

Is this what frame is?

May 5, 2019 | 292 upvotes | by [MajesticPitch](#)

I think I've finally understood it. Frame is when you react to things on YOUR behalf. Frame is when she talks to another guy you don't care. You don't react to her actions, but you react to yours. Frame is actually like indifference. You are your own man, you are isolated from everyone.

When a man loses frame and a woman dumps him, she says "He's not like the man I fell in love with". Losing frame is when you change FOR a woman. A man with a strong frame wouldn't care what his gf has to say. Frame is when you see things through your own lens, your own bubble. If a girl says that your shirt is ugly and you change it straight away - you've entered her frame. Frame is one of the most powerful things you should keep. Losing it will be the end.

This I have learnt from experience. I finally see it. Thank you!

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Comments

AstuteBlackMan • 115 points • 5 May, 2019 04:51 PM

If a girl told me she thinks my mom is a bitch and hates my dad (who are both objectively loving people) I'd be upset but I wouldn't show it. In the end I don't entirely care because I know for a fact they are great people.

If a girl says I have a small dick I don't care, in fact I'll probably laugh. If my dick is small and you fuck me more than once it's clearly not an issue.

I may be entirely wrong on this but that's how I view it. Just not reacting to her bullshit in a negative way or that's in a way that favors her

lifeisweirdasfuck • 78 points • 5 May, 2019 05:52 PM

You shouldn't even care if she insulted your mom.

Stoicism 101. Nothing can upset you. You just demote the bitch and next her.

Just my opinion.

MajesticPitch[S] • 37 points • 5 May, 2019 04:58 PM

1. If a girl said that, I'd be giving her a soft next. That's blatant disrespect. A man outside his frame wouldn't next. Because they'd be scared the girl would lose interest in them. They'd be scared to hurt their feelings.
2. Small dick, I'd laugh too. That's a shit test.

You're kinda correct. Frame is when you do stuff the way YOU want. Frame is reacting in a selfish manner. In a manner that benefits you. That's what I've realised from my experience. It's easy to maintain frame with random girls, their opinions don't matter. But with an LTR it's hard af, you start to develop emotions and start thinking about them. You start to naturally leave your frame. That's why LTRs are TRP on hard mode.

AstuteBlackMan • 14 points • 5 May, 2019 05:00 PM

Of course that's a next no doubt but at the end of the day I'm unfazed.

And yeah that's why a good portion of LTRs get ruined. If men held frame more bitches would fall in line. They do things solely for her benefit when it should be the other way around.

MajesticPitch[S] • 11 points • 5 May, 2019 05:04 PM

Agreed. Most LTRs get fucked over because of men losing their frame. Has happened to me before - only now have I finally UNDERSTOOD frame and I can now reflect on the times I fucked up.

[deleted] • 9 points • 5 May, 2019 07:58 PM

If a girl told me she thinks my mom is a bitch and hates my dad (who are both objectively loving people) I'd be upset but I wouldn't show it.

I get that you're trying to slough it off, but that's weak af.

AstuteBlackMan • 4 points • 5 May, 2019 09:34 PM

How the hell is that weak. I'd simply next and not show my emotions.

[deleted] • 10 points • 6 May, 2019 01:56 AM

How is it not weak? I'll not tolerate any dissing of my mother or father from *some broad*.

AstuteBlackMan • 2 points • 10 May, 2019 01:55 AM

And what the fuck are you gonna do? Go off on her and get mad? Waste of energy. F

[deleted] • 0 points • 10 May, 2019 01:59 AM

no, you just quit hanging out you dumb faggot

AstuteBlackMan • 2 points • 10 May, 2019 07:53 PM

Bruh that's essentially what I said you stupid as hell

[deleted] • 1 point • 10 May, 2019 07:55 PM

no it's not at all

how is saying 'hey, see ya around' and leaving the same as 'go off on her and get mad'?

you're the stupid one here

AstuteBlackMan • 1 point • 12 May, 2019 03:57 AM

Well I'm not saying "hey see you around" in both instances it's similar because you're done with her and you move on

Fake ass alpha shit you on online

[deleted] • 1 point • 12 May, 2019 03:59 AM

proof read lmao

tossoutjack • 67 points • 5 May, 2019 05:38 PM

Frame is BDE. It's what cool people have. It's a subtle confidence. It's like how you act when you have an ace in the hole.

krayono • 14 points • 6 May, 2019 12:05 AM

What is BDE?

bigbradhhhhh • 40 points • 6 May, 2019 12:08 AM

Big Dick Energy

Auvergnat • 25 points • 6 May, 2019 04:06 AM*

No that's not. It's more general than that.

