts my ego, pls lay it on me gently next time before you get me mad and wanting to lift heavy things to dissipate this anger

TheSilverwolfKnight • 38 points • 24 November, 2015 03:07 AM

You PC bro?

RedPillJax • 9 points • 24 November, 2015 10:46 PM

PC UMass bro

Dustin_Bromain • 2 points • 13 December, 2015 12:25 AM

As a umass student, PC UMASS all the way.

egoisenemy • 12 points • 24 November, 2015 04:08 AM

yea to crush puss bro

laere • 2 points • 24 November, 2015 01:33 PM

But im indian! Should I even bother? /s

RedPillJax • 3 points • 24 November, 2015 10:47 PM

Thank fucking god. I was getting tired of saying it every single time to these characters.

There is **nothing special** about the situation that standard advice can't fix, 999/1000 times.

machimus • 42 points • 23 November, 2015 11:39 PM

Race whining posts will vanish without notice, starting now.

Finally. It will take a long time for the boner I just got to go away.

OmLaLa • 18 points • 25 November, 2015 06:01 PM*

As one of the few black men of TRP (and quite possibly the only SEC one), I adamantly agree that the banning of "race-whining posts" has been long, *long* overdue.

When I first started out, I never attributed any lack of success towards me "being in the minority".

Rationalizations like these are cop-outs, plain and simple.

trpftw • 3 points • 26 November, 2015 05:54 AM

Similar situation.

Sometimes being a minority is an advantage. Other minority chicks relate to you better and can be easier to game.

I had to lecture an Indian kid about how he should game Indian chicks if he feels it's too hard to game white chicks. He scoffed, like as if he was entitled to hot baywatch blonds. Even if he wanted to do only white chicks (like as if there is something wrong with Indian chicks???), as I said, he would have to work muuuuch harder with his thick accent and really indian look. Or he could just not complain about his disadvantages and just work hard and not attribute it to skin color or ethnicity etc.

americanmook • 2 points • 5 December, 2015 06:09 PM

The Indians just want the white girls so bad. They could just blend in better in latino neighborhoods and get the real prizes much easier.

• points • 1 January, 1970 12:00 AM

[permanently deleted]

RetiredTimeHo • 1 point • 9 December, 2015 11:39 PM

Ok cupid tier list of women's racial preferences in the US goes it's White>black>everyone else.

Believe black guys even lost to Asian guys or only barely beat out Asian guys on that study.

ZenerDiod • 1 point • 12 December, 2015 07:19 PM

I agree, I'm black and I have to display more "beta" qualities than other races when meeting most girls because their default stage is to think you're Alpha, but dangerous/exploitive. Showing all honesty and venerability goes a way longer way for a muscular black man with a deep voice than a skinny Asian.

[deleted] • 1 point • 7 December, 2015 05:12 PM

SEC?

[deleted] • 1 point • 24 December, 2015 07:41 AM

Senior Endorsed Contributor aka BAMF.

menial_optimist • 32 points • 24 November, 2015 04:07 AM

As a person who falls into the cripple category, you are right! Lifting 1 year now and stronger than ever. I'm now stronger than your average female, which for me is fucking fantastic and makes me feel good about being a man in general. Can't wait to see how my strength & form develops in the future.

Ouchmyjointshurt • 5 points • 26 November, 2015 02:22 AM [recovered]

As a fellow cripple just trying to get into shape I find your post encouraging. Keep it up. I hope a year from now I will be able to make a post just like yours.

We all have limitations. But that doesn't mean we can't find something to do to improve. I will never be huge, muscularly, it is the nature of my disease. But I can still be fit.

I have led a very sedentary lifestyle due to my disease. But I have come to the realisation I cannot let that control me. I have started by just going for 2km walks a day and eating better. It might seem like nothing, but for me it us a huge step and one that causes me immense pain. But it is better than doing nothing, getting

fatter and more depressed.

Thank you.

Edited for grammar

menial_optimist • 3 points • 26 November, 2015 02:25 AM

Our situations, realizations and plans of action are very similar. May I ask what ailment you have? Mine is a small deformed ribcage resulting in scoliosis. Likewise I'll probably never be symmetrical, but who cares.

Why does it cause you pain?

Ouchmyjointshurt • 3 points • 26 November, 2015 02:38 AM **[recovered]**

30 year old male. severe rheumatoid arthritis. It got so bad when i was working that I could barely walk. Most medication have been useless for me. I should be starting biologics soon which I am hopeful will help. In the mean time, fuck the pain. It is only pain. I can keep sitting around doing nothing or I can push myself for a little bit each day. I've been embarassed to do things like like aquafit(water aerobics) but I am done caring about what other people think in that regard.

malignantmachiavelli • 1 point • 28 November, 2015 09:45 AM

I'm curious, what kind of medication are you taking/did you take? Take this with a grain of salt, but I've heard great things about the peptide TB-500

<https://thinksteroids.com/steroid-profiles/tb-500/> . That being said, I don't know whether this can help you with your affliction.

