

TRP, Depression, Self Hatred, Virgin

October 25, 2015 | 6 upvotes | by [empatheticapathetic](#)

Pretext First off I just want to note I usually tend to write a lot more eloquently than this, but I just don't seem have the capacity to pull it off right now. I'll try and keep it as short as possible.

History I'm a 26 year old virgin. Since January i've been trying to make an active effort to get laid/find an LTR/anything because it clearly wasn't happening by itself. After months on tinder i had zero success, but i started to learn to talk to girls. I started no fap (currently at 150 days) and that helped a lot with my desperation of getting laid.

I eventually had my first date ever and I was quite a beta mess but she didn't run off or anything (although she never used tinder again after meeting me). None of my friends ever went to bars or anything so i never got out much, not that I ever met people in bars really. The only times I went out was when i was gigging with my band and pretty much everyone knew each other in the scene, don't really meet many new people.

I started lifting a bit, not strictly following any program and not staying committed enough but it was helping and made me feel a bit better about myself and I lost some weight. Eventually I was fairly happy and stopped caring about getting laid, just enjoyed going out when I did and talking to whoever.

In August I went on a tour around the country with my band and my mates' band. Had a great time, wasn't looking for girls, not that there were any. On the second last date I met a girl at the bar we played (she didn't see the band) and I felt like we really hit it off (she was there alone after being rejected from the bar her friends went to). She was the same race as me, and we had a very similar upbringing, similar interests. She thought I was this big rockstar and a player. She was also a virgin and 20 years old. I felt no pressure. I was naturally charismatic, funny, interesting, alpha [to her]. We made out and it was the best make out i'd ever had, perhaps due to no fap.

We chatted via text for a few days and then I said I was going to come down and see her for the day. I was very confident in how I talked to her and felt no pressure; i'd never felt like this before. I exhibited a lot of TRP behaviours when texting her without realising. I came down and we had an incredibly tame date where she showed me her town and we just talked for hours. It was tame due to my inability to escalate. We both had a good time and honestly it was the best time i've ever spent with a girl, which is admittedly very sad. We had a passionate kiss at the end of the date and I went home.

After that we continued to message and this is where things started to fall apart. I started acting beta in the messages but i didn't overly validate her or anything like that. We also messaged too much. She expressed to me at one point she 'wouldn't mind' losing her virginity to me and I reacted in a semi beta fashion. There was always an ambiguity for her to whether I was seeing other people which she indulged in for her own fantasy. Then she went out one night and performed oral sex with some guy she just met and messaged me about it.

I was very distraught and went radio silence for a day or so before caving and messaging back. After that she started to tell me about: usually making out with multiple guys in one night (whether it was a lie or not i'm not sure), performing oral on that guy and hoping to find a long term partner. I was pretty destroyed by all this but i never lost frame and relentlessly criticised all of it to which she eagerly responded; she was loving it. But a day after her trying to turn me into her emotional tampon, i just messaged her and said "I'm not enjoying this anymore. I had a good time meeting you, hope you find what you're looking for" etc and ended it. Her response was a semi apology filled out with some bullshit. Then she sent another response saying "LJBF" and other clichés, perhaps her trying to justify I wasn't

interested in putting up with her shit? I don't know. Out of our whole encounter I think I managed to validate her as a sexual being, getting her ready for the CC, while I missed out on moving on with my life.

TRP, Depression, Self Hatred

A few days later i found TRP and my mind was blown. I've read TRP and askTRP obsessively for two months now and I understand all my mistakes, how the SMP works and learned as much as i can possibly absorb so far. I work out regularly, try to eat as healthy as i can. I've moved home during this time and I work for my parents again. Where I live now, there is no sexual prospects for me. Due to my upbringing here I barely feel like a human being; also due to race relations. I have no self esteem, no friends, no prospects; no reason to live. I work in retail and have been trying to apply TRP ideas to people i deal with. Make conversation with them, try and connect, make eye contact, hold frame with assholes and it seems to work, i gained some confidence for a little while. But everyday i'm just in a deep spell of depression. I have no long term career prospects, no experience with the opposite sex and I just hate my life and i hate myself. I walk around like a zombie feeling nothing while performing my tasks.

