# Feedback Request: A Quick Way To A Deeper, More Objective OYS

15 upvotes | 15 February, 2017 | by resolutions316

Hello all,

Doing the Weekly OYS post has been extremely helpful for me - taking the time out each week to really dig into my performance, assess my weaknesses, and process what I've learned has definitely sped up my progress and kept me on track.

But - I have a few issues:

- I don't feel there's any objective measurement going on, and I find tracking progress over time, as I do with weight, to be incredibly motivating;
- I tend to forget specific instances that occurred during the week, which leaves just the bigger, more dramatic things to surface in my memory during the weekly OYS;
- Because the MRP process is multi-faceted, I tend to forget or ignore certain pieces of my long-term self improvement, especially if I'm focusing in on a particular element; essentially, I'm losing the bigger picture.

To help make this easier, I've made a simple tool to address some of the issues above.

----> http://ownyourshit.co

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## What is it?

It's a simple survey, meant to be taken *before* you post in the weekly OYS thread. The survey returns a "Relationship Momentum" score for the week, allowing you to track progress over time.

## What's in the survey?

The questions are based on /u/2ndal 's OYS template, **seen here**.

I have updated/generalized the questions in several places in an attempt to make it slightly more universal.

The questions ask you to rate your performance over the past week on a series of common habits/actions mentioned in MRP (such as "Killing covert contracts").

The scale is 5 points, 1 being "I didn't do this at all" and 5 being "I did this perfectly." Use your gut and don't overthink it.

## How do I use it?

1. Take the survey before posting in Weekly OYS.
2. Take a few moments to really think through each question - they are meant to also act as prompts, triggering memories and giving you a better recollection of your performance over the past week.
3. Answer the questions as truthfully as possible.
4. At the end of the survey, grab your "Relationship Momentum" score. You can use this in your OYS post, or simply as a personal measure of how you did.
5. Hitting the button at the end will take you directly to MRP. Go and post your full thoughts in the weekly OYS post, using your score as a guide. Hopefully this will make the OYS post both more thorough and more meaningful to you. (This is the goal for myself)

## What's the score mean?

The score is mostly made up - it's just meant as an objective gauge, allowing you to compare one week's performance to another's.

I based it on Athol Kay's concept of Relationship Momentum: that, at any moment, an action can cause a relationship to *gain momentum*, and become more awesome (+1!), or to *lose momentum*, and get shittier (-1!).

It's useful because it gives a general picture of your progress; you might crush in some areas (+5), but fall down in others (-5), actually leading to little to no change in the actual nature of the relationship (+0).

*The highest possible raw score on the survey is +50; The lowest possible raw score is -50.*

To find the "relationship momentum" score, I've simply been dividing by 5.

## Does it cost anything? Are you doing anything with the data? etc

No, and no.

First off, no personal data (name, email, ip, whatever) is collected here. Eventually it might be cool to get an "average MRP score" for the week, or something. But otherwise, if I can figure out how to turn off collection altogether I probably will.

As to money, it's just a survey, meant to help me. It'd be rad if other people get value out of it, hence putting it up here. That's as far as that goes.

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I'd love feedback on how it works, the questions that should be asked, whether or not this is a good idea at all, etc. Let me know!

Archived from theredarchive.com

# Comments

SteelToeShitKicker • 27 points • 16 February, 2017 01:47 AM*

Ok, maybe I'm paranoid, but maybe I'm not. Everyone can decide their own OpSec. Personally, I use a VPN to connect to Reddit.

Let's everyone understand that unless you take precautions, you are **going to a web site owned by a 2 month old redditor.** He will know your IP address which can identify your location and give a starting point for an attack.

Doxxing is a real threat, and we are on one of the **most hated groups on reddit**. Be safe everyone.

Edit: Fuck you for downvoting a warning. If you don't give a shit, fine, I don't care. I'd like for people to see this post and **make thier own decison.** Some of us have something worth protecting.

> redearththeory • 4 points • 16 February, 2017 02:07 PM
>
> That was my first thought too. New guys don't understand that there is a dedicated group actively working to dox us and ruin our lives. There should be a stickied post or very visible warning on askmrp explaining this.

> resolutions316[S] • 4 points • 16 February, 2017 03:14 AM
>
> This is perfectly fair. I mean, I know I'm a real person. But you don't. Please do whatever you feel you need to to be safe.
>
> I would point out that I don't own the website in question - it's a typeform form and calculator. The larger point stands, however.

>> SteelToeShitKicker • 9 points • 16 February, 2017 03:16 AM
>>
>> Yes, this wasn't meant to say that I believe you are out to get us. Merely that we don't really know who any of us are and we should think about what we click on. **We all really do have targets on our backs,** the SJWs would love to collect some scalps.

>>> resolutions316[S] • 3 points • 16 February, 2017 03:34 AM
>>>
>>> Is that really true? I haven't really gotten into the more "political" (for lack of a better word) parts of the RP world. I realize that the main RP reddit is the target of some hate, but I don't think I realized anyone other then struggling husbands knew that MRP existed.

