

Movie depictions of building frame

April 2, 2019 | 26 upvotes | by [kendallb183](#)

So I was watching "American Beauty" on Amazon. I realized pretty quickly this guy was in a MRP hell. He had totally supplicated to his wife's frame. She frequently told him what he could and couldn't do, and claimed victimhood when he wouldn't follow her orders. This guy finally reaches the crux most men on here do and says fuck it. He starts weightlifting doesn't let his job fuck him over anymore, and even regains some control over the wife. He also earns himself the chance to score with a much younger woman. All the while when he's getting his life back together, the woman hates the loss of control and cheats on him for a sleaze. The part that shows this guy as an alpha is how he keeps his cool finding that out, how he is calculating and literally exudes IDGAF attitude.

Now of course because of Hollywood being feminized, this is all demonized, he's made to be the oppressor who is slightly crazy. Unfortunately for Hollywood, I saw him as the hero... so their propaganda didn't work. I won't give away the ending, but you can see clearly the end was Hollywood setting reality back to the way "things ought to be", the feminized imperative. A man's imperative must lead to bad things for him, and the woman is there to claim her rightful place as king over him, lest she deems herself a victim.

All in all, for someone trying to grasp what is frame, and what building frame looks like, I personally think this movie does a great job showing it. Are there any other movies you guys have seen? What are your thoughts on this movie?

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Comments

donmcde • 24 points • 2 April, 2019 03:18 PM*

People's view of a character is always more interesting than the character themselves. The directors of Breaking Bad could not for the life of them figure out why most people hated Skyler and thought Walter White was the (anti)hero.

She gave him a handjob on his birthday while never taking her eyes off of her laptop, fucked another guy and gave all of Walter's money away to the guy she was fucking. She was supposed to be seen as the victim and him the guy that goes crazy once he found out he had nothing to lose and became disillusioned with the state of his life.

InChargeMan • 3 points • 2 April, 2019 03:32 PM

Did the directors tell you this? This sounds like some sort of MGTOW fantasy interpretation.

donmcde • 5 points • 2 April, 2019 03:39 PM

The guy said it in an interview. TLC likes to (or used to, don't know nowadays) do interviews after shows with the cast. This was the one done after the final episode aired.

TheGear • 1 point • 3 April, 2019 04:38 AM

Can the same be said for Tony Soprano? Did viewers hate the wife?

donmcde • 0 points • 3 April, 2019 11:10 AM

No idea. Never saw it.

TheGear • 1 point • 3 April, 2019 11:55 AM

Dude, one of the best television shows. A cinematic masterpiece. It was on HBO, and if you have the subscription you can watch it.

TheGear • 1 point • 4 April, 2019 07:44 PM

:O

callmeanubermensch • 16 points • 2 April, 2019 03:54 PM

For me, the ultimate RP movie has always been the Incredibles.

I see the crackdown on superheroes as the perfect analogy for what has happened to traditional gender roles, made even more apparent when you notice that the movie is set in a pseudo-1960s timeframe.

Bob Parr has a boring, soul-crushing job, is depressed, has kids who are acting out, a wife that rules the roost, and his only reprieve is sneaking out with his best friend to listen to the police scanner and relive the glory days. God damn, if that isn't all of us here before MRP.

Once Bob is willing to put the suit back on, put himself first, show his wife affection, and own his shit does everything start to fall together. At first his wife experiences dread, afraid he is having an affair, but once she sees what he is capable of again falls right in line as his first officer, going so far as to get super suits for the whole family and give orders in the absence of the captain. She relents to his leadership once they are reunited, and it shows the strength that a good RP marriage can have.

Even FroZone yelling at his wife asking where his super suits is - possibly the first time he's stood up to her in years - shows the dissonance between how men are "supposed" to act in a family setting, and how they really should act. A real man knows where his super suit is, and is rightfully mad when his wife moves it.