I've read about TRP principles and ideology and the only situation i can relate them to in my life is that girl i met. So i've literally thought about her everyday for 2 months while reading TRP. I've come to feel levels of depression and isolation i've never felt before. I see and read about people on here saying "my plate disrespected me" and the response is "next her!". I am so far away from relating to anything like that, it just makes me feel so pathetic and inadequate that i've just been unable to experience a part of life that everyone else seems to be able to experience normally, and i'm now aware of it. I had no idea girls were so slutty.

All of my previous interests no longer provide me any joy or mental stimulation: music, tv, comedy, politics, news. I just feel hollow and empty all day. I should be looking at long term career prospects and studying but i've just become obsessed with learning more and more about TRP world and become obsessed with losing my virginity again, hoping it will solve all my confidence problems. But it's just a constant loop because the more i read TRP and live here, the less confident i feel at the same time, and i have no avenue to be able to lose my virginity. I've started fantasising about suicide but i'm aware at how ridiculous and stupid and self indulgent it would be for such a seemingly non issue, but i can't break out of this bubble of depression. Most of my friends have stopped talking to me because of what a mess i've turned into. I just feel alone, lost and and completely empty inside.

I don't even know what i'm asking for, I just needed to spill my thoughts out and hopefully someone can give me some advice. Thanks in advance for any responses.

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Comments

zo34 • 7 points • 25 October, 2015 11:04 PM

I know what you're asking for.

STFU and read the sidebar. Also, lift.

[deleted] • 2 points • 26 October, 2015 12:53 PM

Start lifting, also make a lists of goals that you want to work towards. Don't beat yourself up over this shit. Write down your thoughts and it will help you get past them mentally.

zo34 • 2 points • 26 October, 2015 05:14 PM

"Writing is the clarification of thought."

Yes, do write down everything that needs some thought. I carry a notebook that I put everything I need to think about in. Sometimes just writing something down provides massive movement towards a solution, even if you don't realize it at the time.

plein_old • 5 points • 25 October, 2015 11:23 PM

Slow down.

Think about other people, not just yourself. That my help with your obsessive concerns.

Maybe check out philosophy - Stoicism, Jesus, Buddha, whatever turns you on. Basically find male role models, strong men who have already succeeded where you are struggling.

Lift.

empatheticapathetic[S] • 2 points • 26 October, 2015 05:05 PM

What do you mean think about other people exactly? Philosophy sounds like a great idea to me. I'll look into it. Thanks a lot for your reply.

plein_old • 2 points • 26 October, 2015 05:31 PM

What do I mean think about other people? Well you just seem a little fixated on your own feelings. Which is normal enough. But sometimes part of the cure for that, besides lifting and having a focus in life, is to occasionally have compassion for other people around you. This isn't exactly 100% red pill philosophy, but men who are considered good leaders tend to not fixate on their own emotions, but tend to act in ways that benefit society, or benefit the people around them. I don't know, who are your male role models? What do you respect in other men? Then try to learn from that.

For me, JFK comes to mind as one man I respect. Sure he was popular with the ladies, but he was also good at listening, good at doing the right thing. Good at holding his frame, in the midst of challenge. Lots of things.

empatheticapathetic[S] • 2 points • 26 October, 2015 06:05 PM

I'm a pretty empathetic person, I care for my family, retail staff and even customers, I look out for peoples best interests for whom i care about.

I honestly don't think I look after myself enough, hence acting so beta with that girl and allowing myself to get to such a dark place in my head recently without doing anything about it. I am able to

go through my day and help my sister raise her children and my help my ageing mother as well as help her run her business with her, but i just feel dead inside while doing anything right now. I feel like i understand your point but maybe i've totally missed it.