>>>> SteelToeShitKicker • 4 points • 16 February, 2017 03:58 AM
>>>>
>>>> Well, we aren't as hated as the_donald, but we are up there.

>>>> Persaeus • 7 points • 16 February, 2017 01:27 PM
>>>>
>>>> > Is that really true?
>>>>
>>>> lmao, yes it is true. some of my post have generated discussions on TBP about crowdsourcing my doxxing and destruction. the hateful PMs are a whole 'nother story. the irony in us being a hate sub is very illustrative

>>>>> [deleted] • 3 points • 16 February, 2017 03:42 PM
>>>>>
>>>>> you need to beat your wife more often.

SteelToeShitKicker • 4 points • 16 February, 2017 03:46 PM

More? My arms get so tired after a few minutes of a good beat down. Damn.

Need to do more cardio.

[deleted] • 2 points • 16 February, 2017 03:47 PM

practice with wrist weights and battle rope.

I hate battle rope.. but love it.

SteelToeShitKicker • 3 points • 16 February, 2017 02:35 PM

I feel so left out. I haven't gotten any hate mail. Nobody hates me. :(

bogeyd6 • 5 points • 16 February, 2017 03:17 PM

You aren't missing anything. Staying off the radar is better in all situations. Otherwise you
will end up on the wrong psycho's radar and life will be made hell for you.

Persaeus • 2 points • 16 February, 2017 02:48 PM

You need to MERP harder brother, lmao

jacksarmy • 2 points • 17 February, 2017 04:03 PM

I'm sure someone got sacked from work over it, maybe on theredpill, but you would be portrayed
as a misogynist, think of crazy bitches contacting your work place,flooding your social media etc.
Be safe. Look at the witch hunt Roosh V had

[deleted] • 1 point • 23 February, 2017 08:09 PM

I appreciate this information as it is the kind of thing someone like me wouldn't necessarily think of.

I prefer the free from nature of the OYS posts. The format he chooses tells me as much about the man as the
content does.

BobbyPeru • 8 points • 15 February, 2017 09:27 PM

> at any moment, an action can cause a relationship to gain momentum, and become more awesome (+1!), or
> to lose momentum, and get shittier (-1!).

This is important - it took me a while to get it. Be the rock. Mrs Peru was having a stressful morning, and I just
listened and stay calm. She said " I love it when your so chill because it makes me calmer."

resolutions316[S] • 3 points • 15 February, 2017 09:32 PM

Yeah, it also helped a lot to conceptualize what was happening in my own relationship. I start improving
little by little, but I'm just slowing the downward momentum. It takes time to get back to neutral, then start
gathering POSITIVE momentum.

[deleted] • 5 points • 15 February, 2017 09:55 PM

its cute, maybe as a guideline for introspection.

but I don't know if this would be a good tool for everyone.

For example : pick a category. You are doing well there.. and the question is like "have you improved at X" -
well, you could be improving... but what if you are ok with where you are... nothing new this week to add? is

that a 5 or a 3?

resolutions316[S] • 2 points • 15 February, 2017 10:51 PM

This is true - a question of whether progress is absolute or relative. I think I can leave that to your interpretation.

[deleted] • 5 points • 15 February, 2017 10:55 PM

I like the idea... but I like the feedback in here.

Also, when I start typing... Its almost like I can take an inventory... I feel myself BSing if I am...

Its helpful

resolutions316[S] • 2 points • 15 February, 2017 11:09 PM

Oh, I definitely think everyone should do both. This was not intended to be a replacement for regular posting, just as an objective measure to use when regularly posting.

BobbyPeru • 2 points • 16 February, 2017 12:59 AM

Spot check never hurts

2ndal • 3 points • 15 February, 2017 10:00 PM

Since this is tailored to my specific OYS, you bet your ass I'll be using it.

(In all seriousness, I am software engineer in my spare time and have been thinking a lot lately about creating a web app that structures weekly tracking of goals in OYS style, where people can customize what they score and make it easy to contextualize their improvements with written entries, track performance over time, etc. Dunno if I'll ever build it though.)

[deleted] • 6 points • 15 February, 2017 11:26 PM\*

Honestly, there are tons of habit tracking apps already. I personally use KeepTrack and Habits and have them scheduled for daily review as a notification (considering Nomie but have not made the move). If you care about these sorts of things you should look into quantifiedself and the methods used there. But the goals there mostly are to capture data and then find unexpected correlations amd structure in analysis to gain insight.

It's my opinion that the process here must be personalized. It's about setting and reaching your own standards and goals. Your own MAP. Your OYS is personalized for you. And I think that's basically it should be. You've taken the time to assimilate the knowledge here and decided how to self-evaluate. I don't think there's a one-size fits all solution.

username_malachi • 1 point • 20 February, 2017 11:27 AM

I Checked out Nomie as I was looking for something good anyway. I've tried a few habit trackers and never found one I like. I like the way you can make groups of things to track across categories. Thanks for the suggestion. I didn't even know nomie existed.

