

A sincere thank you.

June 6, 2019 | 810 upvotes | by [ThiccBoisClub](#)

Three years ago, I was overweight, working a dead end job as a bank teller after my university undergraduate degree, I was in love with a girl who just went through a bad breakup and I wanted to play 'Captain Save a Hoe'. Thankfully, she rejected me.

I'm thankful.

Thankful for the shitty situations I was going through in my life.

I was depressed, hopeless, and hated myself.

I met a friend of mine who introduced me to this sub. From there I went through the regular stages every blue pill man goes through when they make this discovery. I read posts, oh so many posts, then books, videos, whatever I could get my hands on.

Over the last three years I...

Got back in shape, went back to university to finish a second degree, got accepted to my dream professional school program which sets me up indefinitely financially - this wasn't easy as I had dumpster shit set on fire grades from my 1st degree. Everyone from my friends, relatives and parents told me to stop, quit and start earning money. I said fuck you and kept working on me.

I spinned plates, rejected girls I would never dream of rejecting 3 years ago. This isn't necessarily an important part of my journey but it's like the cherry on top of the sundae.

I stopped giving a fuck. I cut out toxic people in my life, stopped (most) toxic habits that were dragging me down. I built discipline, learned resilience, learned that defeat and rejection literally made me more hungry, and I learned that fear and risk are huge motivators.

More importantly I came to a point where I'm finally happy and in love with myself and what I've become. I walk around feeling like I can do anything and I can't describe what that feels like. It's euphoric.

I won't sugar coat it for you: it was fucking hard, gruelling and sometimes felt demotivating. But I grinded every single fucking day. I didn't stop and I haven't yet.

This community has truly changed my life, and I thank you for that.

Archived from [theredarchive.com](https://www.theredarchive.com)

Comments

AutoModerator[M] [score hidden] 6 June, 2019 06:16 PM stickied comment

Why are we quarantined? The admin don't want you to know.

Register on our backup site: <https://www.trp.red> and reserve your reddit name today.

I am a bot, and this action was performed automatically. Please contact the moderators of this subreddit if you have any questions or concerns.

HumanSockPuppet • 198 points • 6 June, 2019 07:52 PM

We provided the guides.

You provided the sweat.

Good job on your journey *so far*. There's more to come, and it gets even better with sustained effort.

SexdictatorLucifer • 21 points • 6 June, 2019 10:44 PM

Theres always a new plane you cant comprehend yet. The feeling of ascending to it always catches me off guard. For some reason, its usually when I feel I'm trying the least?

Hviterev • 6 points • 7 June, 2019 08:57 AM

It might feels like you're trying the least because you have integrated the last lessons and you're free to take a new one?

KungfuCatcus • 158 points • 6 June, 2019 06:30 PM

Damn you really put the succ in success! Way to go, brother! 6 months in myself and addicted to the grind.

[deleted] • 56 points • 6 June, 2019 07:18 PM

I'm laughing too hard at this succ joke.

eddimioa • 31 points • 6 June, 2019 08:31 PM

Well you gotta embrace the succ

Hviterev • 8 points • 7 June, 2019 08:56 AM

embrace the succ

go with the blow

inspire to aspire

move your diaphragm to not be sham

Alright I'm done.

bestsparkyalive • 125 points • 6 June, 2019 09:05 PM

This is why we're quarantined. We're evil.

giantsrocker • 63 points • 7 June, 2019 12:11 AM

I'm totally fine with having this gem all to our cool selves.

redpillcad • 26 points • 7 June, 2019 10:56 AM

The bluepill says cutting out toxic people, telling off crabs in bucket losers, and rejecting women *is* evil.

WHY?

Because a man who puts his mission first cant be easily exploited

grandmasbroach • 2 points • 10 June, 2019 10:46 PM

Has there been any updates to the quarantine? Or, are they just ignoring us now?

bestsparkyalive • 4 points • 11 June, 2019 01:25 AM

It will never be brought out of quarantine

bruiser18 • 30 points • 6 June, 2019 09:50 PM

When you hate yourself and your situation so much that the only way you can go is up, that's when you become addicted to the grind. That's when you succeed.