JFK is not a person i would be expected to know much about as i dont live in the USA. Honestly, my idols are mostly introspective comedians, which probably isn't very TRP, but they're the people who have given me a better perspective on life and helped me through tough times. I don't think i've ever had any real male role models.

plein_old • 2 points • 26 October, 2015 07:51 PM

JFK is in a movie called Thirteen Days you might like.

Dude male role models are essential. Key. Super valuable. That's why children of single mothers often get into trouble - they don't know what it means to be a man. No male role models.

Bill Burr is a comedian I sometimes like and he's good with TRP themes.

But I'd say it's good to find role models who aren't comedians. Surely in 26 years you've met or heard of some men you respected?

empatheticapathetic[S] • 2 points • 26 October, 2015 09:45 PM

I quite like Bill Burr and have tried to get into him more since finding TRP.

I really can't think of anyone else who I might consider idols or role models other than a few comedians.

One of the most alpha guys I know is my sisters boyfriend, and I've hated him my entire life. He's incredibly self centred and does things to the benefit of only himself, which I guess is fairly TRP based, but he's an incredible narcissist and just talks about himself 24/7. He's very charming and built but he's a twat.

Who are your other role models other than JFK? Just to find some inspiration.

And I don't watch porn, play video games, watch much TV/films or spend my time fantasising about desires (girls or otherwise). I have a few very intense interests (some music and comedy, politics and news) and not much else. Whether or not that's a good thing I don't know.

plein_old • 2 points • 27 October, 2015 12:33 AM*

General George Patton Jr. is another guy I respect. The movie about him is quite good, though a general (I think a total beta) who hated his guts was the "official advisor" to the script and bent the facts here and there to make him look bad, from what I'm told.

(Patton actually called that general a total coward in his private diaries... which were then published after his death... then when a movie gets made about Patton years later, this retard gets himself appointed as "official advisor to the script" so he can get his passive-aggressive revenge... sad.)

Marcus Aurelius is kind of amazing to me, for the sheer fact of what his job was. I don't know much about him except from watching "Gladiator" and from reading some of his writings. Apparently he's popular to quote from in books about "manliness".

I also have role models who are/were musicians and religious leaders but I don't feel like going into that here, wouldn't necessarily appeal to everyone. I've also had martial arts teachers who were just awesome.

It's partly a matter of wanting to meet great men, or wanting to encounter them. Then it happens, often.

Thirteen Days and Patton are good movies. Both depict men overcoming obstacles, both are true stories. How do you deal with difficult people? What qualities do men like in other men? Stuff like that you might find in some of these films. I've also read multiple books about both of them. Amazing. General Patton taught me to appreciate the military, something I had no positive feeling for, previously...

I don't necessarily like Patton's profession - killing people. But he seems like a great man and a great leader. He said if you want the people who work under you to have loyalty to you, you have to first show loyalty to them. Stuff like that made him very popular with soldiers. Oh, also, the weather prayer in the movie was totally off - in real life Patton asked all his men to do the prayer, not just himself... crazy how people alter the truth to fit their agenda.

empatheticapathetic[S] • 2 points • 27 October, 2015 11:41 PM

Awesome thanks for the suggestions and the other movies i'm gonna check out, hopefully i'll find something worthwhile in them. I've asked a friend who for some philosophy recommendations as he majored in it. He's given me some stuff to check out as well that looks pretty interesting. Cheers!

plein_old • 1 point • 30 October, 2015 09:01 PM

Okay I thought of another role model I had - Larry Bird, when I was a kid. (Look him up on youtube if you never heard of him.) Here was this white guy on national television in my country, competing with black dudes on the basketball court! Dude. I noticed he had toughness, perseverance, but also grace and incredible touch.

I could relate to him cause he was a white guy like me. He wasn't even that good of an athlete - he didn't have natural athleticism. But he made up for it in other ways.

By the way, when I mentioned "philosophy" I meant essentially the same thing as male role models. No philosophy is worth anything, in my opinion, unless it comes from strong men that you like and respect. And the reason role models are useful is because of their philosophy of life, how they live, what their values are.

