

# **As my awareness of TRP increases, paired with my physique bordering on ripped, it feels like life is entering easy mode. Is this all it takes to be in that top percent?**

March 17, 2019 | 139 upvotes | by [bf1bro18](#)

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I have average looks and grew up middle class. I don't think anything else is really amazing or unique about me as a whole.

I lift 5 days per week, dress well, speak selectively, work full time & have been reading / applying TRP for 5 years. That's it.

The older I get the more I notice that people (men and women) do not shit test me, and if they do it is rare and playful at most. I can attract women and keep their attention, and also make male friends / acquaintances without it being forced.

I just look after myself and speak well, that is all it feels like. But when I read of some guys and the things they say / do or what they firmly believe in when it comes to female nature or other men it honestly confuses me because it is so easy to step out of the bucket (crabs reference thing) but I see and know of so many guys who are going through their 20's with horrible posture, a big gut, smoke every day, dress like edgy teenagers, always side with women, demonize men, act fairly feminine but play it off as some quirk, overly apologetic, clearly no physical activity, eating junk, just appearing somewhat out of the loop.

Again I ain't a Chad Thundercock, just a guy who is average with some basic self improvement thrown in with some regular maintenance thrown in to keep myself on my toes socially (such as reading TRP) and yet I still find myself amazed at times as to just how some guys act in the world.

For example I study and all of the guys in my class (8 of them) are genuinely nice and we get along fine. But they are all terribly out of shape, half of them smoke on breaks, they all buy doughnuts and chocolate milks for lunch, dress poorly, and act noticeably more blue-pilled when any of the female classmates are nearby (agreeing with them, laughing at everything they say, smiling non stop, apologizing for petty things) and It is as though even they know they aren't doing what they know they should be doing.

I have observed these same guys playfully rip into each other about how they should exercise, how they should bring packed food, how they should buy new shoes, how they should quit smoking, the list goes on. And they all sort of have this brief moment of "realness" on their faces when it is as though deep down their mind is screaming at them saying "BUT WHY DONT YOU?" and they quickly forget it and go back to normal life.

This is all just observations and thoughts I have been having lately and wanted to share. I won't end with a question because I am pretty sure there are various things in this whole post that some of you could reply to and share insight on.

Cheers.

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## Comments

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Capital\_Recognition • 72 points • 17 March, 2019 12:24 AM\*

We live in a world where absolutely everything you mentioned... IS NOT necessary in order to live, function, and survive. Therein lies the source of why this is occurring. What you're left with is, "Why?" Why... Why bother doing the things you mentioned? If your goal is to get pussy, or maximize your happiness, and you're not insanely wealthy, you should/need to.

However, most souls are lost. They make their way throughout life like a brain dead zombie. They lack self-awareness. And, they don't have people like me to answer their questions.

If you really are still questioning this, and curious to know why these people are this way, pick up any one of Nietzsche's books. You could start with, "Beyond Good and Evil," for a nice introduction. Nietzsche explains your conundrum on 'why' quite well.

Thisismybot8 • 4 points • 17 March, 2019 01:17 PM

It's always about finding your why. A lot of guys still need to understand that. It's sad because not every guy has that internal drive and fire. My why is a mix of being the best person I can possibly be but also to be better than everyone else. I've always been insanely competitive but I realize not everyone is motivated that way.

yctthrow • 18 points • 17 March, 2019 02:30 AM

Wait till you get older, life gets a bit more complicated once you are out of school. It's easy to be a big fish in a small pond (school). But once you move to a city and you are competing against the best of the best; things change a bit

Thisismybot8 • 6 points • 17 March, 2019 01:23 PM

I've been out of school and it's still the same. You still gotta put in the work and have discipline. Not too much changes honestly.

yctthrow • 4 points • 17 March, 2019 05:42 PM

I guess it depends on your potential and caliber then. Doing well is relative. In a city like NYC, everyone makes a lot of money, everyone is in good shape. It becomes a lot more about things like social and cultural capital after a certain point, that's where things get interesting

mrpoopistan • 73 points • 17 March, 2019 12:51 AM

It's so, so much worse than that.