Congratulations on your success so far.

INNASKILLZ2K18 • 10 points • 7 June, 2019 12:39 PM

When the fear of staying the same, becomes greater than the fear of change. Nice.

cursedflame • 28 points • 6 June, 2019 06:57 PM

You go bro, you go. Love this kind of posts.

shea_the_great • 26 points • 6 June, 2019 10:54 PM

I've come to realize Red Pill Theory really boils down to a mentality for men to work towards becoming the best versions of themselves.

It is therefore not surprising that I have read this post today.

Good for you buddy.

FaustoLG • 34 points • 6 June, 2019 06:49 PM

"I won't sugar coat it for you"... Only females want it that way...

If life is like chile, well it's a spicy dish, so... No Problem!

[deleted] • 48 points • 6 June, 2019 07:26 PM

That's really what TRP is all about. Thanks for sharing, everytime I read of a success story it boosts me.

Keep focussing on that grind. Don't let complacency find its way back in.

alphabachelor • 15 points • 7 June, 2019 02:27 AM

And this is why the SJWs and feminists hate us. We liberate men, turning them into masters of their destiny. Only answering to themselves.

Never stop learning, lifting and growing. Godspeed.

Obediah_Stane • 14 points • 6 June, 2019 11:05 PM

You've completed the first and hardest step, getting out of the blue pill blackhole that most people are still stuck in and will never escape. Next step is refinement. Refining yourself as a man and your newly discovered skills and traits.

ugluk1 • 24 points • 6 June, 2019 08:22 PM

That hoe, who rejected you, will now want to come back.

novalentineforyou • 33 points • 6 June, 2019 09:45 PM

Even better: OP will stop caring about girls who rejected him.

ugluk1 • 18 points • 6 June, 2019 09:49 PM

He's in love with himself now. Irresistible.

ZeppKfw • 10 points • 6 June, 2019 08:46 PM

Yeah and she will try to be the "Good Innocent Girl" to OP.

Also, congrats OP! You earned it.

frooschnate • 4 points • 7 June, 2019 06:47 AM

You'll get out of the anger phase soon

L0nerizm • 11 points • 6 June, 2019 09:50 PM

What did you study for grad school man? Good job btw

bigballer29 • 5 points • 7 June, 2019 05:10 AM

Second this, and big ups my guy

Bulkyboiii • 9 points • 6 June, 2019 08:35 PM

Inspirational transformation! What are the most helpful things you've read or watched on your journey?

TheBadGoy • 10 points • 7 June, 2019 12:42 AM

That will be 2000 dollars my friend, we accept credit cards :)

L3onard3 • 6 points • 6 June, 2019 09:04 PM

I think you meant you spun plates. But as we all know, there's always room for improvement.

Soon_As_I_Nut • 6 points • 6 June, 2019 09:10 PM

Your insatiable drive will never be quenched now. It is both a blessing and a curse.

SoulRedemption • 5 points • 7 June, 2019 01:05 AM

Congrats on your long journey and the achievements!

Care to elaborate a bit more on the toxic habits and how you cut them out?

ThiccBoisClub[S] • 21 points • 7 June, 2019 01:20 AM

Cut out video games, to the point where I comfortably reintroduced it as a 'reward'

Cut out pornography indefinitely

I don't practice NoFap, but I reserve when and how long I will go until I masturbate (for discipline and resisting the urge) - this is also shown to show an acute increase in Testosterone if done in small breaks (every 7-9 days).

I became addicted to the gym, and studied nutrition and physiology indepth - this gave me the tools, background knowledge (science), and blueprint on how to start, maintain, and successfully continue into body recompisition. I was never unfit, but I was fat and lifting tons of weight. I just became smarter at what I did.

Time-FUCKING-Management - there's not much to say about this, I got my shit together and organized my life through planners. Do this enough time and the habit just becomes a part of your autonomous everyday life.