I'm not a Christian, but check it out: Jesus was a guy who could meet people who were all messed up in the head, spend two minutes with them, and they'd be cured of their weird hangups. He was a badass dude. Just being around him made people feel uplifted, though he also pissed off some of the "betas" of the day. So there are strong, interesting men to be found in lots of places...

empatheticapathetic[S] • 2 points • 31 October, 2015 01:59 AM

Cool thanks. I'm vaguely aware of Larry Bird and who he was/is but again its more of a US reference.

I've been thinking about your role models comment a lot recently, trying to think who i honestly have based my morals and character off but haven't been able to think of anyone noteworthy. I've still been feeling very down as of late and the role models comment has made a lot more sense after it bouncing around my head for a few days. I've been looking specifically at the qualities i

admire in different people more so because of it.

You'll laugh but one of my idols is Conan O'Brien. His whole Tonight Show thing was something i was fascinated by and his closing comments on the show always stuck with me (you can watch it here:

https://www.youtube.com/watch?v=QEF_7ROoNeo). You might even consider him a beta example of someone i shouldn't look up to; I don't know.

I think the US has a lot more examples of strong role models in media and politics compared to my country. My example here is of a US comedian, and that's most likely because he's relatable beyond the relevance of a country, whereas Kennedy, Lincoln, General George Patton Jr, these are all people I just wouldn't have any reason to know about unfortunately due to not being raised in the US.

Hmm, I don't really like to put any footing or belief into any religion and their figures, like Jesus for example. It's probably ignorant of me but I just have no interest in looking into people like that, where their actions may or may not be disputed from a long time ago. I can relate to ordinary human beings who have accomplished great things like many any of the other people you have mentioned, but not so much a religious figure.

Thanks for coming back to the thread, i appreciate your help.

plein_old • 1 point • 27 October, 2015 02:48 AM

Actually the Patton movie is awful don't bother.

Anyway everyone's different. I have friends with role models that I don't think much of.

plein_old • 1 point • 26 October, 2015 08:12 PM

and whatever you do don't waste creative energy thru porn, etc.

fantasizing = blue pill

redbluerage • 3 points • 25 October, 2015 11:46 PM

It sounds so passé, but lift.

I was in a similar place (depressed, suicidal), and the sole thing that has saved me was picking up and putting down heavy shit.

Join the gym - a man gym not a pussy gym. Train EVERY FUCKING DAY. Eat big plates of clean food.

Get to know people in the gym. These are your people now.

Absorb the male atmosphere in the gym. Talk to your bros. Make friends. Go for a beer with real blokes.

Make this your sole purpose in life. Everything else will come from this. Self esteem, confidence, better body image, higher SMV, better prospects, friends, girls

Trust me dude. I went from a fat fuck to a better than average fuck. I've got friends. I have confidence. I have plates. I start working at the gym tomorrow. I'm back in school retraining. Start today. In six months you won't remember why you ever felt this way.

Seriously. Lift.

empatheticapathetic[S] • 1 point • 26 October, 2015 05:09 PM

Cheers for the advice and reply man. I am lifting, squatted 50kg this morning and i do feel better.

Honestly i'd love to go to the gym, your experience sounds awesome. But I just don't think i can do it where i live currently. I'd rather work out by myself. I know for a fact the people i will meet in the gym here will suck balls.

A friend of mine in a different city has some gym mates and they're the most alpha guys i've ever met. I understand the appeal. Once i get my shit together and move elsewhere i'll join a gym and hopefully have that experience. Thanks

kainalo • 2 points • 25 October, 2015 11:40 PM

If being a virgin bothers you that much, go see an escort. That's what I did, at the age of 27. First three times, I wasn't even able to cum (hard as a rock, though). Ever since, I have been able, but it still takes up to one hour.

Anyway, for me it did wonders regarding self-esteem and confidence. Don't regret it for a second.

Seeing escorts is also a good way of possibly discovering sexual problems and giving the opportunity of fixing them in a no-risk environment. Still being a virgin at a late age, there's bound to be some emotional issues which have a risk of manifesting themselves in some kind of sexual problems (in my case delayed ejaculation).

