

# Career beta unfucking

November 4, 2016 | 6 upvotes | by [uzderty](#)

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## Pain of Loss:

Pain and loss are inevitable and we should let go of trying to resist them. Loss and the pain of loss are unavoidable. Stop trying to resist loss. You can only minimize the pain.

Your wife told you she wants a divorce. Show her the door.

Don't comfort her telling that everything will be all right because in your little faggot brain there is a voice telling you losing her would be so uncomfortable and painful.

Ofcourse comfort her if you want to, but don't do it to keep her.

When you lose a person most dear to you or one you had oneitis for you are going to suffer. Know that suffering is just Charles Darwin telling you to man up. The pain reminds you what you need to pay attention to and what you have been neglecting all your life as a career beta. Yourself.

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## Minimise the pain of loss?

**Lift** consistently. Not only to get ripped. But the squats and deadlifts you do is going to give you a confidence you have never had as a career beta.

**Eat** nutritious food. Not only to lose the fat from your body and build muscle. But controlling the urges of your tongue will make you a disciplined man.

**Increase your social influence.** Make new friends(the more masculine the better). Meet people working in your domain and discuss ideas. Read, read, read about all kinds of things. Fill yourself with knowledge you always wanted to have.

**Have hobbies** that fulfill your life. She rejected sex? Go and hobby your balls.

And ofcourse, read the sidebar and internalize all that it has to say.

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## How do I unslap myself?

So you got slapped by your wife. Poor you, now she can't unslap you. Only you can unslap(read:unfuck) yourself.

She just told you, you are a low value man who can be slapped around by a woman. She broke your frame and you think she is going to help you collect the shreds of your frame off the floor?

Go fucking radio silent. Work on you, your hobbies, lifting, social life. Dress up well. Own your shit at home. Dont make a covert contract:"I will dread you until you cry for comfort."

Bbbbbbbut MRP, what if she nags me about being too busy with myself?

Call her out on her neediness. You are busy and she should be understanding enough, otherwise its her problem. It will take you atleast a couple of weeks to prove to yourself that you are a high value man with a strong frame. When she comes back to being a submissive kitten, you will act as if nothing happened and welcome her to your warm frame.

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## Choose your struggles:

There will be emotional pain on your path to becoming a man. Know that it is necessary pain. The pain will teach you where you failed and how to avoid the same mistakes going into the future.

Hearing AWALT hurts you as a career beta?

Forget AWALT. This planet itself is full of problems and suffering.

As a career beta you always made covert contracts. If I just do this one lil thing, my problems will go away. She will fall in love with me and I will be happy ever after.

On this path, you will learn that problems never fucking go away. They will only become better problems to solve as you man up.

Career beta, you are going to learn here that solving YOUR problems is the path to happiness. You will continue to be miserable if you don't solve your problems.

Bbbbbbut MRP, I think I am high SMV and I got 3 IOIs last weekend, **why** does my lady not get wet?

Here, you have a problem. Answer is not in the why, [it is in the how](#).

Career beta, stop denying your problems. Your lady doesn't get wet for you. Stop blaming her. Stop being a victim. You have enough ability to solve your problems and get to where you want to.

You read the success stories here and think, yayyy I have a 1 year MAP laid out too. I will have a main event too and everything will be happy ever after....

Bullshit.

Stop being in love with the result. Fall in love with the struggle. Accept that the struggle never ends, and that the struggle will not feel like a struggle in the future.

Deadlifting 3XBW is your new struggle. Following your diet religiously is your new struggle. Learning to pick up the right clothes for yourself is your new struggle. Learning to be assertive is your new struggle. Learning to give quality time to yourself, your hobbies and social life is your new struggle.

Learning to kill at work is your new struggle.

Validation from wife and rubbing privates with her is not.

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## None of us are special:

Bbbbbbut MRP, I am a career beta, I deserve special treatment.

Listen you are not entitled to anything except struggle.

You are not a special snowflake. You are a tiny little nothing in this vastness of the universe. Get this into your head. It is definitely okay to be an average Joe. But, be an average Joe who is obsessed with self-improvement. And you can only be obsessed with self improvement when you realise deep down that you are nothing great at all.

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## Comments

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[deleted] • 1 point • 4 November, 2016 01:21 PM

I understand the need for new guys to read everything you wrote, but why not post this in MRP?

bogeyd6 • 3 points • 4 November, 2016 01:26 PM

Maybe he is afraid he wouldn't get validated?

