

# [FR] Sort Of - [CN2] - Cliff Notes 2, For Intermediates: What Happens Next

May 20, 2019 | 80 upvotes | by [johneypocalypse](#)

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[FR] Sort Of - [CN2] - Cliff Notes 2, For Intermediates: What Happens Next

You've made it through CN1, [Cliff Notes - Primary Pointers for Beginners...](#)

So what happens next?

- You are prioritizing your needs. Always. Regardless of outcome. You have since learned how liberating this is. And how surprisingly easy it is. And how void-of-any-downside this is. You no longer feel guilty about your needs. You no longer barter for your needs. You no longer focus on someone else's needs. You no longer look at needs as anything other than something you own and are entitled too; you were born with them, they were anointed yours, and they are yours and yours alone. If you were prone to think of logic - which you now realize is often futile - you will appreciate how logical this really is - after all, you've been put on this planet earth for you, and only you, so why focus on anyone or anything else?
- At the same time you will come to realize that the world is not logical, that logic can only take you so far, that the world is full of chaos, disorder, and anarchy, and that you must be - or at least be comfortable rolling with - chaos, disorder, and anarchy - especially if you want more than to simply succeed, but instead, to thrive and to win. I get it, your slide rule gets your spreadsheet done, but there's more to life than your fucking spreadsheets.
- You are a demanding mother-fucker. You are bossing your wife around. You are even pushing her around, sexually. You will push her boundaries, sexually. She will surprise you - perhaps - and push your own. You won't (1) second-guess this, (2) over-think this, (3) wonder why she's doing this, (4) ask questions about her past sexuality, or (5) wonder - as so many of you assholes so regularly do - if she's [a] cheating, [b] thinking about cheating, [c] contemplating cheating, [d] analyzing cheating, [e] looking at photos of nude men, [f] dreaming of cock, [g] browsing plenty of fish, [h] dialing hook-up numbers at the back of the times, or the like - but instead - you will simply enjoy it. E-N-J-O-Y. There's no "wondering," "speculating," or "worrying" in enjoy.
- You might even realize that the dude who wrote - last week - in this same sub - that you can't have as much passion twenty years into a relationship - or 15 in my case - as you could at the beginning - might possibly be wrong - and that some people can actually have more - way more. It's weird, perhaps, but it's true. I wouldn't have believed it myself.
- At the same time, you will stop focusing on your wife anyway and instead focus elsewhere, perhaps even too much, reminding you occasionally not to get your dumbass back in this same position again, and reminding you further, maybe, that you were prone to ignoring her in the first place and, hey, look where that got you. Your shit is so together, now, that all you need is the brief reminder and nothing more. While perhaps putting on a belt was hard for your prior, you are now juggling a hundred things, even a thousand, and prioritizing and executing and succeeding. So all you need is that one simple reminder and nothing more. No longer is the proverbial ship hurtling towards inevitable wreck on a dark and stormy night; instead, you simply adjust, you move, and you evolve.
- Your body will be holy-fucking-shit hot. Even to you. Yes, you will be surprised by how hot your body is. You will think "damn, I used to envy a body like this on the cover of a magazine like that" and then one day you will catch your reflection in the mirror, or the passing pane of a bus stop, or

in the window of a nearby parked car, and you will think "holy shit." You might instinctively want to think lots of other things but you are, simply, amazed. Stunned even. This is perhaps the hundredth time you've had such a thought, but this time it hits you hard.

