Never be satisfied

124 upvotes | 25 July, 2014 | by Archwinger

Despite what you may think, what you may have heard, or what you may be looking for, The Red Pill is not a path to happiness. If anything, it's the opposite.

Something like a year ago, I stumbled across The Red Pill. Before then, I was in a mostly-sexless marriage with an ungrateful bitch of a wife, my job sucked, I barely had any friends and no professional/social network worth mentioning, and had a hard time interacting with people in a non-awkward way. But despite all of that, I loved my wife fiercely, my daughter even more, was still making six figures, commanded enough obligatory respect in the workplace that people had to tolerate my awkwardness, and had been hitting the gym each day for years. Life wasn't perfect (far from it), but if you'd asked me then, I would have told you that life was good. I was happy. You can't have everything all the time, and I considered myself a lucky guy.

Enter The Red Pill. It dawns on me that my marriage sucks ass. That real men have wives that respect them, treat them well, and fuck them more than once every six weeks. That real men tell their young toddler what to do, and she doesn't just laugh at them. That real men are respected at work, successful, and if they don't enjoy what they're doing each day they make changes. That real men know lots of people, help people get places, and have those favors returned by others. That I wasn't a real man. Not because I cook dinner and fold laundry instead of doing carpentry in my garage and discussing college football with my burping guy friends over beers – but because I didn't have my shit together. One bad month, and I'd be out of a job with no contacts to hook me up with my next one. One bad fight and my wife would be out the door with my daughter. I was lonely, stressed, even frightened. All the time. I was terribly unhappy and had been for a long time, but somehow got used to being that unhappy. It became normal to feel like that – so normal that if you'd asked, I'd have told you I was happy and had a good life. My good life was hanging by a thread, and I was willfully blind to it.

Today, after a year of trying to amp-up my Red Pill life, am I more happy? Fuck no. I'm in great shape, but there's so much room for improvement that it's just not funny. I'm not satisfied with my body. I have a good job (about to leave it to start a better one), but I'm still not satisfied. I have a decent professional network at my fingertips, but nowhere near where I want it to be. My marriage is better, but still has a long way to go. I'm better socially, but again, still a long way to go.

And even if I somehow reach this Red Pill ideal of "good enough" in any category, there's not really such a thing. You're never done. "Good enough" is a sickness. You're never content. Never satisfied. Never happy.

Because being "haaaaapy" is for women. Being satisfied and content is for women. Once you've torn the blinders off and see the world for how it is, there's no such thing as happiness. There are momentary pleasures, longer-term pleasures, but throughout everything, life is *work*. You're never done. You're never "good enough," and you're never finally ready to stop, sit back, enjoy it all, and be "haaaaapy."

Real men aren't happy. When your grandfather (or great grandfather if you're young) came home from a long day at the factory, he never smiled. He was gruff, abrupt, hard-working. He loved his family, but they were his responsibility to take care of – they were his burden, not his contentment. He took satisfaction from being employed and hard-working, but his job was a means to an end, not his identity, not his source of contentment. He had friends and contacts, but they were one more thing he worked to maintain, not something playful to help him relax and cut loose. He had hobbies, but they were always constructive ones that broadened his mind and taught him skills, not fuck-ass video games—his hobbies

were sometimes harder work than his actual work.

If you want to be happy, stop reading The Red Pill. Go away. Never think about it again. Be ignorant, content, satisfied with "good enough."

It's not in your nature, as a man, to be happy and seek contentment. Being "haaaaapy" is for women.

Comments

theredpill101 • 61 points • 25 July, 2014 05:18 PM

This is an aspect of life that many people don't want to think about or understand because of how unpleasant the reality is.

Life is not *easy* for us. For a woman, it might be. Find a rich man, marry him, live a life of leisure. But we, being men and fueled by testosterone, do not find fulfillment in *easy*. Life has never been *easy* for us, and if it is *easy* it's only because a person has deluded themselves into thinking that an *easy* life is a goal worth achieving. It is not.

Life is a struggle. It has always been a struggle, and it was meant to be a struggle. Life is painful. It can be heartbreaking. And these qualities of a life are *necessary* for men to feel fulfilled.

There can be no fulfillment or satisfaction from living an easy life. Sitting back and buying into the delusion of comfort and contentment is mediocrity. It means that a person has failed to take on any sort of challenge.

You don't become a better person by being "comfortable." You don't become stronger by taking the easy road. You will not earn anything you don't work for. That's the point of the struggle. Pain and struggle force you to adapt. It forces you up and prevents your own stagnation.

If a person wants to trade the struggle for comfort - that's their own prerogative. But that person will never have anything beyond the bare minimum, and they will never know satisfaction or fulfillment.

I think, in many ways, the meaning of life is to struggle. If you aren't struggling with something - if you're not taking on a challenge - you aren't living. You are existing, but you are not living.

This is one of the key differences between us and them. Agency versus being a victim.

When you perceive yourself as a victim, you are actively acknowledging that you are helpless to prevent something happening to you. You are acknowledging that you are weak, and that you will not change your circumstances. That is being a victim.

When you take agency for yourself, you realize that something may have overcome you, but you will not let it stand. You will adapt so that it does not happen again. You acknowledge what has occurred, learn from it, and become a stronger person for it.