As for your other issues. Time heals all wounds. But the best way to move on is simply by just doing it. Study, work, do whatever that needs to be done to progress. And most importantly, don't forget to lift and meditate.

SirAlphaFuxalot • 7 points • 26 October, 2015 01:04 AM

I disagree with this advice whole-heartedly.

What happens to that self-esteem when you starting asking yourself why you have to pay for something that you can easily get for free? It plummets, you feel like shit. What happens to your confidence when you start thinking about how the only women who sleep with you are doing it solely for money. It plummets.

I speak from experience. Escorts/prostitutes seem like the answer, and in the short run you WILL feel better. But in the long run, it is *not* worth it at all. You will be worse off as a man.

"If it's so easy then why hasn't it happened," asks the Straw Man.

From reading your tale, you know and we know that it would have happened. That girl was ready to fuck you the first night. She just needed you to lead her there. On the second date, it's the same thing. She was waiting for you to make it happen. She was on the cusp, but I'm sure you were thinking rejection, thinking how to make this girl LTR, how to make it last, etc.

But now (I hope) you know the answer after reading TRP sidebar material. The problem wasn't her and her supposedly virgin ways, and her not fucking you. The problem was YOU. Because AWALT, and you need to be a man and lead that horse to water, then the thirsty horse will drink mightily from your stream.

And now you're non-stop thinking about this girl. It's hard to be so close. Fuck man, I *know* it's hard because I've been there. It's hard being a virgin into your twenties. You think something is wrong with you.

Well, there is. You're not being a man, and it's your fault. But here's the magic of that very harsh reality -- once you own up to it and change it then life becomes AMAZING! It will still have it's down moments sometimes, but they will seem so trivial and passing because you know how bad it was and you know how to make it better. Self-improvement.

Part of me hates the answer that most RPer's give: "Lift. Just lift bro."

It's just a lazy answer, like it requires no effort to say "Bro, just lift and the pussy will come a-calling." A) It's not true and B) It's just an automatic response for a deeper issue. We lift because we want to become better

not because lifting is some magical fountain of youth for pussy fairies. But the problem is right there: we're not good enough! *That's* why we lift.

As always, there's a shitty part (because this is life and not a fairy tale). Lifting and becoming better is not an overnight process. It's not even a process that takes a couple months. It's *years* of progress to really become a better version of ourselves, and it's fucking *hard*. Why? Because being a man is hard, and it always has been, and it always will be, because a man is measured by the adversity he has faced.

It's hard to go from a virgin pussy to leading that girl from the bar straight home and fucking her the way you want. There are many, many steps in between those two men. There will be obstacles, like fucking depression, bullshit friendships, shitty family, go-nowhere-work, etc.

There will be the women who know that we are still beta bux (without the bux which makes us literally beneath dirt to them) and will disrespect the hell out of us. *That's* what that girl did to you. Straight disrespect, and it's hard to take it. But you do take it because you have to respect yourself to truly recognize when someone is disrespecting you. It's worse because you could have fucked that girl, but in no time you went from Fuckable to Disrespect-Worthy. That's a hard hill to fall from, and it hurts tumbling head over heels like that. It's almost better to have never been Fuckable in the first place....except that we know that being Fuckable is being a Man.

So, what to do?

"Lift" sings the RP choir

Yes, lift. Do it. Commit to it. Build an actual workout plan. Stick to it. Eat right. Lose weight. Build muscle. Become that vain fuck who looks in the mirror, watching his biceps flex with each rep, seeing his frame and body and muscles become better month after month. Get a scale and watch it fluctuate as fat weight is lost but muscle weight is gained. Make it such a habit that missing a workout day will make you mad, because working out feels so damn good. This takes about six months to achieve, and it will be a hard six months. Because everything a man does is hard.