If you can be bothered to get your shit together at all -- say, get a job and stop playing video games 18 hours a day -- you're already in the top 20% (where opportunity begins).

Wear decent clothes, groom half-decently and take care of your body at all? Congrats, you're now in the top 10%.

Speak without being a constantly deferring pants-shitter? Welcome to the top 5%.

In other words, with barely any effort at all, you're in spitting distance of the top 1%.

Make a little more money, get in better shape and develop an actual personality?! Holy shit, you're in the top 2%.

After that, it's a matter of work, but not as much as people act like it is. I mean, fuck, more than 50% take themselves out of the game completely without trying.

bf1bro18 1 points 17 March, 2019 03:36 AM [recovered]

What do you think it is that causes a lot of people to just be complacent in pretty much doing the absolute minimum throughout life?

mrpoopistan • 49 points • 17 March, 2019 03:54 AM

In my experience, human beings tend to end up following one of two paths: complacency or competition.

Everyone starts out competitive. Watch little kids run against each other, fight, etc. Everybody wants to be the best. Everybody wants to show their mom the cool thing they did. They want their dad to applaud them. They want their friends to cheer like they're fuckin Harry Potter at the end of a Quiddich match. (Hence, the popularity of those stories and the larger heroic myth they borrow heavily from.)

The disjunction comes into being when they're hit by the headwinds of life. The first time they're called fat or stupid or faggy or whatever the kids are taunting each other with today. In other words, when the first shit tests hit them.

Over time, you either get a little mean about it or you start letting it sink in as a personal truth.

It's personal truths that kill people. The "I'm too \_\_\_\_\_" factor. People fuckin swim and breathe in that shit to the point that it's like being a fish in water.

A lot of folks never have that one moment where they get fuckin angry enough to change themselves. Or worse, they get angry, but they direct all that shit outward like the incel mass shooters do. But, most people just direct that anger at the unfortunate GF or wife who they settled with. Or their family. Or their friends. Or by dropping N-bombs on some 10-year-old in Korea on Xbox Live.

You look, for example, at how complacency shapes teenage girls. They're relatively bright eyed and bushy tailed right up until puberty hits. Then life is a wall of being called a fat slut even though they're a virgin.

In that sense, complacency is a weapon used by the competitive. If there's a pretty girl in school, some cunt just wears her the fuck down every day. I mean, there are people in re-education camps in Xinjiang who get more positive feedback.

Worse, our society doesn't play it straight with kids about competition. We tell them that they're special and everyone's feelings matter. Then reality hits them.

We'd be further ahead to just tell kids how the fuck it is. You're surrounded by fuckin' jokers who are trading on nothing. They hope some tiny insult will become a brain worm that destroys you, because then you're one less motherfucker to compete against.

A lot of people just can't get mean enough. You gotta get mean with yourself to run one more mile, to do a little more work at the end of the day, to put in one more rep. And you gotta be mean enough to do it knowing that most people won't notice, and many of the ones who do notice will shit test you for improving yourself.

Shanguerrilla • 10 points • 17 March, 2019 05:25 AM

I like that in clearly ANY thread or OP... there are still yours and some other really insightful comments.

Thanks for taking the time- I really agree and wish I'd figured that out earlier myself.

[deleted] • 6 points • 17 March, 2019 04:39 AM

Poopistan with the big truth

the13thmonk • 6 points • 17 March, 2019 05:29 AM

Fuckin love this.

aoe2redditacc • 5 points • 17 March, 2019 10:15 AM

Holy moly this is the short version of how to life, thank you !

kdnthedon • 3 points • 17 March, 2019 05:42 AM

This is exactly it

hippagun • 3 points • 17 March, 2019 05:59 AM

You fucking nailed it man !

rolleN1337 • 2 points • 17 March, 2019 09:22 AM

It all can be summarized: Learned helplessness can cause people to be complacent.