Choosing victimization is the easy road. It's *easy* to sit back and say "I can do nothing. This has happened to me and I am powerless to change it." That is succumbing to comfort, striving for happiness at any cost, and shoving your head in the sand of willful ignorance. It is a disease.

Choosing to be a victim perpetuates the mentality of that individual. If you are powerless in one situation, what prevents you from being powerless in any situation? Have you ever noticed - after a bad breakup, after losing a competition, after the death of a loved one - how acting victimized makes you feel?

Viewing yourself as a victim makes the pain *worse*. It makes it stronger, and it lasts longer. Striving for a perpetual state of contentment and happiness (both of which are imaginary as *perpetual* states), and then losing them due to a single event makes you feel like your whole life is in disarray.

How many of you have been through a bad breakup and had it affect you for months after the event? How many of you played the victim card and said to yourself "there was nothing I could do about this - I was powerless to stop it, and there is nothing I can change that will prevent it in the future," ?

I think it has happened to all of us. There is that first true love that breaks your heart, and you don't know how to handle the situation. So you sink into a victim-state, and it begins to poison the other areas of your life.

There is a solution, however. And it is exactly as Archwinger has described: see through the illusion; perpetual contentment and happiness do not exist for men. This must be acknowledged.

Pain, suffering, the struggle, and the challenge exist for men. You will not find happiness or contentment by striving for happiness and contentment at any cost. You will find them by forsaking them, and inviting pain, suffering, the struggle, and the challenge into your life.

Instead of succumbing to the victimization complex, instead of taking the easy road and choosing to think that "I was powerless and there was nothing I could do," you must change your thinking into one that says "I *want* this pain," "I have been *beaten*, but I can *overcome*," "I will *work* to accomplish this challenge," "these hardships are making me *stronger*."

Vince Lombardi once said that winning is a habit. And he's absolutely right. Being a victim is also a habit. You get to choose which habit you allow to dictate your life. Know that there is only one right answer.

> [deleted] • 7 points • 26 July, 2014 12:05 AM
>
> "The struggle itself toward the heights is enough to fill a man's heart." - Albert Camus
>
> Amazing post. I'd submit it to BestOf if this subreddit wasn't so hated by the rest of the BP world. Maybe there should be /r/bestoftrp.

> CruiseCruise • 3 points • 26 July, 2014 12:59 AM
>
> What about accepting that maybe you were powerless in that situation, but you're not now.
>
> What's wrong about what you wrote is-- you describe a situation where you were fucked -- abused even. And you don't want to feel powerless so you say you want that pain and choose it. You are saying to embrace abuse and abuse yourself.
>
> An alternative is to say "that was painful and I didn't know any better, or I didn't have power to change it. But I have power now and I can do something with this." That's a better way to move past abuse. Way better than denying that some shit is painful and you can't help it.
>
> What if you got cancer? Do you pretend you WANT cancer? Or do you just accept what is and use the power you have to do something good?

> > theredpill101 • 2 points • 26 July, 2014 03:41 AM
> >
> > Allow me to clarify.
> >
> > When I say that you should accept pain, and invite it into your life, I do *not* mean passively accepting shitty situations. I mean changing your mentality, from one of powerlessness (I don't want to experience this, but I am being forced to do so), to one of control (this is going to happen regardless, *bring it on*.)
> >
> > In your example of cancer: I don't mean to suggest that you actively try to get cancer, and act as though you wanted cancer. I mean to say that, in the event that you were afflicted with cancer, you don't play the role of the victim and allow it take over your life. Rather than holding a defeatist mindset, you maintain a winning mindset (regardless of your chances to survive the disease). Rather than moping around feeling sorry for yourself (feeling victimized), you continue to live your life to the best of your ability because the disease may kill you, but *no disease is going to rob you of the life you have left.*
> >
> > By accepting responsibility for what is happening to us, we can retain a feeling of power. It is the victims who go crawling back to their abusers - not the empowered.
> >
> > Take your example of spousal abuse (for the sake of argument lets say it's physical abuse, as opposed to emotional, financial, etc.).
> >
> > You walk in the door and your partner hits you in the face, leaving you with a bloody nose. I do *not* mean

that you should accept that as something you *wanted* for the sake of maintaining the status quo. Here is how I would view examples of a reaction - the victim versus the empowered:

Victimized reaction: "I just got punched! I don't want to get punched again! Why did I get hit? Did I do something wrong? Maybe I should apologize, this must be my fault somehow. If it'll make things normal I'll cry and beg for forgiveness. I wish my partner would be happy with me again - I'll do anything to make things better."

Empowered reaction: "I just got punched in the face. I will not be treated this way - I don't deserve to be hit, especially not by my spouse. I'm not going to accept being treated this way - *I'm going to walk out of this relationship despite how badly the breakup is going to suck.*"

Denying that things are painful isn't what I wish to suggest. Painful things are painful. I mean that we should accept pain for what it is, accept that it has happened, and then take agency of ourselves to prevent it happening again.

Experience, adapt, overcome.

That should offer the clarity I was lacking previously.

[deleted] • 5 points • 25 July, 2014 10:37 PM

The essence of TRP. Beautiful write up. "Happiness" is the matrix that we must escape. Progress and meaning are achieved only through struggle.

