

# Read the sidebar and STFU

October 5, 2017 | 18 upvotes | by [InChargeMan](#)

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It could just be me, and I know that AskMRP is supposed to be a catch-all for the newbie MRP posts, but lately it seems like 80% of the AskMRP posts could be answered with an auto-mod of "Read the sidebar and STFU".

For me (and I would wager a good number of the members on here) taking time to give meaningful feedback on posts is coming from a desire to help others. With limited time to spend on this, your shit-posts are wasting time that could be spend more productively.

IMO MRP is significantly different than TRP. TRP is inundated with borderline retards (aka young hormonal men/boys) trying to find the cheat code for pussy. MRP is really for mature (we would hope) men in serious relationships who also have serious responsibilities. Let's try to do it justice and keep your trivial day-to-day dear diary bullshit to yourself.

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Archived from [theredarchive.com](http://theredarchive.com)

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## Comments

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drty\_pr • 11 points • 6 October, 2017 01:24 AM

The thing that gets me is this new breed OYS shit. Guys who think that becoming a better plow horse is the key to becoming a real man and leading family.

Bobby says it best that the importance of frame is so underrated. How can someone expect their SO to follow suit and pull her share, when they not only have no frame, but don't even understand what it is? You can OYS til the cows come home, but if you don't have a frame to pull her into, she isn't going to play ball.

InChargeMan[S] • 1 point • 6 October, 2017 01:52 AM

Well said

SgtSilverBack • 1 point • 6 October, 2017 09:16 PM

I believe you are on to something that could help define some key concepts that many get stuck on. However I'm having trouble seeing it clearly right now.

Are you saying that as these newbs attempt to unplug and in their mistaken version of OYS they take on everything instead of living in their own frame to determine the things important to their mission?

By worrying over their wives feelings or more appropriately her anger and not telling her no to whatever the item is, they just show they will continue to live for her and her tasks.

murvish45 • 5 points • 6 October, 2017 01:06 AM

Im not married, but i come here over the other sub bc of this. Its all fucking "social dominance to attract pussy to you like a fly on shit" posts or dudes whining. Keep this sub lean please

[deleted] • 1 point • 6 October, 2017 10:44 AM

Same

SteelSharpensSteel • 2 points • 5 October, 2017 11:08 PM

Honestly, most of these new posts are like troll posts... "Help, I don't know how to do a basic human activity, what do I do?!?!"

InChargeMan[S] • 6 points • 6 October, 2017 12:26 AM

I agree. Also, I posted this after looking in my comment history to see that damn near 75% of the thoughtful comments I'd recently made were to deleted posts from deleted accounts.

zeteomegaleio • 4 points • 6 October, 2017 02:21 AM

Seriously, fuck these guys who delete their posts. I don't care if they delete their account but men here spend time writing to answer them, which could help others who see it too, and they fucking waste the effort, time, and knowledge because their snowflake feelings get hurt. Fuck that.

BobbyPeru • 6 points • 6 October, 2017 06:04 AM

their snowflake feelings get hurt.

In an anonymous forum. It's mind boggling.

Tebulus • 2 points • 6 October, 2017 04:17 PM

When your life is a shitshow and you learn that you were the showrunner the whole time (which I feel is one of the first things you internalize) I think a natural reaction is shame and embarrassment and if your journey happens in that order your ego and frame are not ready for that kind of ownership so naturally you hide your mistakes to protect how you perceive yourself or how you feel others perceive you. The archive lives on though. Every once in a while I'll find a new jackten or other departed flair guy post filled with gold given to a faggot that deleted their op/account. The wisdom is still there even if the intended recipient is long gone.

matrixtospartanatLV • 2 points • 6 October, 2017 01:58 AM

This.

And 'throwaway' accounts have started to offend my sensibilities.

Cock\_Klepto • 1 points • 6 October, 2017 02:16 AM [recovered]

I'm of the mind that one that is actually committed wouldn't have need to use a throwaway account in the first place. What's so scary about people giving advice/answers that these guys feel the need to hide themselves?

matrixtospartanatLV • 3 points • 6 October, 2017 02:21 AM

My thoughts, exactly.

What bothers me the MOST is that they come here only to take, and once they receive, they will contribute nothing.

[deleted] • 4 points • 6 October, 2017 02:38 AM

It grinds my gears too. Try help a motherfucker, put time and effort into an analysis, then poof! all gone an hour later.

So, for me, now shitty posts get shitty answers.

The worst thing is that the offenders are the very ones who won't read this, just continue to jump on here and ask a bs question, then get embarassed at how fucked they really are, and delete the whole thing, depriving others of the knowledge and wisdom.

DON'T DELETE YOUR POSTS, FUCKERS!!!

weakandsensitive • 1 point • 6 October, 2017 05:35 AM

man - you become a little bit more dispassionate and join in a bit more in the circlejerk and i'll have to add you to my reddit friends list.