Every time I watch the movie I see more allegory there, and yet these themes would never fly if the movie was A. not an animated superhero movie for kids/families, and B. not made prior to 2010 or so. I enjoyed the sequel, and while it tried to do the same exploration of Elastigirl's suburban ennui it doesn't quite resonate the way the first one did for me, but then again I am a man. There are still some pro-RP points in the second movie, especially showing how Helen's branching out on her own and being an independent woman hurt both her and the family, but it fell victim to the same gynocentric cliches we see in almost all media today - women deserve to be strong and heard even more than men, men aren't adept at taking care of babies or children, etc.

But I digress. The Incredibles is a movie I will put on while I work or work out, and it always inspires me. As a new father I look forward to showing it to my children, and I hope it inspires them to understand not only their place in the family, but that they have a father who understands his own.

callmeanubermensch • 9 points • 2 April, 2019 03:55 PM

Also, it's worth noting that the big bad of the movie is in fact someone who is pushing for complete equality, and comes off as angry and blaming everyone else instead of owning his own shit.

alphasixfour • 5 points • 2 April, 2019 03:56 PM

Been meaning to write a post on this for a long time. One of the very best movies.

morphite65 • 5 points • 2 April, 2019 04:39 PM

I think this film is so interesting because it was the first Brad Bird project with Pixar, and part of the deal to bring him on board was his complete control. Because of this, it stands apart from most Pixar films thematically.

virtualvirgincake2 • 3 points • 2 April, 2019 04:37 PM

I never thought I'd read a red pill critique of the incredibles and agree with it

SteelSharpensSteel • 2 points • 2 April, 2019 11:48 PM

Neither did I.

red-sfpplus • 3 points • 3 April, 2019 11:54 PM

Dont watch number two and ruin it then.

SteelSharpensSteel • 1 point • 4 April, 2019 01:59 AM

Already did, and yes, it sucked.

UEMcGill • 1 point • 4 April, 2019 02:30 PM

What a piece of shit compared to the first one. The baby was funny as fuck, the rest? Shit.

RStonePT • 9 points • 2 April, 2019 03:32 PM*

deleted

RPeed • 4 points • 2 April, 2019 05:51 PM

The taxi driver was the RP hero of that movie. Entrepreneurial, Machiavellian and made a bee line for the

chick with three tits.

RStonePT • 3 points • 2 April, 2019 07:25 PM*

deleted

Coslin • 2 points • 2 April, 2019 08:13 PM

I got 5 kids to feed!

red-sfpplus • 1 point • 3 April, 2019 11:55 PM

And The Martian. Literally one of the best movies to watch about total OYS.

virtualvirgincake2 • 7 points • 2 April, 2019 04:37 PM

Limitless

Albiet he takes a literal pill (dont do drugs kids), he starts owning his shit, making use of his time to learn valuble new skills, and eventually everything falls into line. He starts to get noticed, he gets girls effortlessly, but most importantly he knows there are no limits if he puts his mind to it

that movie always pumps me up

MadMisterMim • 2 points • 2 April, 2019 07:42 PM

Good movie. Too bad the series on netflix was garbage

NMMNG_1 • 1 point • 3 April, 2019 01:26 PM

yup

SBIII • 5 points • 2 April, 2019 03:13 PM

It's a great film - it starts off with Spacey in MRP hell - "I'll be dead in a year... In a way, I'm dead already." He has given up dreaming, his family don't respect him and his wife is cheating on him. Sounds like the plot line to half our lives. Then, when he finally mans up and burns it all to the ground, he's shown to have lost everything.. but he's no longer a loser.

kendallb183[S] • 2 points • 2 April, 2019 04:33 PM

And he is happy. That's what's key, is he achieved his own happiness

man_in_the_world • 5 points • 3 April, 2019 04:37 AM

The Maltese Falcon and *The Big Sleep* with Humphrey Bogart, and other *film noir* are effectively "frame porn." Watch and learn!

TopOccasion29 • 3 points • 2 April, 2019 05:39 PM

Although a chimp, Ceaser in planet of the apes holds frame and fights to the very end for his tribe/kind despite his struggles, loss of family members and friends.

Stannis Baratheon game of thrones tv series...steel frame and stoic as fuck despite what comes his way.

Themistocles in 300:rise of an empire.

