

# Alpha is as Alpha does

October 12, 2018 | 32 upvotes | by [milkeway61](#)

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## TL/DR

1. Being fit is good but being your own mental point of origin is better. (Of course being both is best.)
2. Recognize you own SMV and choose your relationship(s) accordingly.
3. Be good at many things but pick a couple to excel at.
4. My frame still sucks.

## Narrative

Mr. Right (neighbor to the right of my house) is mid-40s, close to 300 lbs., and 5-10 or so. I don't think I've ever seen him wear anything besides basketball shorts and t-shirts. Obviously a fat ass but the fun kind. Ms. Right reminds me of Tess Holiday; a fat girl with a pretty face. She does the rockabilly look. She's always put together, hair, makeup, clothes etc. No children. They own matching jeeps, he is president of a jeep club, he made a pile of money selling insurance and lives off residuals/auto renewals, and she teaches nursing for an online college. Almost every Sunday their club comes over and he fires up his big green egg. They hire a neighborhood kid to wash their jeeps while they party at his pool. I've been around them enough at these parties to know he is the AMOG of this group and she eats it up.

She/they also has a friend, a fat blond, that he/they fuck. I say this because I saw both girls giving him head by the pool at 2 a.m. earlier this summer. Their pool is clearly visible from my kitchen window. Her yellow mustang is kind of hard to miss in their driveway about once a month.

On Tuesday of last week, I was doing tire flips/sledge hammer HIIT in my backyard. As I was finishing up he came up to the fence and was trying to do the "you got this, one more rep" thing. After I finished, we start talking. He finishes his beer, and calls his wife to tell her to bring out two more. Thirty seconds later, she comes bouncing out and hands us each a beer. We both said "Thank you," but other than that continued our conversation about how he is trying to improve the pulling power of his jeep. After about a minute of her just standing there, he glances over and says "Run on in, honey, and check on dinner while the men talk." Then he swats her huge ass. He gets a "Yes, daddy," and a grin as she literally bounces away.

Interesting that his frame is stronger than mine despite his appearance. I would have tried to include my wife in the conversation, however, Ms. Right was comfortable just being around him and he was confident enough to let her be what she is.

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## Comments

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Rian\_Stone[M] [score hidden] 12 October, 2018 09:18 PM\* stickied comment

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2ndal • 13 points • 12 October, 2018 03:25 PM\*

I like this post.

For men without frame the easiest way to start to establish it is to work on outward appearances: eat right, lift, etc. I call this the "easiest" because building "internal" frame, e.g. adopting new personality traits and projecting frame outward through those traits is **fucking hard**. Changing physical appearance is easy as pie in comparison to rewriting decades of beta behavior.

But then you have guys like Mr. Right who just have it and laugh at the idea of it being something you have to improve. He's just born with it.

NightFire45 • -1 points • 12 October, 2018 06:01 PM

Nobody is born with anything. This like the bullshit trope of just be yourself. Imagine how much better this guy could be. He just found a submissive low value woman.

2ndal • 2 points • 12 October, 2018 06:29 PM

Nobody is born with anything.

You're right, I'll give you that. It was a poor choice of words on my part. Those are definitely learned traits, but I would argue they're learned very early in life and reenforced subconsciously through cultural/familial conditioning over time... not learned overnight or even over the course of many years. In another comment months ago I talked about friend of mine like this.

I had a good friend who I consider one of the most social people I know. Extremely gregarious, outgoing, personable, and everyone likes him. I have always been in awe of him and his ability to relate to others, to open conversations with anyone, anytime. Guess what? He was born into a family restaurant and worked there starting at the age of ten. He mimicked his elders who, by nature of the business, were required to connect with others directly, hold conversation, and be personable. If he was born into my family, he would have turned out just as introverted as I was.

And...

Imagine how much better this guy could be. He just found a submissive low value woman.

Is this guy the ultimate Chad? Of course not. But he represents an important piece of the puzzle that is often overlooked for the physical, and is much harder to cultivate as an adult when you've been the opposite your whole life.

straius 1 points 12 October, 2018 07:26 PM\* **[recovered]**

Lol, he's not right. That's an asinine statement. Some people are born naturals in many areas of life. Much of your personality is formed before you're even out of the womb. It can be greatly effected by environment as one ages but people are born with proclivities and aptitudes. Period.