I used to hate rich white kids when I was in college for how easy they had it. When I brought it up with my African friend one day, she told me this: "Don't envy them, they don't have what you have. They don't have the struggle."

Embrace the hard road, it gives you insight that a life of comfort could never afford you.

CruiseCruise • 4 points • 26 July, 2014 01:03 AM

Why not just accept your lot and do good from here? And be happy for the guys dealt a different hand.

I don't understand this: how come if someone has what you want, the move is to say you're superior to them somehow.

How about just... "Good for him."

Fuck envy.

It makes you feel small.

Go to a third world country. Our little struggles don't make us men.

soulracer • 7 points • 25 July, 2014 05:26 PM

I just very recently had this same thought. It came from a article of the happiest cities in the US. Their Happiness figures were based on people self reporting happiness. The pattern seemed to be most happiness in the South and Southeast more in smaller cities and towns, while the Northeast in general was least "happy", with NYC as the least happy.

Yet people in NYC love living there. It made me realize that it's about ambition. NYC is full of ambitious people, constantly trying to get ahead, careers and money. People in smaller southern towns like the peace and quiet, and slow pace. They don't want to have to work hard and like to relax. This is a generalization of course, but I think that is the average thinking I've experienced.

Like you've alluded to, there's this modern way of thinking that says, "money isn't everything" and "you should love yourself as you are". It basically says to stop trying to improve yourself. It's basically support of laziness.

Forget trying to improve your career, forget working out, love you fat lazy wife, drink beer and eat pizza. Somehow happiness has been equated to laziness and it's become the goal in life.

So I agree, stop trying to be happy and endlessly pursue self improvement. Sure, stop to appreciate your progress and have some time to relax in a while, but there is never an end to it. Satisfaction comes from accomplishments.

> Archwinger[S] • 10 points • 25 July, 2014 07:00 PM
>
> > Somehow happiness has been equated to laziness and it's become the goal in life.
>
> That's what's wrong with the newer generation(s), in a nutshell.
>
> The ideal path for young men used to be to work hard in school, get a job, work your job hard and well from the ground up, end up with a prestigious job or your own business, and be fabulously successful after working hard to get there.
>
> Today, the ideal path for most young people is to skate through school, find a job that pays enough for them to live on where they can get away with doing as little work as possible, screw around at work all day essentially stealing a paycheck, go out on the weekends, and repeat, coasting through life doing as little as humanly possible, because doing shit is hard work.
>
> The ideal used to be to work hard and get ahead. Now the ideal is to find a situation where you don't have to work too much but can still exist.
>
> > • points • 1 January, 1970 12:00 AM
> >
> > [permanently deleted]
> >
> > > crazypsycho • 0 points • 26 July, 2014 01:39 PM
> > >
> > > If you're working a job that you would not be doing if it did not pay you a reasonable amount of money you're fooling yourself.
> > > You'll have all the benefits that come with a high standard of living, but you go through life slaving for a cause that you feel in your heart is not your most innate desire.
> > > Being part of a big corporation and essentially fulfilling somebody else's dream could never satisfy me, no matter how much money I earn or how hard I tell myself it does.
> > > That's why imo it's so important to work on building something you really and honestly can put your heart into *while* working the job society told you to, so you have the option to say 'fuck it' and go your own way at some point in the future.
> > >
> > > > • points • 1 January, 1970 12:00 AM
> > > >
> > > > [permanently deleted]
> > > >
> > > > > STARVE_THE_BEAST • 1 point • 27 July, 2014 12:50 AM
> > > > >
> > > > > Follow your dreams, or follow someone else's. Your choice.
>
> > Orflarg • 4 points • 25 July, 2014 07:21 PM
> >
> > As a student that skated through high school and is about to start freshman year of college...damn. I think this post has given me a lot to think about when it comes to where I am going and how I plan on getting there.
> >
> > > RK-no • 5 points • 25 July, 2014 08:27 PM
> > >
> > > As someone who was recently in your position, graduated not long ago, don't slack at college.

I am dam clever and good at what I am good at. I didn't need to work hard in college, so I didn't. And I still got a good GPA at a very good college (not gonna tell you where). I gave up playing sport after my sophomore year (intra mural, nothing serious) and gained weight, went out with my boys and got drunk all the time and gained weight, and stopped showing up to class for anything non mandatory. I didn't study substantially for my finals in any year. Not one.

Why tell you that? I could be boasting, but what's the point, trying to get Internet points on an alternative account anyway? Nah. It's to say that if I didn't have this mentality, I would be flying right now. I would be surprised if I wasn't top 5 percentile, playing sport at a decent level and I would have a better paid job with better prospects. Why would you settle for a job earning an average salary, with limited prospects? Why would you settle for anything less than 100% of your potential? Don't do what I did, don't slack off, don't let yourself slip.

My advice: don't skip a single class, ever. Set aside 9 to 5 every day for class/study and nothing else. Read books on your reading lists, they give you a hell of a lot more to talk about in papers. Cook for yourself, even if you're eating eggs for breakfast and chicken and veg for lunch and dinner. Lift, play sport, have hobbies, as usual. If you can afford to not work, focus on your studies instead. If not, you'll have to organise your schedule even better. Rush a frat. Apply for internships in your summers. Try and study abroad.