[deleted] • 2 points • 17 March, 2019 10:21 AM

They consciously make a decision to stop smoking. This lasts for a very little while. Real change comes when this conscious decision becomes unconscious. I think this only happens they change small habits which leads to a change in large habits. Any thought people?

INNASKILLZ2K18 • 12 points • 17 March, 2019 09:06 AM

I agree with most of what you write. However, I don't think top 1% to 5% is as easy as that. Around 1% you're dealing with A-list actors, musicians, athletes etc.

You definitely don't need to be in that percentage (And who gives a great fuck about percentages), but getting that high takes a lot more work than you suggest.

20% is easy, as you've said.

xx-Rain\_Maker-xx • 7 points • 17 March, 2019 10:40 AM

Yeah, he was talking out of his ass. Being a 20% male is easy, a top 5%, on the other hand, is extremely difficult. Genetics plays a significant role in reaching that top 5%.

INNASKILLZ2K18 • 3 points • 17 March, 2019 10:52 AM

Yeah. Just splash on some deodorant, dress a little better, and you're top %5.

mrpoopistan • 2 points • 17 March, 2019 05:39 PM

Reductio ad absurdum is a lazy way to argue.

INNASKILLZ2K18 • 2 points • 18 March, 2019 01:25 AM

I agree. I wasn't putting any effort in

omega\_dawg93 • 2 points • 17 March, 2019 02:01 PM

those actors, musicians, and athletes are in the 1% by default, but that's only in the social arena. they could still be big-time betas in ALL other areas.

INNASKILLZ2K18 • 2 points • 17 March, 2019 02:12 PM

Oh yeah, of course. But even if they're betas in other areas having \$100 million dollar contracts, homes, high levels of athletic skill, musicianship or being box office draws, normally decent physically etc is a sort of top 1% that anyone on this sub, no matter how alpha, will never ever touch.

Becoming top 1% is far harder than the original post want to think.

No big deal, zero fucks given. Top 20 is easy.

party\_dragon • 2 points • 17 March, 2019 08:02 PM

Well there's 300k people in the US so top 1% of men is 1500. However actors and rich people are concentrated in LA, SF, NYC so elsewhere it's easier to get into the 1% (but the quality of women will likewise be worse).

INNASKILLZ2K18 • 2 points • 18 March, 2019 12:35 AM

300k or million?

infamous3238 • 2 points • 18 March, 2019 01:50 AM

You mean 300M idiot? More like 1.5 million.

party\_dragon • 2 points • 18 March, 2019 02:08 AM

Haha you're right I'm retarded! :D

mrpoopistan • 2 points • 17 March, 2019 05:07 PM

A-list actors, musicians, athletes

The entertainment A-list is significantly smaller than 1% of the total population.

JackSwift23 • 8 points • 17 March, 2019 02:42 AM

I always wondered why people in this sub constantly mention video games with a negative connotation towards it. Can't I be a red pill and play video games?

HealthCatch0213 • 28 points • 17 March, 2019 03:31 AM

I was an addicted gamer before and I can speak from experience.

Video Games are not just a waste of time, but they affect your physical mind as well.

When you play video games, the game has cues that trigger your reward system. This can be anything from the Font they use, to the sounds (Think of the "Achievement Unlocked" sound they use for Xbox). It's essentially the same concept they use for Gambling, it makes your brain adducted to these small cues.

This causes your brain to hype itself up because it feels like you've accomplished something.

When you stop playing, that high eventually dies down and your brain struggles to return to normal, causing you to feel "down" when you're really just trying to get back to normal. Some guys can't take this, and they eventually go back to Video Games.

It may sound like I'm bullshitting here, but I've experienced this myself. I stopped playing years ago, but recently played DMC5, I played around 3 hours. The next day, I felt like shit. I was moody, cranky, had no motivation and tired. It took me 3 days to return to "normal" and I haven't touched the game since. I don't plan to play anymore.

I'm not stopping you from playing, play if you want. Just know, that it isn't just about wasted time. There is a physical aspect present there too, it's just so subtle that most guys don't see it.

mrpoopistan • 15 points • 17 March, 2019 03:35 AM

Dopamine.