StarDestinyGuy • 18 points • 23 November, 2015 11:11 PM

Always remember that you're a unique, one of a kind snowflake, just like everyone else.

[deleted] • 11 points • 25 November, 2015 07:54 PM

And BTW, neither is she!!

"Hey cis, I know you talk to a dozen men per day who think their oneitis is about to turn around but isn't, but I have a reaaaally good feeling about this."

"No. You're supposed to have that feeling. She's deceiving you, just like all the others."

"No man, she really feels sincere."

"That's what good deception feels like."

"Dude, you don't know her..."

What the fuck is it about AWALT that guys can't understand?? **ALL** women are like that, including your oneitis.

"Okay, well what advice would you give me if you didn't think she was deceiving me?"

"I'd say to walk away because when she follows, you'll regain some power."

"I did that and she didn't follow. What's going on"

"You had no leverage because she was deceiving you and didn't give a fuck."

"No dude, AWALT is just a heuristic. Trust me dude, you don't know her."

concerningvalidity • 12 points • 25 November, 2015 03:37 AM

If TRP was about accepting the truth, then you have to accept that race matters and there are different ways to go

about things. I am a Japanese American man who had a lot of success on the west coast, in the northeast? Incel and no success. I saw overweight and plain looking white guys getting cute girls there while I was sexless, despite trying hard. I couldn't even cold approach without getting into a confrontation there.

The whole "help me, I am Indian and can't get hot blonde" posts, I'll agree they can get annoying. But the thing is, I feel that Asian, Indian, and men of other races should be allowed to have their discussions and share their stories without having their threads aggressively downvoted or deleted.

You want to talk about accepting the truth, why not let us have our discussion and share our success stories so we can further spit out more red pill truths from a minority perspective?

exotictantra • 3 points • 26 November, 2015 12:33 AM

this.. yeah I don't get the hate. Some of you lot seem interested in selective truth.

Yeah I get the whining posts are annoying and hence to do my standard Salman Rushdie example response.

Are we going to next whining posts from Beta asking why they are not successful as they lick a 18yr old's feet?

-rubashov • 3 points • 26 November, 2015 06:58 AM

We're banning them for the same reason women are not encouraged to post here.

99% of the time they aren't seeking discussion. They are seeking validation for their victim hood status.

concerningvalidity • 5 points • 27 November, 2015 07:07 PM

99% of the time they aren't seeking discussion. They are seeking validation for their victim hood status.

Sometimes they are just seeking advice, inspiration, and a decent discussion

[deleted] • 2 points • 27 November, 2015 09:27 PM

"oh wee, im a minority, look how everyone is so racis cus they donn want to suck my cock"

k

[deleted] • 1 point • 24 December, 2015 07:47 AM

If you don't mind me asking, what's different about your approach being an Asian American than it would be for anyone else other than possibly being more difficult in general?

I'm a redheaded white dude. I guess my game is different in that I have to own what makes me weird, and game some chicks harder, although there is a small portion of chicks that LOVE redheads, but they're maybe 1-3%. I never feel the need to whine though, which is the type of thread that'll get removed. I might make a thread for redheads to help them, but I will never make a 'poor me, I look like Opey, why aren't hb10's jumping on my cock?' It does no one any good.

concerningvalidity • 1 point • 24 December, 2015 08:10 AM

I have to deal with racism if I do get a hot white girl, you do not.

I have to deal with fighting for my life if I date a hot blonde, you do not.

I have to deal with the fact that women might actually find me attractive but can't date me due to racist white men who would ruin their lives, you do not.

[deleted] • 1 point • 24 December, 2015 09:18 AM

That makes sense. Have you experienced violence from white dudes? What's the most overt racism you've experienced?

I don't know any white dudes that have a problem with asian, indian, or hispanic guys dating white girls... and I live in a pretty backwards city. (not saying it doesn't happen, I can't say that since I'm not asian) I have seen open racism against black dudes, and that comes mostly out of insecurity due to the stereotypes about their dicks and their generally larger builds. Insecure guys in general are assholes to everyone regardless of race.

I have been shit on by other dudes for being a redhead. Doesn't matter the race of the offender, guys give me shit on occasion and I have to brush it off. Never been physically attacked though. Short dudes have to experience the same pecking order insults, but also get physically pushed around.

Not sure where I'm going with this. I just find the topic interesting.

[deleted] • 1 point • 25 December, 2015 07:09 AM

He's obviously exaggerating

[deleted] • 1 point • 30 November, 2015 03:24 AM

Don't let the door hit you on the way out

youcantdenythat • 3 points • 24 November, 2015 07:29 PM

Don't forget the guys that come in here asking for help because of their age!