[deleted] • 1 point • 4 November, 2016 01:31 PM

I may be old but I think I read this before under another title. Did I?

bogeyd6 • 1 point • 4 November, 2016 01:33 PM

Doesn't ring a bell for me. When I get to LA I can research further.

[deleted] • 1 point • 4 November, 2016 01:42 PM

Lol. Not literally, meant it's derivative. LA. In n out??

bogeyd6 • 3 points • 4 November, 2016 01:45 PM

Hell if we went by derivatives we would ban 99% of the subscribers lol. Prob gonna have in n out today for lunch. Ill PM you a pic of what you are missing.

[deleted] • 1 point • 4 November, 2016 02:21 PM

had it once... not impressed. Is it better sober?

bogeyd6 • 1 point • 7 November, 2016 05:55 AM

It's worse sober but if you need good drunk food I highly recommend Del taco. Can't be beat. I havent made it to in-n-out just yet since we worked basically 24 hours a day this weekend. Horrible long weekend but I did get a nice break to hollywood to see the shrine over the trump star on the hollywood walk of fame.

[deleted] • 1 point • 4 November, 2016 01:34 PM

My assumption

uzderty[S] • 1 point • 4 November, 2016 02:20 PM

My first post, so was a little cautious of toning down on the MRP post quality.

[deleted] • 1 point • 4 November, 2016 02:26 PM

Where's the irrational levels of self confidence man?

I like the post, somewhat redundant but I see where your head is at.

What drove you to write this?

uzderty[S] • 1 point • 4 November, 2016 03:34 PM

Where's the irrational levels of self confidence man?

Yes. I still lack this.

Noted.

What drove you to write this?

I am at a point where I have realised that divorce is always an option, that my wife is not a unicorn and neither am I special. That letting go would be a great relief as would having a happy relationship, as I keep improving.

These are some of my thoughts I penned down while on a week's vacation without the wife.

[deleted] • 2 points • 4 November, 2016 04:55 PM

Interesting, keep writing and don't be intimidated to publish your work on the main page.

It takes balls to write a post and share it with strangers to dissect, embrace that fear and use it as fuel.

I fucking sucked when I started, I suck less now. Why? Because I was never afraid to share my words.

Guys called me out when I was writing stupid shit and I improved because of it.

Iron sharpens Iron.

uzderty[S] • 1 point • 11 November, 2016 05:54 PM

I fucking sucked when I started, I suck less now.

Were you /u/TrainingTheBrain before?

[deleted] • 2 points • 11 November, 2016 08:13 PM

Yes

ReddJive • 1 point • 4 November, 2016 04:04 PM

You are uncertain if you are right. Stop it. Be right. You wrote this for a reason.

Conversely never be afraid of being wrong....even if you end up being wrong.

You're allowed to be wrong once a year. When you are...own it.

uzderty[S] • 1 point • 11 November, 2016 05:56 PM

Conversely never be afraid of being wrong

This is one of the most important learning I had from this thread.

In fact one of my very RP friend told me the exact same thing, when I was venting my relationship at him.

ReddJive • 1 point • 15 November, 2016 02:49 PM

A bad plan violently executed is still the right one.

A\_Rex • 1 point • 4 November, 2016 08:46 PM

Great advice here. Basically, quit being a pussy in all aspects.

Hell, I thought my last post on epic frame holding was great, until the vets pointed out that my epic frame hold was only necessary because of my faggotry in dealing with a precursor shit test. I owned it and learned to be better. Iron sharpens iron.

Read the 48 Laws of Power. Law 28: Enter action with boldness.

Everyone admires boldness. No one admires timidity.

[deleted] • 1 point • 4 November, 2016 02:33 PM

you were afraid you would not be good enough?

[deleted] • 1 point • 4 November, 2016 01:30 PM

So like, you ain't shit and that's ok...mark II?

When you lose a person most dear to you or one you had oneitis for you are going to suffer.

True but, mostly temporary after all. Mostly. And that's ok.

BobbyPeru • 1 point • 5 November, 2016 04:40 AM

The cool thing is seeing the results after the struggle. That's what keeps you motivated to keep hitting new plateaus. Rewards intermittently are motivators to work through the struggle.

I found it really hard to practice day game since I was beta conditioned to not flirt because *flirting is bad*.. So I started with HB5's and after a while I realized strong eye contact and strong frame are the key. Once I realized that, I started day game on higher quality, and as I practice my IOI percentage gets better and better. Some chicks just don't respond and and DGAF because most of them will. I do it in front of my wife routinely, and the dread is real.

Sometimes guys come on here preaching without giving their real life experience. The helpfulness in that is limited.