More pressing though? Talk to someone. Someone real, not an Internet someone. I seriously recommend a counselor, one who believes in Men's Issues. I did it, and it put my life back on track. You're worth it. Spend the money, get some help. Suicide is not a joke, and it's not the answer. You want to be able to look back in a few years, acknowledge that life was not good, and then get back to getting a blowjob from a girl that some other guy didn't have the balls to fuck when he had the chance.

I know a lot of this is the usual "it gets better" talk. Mostly because it does get fucking better. But it's also hard to tell a virgin that being a virgin doesn't fucking matter, because to you it seems like it matters a lot. The only thing I can say is this: next time a girl even casually mentions wanting to "maybe lose her virginity" to you, interpret what is actually being said: I WANT TO FUCK YOU. When you're talking to a girl, touch her in some small ways (grabbing her hand and saying "let's get ice cream" or putting your hand on the small of her back to lead her somewhere), and escalate. You need to assume that she wants to have sex until she tells you "No". If she's kissing you back passionately, she wants to have sex. If she sees you again, she wants to have sex. If she even mentions sex in passing, she wants to have sex.

But even with all of that, YOU need to make the move. It's scary, it's tough, you might get your feelings hurt when she says no, you might be publicly humiliated. Being a man is hard. But being a man is how you fuck the girl.

bestCallEver • 2 points • 26 October, 2015 11:14 AM

I can't comment on the "escort" issue as I have no experience with that, but the rest of this post is absolute gold. Truly top notch advice here, good of you to type this up /u/siralphafuxalot

empatheticapathetic[S] • 1 point • 26 October, 2015 05:53 PM

Dude, thanks so much for your reply, you didn't have to do anything like this to the extent that you did, i really appreciate it.

I am lifting with stronglifts and i do feel better because of it and i'm making a proper effort to eat healthy, although i'm still learning about that shit.

There were logistical reasons why I couldn't have fucked her those two times (her place was never an option, i'd have had to have gotten a hotel room) but honestly i think i was just scared of fucking it up and then losing her because of it. I didn't know how to escalate either.

Counselling is a good idea, i will look into it. I dont think its likely i will find anyone around here that is appropriate but i'll see what i can find out of town, this area just blows hard.

It's going to be a long time before i'm ever in a situation where i'm talking to a girl like that again, my confidence is just at an all time low, and this reality is what makes me feel so low. At least i'm aware of the SMP and TRP theory now and i won't make the same mistakes again, but as you said it's going to be a long road. I need to get my shit together.

Thanks again for your words /u/siralphafuxalot. Good luck with your post LTR funk. You'll be up and running within a couple months without even trying.

empatheticapathetic[S] • 1 point • 26 October, 2015 05:11 PM

I've been thinking about an escort for a few years now. I wouldn't even know where to go about finding/using one here. You've sold the idea pretty well and it sounds like something i just need to go to get this monkey off my back. And then i can chill out and just focus on life again. Thanks for your reply.

TRPtruth • 2 points • 26 October, 2015 04:47 AM

Pay for a ho and get passed that mental barrier.

The rest is all about physical fitness and achieving goals. Work on your goals and you won't have enough time to think about chasing women. They will chase you when they see you getting shit done and looking like a stud.

nuesuh • 2 points • 26 October, 2015 08:34 AM

Don't "look for a LTR". It's not an achivement committing yourself to a woman.

There is an easy solution to your virgin problem.

[deleted] • 2 points • 26 October, 2015 10:36 AM

Its OK. Slow down. Its O K. What you're feeling is absolutely normal for your situation. You're unplugging right now. its going to hurt. Just chill. Read the side bar again, read the top posts, read as much as you want. None of it will mean anything unless you put it in to action, which it sounds like you're doing, so well done! Be proud of your effort!

Good luck mate. consider banging a prostitute to get rid of the V card. that will take the stress out of that situation.

And remember, you are one of only 100k or so lucky people that even know this place exists. Make use of it!

empatheticapathetic[S] • 1 point • 26 October, 2015 05:12 PM*

Thanks for your reply man, some encouragement goes a long way for me.

[deleted] • 1 point • 26 October, 2015 07:31 PM

happy to help!