Frame is very difficult when things are rough. I'm still in college so any advice will be appreciated how do some of you experienced MRPer here still hold frame and control your emotions when shit hits the fan?

RPeed • 3 points • 2 April, 2019 05:56 PM

Don Draper was brought up as a good example on MRP recently but there was a good Manosphere analysis - I forget where - about the fact Mad Men is really about Dick Whitman, a paper alpha with no frame.

Walter White was dissected in a similar way.

Those are kind of, "how not to do it" examples.

kendallb183[S] • 1 point • 2 April, 2019 10:51 PM

I will agree you can find some Rambo examples in hollywood... I say in this movie he gets pretty close. In breaking bad, he def decides hes going to blaze his own path whith a whole lot of IDGAF.

RPeed • 1 point • 3 April, 2019 08:20 AM

I think part of the fun is people project what they want into fiction. Personally I did not "get" either Mad Men or Breaking Bad as success stories but:

This food for thought.

Was what made me enjoy BB and see it through: this PoV makes his monologue to Skylar at the end authentic and poignant (to me). Same with the critique of Dick Whitman I referenced - I turned up several Google but couldn't track down the actual one I read.

Similarly, the best finale I've seen was Marlow in The Wire. He's got it all but randomly walks out and starts a street fight.

gameoflibidos • 1 point • 3 April, 2019 05:53 PM

Ultimate example of this particular type is Falling Down with Michael Douglas.

MrChad_Thundercock • 5 points • 2 April, 2019 04:35 PM

"I wont give away the ending".

That movie was 20 fucking years ago dude. What the fuck.

Great movie though. Noobs should watch it. When I first took the pill 6 years ago, I was him - working out in the garage. - minus smoking weed.

I still say he should have fucked that hot chick at the end though. Oops, I ruined the movie.

kendallb183[S] • 2 points • 2 April, 2019 10:53 PM

Yeah, I kinda saw him not fucking the chick as a missed opportunity too. You can almost see herself lose attraction in him for not doing it too.

Tbonesupreme • 1 point • 5 April, 2019 07:31 PM

Have you ever seen her ass? It's incredible.

Redpillbrigade17 • 6 points • 2 April, 2019 03:55 PM

James Bond series. (Except latest few, with Daniel Craig)

Catch Me If You Can

The Thomas Crown Affair

Crocodile Dundee

Desperado

redwall92 • 7 points • 2 April, 2019 05:42 PM

Crocodile Dundee

You'd be hard pressed to find a better "You do you" or "Do what you want" message than Mic Dundee. When he gets uprooted and thrown into American culture he just does what comes natural. Doesn't matter if it doesn't fit in with the culture. It fits with his interpretation of what's going on - his frame.

Also on the RP scene ... it's cringe worthy to watch Richard (the rich boyfriend with the cushy job and the big engagement ring and big party) loose the "love of his life" to this heathen from Australia. You can hear her panties dry up every time Richard is on the scene.

I remember seeing this one as a kid and thinking "I want to be like that guy."

downvotesanimals • 2 points • 2 April, 2019 11:58 PM

I think most people considered his character as a hero. RP or not.

Tbonesupreme • 1 point • 5 April, 2019 07:31 PM

Agreed.

BobbyPeru • 2 points • 3 April, 2019 03:00 AM

Don Draper - in the first few seasons of Mad Men

ReddJive • 2 points • 4 April, 2019 03:04 PM

There was no frame in that movie. It could be a depiction of a beta trying to gain frame. So sure I will give you that.

Lester merely spectated in life from start to finish. He never fucked the girl and in fact backed down to be her "friend". His working out was not for him but so his wife would fuck him. this we all know too well. Most of you guys start because you want to be fucked and you are willing to put in the work for that what very few begin to realize that being fucked and getting women isn't the reason. That's the side effect of what you are doing.

But I don't want to analyze movies. Did too much of that in college trying to get in some THOTs panties. What I don't understand is looking to fiction for Red Pill things. Literally sitting on the couch is a waste of time.