Do all this and you'll be one of those guys on campus who has everything going for him, who knows everyone, good GPA, looks good, and is about 5 years ahead of anyone else around him.

> Archwinger[S] • 3 points • 25 July, 2014 08:42 PM
>
> This is critical advice. A long time ago -- longer than I want to think about -- I was an 18-year-old kid, living away from home for the first time ever, in an environment where there are lots of cool people, girls, parties with beer if you know who to talk to, a 24-hour computer lab where you can play games all night, and nobody checks or cares if you read your textbook, do your homework, study for tests, or even if you go to class. I'd spent my entire life being told how fucking smart and special I was, and I made straight A's at everything I touched just by showing up, vaguely paying attention, and never really lifting a finger at anything.
>
> So I fucked around in college and barely made it out the other end in 4 years. With a lesser degree than I should have obtained. And a shitty GPA. Nobody cared how smart and special I was, because I didn't perform. I never got cool summer internships or any part time job better than waiting tables. I graduated, couldn't find a job, and went into law school to postpone this. There I was, a smart guy who'd never learned a single study skill or ever had to work at anything, in law school, alongside super-students who could run laps around me at school even if they weren't quite as naturally bright as I was. I graduated in the midpoint of my class, had to look for a very, very long time to finally find an average lawyer job, and have been working average lawyer jobs for my entire life.
>
> I should be curing cancer or something, but I fucked around in school, so now I sit behind a desk making people a lot dumber than I am rich. I finally got to a point where I make a six-digit salary, but if I'd been serious about my future instead of a lazy, stupid kid, I'd be flying now.
>
> > [deleted] • 2 points • 26 July, 2014 06:27 PM
> >
> > I'd spent my entire life being told how fucking smart and special I was
> >
> > this is me. I m in first year of college and screwing things up.

Orflarg • 2 points • 25 July, 2014 09:57 PM **[recovered]**

That was more or less the plan. The last 2 years of highschool were sorta depressing for myself but this summer has been the summer I have changed a lot. I started running again and got a fun part time job where I can interact with people. No it's just on me to keep up that change and good work. Thanks for the advice!

> RK-no • 2 points • 25 July, 2014 11:22 PM
>
> Good man.
>
> FYI it's "depressing for *me*" not myself. Grammar is important and separates us from the unwashed masses.

dongpal • 2 points • 25 July, 2014 09:22 PM

It's because when you watch these people who worked hard etc they dont look happy. So young people think "why should I do what they do only to become as sad as them?"

> Archwinger[S] • 3 points • 25 July, 2014 09:28 PM
>
> Yeah. It's tough to see, especially when you're younger, but the people who say "fuck it" and screw around having an adventurous and lazy, stupid youth end up just as unhappy as a conservative, hard-working Joe. And twenty years down the line, Joe's a manager in his company, while the fuckups are still working in cubicles and retail stores. Joe's not happy either, but at least he gets a decent salary, has a wife and kids, and can afford some extra cash to rebuild an old car or practice carpentry in his garage or something.
>
> The only way Joe or young fuckup guy could possibly be happy would be to marry a rich woman and become her housewife, sit around on his fat ass while the maid and nanny clean shit and take care of the kids, spend his wife's money, and maybe sleep with the women in his neighborhood to pass the time. But that doesn't work for men, because women don't tolerate loser men and divorce them. That's a female-only option. So men have the choice to be Joe or to be Mr. young fuckup.

Ill_mumble_that • 1 point • 25 July, 2014 07:39 PM

As someone who dropped out of college because I didn't like all the work involved and little return. Thank you for this post. You've made me realize I need to grow. Because as much as you aren't happy with your shit, I'm even more unhappy with mine. I've been improving, but I'm complacent with wayyy too much. My network should be bigger. My abs should be solid. My abilities to speak multiple languages should be greater, etc.. I should have a million in the bank, I don't, not even close. Fuck. Time to get busy.

EKcore • 8 points • 25 July, 2014 06:42 PM*

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> j0hnan0n • 5 points • 25 July, 2014 09:48 PM

Idk, the Dr. has a point, but I'm a bigger fan of Mr. Durden.

> I say let me never be complete; I say may I never be content. I say you have to give up. I say evolve, and let the chips fall where they may.

I've always taken 'give up' in this context to mean give up the blue pill mindset, give up trying to get validation from others instead of one's self, give up trying to get EVERYTHING and focus on getting what matters to me (fitness, reading, martial arts, you get the idea) because we can't get everything. We usually can't get ANYTHING if we're scrambling and dividing our efforts in the pursuit of everything.