How does an old guy get strong? He eats a lot, sleeps a lot, and lifts really heavy things.

How does a teenager get strong? He eats a lot, sleeps a lot, and lifts really heavy things.

[deleted] • 2 points • 25 November, 2015 04:11 AM

I cosign Mr. Invincible's post here and I will also be policing /r/asktrp in a more stringent fashion than it has been lately.

egoisenemy • 1 point • 24 November, 2015 04:08 AM

Don't read the strategy guide and talk to the other players if you're not even going to bother to play the game.

mr_nate_ • 1 point • 24 November, 2015 03:09 PM

Lol all I'm thinking about is the user who continues to post here saying "I'm Indian and Bald what do trps???!" Own that BALD INDIAN HEAD and LIFT cause you're definitely a scrawny fuck who represents the Blue Pill community in every way. we tell you every thread you post the same thing, but you keep coming here asking.

NotReallyEthicalLOL • 3 points • 24 November, 2015 05:52 PM

One thing I learned very early in TRP was that your situation is pretty much irrelevant, the advice is the same (which is a good thing). I used to come and post about a girl with a million details and everyone just told me the same thing. Then I would make a new post about a different situation and got the same exact advice, almost like no one was even reading the body of my posts (they weren't, why would they?).

Eventually I realized I was getting broken-records because *I* wasn't changing anything. I never listened to the advice I got in the first place, so I got myself into the same basic situations.

machimus • 2 points • 24 November, 2015 07:14 PM

I wish more guys would be this self-aware. Unless you realize this, nothing will ever change and you'd be

an askTRP addict who needs help holding his dick every time he needs to piss, like so many unfortunate individuals.

mr_nate_ • 1 point • 24 November, 2015 07:27 PM

Exactly, for the 1st 5 months of reading TRP, I did all of the "easy" stuff - or at least stuff that was easy to me. All of the mental sections of TRP come fairly natural to me and I'm able to implement them efficiently - but I realized I was ignoring the hard part: lifting. Getting fit's been hard, but it's the final major step for me - at least at the moment.

Often time members ignore the difficult advice they're given, and try to find loopholes. You can't be successful this way.

NotReallyEthicalLOL • 1 point • 24 November, 2015 08:53 PM

"Success often looks like hardwork" - someone

DarkisKnight • 1 point • 24 November, 2015 04:52 PM

A-fuckin'-men.

Gawernator • 1 point • 24 November, 2015 06:28 PM

Amen

Rorta • 1 point • 24 November, 2015 07:00 PM

This needed to happen.

Doctorpepperpants • 1 point • 25 November, 2015 02:47 AM

Sometimes these things need to be said. Thanks for posting.

Momo_dollar • 1 point • 26 November, 2015 01:48 PM

About fucking time

Momo_dollar • 1 point • 28 November, 2015 12:23 AM*

http://i.telegraph.co.uk/multimedia/archive/03509/KAINTH_Devinder_Ka_3509809b.jpg heard about this guy on the news he punched and killed a pedo who was taking pics of his daughters on a beach or restaurant. I'm guessing he is Indian by his name and he is 40+. Anyways look at his girlfriend, she is blonde and kinda hot. Facially he isn't all that, I have seen Indians guys with striking facial features e.g greenish eyes, chiseled features etc and was shocked when they told me they were Indian. This guy looks like a normal Indian blessed only with a bit of weight.

malignantmachiavelli • 1 point • 28 November, 2015 09:37 AM

I'm gonna add to that because I frequently see people posting shit like "yeah but this guy's juicing, take that away and he'd be nothing!" Do you have a fucking clue about how WRONG you are? I'm referring to a documentary I watched a while ago when I state that about 50% of the gymbros are on the juice. Yes, half of them are juicing. Yet, maybe 10-20% look decent. Conclusion? Juice doesn't cover up bad training and bad nutrition. So what is naturally possible? Check this shit out, this guy invented the Hackenschmidt squat (and during the time he was alive, there was no juice):

https://de.wikipedia.org/wiki/Georg_Hackenschmidt#/media/File:Georg_Hackenschmidt_ca._1905.jpg (I took the first picture I found, there are better ones of him) Would you say this guy is a scrawny little fuck? Fucking

hell no! So if you're not gaining size and strength then MAYBE, just maybe it's time to change your training and nutrition! If you do make progress however, remember to NEVER CHANGE A RUNNING SYSTEM. Yes, occasionally you want to change a little something in your training and nutrition plan in order to avoid your body getting used to them. But these variations should be minor, e.g. focusing on the negative rep instead or doing max reps. for 1-2 weeks. Generally you cannot do much wrong when you focus on increasing your volume/weight load in the multi-joint exercises, such as deadlifts, squats, benchpress, rowing, pull-ups and military press.

account_rp • 1 point • 5 December, 2015 01:49 AM

I think that people should be told that their post was removed for race whining, then they should be referred to this.