Frame. I guess it's the toughest thing to understand but it's the easiest to do. It's as simple as no longer worrying about what other people think. Men get into this position because they began lying to themselves. Why are they lying to themselves? Because they are afraid. They were told this is what others want in order to like you. This is how a man should be. So you begin to do just that. You do things that you know inside are not right, are not you. Yet you suppress all that. It isn't right. It isn't what a man is.

As time goes on and a man suppresses more and more two primal fears begin to take over. Loneliness (from not being fucked or adored by a woman) and the fear of death (time is running out)

People are born with only two fears. Being lonely and of death. So where do the rest of them come from? Past experiences. Then where do these fears manifest? Our future. I'd really argue that it's only a "possible future" since the future is never really known, though it may seem set in stone at times. We often fail to remember that we can change our future (aka fate) if we so wish, but we feel trapped and allow our future to unfold. Change at a fundamental level is very difficult. Very rarely are we really afraid of things in the present.

We fear loneliness, but not merely because we are alone right now, but because we fear being alone forever. It's a deep fear and so much so we are willing to lie and hide things about ourselves. We enter into bad relationships because we fear another person may never come around again. That this one is so unique and special that she will be the one forever.

We grab onto the first person that takes a little more than a passing interest. So we withhold or even lie about who we truly are or we empty ourselves hoping the other person will fill us with whatever they want to give. Either that manifests in being unfulfilled or that we placed our needs as that person's responsibility. We were not brave enough to stand up for ourselves in the beginning. We accepted life as it came.

You cannot control the outcome of your life. This is our fear. That at the end we have no control.

Your friends may abandon you. Your health may fail you. Your life may be taken from you. We have no control over any of this. We fear possible futures, and not the reality in front of us. Concern yourself only with your actions, and your character, which you can control.

Your kindness will go unappreciated, your goodness will be mocked, your patience will be tested, your love will be questioned, and your work will be overlooked. You cannot control how you are perceived and yet we overly concern ourselves with it.

Likes, upvotes, prestige, and reputation. Desire, validation, and unmet needs.

You can influence them, yet not fully control the thoughts, opinions, or attitudes of others in the way that you can fully control your own.

Frame is knowing these things and yet knowing your life's mission, your purpose is paramount. It does not rely on these things. It does not rest in someone else's hands, thoughts, feelings. It's your singular purpose that you pursue with wild abandon.

It's knowing you are the unmerciful god of everything in your universe.

kendallb183[S] • 1 point • 4 April, 2019 09:41 PM

Respect.

helaughsinhidden • 1 point • 2 April, 2019 04:36 PM*

The Boyfriend School with Steve Guttenberg? LOL This is the comedic pic. Probably Blue Pill AF

https://www.imdb.com/title/tt0099450/?ref_=nm_flmg_act_68

Straw Dogs (remake and original) are a good picture of a nice guy turning from wimp to bad ass

<https://www.youtube.com/watch?v=MeE-qTiaFT4> is the remake

electric_dragon1 • 1 point • 3 April, 2019 02:55 AM

It's sad how many "leading" male roles in modern cinema are basically walking vaginas, leading to zero romantic chemistry with the leading female role. Case in point, the latest how to train your dragon animated film. In the first film of the series, released in 2010(?) Hiccup is a headstrong boy who defies his dominant father and cultural norms to befriend a dragon that might easily kill him. Fast forward two films to 2019 and he's a no-frame dipshit who does whatever his "girlfriend" tells him to do. Even his fucking pet dragon is more true to himself, he scores with a hot dragonette and becomes king of a dragon underworld, and shows contempt for noodle arms...

Oh yeah and American Beauty, good flick.

veritourist • 1 point • 3 April, 2019 03:50 AM

Any John Wayne movie but especially True Grit.

framelessglasses • 1 point • 3 April, 2019 03:59 AM

A hero doesn't have a hero, but most followers do.

SubjectiveCompass • 1 point • 4 April, 2019 02:21 PM

I caught some interesting parallels in No Country for Old Men -- Both Josh Brolin and Tommy Lee Jones played men who seemed to know what they were doing, had a plan and didn't let people sway them. Brolin even reacted to his wife by telling her to stop nagging him or he'd take her in the back and screw her or something which made me laugh.

I'm not sure it was a main theme of the movie, but it was good to watch a film with stoic men doing shit.