Then there's the 80/20 principle, but that's a much longer discussion for a different post entirely.

edit: oh, and give up your flaming worldly possessions. The things you own end up owning you. bring on the hatemail

> soulmatter • 2 points • 26 July, 2014 04:10 AM
>
> Do you own your body?
>
> I love me some Fight Club, but you can only take that message so far before you're deciding whether or not to live on your own in the Alaskan wilderness. I think moderation is important in this regard. Durden was railing against the narrator's obsessive sense of vanity we observed in his apartment setup.
>
> > j0hnan0n • 1 point • 27 July, 2014 01:23 AM
> >
> > Oh, ok; we're going to play games today. XD
> >
> > Do I own my body? (seems a silly question when i stated that fitness and martial arts matter to me) Yes and no. In one sense, I own my body and my body owns me. I dictate my body's actions, but my body dictates that without food, water, air and shelter I die.
> >
> > I own my flesh and blood. Do I own the dead skin cells that fall off of me in the shower? Do any of us *want* to own those dead cells?
> >
> > I absolutely agree with you that you can take the FC message (and any other message) too far, but the better logical extreme would be shooting yourself and ending up in a mental hospital, like the narrator winds up doing in the book.
> >
> > I also agree with you that one part of Durden's railing was against vanity, but I'd argue that he's just as much against consumer culture and trying to fit into society's molds as he is against vanity. On the other hand, Jack/thenarrator despised himself and his life; that's why he created Tyler in the first place - so he could live vicariously through someone who was everything he admired. And I quote: "I love everything about Tyler Durde, his courage and his smarts. His nerve. Tyler is funny and charming and forceful and independent, and men look up to him and expect him to change their world. Tyler is capable and free, and I am not."
> >
> > Those aren't the words of vanity. The narrator's apartment is a cocoon of security. It's drawing a box and staying inside the lines. *THAT'S* what I say when I say give up. *THAT'S* what I mean when I say that the things you own end up owning you. You knew perfectly well that your body wasn't one of the things I was referring to.
> >
> > But thanks for the hatemail! Have an upvote. XD
> >
> > > soulmatter • 2 points • 27 July, 2014 05:07 PM
> > >
> > > I do consider the body one my possessions. Because I consider it a vessel/vehicle for my consciousness. And that the body itself can be interchanged. Nonetheless.
> > >
> > > I also consider vanity an important part of life. Appearance is extremely important. It is the flag of

our lives. Possessions themselves are tools that enrich the soul. They allow us to navigate and interact with our environment. Possessions are the environment. Otherwise we'd be living in a void and have no sense of reality. This is why private property laws exist: so we may continue our pursuit of happyness.

And that is why I asked if you owned your body and the space inside it. It is because for now we have laws to reinforce that belief. We could easily be in a situation where we're born renting our bodies. Sounds ridiculous. Well use your imagination. We're already paying rent in many forms and have to agree to them just by being born.

All the useful property is being fought over. Space travel will be extremely locked down and controlled expansion will take place. So basically we are born in debt. We are renting our body indirectly. If not by government, then by natural forces pushing us to exist.

To make people feel guilty about owning stuff is the wrong way to present this idea. It hurts the little guy even more. This is the reality we live inside of right now: we need stuff to navigate and manipulate our environment. Both extremes of ownership are deadly.

> j0hnan0n • 1 point • 27 July, 2014 05:20 PM
>
> first off: happiness. ftfy.
>
> secondly, you're still misunderstanding the point of what I'm saying. The point isn't that we should feel guilty of what we own. It's that many people wind up in debt for trying to get the latest flashy car, the bigger house, etc, etc.
>
> A healthy respect for one's appearance isn't vanity. It's confidence and pride in how one presents one's self to the world. vanity isn't healthy. By definition, it is excessive. I agree with you that controlling and improving one's appearance is an important part of life. Vanity isn't a necessary part of that.
>
> Do I think people should feel guilty for owning things? No. Do I think people should feel guilty for thinking that simply owning things will make them happy?(and neglecting their appearance, their relationships, the rest of the quadrants of their lives in the process) Yes. They should feel guilty if they think that happiness comes only from objects, and not the development of self that allows one to acquire things well.
>
> have an upvote for continuing a conversation with someone who disagrees with you. I can respect your willingness to at least hear me out, even if you might misunderstand, or I miscommunicate what I'm trying to say.
>
> > soulmatter • 1 point • 27 July, 2014 08:28 PM
> >
> > An object is but a means to an end.
> >
> > I see nothing morally wrong with going into debt to get a bigger house or a flashier car. That is someone's decision and they will live with the consequences. That is their risk to take. They may have clients or women to impress. What is morally wrong is subjecting others to the risk without their permission. That is vanity. That is why I said vanity is important. It doesn't mean I consider it a moral thing. But it is significant.
> >
> > I've heard of few men who think that happyness can only come from objects. And I've heard of many a man who thinks that happyness does not come from objects. But I also know which man would benefit more from attempting to pass their belief onto others.
> >
> > > j0hnan0n • 1 point • 28 July, 2014 02:30 AM

At this point, I'm thinking you've never read Fight Club and that you're either a troll or are too obstinate to actually try to genuinely understand what I'm saying.

Debt by itself isn't a bad thing. It's certainly possible to safely pay off debt and use it wisely. That's not the point.

Subjecting others to risk without their permission is only tangentially related to vanity. For the most part it has nothing to do with it. Yes, people can subject others to risk *because* they're vain, but that action isn't a good signifier of vanity. I see what you're saying about the distinction between it being important and it being morally good. That's true.

It doesn't really matter how many men you've heard of thinking **happiness** doesn't come from objects. I could offer as a counterexample that I **have** heard of many men thinking that exact thing. If that argument were valid, you'd have to admit I'm right that there *are* plenty of materialistic people out there; if that argument *isn't* valid, then like I said it doesn't matter how many you or I have heard of.

