

# A Key to Frame

January 21, 2019 | 65 upvotes | by [pursuing\\_the\\_ideal](#)

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I started my journey on purposely trying to become the ideal version of myself early in 2018. Thanks to all of you and the knowledge we are building together, I have made significant progress on my body, strength, and personal happiness. I am still so far from where I want to be, but I believe I am heading in the right direction.

This week I discovered something that I wish I would have found much earlier. The sidebar covers this in great detail, but for a newbie like myself it passed over my head. The physical components of the red pill are much easier to apply for the rookie - just go to the gym and lift the weight. If you can't do this then you actually don't care as much as you think you care. Unfortunately, while lifting is critical, I believe that without frame even the ideal body isn't going to move the ball forward in a meaningful and lasting way.

Having frame is being your own mental point of origin. Restated, it is to be the thinker of your own thoughts. Most of us have suffered or are suffering because we are trapped in reactionary thinking. Our wives feel something and we react to that feeling. The red pill tells us not to react, but we are social creatures and most of us are very sensitive and tender hearted and actually want the best for our wives and family. So we get lost in listening to the emotions of others and reacting to them. The reactions that we have built over time are automatic and oftentimes not in our best interest. But there is another mode of thinking that is not reactionary. This is actually quite difficult to grasp because the same brain you are using to read this is the same brain that reacts to everyone else's emotions.

There is a simple trick to become the thinker of your own thoughts and developing frame. Basically, you just have to stop doing everything. You have to find a quiet place, sit down, and try not to think. You use a single object to focus all of your attention on, which for thousands of years has been just your own breathing. You sit and you try to pay attention to your breathing. Within 30 seconds you will realize that you are an absolute shit storm of thoughts. Your brain is constantly feeding you thoughts, memories, sensations, desires. I believe simply becoming aware of this is this first step to developing frame.

As you begin to recognize your thoughts you will realize you are in a sea of people who are all just reacting to their thoughts, just like you have been. Kids are completely at the mercy of whatever their brain thinks. Just like you have been most of your life.

Things don't have to be the way they have always been. They can be so much better. You can actually change how you think. Try taking 10 minutes every day and practice recognizing and dismissing the thoughts that enter your consciousness. I think this is probably more important than lifting. Then, the next time you are facing someone who is emotionally upset, you will begin to see in real-time how your brain is telling you to react which is actually not in your best interest. And then you can simply not react that way.

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## Comments

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red-sfpplus • 50 points • 21 January, 2019 04:44 PM

TL;DR:

Meditate

hystericalbonding • 12 points • 21 January, 2019 05:13 PM

Trying not to think is futile. Instead, place all your focus on only one thing. This is the essence of meditation, self-hypnosis, runner's high, or being "in the zone" while playing sports. Extraneous thoughts will enter and exit. Don't try to fight them off - just notice the natural ebb and flow of your thoughts as you shift your focus back where you want it.

Focus on breathing as you describe is an intermediate technique. As silly as it sounds, many beginners need to start with something even easier, like a physical technique. For example, progressive relaxation.

MrChad\_Thundercock • 10 points • 22 January, 2019 01:11 PM\*

I dig it. A little gay, but I like.

Most betas will be reactionary today if their team didn't make it to the Super Bowl. We were robbed, the nfl is rigged, we're boycotting the Super Bowl (bullshit, your beer gut tells me otherwise).

Betas live through the highs and lows of their favorite teams... in reactionary mode. Like a nice little programmed season ticket holder should be. Getting pumped & dumped- pimped by the system , it's all bread & circuses.

Give less fucks. It's so fucking easy to be successfull. Look at your competition. Only 1% are only even trying.

Mediate to be in action mode, not reactionary mode. Be the Cause, not the Effect. Get From the day, not just get Through the day like a little faggot beta says..

weakandsensitive • 17 points • 21 January, 2019 05:11 PM

Wow! Just one simple trick, huh.

bogeyd6 • 24 points • 21 January, 2019 05:45 PM

Women hate him!

TheReallsBack1 • 3 points • 21 January, 2019 09:02 PM

Men envy him!

SteelSharpensSteel • 1 point • 23 January, 2019 10:46 AM

He is the Most Interesting Man In The Room!

framelessglasses • 1 point • 22 January, 2019 03:01 PM

Tips and tricks day is every other Thursday...

BobbyPeru • 8 points • 21 January, 2019 05:21 PM

Meditation is a powerful tool, but you must also sidebar and lift.

## Can you explain sidebar?

That direction in Old Reddit =====>>>>>>>>>>

I use my phone for reddit. Can I see it in the app?

Three dots @top right. Community info. Read.

Three dots at top right of the reddit subgroup leader page, not THIS page.

Yes:

On the mobile site, tap the ‘about this community’ button towards the top right while in the subreddit.

Gotcha thanks.

Frame - working through the fear of “what if....”

What is really driving them is fear.

Meditation/praying + lifting + cold showers, in any order.

## Praying $\neq$ meditating

...i have wasted many hours in prayer. It's a long wait for a train that isn't coming.

Basically, you just have to stop doing everything. You have to find a quiet place, sit down, and try not to think.

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mrp\_awakening • 3 points • 23 January, 2019 01:49 PM

A couple questions to consider:

How many natural alphas do you think have to go off and meditate every day to maintain their frame?

How strong is your frame if you continually require meditation to keep it maintained?

Meditation might be useful for some to get started, but when you're truly there it is probably much less useful.