[deleted] • 1 point • 20 February, 2017 10:24 PM

That's also what I like about KeepTrack--it has aggregated trackers that become forms that pop up from the notifications (it's a subscription feature though). And what I like about Habits is that it's built around the "don't break the chain" visual. I like the look of Nomie's mood trackers in particular, though. I need to get into it to see how easy it is to extract data.

> My other major nexus of data is myfitnesspal where I have a bluetooth scale that records weight/bodycomp and a run tracker that that integrates. Separate from all that I keep track of my lifts in FitNotes.
>
> It's such a garble of apps but it somehow works for now and all the data is exportable. If I can streamline a bunch of it into Nomie I may make the move. ;) You may also be interested in r/quantifiedself.

bunaithe • 3 points • 15 February, 2017 11:46 PM

It's helpful. I'll use it.

I'd like to see the question categories broken out more clearly, or I missed them. The questions are good.

A score per category would be cool so I can track a category over time... "where am I gaining or dropping the most recently?"

> resolutions316[S] • 2 points • 15 February, 2017 11:50 PM
>
> Yeah, I thought the same. Not quite sure how to work that but I'll look into it.

weakandsensitive • 5 points • 16 February, 2017 01:14 AM

i wouldn't try to shortcut OYS. it's freeform for a reason.

> resolutions316[S] • 2 points • 16 February, 2017 03:13 AM
>
> This isn't meant as a shortcut - it's meant to be additive (doing this before OYS might prime the memory and allow you to get a better picture out during the free form piece)

trpbritguy • 4 points • 16 February, 2017 08:40 AM

Actually typeing the OYS instead of doing some test thing is what makes it what it is.. You have to take time over it and it can also help you to trigger changes in way you wouldn't do by following a survey thing..

Props to the OP for writing it but it's not for me!

Persaeus • 4 points • 16 February, 2017 01:53 PM

I think the tool would be useful for a lot of guys. However, without some guidance in the survey for answers it is most likely a giant hamster fest. An example of what I am talking about is how many times did you cheat on nutrition:

0 times = 5
1 time = 4
2 times = 3
3 times = 2
4 or more times = 0

ReddJive • 4 points • 16 February, 2017 03:44 PM

One problem with this.

It turns all these things into a process, robotic.

> I don't feel there's any objective measurement going on There's nothing objective about this. It will be messy. It will be painful.

There's a large amount to be gained from doing this organically. It's not about simplifying and streamlining. You

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should struggle to get this out every day. Yes. Every day.

> Answer the questions as truthfully as possible.

If a man is already lying to himself about how "alpha" he is or isn't then how is this possible? Again the process is messy for a reason. It forces you to sit and focus. Face yourself and do.

We used to recommend guys keep a daily journal. Hand written, maybe typed. The reason is that through this process you are forced to organize your mind. Wrestle with the far too easy rambling and victim puke we fall into.

It's easy for a guy who's been there to see what's going on in someone else's mind by the words he uses when he writes. When he explains his interactions.

If this part is skipped in favor of a raw score....then the mind isn't getting right.

> I tend to forget or ignore certain pieces of my long-term self improvement, especially if I'm focusing in on a particular element; essentially, I'm losing the bigger picture.

What you will find is that none of this shit matters. It should become who you are not what you are to do. One could easily sit down start his score card and find he's short on gaming his wife. Get up and go game her twice in 15 minutes. sit back down give himself a good score.

What did that accomplish? The process is the point.

This isn't a zero sum game - +1 -1 this is life. It's on going ever constant never stopping. It isn't win or lose it's win and learn.

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[deleted] • 3 points • 15 February, 2017 10:09 PM*

This actually seems more superficial to me like those pointless productivity metrics managers use because they can't be assed to think for themselves. Can't see what insight I'm supposed to find from being 20 this week and 21 next week. What's the insight? I got one more "karma" so I should be happy? Where's the linkage to action?

I could see a guided meditation being useful, though.

> weakandsensitive • 2 points • 16 February, 2017 12:18 PM
>
> At least it's an easy pat on the back.
>
> I think it can serve a function - I just don't know if it's a long term benefit or detriment because of the crutch.
>
> I personally don't do anything structured.
>
> .
>
> 2ndal • 3 points • 15 February, 2017 10:20 PM
>
> I couldn't disagree more.
>
> What gets measured gets done.
>
> > [deleted] • 3 points • 15 February, 2017 10:35 PM
> >
> > ... so you sure as hell better measure the right things
> >
> > .
> >
> > bogeyd6 • 2 points • 16 February, 2017 02:10 PM
> >
> > Lmao, in the business world we say "Inspect what you Expect".
> >
> > .

incubar • 3 points • 16 February, 2017 05:44 AM

Like it. I'm new to MRP/OYS - this form is a good memory jogger - regardless of score, it does hit a lot of the

key actions to take weekly.

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