Rian\_Stone • 1 point • 6 October, 2017 03:06 PM

Kind of makes you see the point /u/weakandsensitive makes about your time being valuable, doesn't it?

Best advice I've been given? Give it because you want to articulate something you know. Give it because teaching helps you memorize better than just reading.

Don't give it because you're helping a guy, because it's a covert contract, and beta fucks will cause nothing but resentment. Most don't want to fix, they want to cope and feel validated

BostonBrakeJob • 3 points • 6 October, 2017 01:20 AM

Or maybe they seem like troll posts bc we have been working on this for awhile and it has become second nature. I remember when I first found all this info. The theory made sense but, being a newly unplugged beta, I had no fucking clue how to apply it practically. I was like a car mechanic in an operating room.

I may be wrong, but I assume the same is true for some of the people leaving these posts. And of course there are some that haven't bothered to read jackshit and just want the easy button to the pussy for the weekend...but fuck those guys lol

weakandsensitive • 2 points • 6 October, 2017 05:42 AM

I don't remember your name - so I checked out your post history.

There's not much.

What I will tell you is this - you have 1 post on askMRP. That one post is a detailed critique and breakdown of a MRP proper post aiming at further refinement. The majority of that post is "I" statements.

Within that one post, you have 1 response. That response is distilling a concept to further components you can understand.

What this tells me is that there's solid work at understanding going on. Mainly because 1) taking the time to try to understand and break down concepts by diving deeper and applying it to real world situations and 2) not answering every single comment and critique reflexively out of an ego defense mechanism.

Easiest way to tell a poser is by the responses to trivialities.

From a personal perspective, I notice that level of thoughtfulness.

Even if I think a person is an idiot and doing it all wrong, I still note solid effort and will contribute time when appropriate.

DanceMonkeeDance • 2 points • 5 October, 2017 11:19 PM

Heap on top of everything else a sense of entitlement; they expect to be helped without reading the posting guidelines, learning community norms or reading the responses to the guy who asked the same question yesterday.

Then one or two has the temerity to question the logic or necessity of STFU, sidebar and lift.

I still read the responses from the veterans to these man-child posts, because there is gold in there. Yet I often wonder if this is the low quality post that is going to be the final straw for a valuable member.

InChargeMan[S] • 1 point • 6 October, 2017 12:28 AM

Yet I often wonder if this is the low quality post that is going to be the final straw for a valuable member.

This 100%

fuckmrp • 1 point • 6 October, 2017 12:45 AM

There have been a few really solid dudes that have left but I don't think this is the reason why, maybe I'm wrong.

InChargeMan[S] • 3 points • 6 October, 2017 12:52 AM

In a loose way I see sticking around as "repaying your debt to society". But at some point you'll get tired of responding to shitposts.

DanceMonkeeDance • 1 point • 6 October, 2017 12:53 AM

It seems hard to comprehend, but honestly, the complaints I see from the veterans (at least publicly) are the low quality posts, the refusal to do the work, and the burnout from saying the same thing over and over. They're not leaving because the RP isn't true.

[deleted] • 2 points • 6 October, 2017 01:20 AM

Hey, so I'm a newbie and I appreciate the feedback here on askMRP. I spend a lot of time getting through the sidebar readings, and there is a ton more to do. Sometimes I search for posts that would be applicable to my (at the moment) questions.

The problem for me (and I'm sure others) is that when my eyes were opened, the intensity and realness of the knowledge creates a likely Rambo situation.

Extinguishing the BP self doesn't happen overnight, so armed with the knowledge of how "it's going to be" is applied (leveraged) in the old beta manner. I hadn't even read the Rambo term until after I did go Rambo (also mistakenly calling it a main event)..

All this knowledge takes time to learn and practice. Plus "living" real life, with its daily challenges and desires, means a little coaching could go a long way. I know I have a lot to learn and improve, but with sex, I just want it now (a function of both lifting more and thinking about the MRP/RP nearly constantly).

I appreciate bringing my own interactions before the community for support/education. The coaching here is invaluable, and the outside opinions can see the forest for the trees / the big picture that eludes me while being in the thick of it all.

beta\_no\_mo • 1 point • 6 October, 2017 05:31 AM

The problem with Rambo is that it's nearly always done for her benefit or to illicit a reaction, which is just a different version of being in her frame. While going Rambo does disrupt the status quo, it inevitably causes problems that a newly-unplugged husband doesn't have the frame to handle, so it ends up being more of a "one step forward, two steps back" kind of thing that leaves dudes wondering why things aren't getting better.

gettingmymojoback • 1 point • 6 October, 2017 12:37 PM\*

IMHO the prescription for preventing Rambo is doing your reading on Stoicism. The Handbook-Epictetus and Meditations of Marcus Aurelius were invaluable. If you can start to grasp that the only thing in life you are in control of is your own thoughts, then it's a lot easier to put yourself in a mindset where getting angry is far less likely. In reality, most of the anger that ends up manifesting as Rambo behaviors is nothing more than acting out because you have a fragile ego. Get out of the way of your own ego and you'll have a lot less to be angry about.