Frame is the "agreed perspective in the interaction". It doesn't have to come from you. It doesn't have to come from anyone. It just is a framework that necessarily arises from human interaction. Two women can meet and start talking and a frame emerges from the conversation, without any BDE around.

Frame is not something you "have", "keep", "hold" or "lose". It's something you "are aware of" or "control".

Having BDE/mojo/charm is something you exude. Something that sets a particular frame that is very beneficial to you. But that's not all there is to the concept of frame.

Frame is not a tangible thing so it's best understood by remembering what you do with it. It's an exercise in high social skills. You have to (1) always be aware of the frame of an interaction, and (2) control it, but (3) resist giving the impression that you are trying to control it.

Watch videos analysing politicians speeches, lawyers defenses or sales pitches to be shown examples of how masterful frame control allows one to make an audience believe anything. They hint, deflect, power talk, insinuate, manoeuvre their way into making themselves (or their client) looking competent, victimised, trustworthy, or moral.

You first want to learn to recognize this as it happens (aka, be aware of the frame). Next you'll want to define what interaction subtext is most beneficial to you and influence it (aka, control the frame, for example among many other things by exuding BDE if the situation warrants so), and over time you want to learn to fine tune it so that it looks so real and congruent (aka, resist giving the impression that you are attempting to control the frame) that people are more eager to accept it.

mnsmon • 1 point • 6 May, 2019 09:40 AM

Thanks for this helpful summary! It sounds way more similar to what I heard about the concept of frame so far from blog posts and podcasts.

bluefingerblue • 31 points • 5 May, 2019 06:34 PM

Yeah pretty much. Frame is confidence in yourself, your world, your opinions, etc.

It doesn't mean you have to be a stubborn dickhead, but at the same time, don't change who you are just to please someone else.

Do what you like, talk about what you want to talk about, basically do you.

Girls will always try to pull you into their frame. It's your job to keep the dynamic within your frame.

So for example a girl might text you and say "hi how was your day?" And if you think that's a stupid question and don't want to answer, you might respond with something totally unrelated like "you see the last episode of game of thrones? So trash"

Or you might propose plans you know are gonna be fun, and she might say "oh I hate that place. Let's go to XX instead." Odds are her plans are gonna suck. Trust your gut. Don't follow her. So say "nah trust me it'll be fun, we'll check out XX another time."

These are just simple examples, but you understand what I'm saying? Frame is pulling people into things on your terms, instead of playing on their terms.

AdventurousParsnip2 1 points 12 June, 2019 06:12 PM [recovered]

And if you think that's a stupid question and don't want to answer, you might respond with something totally unrelated like "you see the last episode of game of thrones? So trash"

What if she responds with 'Uhm hello? That's not what I asked. I wondering how your DAY was.'

bluefingerblue • 2 points • 12 June, 2019 06:27 PM

Double down. "Yeah and I'm asking if you saw the last episode of game of thrones"

This is the perfect opportunity to hold frame. The fact you asked your question tells me you still don't totally get it.

TigerTamingSword • 8 points • 6 May, 2019 01:56 AM

One of the things that really helped me develop my frame is the concept of not seeking any particular reaction

from anybody when I do the things I do or say the things I say. You do these things because you want to. If you are a shy and self conscious person, you are probably terribly concerned with how people receive your actions and words, which can be inferred by how much you pay attention to the facial expressions of those whom you address. In short, if you ever worry about having a "successful" social interaction, you worry too much. If you do not have the IDGAF attitude, you can't develop frame.

Whisper • 9 points • 6 May, 2019 12:09 AM

Frame is *the context and expectations inherent in the interaction*.

Having frame control means that you define what the interaction is about, what the unspoken expectations are, and how it flows.

All speakers put *content* into a communication, but he who controls the *process* of the communication is controlling the "frame".

Think of it as a window that slides, exposing what is acceptable, and concealing what is not. You want to be the one moving the window.

MajesticPitch[S] • 6 points • 6 May, 2019 12:25 AM

Ok so what about this example:- You're with a girl and you start talking about sex and stuff. She seems interested and sex talk between you two becomes less "taboo". Have you controlled the frame? You've made what is acceptable and what is not??

Whisper • 2 points • 6 May, 2019 12:25 AM

Yes.

autonova3 • 6 points • 5 May, 2019 11:12 PM

It's the refusal to play anyone else's game.

SlappaDaBayssMon • 4 points • 5 May, 2019 06:03 PM

You've got it my dude.

[deleted] • 9 points • 5 May, 2019 08:13 PM

Frame is creating reality.