You can only deviate so far from your most inherent traits. This is fundamentally why every person

has to find their own RP path.

mountainbiker178 • 1 point • 12 October, 2018 09:20 PM

You can only deviate so far from your most inherent traits.

I've been thinking about this a lot lately. The more I learn about the redpill, the more it seems I'll never be an Alpha, spinning ample plates, etc. I'm not the pathetic beta I used to be, but I just wonder if there's a limit to how much I can change. I'd seriously love to read Moore about this if you have any suggestions.

NightFire45 • 1 point • 12 October, 2018 08:31 PM

I concur that upbringing was probably a major factor. I heavily lean on nurture compared to nature.

milkeway61[S] • 2 points • 12 October, 2018 07:25 PM

"Nobody is born with anything."

I disagree. You are born with your genetics. I was born an endomorph. I work hard to not be fat. A coworker was born a mesomorph. He's 37, 6-03, 220, and shredded. He's never seen the inside of a weighroom. His passion is baseball. I bust my ass while he drinks beer and eats wings and he still looks better than I do. Not bitching, just stating a fact. Family wealth, power, intelligence, even your parents all determine your starting point in life.

"Imagine how much better this guy could be. He just found a submissive low value woman."

I agree. If he was physically fit and had continued to work with the same drive, he might be a better man. However, I'm not convinced he would be as happy with his life.

NightFire45 • 1 point • 12 October, 2018 08:30 PM

Morphs are not a thing and have been debunked. Most people just don't know or aren't calculating their TDEE correctly. That shredded guy could also be on AAS without you knowing.

MrChad\_Thundercock • 10 points • 12 October, 2018 03:50 PM

"Yes, daddy," and a grin as she literally bounces away."

Huge part of the attraction women have for men is physical dominance. In order to get the tingles<sup>tm</sup>, she needs to feelz like her man is much bigger and stronger than her.

Fat mimics size & hints at strength. Coupled with his solid unapologetic frame, it works for this fat ass.

Your wife wants to be owned & dominated - physically and mentally. All women want to feelz inferior to their husband, they want to feel like a little girl with "daddy" owning her, even if they can't verbalize it.

For you betas or gay cowboys out there, once you lost (or never had..) that "dad" role, she no longer feelz like your innocent and dumb little play thing. She can't bring herself to fuck you anymore.

Big\_Daddy\_PDX • 1 point • 12 October, 2018 08:29 PM

That's why it's easiest for those of us with daughters to treat women like little girls for their shit tests.

[deleted] • 1 point • 12 October, 2018 08:31 PM

It happened to me.

Even though we fuck now, and I fuck her well, and despite all these changes...

There hasn't been enough time. She's waiting for me to slip back. Doesn't want to be caught unprepared again.

Only thing one can do is stick to a plan.

Two\_kids\_in\_a\_coat • 4 points • 12 October, 2018 05:04 PM

This is a quality post. I struggled for years to understand frame, and it simply boils down to knowing and Unapologetically accepting who you are. Women will change themselves to fit the mold we expect of them, but they don't want their man to do the same. He's a fat fuck that cares about jeeps. That's who he is, and the women can take it or leave it, he doesn't give the slightest shit, and it got him two chick fighting to see who gives him head. Props to him.

red-sfpplus • 2 points • 12 October, 2018 04:26 PM

Fat women love to suck dick.

More so perhaps than skinny.

Fat guy has frame and confidence. Good for him.

This has never been an all or nothing thing.

[deleted] • 1 point • 12 October, 2018 08:48 PM

Q: Why do fat chicks give great head? A: because they have to

MrChad\_Thundercock • 0 points • 12 October, 2018 04:32 PM

"Fat women love to suck dick"

Coffee spit take! Thanks bro

[deleted] • 1 point • 12 October, 2018 04:36 PM

Thanks for sharing. Reflecting on it, I can think of myself many times thinking, "what is this fat fuck so confident about?". Shitty way of thinking. Confidence isn't mathematics...it's just there.  $x+y+a$  doesn't necessarily mean confidence. Otherwise, every fit, good-looking and financially successful individual would be extremely confident. It starts from within.

It's not that having those things makes you confident (although it might help), it's having confidence that makes those things easier to attain.

SteelSharpensSteel • 1 point • 12 October, 2018 07:36 PM

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