Alcohol - This one is an up and down for me. I drank ALOT in school. It was alot of social opportunities for me to grow, but it came to a point where I was just tired of waking up hungover 2-3x a week. I was worried about my liver. I started drinking *less*. Every now and then I'll still go out and enjoy myself, I'm by no means cutting it out cold turkey. But it's still something I struggle with to completely cut out of my life.

SoulRedemption • 6 points • 7 June, 2019 01:25 AM

Thank you for the extensive elaboration.

Great work!

LSDparade • 1 point • 7 June, 2019 04:06 PM

Whats your experience with psychedelics? They kick-boosted my self improvement journey.

[deleted] • 2 points • 11 June, 2019 12:04 PM

They rewrite paths in the brain and give you a "afterglow" that lasts months. Only 1-2 a year depending on the experience and set and setting ofcourse. It is how you use your afterglow that decides if it's good or bad for you imho. It's almost been a year since I've done MDMA and 1,5 years since I did LSD (which is my favourite by miles, mdma fucked up my dopamine & serotonin because I could not keep it at 5-6 months apart) I digress, psyches are great if it's your thing and you use it correctly, I barely ever drink, instead I smoke Marijuana when I've earned it (preferably) and now I've never felt better tbh. Long way to go but I've finally put my feet out the door. Hahah this went on but I had nothing to do rn as I'm waiting for an appointment ^

Cum_Victor • 4 points • 6 June, 2019 10:41 PM

Good work, but the saga continues.

Twistedcaligrapes • 4 points • 6 June, 2019 08:44 PM

Congrats brother. The journey is not done. Keep grinding- every fucking day...be better. You got this!

look_up_there • 2 points • 7 June, 2019 01:47 AM

Fuck yeah man. I'm on that journey too and I'm properly loving life for the first time ever. I think it only gets better too

Cryptoguru777 • 2 points • 7 June, 2019 07:25 AM

Now enjoy it and f*ck these ho's to sleep. You earned it.

ZealousFeet • 3 points • 6 June, 2019 11:45 PM

Fuck, who's cutting onions by me? I'm happy for you guy! Gives me to motivation to never give up as well.

Cheers!

memedealet22 • 1 point • 7 June, 2019 01:38 AM

if you could sum up the best things to do(like in life). what would it be?

ThiccBoisClub[S] • 9 points • 7 June, 2019 01:45 AM

Take the risk. If you're unhappy, make that decision that will make you less unhappy. And most importantly, you're the only person that is born into the world by yourself, you also leave this world by yourself, thus make yourself happy at every opportunity you can and don't rely on others to make you happy.

I_Love_Every_Woman 1 points 7 June, 2019 11:56 AM [recovered]

What if taking that risk has the potential to fuck up my life ?

Frenetic_Zetetic • 1 point • 7 June, 2019 08:09 AM

The art of personal transcendence, brought to you by your own efforts and accurate, actionable information. Congrats my man keep it up.

ShadowInSoul • 1 point • 7 June, 2019 09:12 AM

Thanks for sharing man, now you're motivating us to improve ourselves, guess is a never ending cycle :)

[deleted] • 1 point • 7 June, 2019 09:33 AM

Nothing much to say except good for you bro, you earned it.

nyxlucis • 1 point • 7 June, 2019 11:38 AM

We've all been you at some point. Great job buddy.

xavijo • 1 point • 7 June, 2019 12:15 PM

Good stuff brah. What degree did you end up going for?

silent_dominant • 1 point • 7 June, 2019 01:37 PM

Last aline hits the nail on the head man. You're awesome

SeasonedRP • 1 point • 8 June, 2019 11:17 AM

Once you start accomplishing things in any endeavor, it spills over into other areas of your life. It sounds like you are experiencing that. You figure out that yeah, with discipline, I can improve my physique and up my bench press by 50 pounds. That mindset carries over to school, to career, and other aspects of life. The important thing is you develop self confidence and recognize you have worth. Good job and keep moving forward. Don't get complacent.