- If you've been thinking things like "holy shit" then you will start thinking even crazier things, like "look how fucking muscular my neck is and how good I look wearing v-collars - not dumbass musclebound meathead asshole v-collars down to your waist - but cool v-collars that you'd see on a part-time model sunbathing in Formentera on a warm summer's day."
- Above all, though, you won't fucking think "damn, if only"...
  - "If only I'd done this sooner."
  - "If only I'd done that sooner."
  - "If only."
  - "If."
  - Fuck that sailor. Even if you're not a sailor, like stony was, fuck that.
- Speaking of which, you stop catastrophizing in general. Yah, that's a word. And a behavior. Sure those reactionary behaviors were helpful once when you lived in fear for your life each day because a sabre tooth tiger had been hunting your tribe since you left eastern Mongolia, but shit dude, they're not so helpful today just because your TPS reports aren't ready.
- Back to the v-neck above, you will occasionally think "damn, I've become shallow and I am focused on looks and muscles and veins and protein powder and creatine and testosterone and my neck" and that will only last a minute - and those minutes will become even smaller over time - turning into mini-minutes - and you'll think "fuck you asshole of course you are hot and of course your neck looks good and right now I have the hottest neck amongst this sea of collared-shirt-wearing, not-so-good-neck-showing assholes, and you know what, that's the goddamn real way of the world and that's my reality and that's the way it should be and forever will be."
- And your wife, whose past boyfriend was a bodybuilder, whom she injected in the ass on the regular, well, she is insanely hot over your body. My body. Shit, how'd my wife get into this. Well, we'll give her one entry and that's it. *My body makes her wet.*
- Oh, and since the wife got one mention I have to point out how you won't think "wow, do I make her as wet as her hot, bodybuilding ex-boyfriend?" You won't think that because you're neither (1) an asshole, nor (2) an inbred west virginia coal miner, nor (3) an anemic homosexual dumbass who doesn't know his ass from his elbow, nor are you (4) a douchebag who knows by heart the lines of every rick and morty show and where all the loot is hidden in fortnite... fuck you.
- If you have struggled with X, or Y, or Z, then you will have conquered those struggles. Why? Because you have finally recognized, months, maybe years ago, that those struggles, perhaps struggles with addiction, were defining you, and maybe they were beating you down, and maybe they were even defeating you until that day you chose to win, to win it all, to win at all costs, and let nothing defeat you. That thing you want, to be the best man you can be, it is your new mission, or maybe it was always your mission, but now you're like the bionic man who can beat anyone and anything, even the bionic sasquatch, so you have a bionic mission. Just remember, though, your mission is but a part of your larger vision, and your vision is the most important of all. It took you years, but you finally figured that out.
- You will write a post like this and for a brief moment you will think of the dumbass blue pill - stupidest phrase ever - next to red pill - assholes who will look at this post and criticize, and point out how pathetic you are, and they'll have lots of valid and logical and understandable reasons why - and you will realize that many men thinking that would love a day in your shoes and many

women would love more - even if, of course, they cannot admit that and never will 'till their dying days - even if, further, they can't even appreciate the error of their ways because they have not traveled along the path you have traveled - they have not scaled the mountain you have scaled - and they have not arrived at the promised land - a land that - with jaded eyes and a clouded heart - you yourself did not believe in when simply putting one foot in front of the other so long ago.

- You will find within you the mastery of your mind, that beguiling beast of a creature that has martyred you for years. You will find satisfaction. You will find peace. You will learn to conquer your mind and understand that it is but one part amongst many, a piece of a larger whole, and you may even learn to turn down the noise, and tune the radio to one station instead of listening to them all at the same time, drowning out your mission and your vision with so much rumbling in the background.
- But you will not be satisfied with that peace because you are chasing something larger, something fleeting, something running faster than your own abilities to harness it. But you will chase it down and defeat it - and that is the next big thing, the next new adventure, and the next world to conquer.

p.s. This is real. No homo, homo.

p.p.s. One last point, for advanced<sup>3</sup> - next chapter, next year - which this in some ways already is - understanding that I rode the expedited route, sort of like the crazy train:

You fear nothing. You fear no one. You live for yourself. You conquered that one last thing that challenged you - anhedonia - and you suspect it took nothing more than an increase in testosterone. Real anhedonia. Real adrenal fatigue. And real - and insane - results. All with a little injection. Of course that came after you conquered your early death itself, which took a little longer and was a little harder. But did result in what you were looking for. Shit.