I'd read Pook of Book right after. Great insights not only on female behavior but also on how to live and enjoy life. Have fun. No one wants to be around someone who is an angry bore.

Edit: This can all be summarized as give less fucks, you'll be much happier for it.

Rian\_Stone • 1 point • 6 October, 2017 03:00 PM

creates a likely Rambo situation.

No, no it doesn't. People are fucking up what Rambo is, just as much as they are fucking up frame, like OP says.

Rambo was a description for a specific fault of guys. Specifically this guy. named alpha as wolf

matrixtospartanatLV • 2 points • 6 October, 2017 02:18 AM

As our reputation and readership grows, so will the number of retards and fucktards that find their way here. You hope they are mature men in serious relationships; when in reality they come here as broken and submissive beta cucks trying to get one last big gulp of air before they drown in the gynocracy that subjugated them in the first place.

You can almost guess their Test levels by their responses to the locker room mentality here. Some of them are almost sophisticated in DEERING the comments they receive, but are in reality just one or two insults away from folding.

I see our challenge to be maintaining the quality as well as the quantity in our replies.

I know what this sub has meant to my life and my marriage these last 4 months. I have been accused of giving too much in my replies, but as a newbie I still feel the passion that comes with living this newly unplugged life.

This sub has been compared to a locker room. Taking that one step further, showing up isn't enough. Sitting on the bench in the locker room doesn't mean you'll ever get to play on the field of life.

I read your post and wondered what you meant; lamenting the present or concerned about the future of this sub. A LOT of the posts are shit. My two certainly were.

For me, for now, as in a few other areas of my life, I'm going to continue to blast these noob motherfuckers and Keep my foot on the gas.

SimilarSalvation • 2 points • 6 October, 2017 07:16 AM

Maybe we should ask/demand for a standard intro for every post/question on /r/askMRP?

I discovered MRP <x> days/months/years ago. Since then I read <book(s)>.

I started lifting <x> days/months/years ago and can currently squat <x> lbs.

I start to see **no, some, a lot of progress** but I still struggle with <intro to question>

All other posts will be ignored, unless of course you are *known* on this subreddit for some reason or another...

Rian\_Stone • 1 point • 6 October, 2017 03:08 PM

Demand by spending your time, only when you deem it appropriate.

Reward good behaviour, don't reward bad behaviour. new posters require the same bitch management that your woman does.

SimilarSalvation • 1 point • 6 October, 2017 03:53 PM

yeah! Shit Test galore!

How will I ever be appreciated for the nice guy I really am when you all start yelling at me for no reason at all \* sobbs \*

Rian\_Stone • 1 point • 6 October, 2017 03:54 PM

Comment at me just before this one. Gave a guy a day, and he created a new account to lash out at me.

A guy who didn't exist to him yesterday, yet needs me to understand his point

SimilarSalvation • 1 point • 6 October, 2017 04:04 PM

MRP is like lifting; many buy the equipment or have a subscription for the gym, yet few continue to work out because it is *so difficult* Yet all want to be the love child of Wolverine and Brad Pitt...

It sucks hearing the truth. I still get punched in the face with every page I turn in NMMNC or WISNIFG... It's how you cope with that truth that separates the men from the... nice guys?

Rian\_Stone • 1 point • 6 October, 2017 04:08 PM

Which is funny, for me it was the 12 steps of dread. I can MAP well enough, I'm largely OK with psychological hangups. What I crave is strategy.

Truth? I'll buy it if it moves me in a better direction. Utility is where I find the value

IndependentKirk • 1 point • 6 October, 2017 12:52 PM

Let's try to do it justice and keep your trivial day-to-day dear diary bullshit to yourself.

I'm partially guilty of this, but after my one post I at least am self-aware enough to realize that there's not much else to say for the foreseeable future.

Can the mods just delete ridiculous posts immediately?

Rian\_Stone • 1 point • 6 October, 2017 02:53 PM

AskMRP posts could be answered with an auto-mod of "Read the sidebar and STFU".

I don't even see the code anymore, just blond, brunette, redhead. I agree, it's largely lazy value leeches. The only value I find from this place, is seeing the comments. Some people use it to articulate a concept. If you can teach someone, it means you understand the subject matter.

And they keep the riffraff out of MRP proper, so I guess there's that.

ReddJive • 1 point • 6 October, 2017 03:17 PM

As I've always said.

Laugh at her Poke your Buddha belly

It's all fucking bullshit

donedreadpirate • 1 point • 6 October, 2017 03:21 PM

Needed to be said