The basic gist of what I'm saying is this: people should focus more on developing themselves than on acquiring objects. That agrees with your final statements. I don't profit from spreading that philosophy. That's in contrast to the materialistic, consumerist mentality of work more, earn more, buy more, and hope that objects will make you happy. I'm not saying that simply renouncing material objects will ipso facto make one happy. I'm saying evolve and let the chips fall where they may.

MasonJarTeaDrinker • 3 points • 25 July, 2014 06:02 PM

"It's a hard pill to swallow" now I understand why they say that.

CaptainFalconer • 3 points • 25 July, 2014 08:00 PM

Way I've heard it described. Happiness isn't the goal, it's the byproduct of achieving your goals.

Therefore, the only way to maintain happiness, is permanent challenge and achievement.

Stop challenging yourself, and you'll ultimately stop being happy.

Sergnb • 2 points • 26 July, 2014 06:14 AM*

I agree. The OP made a post that seemed very "manly", with all this viking-like motivation and whatnot, making a virtue out of his anger and dissapointment in life, but that's not how reality works. Happiness is not some state you settle in and stop doing everything else. Happiness is when you feel you are living a good life and that brings you joy. That can be accomplished through many ways, and working your ass off never settling for comfort is just one of them.

It may be, arguably, the most "legit" one, we can debate about that, but saying that happiness is only for women or lazy people is just stupid. Most of the happiest people on earth are hard workers. This happens because happiness is not some kind of magical land you arrive to after working hard. Happiness is the landscape you get to witness while you are running to that so called magical land, which is called "success".

And about those studies... I thought we all had learned long ago that surveys based on self claims about important life issues that have been made on the spot when the interviewer asked those people were very flakey. I am really having trouble imagining people on NY being overall unhappy, specially since I know a lot of people there (yes, including those on "the top") and they couldn't be more far from this description. Granted, my personal anecdotes are no match to actual studies, but I can't help but feel there's some

inconsistency there considering NY is one of the most sought after cities in the world by all kinds of people. I doubt all of those people have the intention to be miserable for the rest of their lifes, to be honest.

> CaptainFalconer • 1 point • 26 July, 2014 06:35 AM
>
> In general, the happiness studies I've seen are basically
>
> More accomplished than your peer group
> Hedonic Treadmill
> Avoiding shitty life decisions

CruiseCruise • 3 points • 25 July, 2014 09:54 PM

Maybe you should also check out Buddhism.

Maybe Buddhism and TRP are compatible.

Managing your expectations, thinking in a disciplined way, outcome independence, understanding frame, self improvement, facing facts, working with emotions (rather than blindly submitting to them). <-- That stuff is pure TRP, and it's pretty solid buddhism.

The difference is: TRP is about living this live well as a man, there really isn't a promise of ultimate happiness there. Buddhism says, yes, there IS a way to ultimate happiness, but it involves giving up the expectation that anything in this life will give you ultimate happiness. Buddhism, btw, also recognizes the value of relative happiness--so taking care of your body, etc, is all great, just not transcendently satisfying.

> BoyMeetsHarem • 2 points • 26 July, 2014 02:01 AM
>
> I couldn't agree more with this, and I just posted a similar idea. Ultimate happiness is already within everyone's grasp.
>
> No need to feel upset every time you're in the gym because you're not a world class power lifter or be pissed at yourself every day you drive to work because you're not CEO of a Fortune 500 company. It's enough to be making intentional progress towards those goals, if that's where you would like to end up. Find happiness in being a man on a mission, not agony over how the goal posts keep moving every time you take a step forward.

DankPanties • 3 points • 26 July, 2014 02:40 AM

"He had hobbies, but they were always constructive ones that broadened his mind and taught him skills, not fuck-ass video games—his hobbies were sometimes harder work than his actual work."

Man I've beaten video games that were way harder than my actual work, and I do industrial automation engineering for christsake. I've seen a lot of hate for video games on TRP and I think it's made of misguided insecurity. If you spent too much time playing video games at the expense of your own personal growth, it's your fault, not video games. Dude you could hand build log cabins and wrestle grizzly bears as a hobby every weekend and still miss out on all sorts of other things in life that are more important. Proper moderation and holistic awareness are what matter when you take time out for a hobby, not the nature of the hobby itself.

xtr3m • 2 points • 25 July, 2014 04:32 PM

https://www.youtube.com/watch?v=l5y68ErffgM

[deleted] • 2 points • 25 July, 2014 08:14 PM

Contentment is attainable. And it doesn't mean you stop growing. You just become happy with your growth. Turning your back on happiness and contentment doesn't make you less of a man. It is important though, to

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recognise that life and situations are fluid and changing. The thing that is not attainable is perfect homogeneity, where every day is the same and everything goes right.

You just sound like you're making a virtue out of your anger and frustration. That's not a path of strength.