Virtually every addiction on the planet, from heroin to gambling, fucks with the neuroreceptors and transmitters that underpin your reward system. Worse, the companies that make addicting products know this.

HealthCatch0213 • 5 points • 17 March, 2019 03:45 AM

Thanks, for some reason I was thinking of Oxytocin.

I need to start reading more again.

mrpoopistan • 2 points • 17 March, 2019 03:57 AM

Oxytocin is more highly specific. It's part of the neuro pathway that governs high-stress bonding, such as mother-child following birth or the war buddy bond.

mrpoopistan • 11 points • 17 March, 2019 03:26 AM

I said " stop playing video games 18 hours a day ".

What I've seen in the last three generations of men is that more and more of them are spending absurd amounts of time playing video games. I say "18 hours a day" only half-jokingly.

Worse, you see lots of dudes these days who act like it's going to pay off, because thanks to e-sports and streaming we now have millions of dudes who think they're going to make bank. That part of the equation is getting like the problem used to be with kids who thought they were gonna become pro athletes. People are letting aspirations blind them to probabilities.

It's one thing to relax for a couple hours. It's another thing for it to become an addiction that completely hijacks your brain's reward centers.

SolarTortality • 7 points • 17 March, 2019 03:05 AM

Sure. It's important to acknowledge that it's a waste of time and that you probably only do it as a means of escape and to simulate that you have control over something though.

Haste- • 9 points • 17 March, 2019 03:11 AM

I think it's more about balance. If you're working 40 hours a week, keeping up on a diet/workout routine, and putting in the effort to have a greater future I don't understand what's wrong with some gaming.

Though games alone are a waste of time, but let's be honest, there are many things that waste time that the red pill would consider not wasteful. Ex: why get pussy? You can use your hand? Hell just buy a sex doll, takes a lot of the effort/time of picking up women or maintaining plates. If you don't plan to use a

girl for more than sex just don't pursue at all, you got other ways you can please yourself.

If you wanna play games i say do it, fuck the people that think otherwise. Sure you could spend that time somewhere else (like on a project, business ideas, reading, w.e) but if your making good money just working your regular shift and can save for retirement easily, fuck it why bother with the hassle of a side hustle. Hell anyone making 50k+ can easily retire in 10 years if they really wanted, once you pass that barrier spend your free time on what you wanna do, not what the red pill believes you should do.

omega\_dawg93 • 2 points • 17 March, 2019 02:05 PM

time is irreplaceable... you can't get it back.

i asked my nephew why he spent so much time playing video games. he said, "competitive fun."

my reply: who are you competing with and what is the reward?

guys stuck playing video games is like girls posting pix to get likes: winning the game and getting the likes isn't 'currency' for life... just a momentary ego boost that means \_\_\_\_\_??? \_\_\_\_\_ to improving your life?

pizza\_on\_ranch • 3 points • 17 March, 2019 02:33 AM

Don't know if it was intended but this was motivational AF

mrpoopistan • 7 points • 17 March, 2019 03:31 AM

Take it how you want. It just kills me how many people act like game is so hard, and yet there's basically no fucking competition at all.

Some unemployed dude in a trailer park living off his mom can get ass, but guys act like it's the labors of Hercules for them to get laid.

reddit309 1 points 17 March, 2019 03:59 AM **[recovered]**

thats what i hate about the incel community lol. they think that you cant get laid unless you are a 10/10 chad. ridiculous.

mrpoopistan • 10 points • 17 March, 2019 04:08 AM

The human ego does weird shit to protect itself. One of the best self-defenses is establishing such high criteria for success that you can never attain it.

If your sole standard of success is having a 300-foot yacht, then it doesn't look as bad to own a mid-90s Honda that needs body work (and not do any of the body work, because why would you?).

SolarTortality • 2 points • 17 March, 2019 02:39 AM

thanks mr poopistan!

Look\_Ma\_Im\_On\_Reddit • 2 points • 17 March, 2019 03:57 AM

So 80% of men are unemployed?

mrpoopistan • 4 points • 17 March, 2019 04:01 AM\*

I didn't say that. There's two criteria there.