It's imposing that reality upon others and having them accept it as reality.

yoursislovesme • 3 points • 5 May, 2019 10:26 PM

So you're telling me now reality can be whatever i want?

[deleted] • 3 points • 6 May, 2019 01:48 AM

Well ask yourself, who is it that creates reality for others? Do we just magically all agree upon viewing things the same?

law_38 • 1 point • 6 May, 2019 06:23 PM

Reality is often disappointing.

syf3r • 3 points • 5 May, 2019 06:27 PM

I think that's a great way of describing it. The "on YOUR behalf" part really gets you there. You serve you. Your actions reflect the love of yourself. That you respect yourself prior to others.

Stoiced • 3 points • 6 May, 2019 08:11 AM

Your frame is how you perceive the world; having a strong frame means you're absolutely confident in your views which can be achieved with the backing of solid logical facts and evidence.

If you have a strong frame over a person, anything you say will most likely be accepted by the person with less resistance.

TheRedPillRipper • 2 points • 5 May, 2019 09:02 PM

I compare *frame* to your world view u/MajesticPitch.

How I view the world; how I *frame* that view is how I interpret information. The more information I have; the clearer my frame.

For example if my frame didn't have TRP to aid in viewing interactions with women; I'd take women's actions at face value. With the information TRP has provided; I frame the view of women's actions quite differently.

This for me is the essence of frame. Clearly understanding the world around you so you can clearly see the way forward.

Godspeed and good luck!

SouthernOhioRedsFan • 2 points • 6 May, 2019 05:36 AM

Indifference doesn't mean non-reactiveness, necessarily. You go down a rabbit hole of, "Am I reacting because I think she wants me to, or am I not reacting because I don't want her to think she can make me react?, etc.," which ultimately leads to self-consciousness, exactly what you were trying to avoid in the 1st place.

LSDparade • 2 points • 6 May, 2019 02:25 PM

I don't think here anyone has said it. It's about reacting logically and not emotionally. When someone insults you, you don't react emotionally. That's weak. it's about applying the right emotion given the context. If you can do that, you have frame.

Stateofbeans101 • 2 points • 18 May, 2019 09:48 PM

Frame is also who's "world" is dominating a social setting. If you were a rich chad like 50 shades of grey, and you invite her to your apartment, take her to ruth chris, take her to lavish great gatsby-tier parties, she is stepping into YOUR frame. If you were a beta bitch and followed her around to her friends houses to watch netflix and drink franzia, you're stepping into HER frame (her world). Yea.

thefks • 1 point • 26 September, 2019 08:55 AM

I was a student at a city last year and had a relationship for 4 months with a very independent woman. I was 25 and she was 32.

She grew up there so she had access to a lot more resources, social and not.

She knew rich people and parties and stuff. I naturally entered her frame. My circles were just students. That took me downhill until we broke up.

What else could I have done?

[deleted] • 4 points • 5 May, 2019 08:37 PM

An example with ugly shirt is a good one and must be remembered by all lurkers here. Yes, catering to woman's needs and wishes is quick way to lose frame and lose your value.

Recently my gf asked me to choose another pants for the trip abroad ("you never wear what I want you to wear!!!" she exclaimed and beta in me for a split second asked "maybe I should dress how she wants.."). But I

just looked at her funnily and said, well, I like my current pants and keeping them.

Curedinzel • 1 point • 30 May, 2019 03:00 AM

Sound good

needoptionsnow • 1 point • 5 May, 2019 06:09 PM

Frame is a fucking tetter totter.

Elephant_777 • 1 point • 5 May, 2019 06:48 PM

I think you described it perfectly. I also just had an experience that confirms how important it is.

319Skew • -5 points • 5 May, 2019 06:05 PM

Where's the question?

huey76420 • 4 points • 5 May, 2019 06:52 PM

Dawg its literally in the title

[deleted] • 1 point • 5 May, 2019 08:00 PM

that's what i was saying; he seems to have everything down

DeadlyCrape • 0 points • 5 May, 2019 07:01 PM

you are so dumb

[deleted] • 2 points • 5 May, 2019 07:59 PM

shut up you poopy head ☐

[deleted] • -1 points • 5 May, 2019 08:26 PM

Congrats, want a cookie

[deleted] • 1 point • 5 May, 2019 08:40 PM

no I want a cookie

haraishi • 1 point • 6 May, 2019 12:04 AM

I want the whole fucking jar

[deleted] • 1 point • 6 May, 2019 12:27 AM

You'll spoil your dinner

haraishi • 1 point • 6 May, 2019 12:56 AM

worth