> Archwinger[S] • 7 points • 25 July, 2014 08:33 PM
>
> > You just sound like you're making a virtue out of your anger and frustration. That's not a path of strength.
>
> The manliest men I know still get cheated on, divorced, fired from their jobs, and disrespected by their kids.
>
> But unlike angry, frustrated chumps, they take it in stride. They almost seem to smile at it. They always seem to act like nothing is ever that big of a deal, even when faced with something I would find catastrophic if it happened to me. Less than a month later, they have another, better job, a girlfriend prettier than their wife ever was, and the kids are coming over for dinner dressed in their best. The whole time they're dealing with this crap, they talk to me like it's any other day, and we're discussing where to go to grab lunch. They excuse themselves from lunch to take a few phone calls from various professional contacts, and by the time we're done eating, have a deal lined up for something.
>
> Shit happens to everyone. You'll never be content, but there's a lot to be said for learning to deal with life like a man. It really cheapens it to label all of that as "anger and frustration." I am fucking moved when a guy going through a divorce who doesn't have a job insists on buying my lunch because he's just that sure that he'll come out of the divorce okay and have a new job next week anyway. Because he has to. He's a man. He doesn't let himself fail.
>
> > [deleted] • 2 points • 25 July, 2014 09:45 PM
> >
> > Aren't you frustrated? You sound it. And not being happy combined with not being content is pretty close to how frustration is defined.
> >
> > > I am fucking moved when a guy going through a divorce who doesn't have a job insists on buying my lunch because he's just that sure that he'll come out of the divorce okay and have a new job next week anyway. Because he has to. He's a man. He doesn't let himself fail.
> >
> > Yeah, kudos to that guy. I am in no way demeaning men who strive through difficult circumstances to do their best. I've had a difficult life. I've faced things 99.9999% of men will never have to face. And you know what I've learned through all of that? I've learned how to find contentment. It's almost worth the hell I had to go through to get there.

> Crabpeoples • 3 points • 25 July, 2014 11:49 PM
>
> Agreed, everyone is capable of living a happy and joyful life. Just because you are a man doesn't mean you need to be taken away from happiness. It should be the main pursuit of life anyways for men and women.

2chronicles34 • 2 points • 26 July, 2014 11:39 AM*

Good post. As society has become more and more femcentric, there is more and more pressure to be happy -- to have it all, the perfect career, the perfect family, the perfect life. Our grandfathers didn't worry about being happy, and they didn't feel guilty for not being happy. The pursuit of the ever-elusive happiness is a woman game. And the women that go on the most about how "being happy is the most important thing" are always the most unhappy divorced post-wall bitches. The people that come closest to being "happy" talk about it the least -- they demonstrate, not explicate. Women love to shit test on how much you "love" your job. Fuck that. If your job is taking you to where you want, you don't have to fucking love it. Your grandfather didn't love his, and was no less of a man for it. As Robert Glover says, "life isn't smooth." The smooth, perfect life is fantasy fodder for

the female hamster. Men should pay it no mind.

[deleted] • 2 points • 26 July, 2014 03:12 PM

Kinda, your goal should be contentment. Which is different than happiness. Your grandfather understood that life is continuous the moment is nothing, whether we was working, drinking or woodworking, we had a constant state of self-contentment about his life.

It's not happiness, but a self-awareness and realism that gave him the power to never stop. This centered him as a man, and offered him the inner peace and serenity he needed to move on.

It's the difference between jumping from moment of happiness to moment of happiness, running a rat race towards bigger and bigger goals or just sailing on a calm sea of "Okay", with the occasional breeze of "joy".

I agree that stoping is death but you can't go on without nothing. You

DISMANTLE5 • 4 points • 25 July, 2014 03:54 PM

Show me someone who's truly content and I'll show you someone with no dreams or aspirations.

In a way it's a shame that we don't have the equivalent word for "unicorn" for our TRP ideal: RPW can use the term unicorn as an ideal which they can constantly strive towards (but never reach), in the way that a Stoic can use the notion of a "sage"

Maybe we could use the word "bear". Bears are cool

> [deleted] • 1 point • 25 July, 2014 04:17 PM
>
> I like the term Greater Alpha: the man in the country with the highest SMV
>
> > DISMANTLE5 • 5 points • 25 July, 2014 04:20 PM
> >
> > Actually if RPW get "unicorn" how about we get "dragon"

Crabpeoples • 2 points • 25 July, 2014 11:43 PM

This is total bullshit. What you are doing is categorizing life as an experience for women and men only to assume that we derive different joy from it. Now what you are describing is true for certain aspects, like women want to be happy, but as far as I am concerned men want to be happy too. In fact, I believe that men who are happier are more attractive to women considering that they are dealing with live in a proper manner, because life is tough, and is not fair. Being happy in life of harsh realities shows how much strength a man has.

Just enjoy your life, this applies to both men and women. Sorry, but I don't buy into your philosophy.

> [deleted] • 3 points • 26 July, 2014 01:16 PM
>
> I was looking for this comment. I don't want to live in a world where i can't be happy lol. what's the point of life then? to be the manliest man that ever lived? It's all for naught if i can't be happy for myself.
>
> > Crabpeoples • 2 points • 26 July, 2014 06:15 PM
> >
> > Exactly, if there is one thing I learned in high school is that the social hierarchy doesn't exist. Trying to be the most manly man, or most "alpha" is just a hopeless venture. I too want to live in a world where I can make the most out of it, and derive some happiness.

CruiseCruise • 1 point • 25 July, 2014 09:31 PM*

The point is, TRP cant promise transcendent happiness or ultimate satisfaction. TRP's not even about that stuff.