Consider what OP said:

Then, the next time you are facing someone who is emotionally upset, you will begin to see in real-time how your brain is telling you to react which is actually not in your best interest. And then you can simply not react that way.

That's not frame. That's faking frame. Frame is when your brain instinctively tells you to react in the correct way.

pursuing\_the\_ideal[S] • 4 points • 23 January, 2019 07:43 PM

If you are on this forum, you aren't a natural alpha and need knowledge and insight to improve.

mrp\_awakening • 2 points • 23 January, 2019 07:47 PM

Absolutely true. Something to keep in mind... all inner game resources say fake it till you make it, and once you're there you won't have to fake it any longer. That's what I was getting at in my reply.

Meditation might be useful when you're starting to help fake it, but after you develop airtight frame and you're truly there, it'll be much less useful.

Startlivingfornow • 1 point • 31 January, 2019 12:04 AM

Most natural alphas have been developing their frame since a young age. You don't have that kind of time as someone who is not a natural alpha.

Added to this, who's to say meditation wouldn't be just as beneficial to a natural alpha in developing an even stronger frame?

EveryGodDamnDay • 3 points • 25 January, 2019 04:37 PM

Our wives feel something and we react to that feeling.

Not really. Our wives do whatever, and we try to guess how they're feeling and we react to that guess.

Part of frame is staying out of other people's heads.

But great post. So much of that brain noise really is just noise.

Kpwn88 • 1 point • 20 February, 2019 02:17 AM

Part of frame is staying out of other people's heads.

Gold

NMMNG\_1 • 1 point • 7 February, 2019 06:01 PM

*Allow not sleep to close your wearied eyes,*

*Until you have reckoned up each daytime deed:*

*'Where did I go wrong? What did I do? And what duty's left undone?'*

*From first to last review your acts and then*

*Reprove yourself for wretched [or cowardly] acts, but rejoice in those done well."*

- Epictetus

[deleted] • 1 point • 9 February, 2019 09:24 PM

"The Zone" as it is called. Its a temporary unconscious state of optimum level awareness, where all physical and mental awareness is concentrated into a single task. It drives up efficiency in a single task tremendously while forfeiting awareness and efficiency in all other tasks completely.

The catch is, one has to experience pain in order to achieve that kind of focus, boxers go one to two rounds "feeling" their opponents in order to get into the zone. Runners are quite familiar with what they call runners high. In cricket they call it as ones "eye is in" when a batsman becomes unstoppable, sending all thrown at him into oblivion. Etc, so on and so forth and all that. It is sacrificial in that one has to abandon all focus and awareness for something singular.

One can accomplish a shit load while in the zone physically, but considering that it is a mental state, one could achieve much more if one were to acquire the zone during meditation.

The so called zone has been sort after for thousands of years, its no nirvana but it has been a great source of innovation and realization among those who practice meditation. It has certainly helped me to gain perspective.

BluepillProfessor • 1 point • 21 January, 2019 09:07 PM

without frame even the ideal body isn't going to move the ball forward in a meaningful and lasting way.

Of course! Frame is all.

use a single object to focus all of your attention on, which for thousands of years has been just your own breathing. You sit and you try to pay attention to your breathing.

Meditation, prayer, recite the Rosary. It's all the same thing. Focus on an object. Notice your breathing. Calm down. Connect to the universe/God/Jesus/Buddha whatever.

mrp\_awakening • -6 points • 21 January, 2019 05:21 PM

Meditating never did shit for me... I could easily sit there, eyes closed (or even open!!!) on the floor and not have a single thought enter my mind for 5-10 minutes. There'd be nothing to dismiss. Maybe I have good control over my thoughts... I'm not sure, but I never got that whole challenge of trying to sit without any thoughts coming to you. I guess I'm the exception, but I can easily choose to ignore everything... even my own thoughts for extended periods of time. I've tried it a few times in my life, at different stages in my life, and always found it to be a waste of time. It was certainly quiet and peaceful, but usually a waste of time. But who knows... everyone's different. Maybe it doesn't do shit for me, but will help others. It could be a key to frame for some, and useless for others. Lifting, however, is useful to all.

red-sfpplus • 23 points • 21 January, 2019 06:35 PM

Based off you incoherent rambling in this reply, I can confidently say that you do not have control of your thoughts.

rAFCdadHUSBAND • 3 points • 22 January, 2019 05:21 AM

But he was able to enter a state of flow while at the gym. Gym is transcendent for this guy.

mrp\_awakening • 1 point • 23 January, 2019 01:30 PM

If gym isn't transcendent, you're not lifting heavy enough.

mrp\_awakening • -3 points • 21 January, 2019 06:52 PM

Man, you're all warm and fuzzy today...

What I'm trying to say is there's a big difference between controlling your thoughts in a controlled environment vs the real world. I can easily shut off my thinking processes if I'm sitting down and trying to, but that doesn't always translate well in the real world. If meditating helps you... great! If not... no big deal! It's certainly not universally applicable, like lifting is.

housemouse139 • 1 point • 27 March, 2019 10:01 AM

I don't think you even understand the benefit of meditation and you probably think it's a waste of time because you lack patients.

mrp\_awakening • 1 point • 28 March, 2019 02:00 PM

Why are you commenting on a 2 month old thread, that you weren't even a part of, trying to prove me wrong? Did my comment hurt your feels or challenge your worldview? Maybe you do need some more frame... go meditate if that's what you need.