You will approach any woman at any time. You will defend yourself and your family under any and all circumstances. You will not put up with shit, ever, while remaining cognizant of the craziness in the hearts and minds of men. You will beat your opponents, you will catchup to those who have lapped you, you will want it more than anyone else, whatever that "it" may be.

You actually believe all this crazy shit above.

But, balancing the scales, you look back and realize "I've conquered so much, so often, so hard, and so furiously" and wonder "what more is there to conquer" and you'll go fucking find it and you'll do it and in the process you'll do her and you'll do her a lot.

**(Shit, she showed up again. Well, I have to remember my audience.)**

p.p.p.s. If you don't like my post, go fuck yourself and regret your behavior after - keeping in mind that I curse you to a life of mediocrity and servitude. Besides, if you really don't like my post then I bet even your kids don't respect you. And, your parents are not proud of you. Plus, your boss is gonna give that raise to the other dude, even worse the intern. As for your TPS reports, well, fuck you, they suck. No one would ever create an entire television series around your shitty reports. You probably like golf instead of football. And in the world of golf you are more like that asian girl than Tiger Woods, asshole.

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## Comments

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Chump\_No\_More • 7 points • 20 May, 2019 08:25 PM

You will find within you the mastery of your mind, that beguiling beast of a creature that has martyred you for years. You will find satisfaction. You will find peace. You will learn to conquer your mind and understand that it is but one part amongst many, a piece of a larger whole, and you may even learn to turn down the noise, and tune the radio to one station instead of listening to them all at the same time, drowning out your mission and your vision with so much rumbling in the background.

This is exactly what becoming your 'Mental Point of Origin' looks like.

This is some good shit, brother.

johneyapocalypse[S] • 2 points • 21 May, 2019 11:07 AM

Rock and roll.

Chump\_No\_More • 2 points • 21 May, 2019 02:23 PM

Yup.

As an Electrical Engineer by trade, I've often used, "isolating the signal from the noise" to describe building frame and becoming your MPoO.

Apparently, great minds do think alike.

RStonePT • 1 point • 22 May, 2019 10:35 AM\*

deleted

Chump\_No\_More • 2 points • 22 May, 2019 04:06 PM

Understatement? It's a bit more 'approachable' than what I specifically do for a living.

How the RP, and re-prioritizing myself, put me on the path to the life I now enjoy is a much more interesting story.

BobbyPeru • 6 points • 21 May, 2019 05:14 AM\*

people can actually have more - way more.

You just destroyed the blue pill rule number 1. These guys telling jokes about how marriage kills the sex-life.

I'm 12 years in, 10 years married, and our sex is better than ever due to MRP

wonder - as so many of you assholes so regularly do - if she's [a] cheating

Oh man, this took me a long time. Then, I started realizing the man I've become isn't someone she'd want to cheat on, and all that BS fear went away

Solid breakdown

johneyapocalypse[S] • 4 points • 21 May, 2019 11:15 AM

Thanks dude.

Regarding the cheating... it could be liberating... it's like a fucking hall pass to get a better divorce deal and

go out and have lots of revenge sex with lots of revenge thots.

wadearave • 4 points • 20 May, 2019 04:13 PM

Everything I needed to hear today. Thanks.

johneyapocalypse[S] • 1 point • 21 May, 2019 11:07 AM

Glad I could help. Sometimes you just need to be at the right place at the right time.

BigAjax • 4 points • 20 May, 2019 10:00 PM

Pretty sure this post has given me a four-hour boner

johneyapocalypse[S] • 1 point • 21 May, 2019 11:12 AM

I hope you enjoyed it, lol.