TRP is about understanding our nature as humans and men, and the dynamics of social interactions. And it's

about living a life based on reality.

BUT: But there's no reason to expect ultimate contentment or satisfaction based on getting good at masculinity, or humanness, or social dynamics.

TRP's claim is: if you ignore social realities, or if you are living at odds with yourself as a man, or a human-- then you'll be more unhappy. It's better to face reality, live in accordance with reality, and have a cooler life.

That stuff is better, but not ultimately satisfactory. Doesn't mean there is no path to satisfaction. Maybe there is a path to transcendent happiness! TRP aint it, and shouldn't claim to be. But TRP is better than living a lie.

If you want an ultimate answer or ultimate satisfaction, then paths like meditation at least hold a hope of possibly leading you there. Why would you expect that from TRP? Sex is great, nobody thinks it's gonna fulfill you. I like having muscles, but they're just muscles.

You cant win TRP, we all face death anyway. TRP is a better way to live a life.

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Dreamtrain • 1 point • 25 July, 2014 11:29 PM

Don't follow the path of love, follow the path of carnage.

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centennaire • 1 point • 26 July, 2014 01:43 AM

> If you want to be happy, stop reading The Red Pill. Go away. Never think about it again. Be ignorant, content, satisfied with "good enough."

Coudn't agree more. As a guy suffering through an LTR with a wife that's virtually allergic to dick, sitting here reading TRP will piss you off. Take it in small doses, gents, but don't dwell. Get out and make a kick ass man of yourself, and if she's not interesting in sticking along for the ride, then you'll be in great position as a man of value.

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BoyMeetsHarem • 1 point • 26 July, 2014 01:56 AM

You're missing the entire point dude. The point is to find your happiness RIGHT NOW, as you endeavor to improve yourself in the areas you've chosen as worthy goals.

Of course you're never done growing. Of course there are always goals that you want to reach some day in the future. Just like tomorrow never comes and the past doesn't exist, all you will ever have is this moment right now. As long as you are immersed in it and not wasting it sitting on the couch, you have the right to feel absolute contentment and joy in your journey.

It was never about reaching the top of the mountain. Working toward the top and enjoying every fucking second of it is the whole point.

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dave_is_not_here • 1 point • 26 July, 2014 02:46 AM

tl;dr

sshh, sshh, sshh.

Happiness is continual forward progress towards ones goals.

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wall-of-meth • 1 point • 26 July, 2014 09:40 AM

I don't fully agree with that.

Yes, it is very important to never stop seeking for more improvement, to push yourself to do things you never did before. As soon as you lay back and say "I like where I am. I'll stay here." you're done with improving and most probably will fall downwards rapidly.

Still, in my opinion, you need to distinguish between **being content with where you are** and **getting lazy because of where you are**.

There is absolutely nothing wrong with coming home after an exhausting day, having a good dinner and thinking "I did a lot of good things today. I like where I have worked myself up to.". Well, as you might see, it depends on how you phrase your current state of life.

Lazy people think about life in absolute terms: **"I like where *I am*."** But with this you only tell yourself *"Good work man, you should calm down and enjoy this state as long as it lasts."*. And nowhere in that sentence you think about improving the situation of life even more. You enjoy the current state and get lazy. You don't allow yourself to see the potential you have to claim and get the things that are even better. It is a limiting belief.

Hard working people think about life in time spans compared to each other: **"I like where I have worked myself up to."** And here you tell yourself *"The last time you thought about that you were off worse. You improved and it feels good. You should continue that."*. You see the work you pured into your life, you see that it would be a total waste of spent energy and time to not continue getting better. You take motivation from your past work and know how to get better. You throw off current worries and burdens, because you know they don't get you further in life. It is a freeing belief.

So, to summarize, I say you can tell yourself "I'm happy/content/whatever" **as long as you say it because of your path of improvement and see you have the power to improve more and more.**

[deleted] • 1 point • 26 July, 2014 11:04 AM

This reminds me of something. A great man once told me, "boozerbumbleboxer, I want you to always rember something. If there's anything you take away from me, its this: there aint nothing in this world worth having that you don't have to work for."

PhilipWith1L • 1 point • 27 July, 2014 12:23 AM

Good story and theory, I'm with you mostly, but "Good enough is a sickness" is one of the most standout excellent quotes I've ever read on here.

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aguy01 • 1 point • 25 July, 2014 06:33 PM

> Because being "haaaaapy" is for women. Being satisfied and content is for women.

This resonated with me. A man's lot in life is not the ignorant bliss of childhood. He doesn't get to ride the horse. He is the horse, and the women and children want to travel.

JewSupremacist • -2 points • 27 July, 2014 02:33 AM

Sorry but this is absurd. Having burdens and pressures doesn't mean you're always unhappy. If you really feel that why you should do the world a favor and kill yourself.

Archwinger[S] • 2 points • 27 July, 2014 02:53 AM

thats not funny. im just getting over my last attempt and my therapist says expressing myself online is good for me. it really hurts when someone like you makes a suicide joke dont be ignorant k? :(

JewSupremacist • -2 points • 27 July, 2014 12:54 PM

lol

for real though you're really not doing anyone any favors by perpetuating this ridiculous idea