And FTR, there is a shit ton of non-working men in the industrialized world. 31% of employable men in the U.S. are currently unemployed and not even bothering to look for work. And that's before you factor



in the completely unemployable, the SSDI-eligible. Also, U.S. labor statistics don't include prime age men who are currently in school and not working. It doesn't factor in underemployed men, or fully employed men scraping by with public assistance on top of shit-paying work, either.

Here's the global figure: <https://data.worldbank.org/indicator/SL.TLF.CACT.MA.ZS>

That's not a graph society wants to be riding.

Also worth reading: <http://www.aei.org/publication/where-did-all-the-men-go/>

By 2015, in any given month, there were on average three “unworking” prime-age men for each prime-age man out of work but looking for a job.

Shyrk • 29 points • 17 March, 2019 03:45 AM

Congratulations, you're not autistic.

The material says to read and apply the sidebar, so you started reading and applying the sidebar. Now you're seeing results.

Are you shocked?

Congrats, yes, this is how easy it is to enter the top 20%.

Rkingpin • 79 points • 17 March, 2019 12:22 AM

Well all this post contains is humblebragging

There's always room for improvement, consider your financial well-being perhaps

bflbro18 1 points 17 March, 2019 03:31 AM [recovered]

You and everyone who upvoted your comment missed the point and probably didn't read my post.

I clearly stated I feel I am average, but with a few things I do on-going that help me, that are very easy to do.

The point was to start a larger discussion on why some people have choices laid out in front of them that would definitely help them become more who they want to be, yet they soberly and clear mindedly reject it all and continue being frustrated.

This sort of stuff is interesting to me. Just like a lot of RP content.

MHeroAnki • 12 points • 17 March, 2019 04:03 AM

So many men are below average, that actually being average (or in your case ripped) is already above the normal blue-pulled man.

GetMeLaidAlot • 0 points • 17 March, 2019 05:57 AM

The point was to start a larger discussion on why some people have choices laid out in front of them that would definitely help them become more who they want to be, yet they soberly and clear mindedly reject it all and continue being frustrated.

Then why not ask that question and leave it at that without inserting your own personal details?

LarsleDarsle • 1 point • 17 March, 2019 08:07 AM

Why do you get so worked up that you feel the need to comment on his apparent humblebragging behaviour?



JackSwift23 • 7 points • 17 March, 2019 03:34 AM

It depends on who you are. A person can use video games as a secondary source of fun and income by streaming it or posting it on YouTube or something. I agree though gaming is essentially a great waste of time.

Oio- • 8 points • 17 March, 2019 03:59 AM

*>they are all terribly out of shape, half of them smoke on breaks, they all buy doughnuts and chocolate milks for lunch, dress poorly, and act noticeably more blue-pilled when any of the female classmates are nearby (agreeing with them, laughing at everything they say, smiling non stop, apologizing for petty things)*

The good thing about the Red Pill and the terrible state of the Western World is that it's still pretty simple to go from Average or Slightly-Below-Average to Way-Above-Average just by fixing all the easy things. The top 20% is a pretty reasonable goal for almost everybody to achieve. You don't have to make it to the top 2% or be a one-in-a-million guy to get with women.

All the guys you're taking about in your class COULD fix themselves, most of them probably don't realize that there is anything wrong with them. The ones who know they should do better, can't be bothered. That's what makes you better than them, ultimately, is that you're willing to go lift, eat properly, not dress like a slob all the time, wash your face and shower and brush your teeth, etc.