Leaving them in the dark won't help them, this might.

notgivefuck • 1 point • 10 December, 2015 11:50 PM

yeah. thats right.

MilkManDanIsTheMan • 1 point • 2 April, 2016 01:04 AM

Amen

KettleLogic • 2 points • 24 November, 2015 03:03 AM

What the hell does a threesome have to do with it.

Sementeries • 4 points • 24 November, 2015 07:26 AM

It doesn't, it's the same bullshit race whiners tell themselves on a daily basis.

"Never had a threesome, so I can't get women."

"If only I had a special blueprint to get white women to love my (insert race) skin. They are out of my league."

FrameWalker • 2 points • 24 November, 2015 12:51 PM

Those hot blonde bombshells, are they bitches or are they bitches am I right?

KettleLogic • 1 point • 24 November, 2015 07:41 AM

Right. Figured op was making some bizarre qualifier to being 'proper red pill' when you have one.

I guess. To be fair. It is harder for ethnic people to get white women in some situations. But so is having a low smv. Agreed it don't change the game. Its all numbers and attempts til you find someone who'll bang.

Sementeries • 1 point • 24 November, 2015 09:37 AM

Some women like to date other races, some don't. These guys crying about it isn't gonna change anything.

KettleLogic • 1 point • 25 November, 2015 07:36 PM

I'll give you that.

Just like some girl don't date guys with beards. I think the biggest problem here isn't that they are caught up on how there race makes it harder but that they come from a scarcity mentality and not an abundance one

• points • 1 January, 1970 12:00 AM

[permanently deleted]

KettleLogic • 0 points • 24 November, 2015 07:42 AM

I totally does. Agreeing to bring cuckold out of fear of them leaving is totally a threesome. Just with more bbc and tears.

Axoc • 0 points • 24 November, 2015 08:15 AM

I totally does. Agreeing to bring cuckold out of fear of them leaving is totally a threesome. Just with more bbc and tears.

only mfm 3somes exist

Lol have you never heard of fmf

KettleLogic • 0 points • 24 November, 2015 08:18 AM

Future music festival? Yeah. It's pretty good. I'm still hip.

Axoc • 0 points • 24 November, 2015 08:20 AM

<http://i.imgur.com/lPqx0cV.jpg>

KettleLogic • 1 point • 24 November, 2015 08:26 AM

If you can't get sarcasm intended in a reply ending with bbc and tears what do you really expect to get but shit posting?

complex21 • -2 points • 23 November, 2015 11:20 PM [recovered]

Everyone says lift heavy things and yes by all means do that, but please don't be one of those guys at the gym that is fat, but thinks their buff. All those muscles being made in the gym can't be seen by your layers of fat rolls. It really is a waste of time if you are fat and unhealthy.

Nutrition is key. You are what you put into your body.

kiwi_rp • 11 points • 24 November, 2015 12:17 AM

Bro i'm cultivating mass

malignantmachiavelli • 1 point • 28 November, 2015 09:55 AM

I wonder, does he ever tell his wife that she looks like a bird? Btw. you just have to give these dudes some "size pills" and they'll get in shape aye!

exilesoul • 0 points • 24 November, 2015 12:22 AM

Outstanding

zo34 • -6 points • 24 November, 2015 02:17 AM*

You are Not a Special Fucking Snowflake.

Fuck you. Yes I am! *sobs convulsively*

Intermediate lifters and beyond, that's who.

I don't agree... Olympic lifters need custom programs. Everyone else needs to emulate Dwayne Johnson or Arnold. For someone who isn't a professional lifter most programs will work if done consistently. There's even programs out there for people who hit plateaus after years of lifting.

not when you are too lazy to fucking do it

Too many come in here for the affirmations. And, to be honest, they get the affirmations they are looking for. Their self-worth and value statements depend on the words and actions of others... That or they've not read the sidebar at all.

Race whining posts will vanish without notice, starting now.

That sounds racist.

In all, good post. I do hope you leave legit questions concerning race, though. There are some rather interesting comments that surface when people start asking about cultural differences (Indian vs Sikh vs Arab/Muslim vs Chinese vs etc.). Some of the discussions about cultural norms from a TRP perspective are, at the very least, incredibly interesting.

[edit for punctuation]

[deleted] • -1 points • 24 November, 2015 09:56 AM

You have one arm.

You know who needs custom programs and tailored advice? ... The guy who ... broke his collarbone ten years ago and it wasn't set right and so he's always been a little weaker right on the bottom on that side.

Self contradicting post.

Whisper • 8 points • 24 November, 2015 10:42 AM

The first quote is talking about pickup. The second is talking about weightlifting.

You idiot.