RStonePT • 3 points • 20 May, 2019 05:32 PM\*

deleted

johneyapocalypse[S] • 2 points • 21 May, 2019 11:11 AM

Ten years RP or ten years my experiences? Could probably be both, sailor. :-)

RStonePT • 3 points • 21 May, 2019 01:21 PM\*

deleted

red-sfpplus • 3 points • 20 May, 2019 09:48 PM

Your body will be holy-fucking-shit hot. Even to you.

Hot yes. But I will always be small....

Small and fat....

And good post. I have nothing else to say.

johneyapocalypse[S] • 3 points • 21 May, 2019 11:12 AM

Bro I've seen your photo you look pretty damn hawt to me, 73.2% homo.

itiswr1tten • 3 points • 21 May, 2019 04:54 AM

Good post. Once you're past yourself, everything is irrelevant.

The next step is getting over the existential crisis of "meaning", because to get over yourself commands your brain to search.

There is an ultimate meaning. You. You understand it because you told death to fuck off and what not, but there are tons of dudes who will miss your point.

I'll throw a flower on your grave if we get acquainted.

johneyapocalypse[S] • 4 points • 21 May, 2019 11:12 AM

My graveyard days are over.

MrChad\_Thundercock • 3 points • 21 May, 2019 12:33 PM

Nice write up.

“You will not put up with shit, ever, “

In my old blue pill days, I was too nice <sup>tm</sup> (too much a pussy) and put everyone else before me. I think back and laugh (cringe). I used to apologize for shit- walking down the hallway at work, being in front of someone in line, fuck.. the blue pill narrative (and religion ) runs deeps... apologizing for my fucking existence.

Fuck that shit.

johneyapocalypse[S] • 3 points • 21 May, 2019 01:16 PM\*

Glad to see you drop by, this place is more fun when you're around.

i-am-the-prize • 3 points • 21 May, 2019 09:00 PM

I now listen to the words about to come out of my mouth before I let them leave. And I stop the ones that do not deserve verbalization.

The unwarranted, un-needed, un-justified - "Sorrys" were like verbal roaches, everywhere and hard to kill. I even find myself wanting to say "thank you" too much. So passive, so anti confrontation, so fem-psych.

Being aware of the problem is a start, damn I too look back and cringe and it motivates me to be stronger.

NMMNG - my father/mother/childhood situation was uncanny to his examples. I kept putting the book down and throwing cold water on my face, looking in the mirror, murmuring - "what the fuck, is it really due to XYZ? " and thinking of BP in media, society, college, womens studies majoring girlfriends (yes, I dated a "womens studies + psych double major" at an ivy league school - she went there, i did not) holy shit was I BP'd and nodded and smiled to get laid on her terms. So so fucking lame. Sure i got laid, but at what price?

hystericalbonding • 2 points • 20 May, 2019 05:17 PM

Nice post. Like The Family Alpha but with the voice of more experience.

Some people go the opposite way on fear after a life-threatening event. If your mission is life, maybe you want to live it to the fullest, or maybe you want to protect it and become fearful. The latter is totally understandable, but utterly unfuckable. You made a good choice.

johneyapocalypse[S] • 3 points • 21 May, 2019 11:11 AM

Early on I read some Esther Perel, who dives into this subject with Holocaust survivors. She writes about it but Triadis summed it up better: get busy living or get busy dying.

By the way, regarding that little comment of yours a few days ago. I had become one of the world's experts on my disease. I think I must have been in the top ten in the world, seriously. Certainly top 100. Easy for me, too, because I only needed to learn about one thing, then a second, as opposed to many.

But I didn't know shit about the steriods side of the equation, especially my treatment, which required a lot of them.

Fuuuuck. I went through each of those items you mentioned, but it was the big one that was the huge surprise. That was sheer craziness and the one point that was just too fucking hard to handle.

My wife helped get me through that.

silversum1 • 2 points • 20 May, 2019 06:41 PM

Good fucking write up.

johneyapocalypse[S] • 1 point • 21 May, 2019 11:13 AM

Glad you enjoyed it.