Zech4riah • 1 point • 11 June, 2019 01:50 PM

Excellent, now the hard part. Maintain your drive to excel for the rest of your life.

Itscommonsensebro • -3 points • 7 June, 2019 03:12 AM

I shaved my beard, trimmed my hair, and started being a nicer person. That's all it takes if your good looking but shy!

Hviterev • 5 points • 7 June, 2019 09:00 AM

What are you on about mate?

zerotakashi 1 points 6 June, 2019 08:00 PM* **[recovered]**

as a female, I totally want to learn from you. I am tired of being played by guys. I have avoidant personality disorder, and it makes it hard to branch out because my parents neglected me, but the hyper rapid-republican guys I'm thinking of can't accept that I like metal, I lift, I'm loud, and I'm insecure, so they label me as crazy. They'll cry when I get my med degree and have my own businesses. I won't give a fuck about whether my husband is democrat vs. republican.

EkMard • 18 points • 6 June, 2019 08:25 PM

You'll get better advice on the RedPillWomen subreddit. It is against the rules of TRP here to announce yourselves as a woman. Take this comment and post it in its proper place.

[deleted] • 16 points • 6 June, 2019 08:50 PM

I like metal, I lift, I'm loud
My voice is scratchy and kind of deep
I don't wear makeup because it's impractical
Why fix myself just so I can cater to those I **hate** better?
Even among men, my abilities are in a high percentile

Sounds like you need to tap back into that feminine energy you were born with, RPW can help you with that. TBH, you're not going to get any sympathy here, for obvious reasons, but don't let that discourage you. And try not to be so competitive in regards to men, no self-respecting man wants to date another man, unless he's gay..

zerotakashi 1 points 6 June, 2019 09:49 PM **[recovered]**

I don't trust in anyone to take care of me. Being feminine is a privilege. Even long hair takes a while to shower.

olimpicus • 6 points • 7 June, 2019 01:38 AM

Dude stop the daddy issues just don't compare Y yourself to men lol

Imperator_Red • 10 points • 6 June, 2019 11:24 PM

as a female

Announcing yourself as a female is against sub rules.

zerotakashi • -1 points • 7 June, 2019 12:09 AM

well whoops. I don't care. Ban me. I was just ranting.

ZeppKfw • 9 points • 6 June, 2019 09:10 PM

I think you may be indeed crazy.

[deleted] • 5 points • 7 June, 2019 12:40 AM

A woman on this subreddit? You should go to redpillwoman. This isn't for you.

zerotakashi 1 points 7 June, 2019 12:46 AM [recovered]

I'm in a bad mood, so I'll reply. Guess what? I don't google 'women blog' or 'woman reddit'. It's impractical and weird. I've never been treated differently for being a woman. Even worse because of how naturally aggressive I am and because I'm not full of unicorn shit and flowers.

mlin1235 1 points 7 June, 2019 12:55 AM [recovered]

Ok. Just saying red pill is normally for guys trying to get girls. How did you learn about this sub btw?

chronogumbo 1 points 6 June, 2019 10:18 PM [recovered]

From the pictures of your eyes, at least (and just posting shots of your ass and spread eagle shots), you're not ugly, you just sound unpleasant.

The classic "guys don't know how to treat me" sounds like a defense mechanism. How the fuck old are you?

zerotakashi • 0 points • 7 June, 2019 12:28 AM

well then why don't guys treat me better? Why do they tell me that, physically, I'm a 6/10 or that I look goofy? Why has every guy I relied on, family or friend, let me down? Maybe it's sour luck, but if I have this kind of luck, I really don't trust someone like me fitting in enough to be seen as normal enough for guys to want me.

chronogumbo • 6 points • 7 June, 2019 01:46 AM

Ever hear the phrase if it smells like shit everywhere you walk, check your shoe? Take personal responsibility, figure out what *you're* doing wrong, and then go from there. People will treat you how you allow them to treat them so cut the victim shit out.

I used to be the gender swapped version of you. I wasn't fit, I didn't act masculine enough, and that's why women didn't want me.