It sounds stupid to say this, but they can't be bothered, which is what makes them average frustrated chumps.

reddit309 1 points 17 March, 2019 04:06 AM **[recovered]**

because the average person is a lazy moron. LAZINESS. although what you are doing is not even that difficult - lifting 5 days a week while working full time - it still (sadly) put you above 90% of guys. they just dont care. theyre not thinking about their future.

read subtle art of not giving a fuck. it talks about in one of the chapters about the value of PLEASURE. its the worst value anyone can have. porn video games masturbation sex junk food drugs you name. this is the EASY path that give s shortterm PLEASURE. people are lazy and dont think long term. they arent thinking about how much better life would be if they AVOIDED PLEASURE. PLEASURE is the biggest trap. people just dont understand this.

flatcologne • 8 points • 17 March, 2019 04:07 AM\*

It's seems obvious as shit to me that the cases where the guy adopts the red pill and is astonished by how easy getting women suddenly is, are the same cases where the guy had good (enough) basic traits to start with (but sat on his ass up until that point).

Just like you OP, I can note nothing special about myself, and would have said I'm just average enough in each area, yet just like you I got results that wouldn't fit with being average. But there's a reason.

As weird as it sounds, if you're able to judge yourself as average in most areas, it's likely that you're markedly **higher** than average. Because what you're essentially saying is 'in each of the important areas I don't have any critical flaws that would strike me down many points'.

You can think of men as being like the default sims characters - those things are certainly well off enough, until you give them a flaw (like height, skin, etc) that makes them not. If you look in the mirror and see a guy who looks kinda just like a sims character, then cleaning yourself up and presenting confidently will work great. If you don't, then it will not work great. Which is why these 'feel-good' stories don't necessarily tell their intended audiences anything about what they can really expect by brushing themselves up.

stat1490 • 5 points • 17 March, 2019 02:35 AM

Depends on your face

flatcologne • 11 points • 17 March, 2019 04:25 AM

Yes. It strikes me as very stupid that so many people don't realise that you don't have to be celebrity tier (or even anywhere remotely close to it) for your appearance to start opening many doors for you.

At first I was as naive as OP to think that since *I* could get women to be attracted to me by simply presenting better, and being less of a sperg, then *everyone* could. I've since realised how lacking self-awareness that reasoning is.

HastaPronto90 • 4 points • 17 March, 2019 04:39 AM

Yeah, a lot are out of shape, do not groom themselves and don't give a shit about it. And to be true I like it, so it's far easier to stand out.

dtyler86 • 4 points • 17 March, 2019 12:00 PM

I've often wondered the same. Mediocrity is the norm now. In the 90s, movies were original, top billboard charting songs were diverse and actually featured talented singers, instagram didn't exist to validate false ego support.

Now we've got drake on the radio, remakes upon remakes in the theaters and social media to make anyone with a nice ass famous and "valuable". Everyone hates on straight men these days, making it cool to be a blue pill apologetic male. My most blue pulled friends don't lift, think dressing well makes you "corporate", and are all insanely left wing. They're a packaged product of the world we live in now.

Lambda17 • 4 points • 17 March, 2019 01:21 PM

Life is in easy mode if you only approach and only have average looks and even no status yet.

If you're not super autistic and do that for 1 year and you have a super hot, intelligent, witty girlfriend with a banging body and perky D-Cup tits.

But 99.9% of men are so scared to do that. That's why they don't have super hot girlfriends, but are together with girlfriends that are slightly above average looking and have to make many compromises.

OfficerWade • 3 points • 17 March, 2019 12:06 PM

Embrace change. In the real world you won't be challenged, but in this world we train in vain. It doesn't mean you don't pursue a relationship or a career and take care of yourself. It means while you're doing all of that you watch yourself do it.

Thisismybot8 • 2 points • 17 March, 2019 01:13 PM

Money is very important as well

LordMarkStark • 2 points • 17 March, 2019 04:39 PM\*

Except it's good yes but just another sausage mate. Unless we get and keep great women it's nothing to them. Life is the same. Don't get complacent. And be grateful.

This (OP) is decent introspection. There could be more of that in the world. There are whole businesses and marketing designed around people taking it easy and many different lives to lead.

In the past many surviving now would be dead or worse off. Really, being in the top half is a great life.

[deleted] • 0 points • 17 March, 2019 04:22 PM

Pics or this is all fiction. Better yet don't link me a fake picture I'll just assume this is bs. And go to the real trp.