[deleted] • 2 points • 20 May, 2019 07:43 PM

This is some inspiring shit right here.

johneyapocalypse[S] • 1 point • 21 May, 2019 11:13 AM

I'm happy to inspire you. I was inspired by others. Life is funny that way.

[deleted] • 2 points • 20 May, 2019 08:04 PM

This post is a work of art.

johneyapocalypse[S] • 3 points • 21 May, 2019 11:13 AM

It's actually non-fiction.

centaursg • 2 points • 20 May, 2019 11:05 PM

This is great. I keep coming back to read it over and over again.

johneyapocalypse[S] • 2 points • 21 May, 2019 11:14 AM

Read it once, absorb it, apply it to your own life. Don't get caught up reading so much like so many faggots.

centaursg • 1 point • 21 May, 2019 06:24 PM

Thanks. I fail to internalize all of this and I keep coming back to see what did I miss :)

BarracudaRP • 2 points • 21 May, 2019 08:50 PM

+1 and saved. Damn there's a lot packed in here, I must have said "hell fucking yes" at least 3 times while reading it.

You really captured the types of thoughts that go through our minds when real change is taking place. Not just the new behaviors, but you nailed the mental shift that takes place behind those behaviors. Getting over her exes, killing the ego while leaning into the cocky admiration of your veiny neck, overcoming our own minds and addictions.

Just excellent stuff, brother.

johneyapocalypse[S] • 2 points • 22 May, 2019 12:33 AM

hell fucking yes.

GoodWillFunky • 1 point • 21 May, 2019 10:05 PM

This post is cathartic. Thanks for taking the time to post this. Have a deserved upvote.

johneyapocalypse[S] • 1 point • 22 May, 2019 12:33 AM

You're welcome.

HerukaArisen • 1 point • 22 May, 2019 10:32 AM



You are prioritizing your needs. Always. Regardless of outcome.

This has been really difficult for me. What helped me, was going back to a very specific situation in my childhood where I learnt that compromising my own needs will make me loved. In my case, this was an incident where I learnt to prioritize my mother's needs over mine. When you realize how fucked-up this is, you can easily let go of it.

This may sound like faggotry, but it was the thing that finally liberated me. First, I understood that it is indeed possible to prioritize my own needs and still be loved. And then you learn to prioritize your needs regardless of outcome, because you understand that is the only real and authentic option.

johneyapocalypse[S] • 2 points • 22 May, 2019 12:10 PM

Unless it was a repeating pattern over time, be cautious about attributing too much gravitas to one particular situation in childhood, unless you were gang-raped or something. If it was indeed a recurring pattern, then by all means learn from it. Understand, though, that recognizing the problem is but the first step in breaking through and destroying it.

HerukaArisen • 1 point • 22 May, 2019 02:53 PM

Paying attention to an individual situation can uncover a pattern. This is why we do field reports, too, right?

recognizing the problem is but the first step in breaking through and destroying it.

You're absolutely right. Then again, not recognizing the problem may lead to trying to fix the wrong thing. One's wife, for example.

johneyapocalypse[S] • 1 point • 22 May, 2019 03:38 PM

Very good grasshopper.

Taipanshimshon • 1 point • 22 May, 2019 10:11 PM

I'm gonna have to patent the Fuck You sign off

johneyapocalypse[S] • 1 point • 22 May, 2019 11:29 PM

Only if I can trademark gay unicorn.

bogeyd6 • 1 point • 26 May, 2019 11:13 AM

You can, but then you are known as THE gay unicorn.

johneyapocalypse[S] • 1 point • 26 May, 2019 04:55 PM

Sheeeit.

You have a good point. :-)

BurnedRemains • 1 point • 25 May, 2019 02:01 PM

Thank you for the kind words, sir.

BluepillProfessor[□] • 1 point • 15 June, 2019 12:16 AM

This style vaguely reminds me of an entry in the Meditations which makes you freaking Marcus Aurelius. A very good summation of the mental changes from MRP.