Reach180 • 1 point • 4 April, 2019 03:21 PM

Lester is a Gamma.

An Angry gamma who lifts is still a gamma. His mental model hasn't changed. He's just mad at his wife.

Imaginary_Historian • 1 point • 4 April, 2019 06:14 PM

I would not say he was demonized or the oppressor, but portrayed as the anti-hero. Sure, Hollywood had to think of an ending that ultimately fucked it up but anyone smart can see how contrived that ending was.

DeanMaverick13 • 1 point • 7 April, 2019 12:30 AM

Watch The Little Rascals in reverse

DeanMaverick13 • 1 point • 7 April, 2019 12:39 AM

Also Hook. Robin Williams is a complacent lawyer with a dadbod. Wife doesn't respect him or open her legs. Then he runs Dread on her by flying to neverland, k closes with three mermaids and a fairy, starts working out, getting in shape, learns to fight, fly and Crow, kicks Hook's ass, flies home with the kids and fucks Mora and leaves nothing but his nuts hanging out.

UEMcGill • 1 point • 2 April, 2019 09:45 PM

They blew his brains out. It's not a spoiler after 20 years. They had a gay guy (who tried to diddle anybody he could when drunk) play a beaten down cucked husband and he got his fucking brains blown out. That should be the message you take away from this.

If you look for patterns you'll find them, but not because they are there.

kendallb183[S] • 2 points • 2 April, 2019 10:50 PM

I saw it as the guy starts building his frame piece by piece and ends up doing it successfully. You can see him change in exactly the ways redpill changes a man. For all the reasons I listed earlier. You don't call it building frame to stop taking shit from your wife, start living how you want to live, and stop taking it in the ass from your job? To me this is clearly building frame. I am a full believer though the ending was meant to put an end to the demonized husband who stopped following mommies directions. Hence the scene in the end where she's listening to the audio tape saying I will not be a victim over and over as she clutches a gun. Clearly portraying the feminine imperative.

I mean in several songs and movies you can see clear cut RP truths. In a romance movie, you can see masculinity demonized, you can see the woman is the prize, you can see that all dads are deadbeats who leave their children even though the mother is a psycho whore who just needs to be saved.

FixYourselfFirst • -7 points • 2 April, 2019 03:07 PM

Movies do not present useful examples of typical human behaviour. They are designed to entertain the audience. There's plenty of non-fiction books you can read to learn more about Frame.

SBIII • 17 points • 2 April, 2019 03:25 PM

This message has been sponsored by The Department of Stating the Fucking Obvious.

redwall92 • 6 points • 2 April, 2019 03:35 PM

Pop-up books are useful sometimes ... depends on the audience.

[deleted] • 6 points • 2 April, 2019 05:02 PM

Your post shows you don't understand character archetypes and how they're transmitted through stories.

kendallb183[S] • 3 points • 2 April, 2019 04:41 PM

Such is your opinion. I find that movies over exaggerate traits that may be subtle and unnoticed in normal interaction. It was from watching prozac nation I could clearly see what BPD looks like. My ex has it, and something about being in the relationship clouds the judgement and perspective. I admit I was rationalizing away her behaviors. The movie however, I was able to see from an outsider looking in these same traits my ex had... and as I saw the character show these traits and was appalled. Then I could see clearly my ex did these same actions yet I rationalized them away. This took the veil from my eyes. I've found certain movies can demonstrate things very clearly. But, if for you, you need to read something more concrete and less abstract, than good for you, I can respect that. To say that you are the judge of an absolute rather any person can or cannot obtain useful knowledge from a movie is a bit of a bold move I think though. Who are you to say what others can and cannot get from movies? Just because you don't like the color blue doesn't mean no one is able to like the color blue ;)

[deleted] • 2 points • 2 April, 2019 07:38 PM

Interesting place to make this critique, given the name of the sub and how it came into being.

slappysq • -7 points • 3 April, 2019 03:30 AM

Examples from fiction are useless and stupid. Reported.

kendallb183[S] • 2 points • 3 April, 2019 03:46 AM

Lmao, what ever dude.