

TRP view on Instagram

June 12, 2019 | 114 upvotes | by [lifeisweirdasfuck](#)

I deleted Instagram a lot of time ago, and that brought up many benefits.

First, I stopped seeking external validation. Realising 99% of the guys/girls stay on instagram to seek validation is astonishing.

Second, no more body dysmorphia and comparing myself to others. This was huge for the development of my own frame.

For last, much more free time and focus on what really matters in my life.

Now, I'm just wondering. Should I delete myself from Instagram completely? It serves me no real purpose, really.

I've got <500 followers and I've got nothing apart from my physique and above average looks.

I feel like Instagram only serves people who are already successful in life, who have real shit to showcase. Who have pics with bitches and cars and shit that displays high smv.

Point is, I'm 20. Some will say "Delete it completely" and I understand why they say it, BUT At my age, 99.9% of people use it. I've searched some posts on here with a similar question and some said "Having it at your age is a must to get laid" or shit like that.

What do you think?

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

Comments

Non-Cookie-cutter • 148 points • 12 June, 2019 10:06 AM

If you're attractive, it's good.

If you're not attractive, it's bad .

Exactly like tinder really

lifeisweirdasfuck[S] • 27 points • 12 June, 2019 10:16 AM

I'm above average in both face and physique. Guess I just need to post more (quality) photos to really see if it's worth it.

LiLBoner • 46 points • 12 June, 2019 11:08 AM

Above average isn't enough. Women rate 80% of the men below average and only 7% above average (the remaining is considered average) so the best case scenario you're considered average and still won't get significant attention.

glenthedog • 39 points • 12 June, 2019 12:22 PM

Remember guys this is online

DBOLsinyourmouth • 14 points • 12 June, 2019 01:48 PM

Do you have a link for this? I remember there was an OKCupid article that said something similar, but they took it down.

EDIT: Nvm, it was literally the next thing I clicked on:

<https://quillette.com/2019/03/12/attraction-inequality-and-the-dating-economy/>

latinasonly • 3 points • 12 June, 2019 05:15 PM

good read

Cryptoguru777 • 1 point • 13 June, 2019 06:25 AM

Sounds like cope, OP. If this was true Instagram would be great for you.

a7000-a 1 points 12 June, 2019 02:10 PM **[recovered]**

I'm against social media but at the same time it may be becoming somewhat important to have at least a functional Instagram. I hate to say that but simultaneously if it becomes "weird" among younger-hotter-tighter chicks not to have it, then it's necessary, but only as an adjunct to game.

infamous3238 • 5 points • 12 June, 2019 07:28 PM

I disagree. When a younger chick (18-22) asks why I don't have an Instagram I reply "I stopped using social media when I became an adult". No chick ever thought it was weird.

DTron2332 • 2 points • 12 June, 2019 07:13 PM

Think of it as the Pareto principle. If you aren't in the 8-10 range, good luck

Anabolic_Window14 • 2 points • 13 June, 2019 05:58 AM

Makes sense

thrwy75479 • 1 point • 13 June, 2019 08:55 AM

Is it bad if you're not attractive though? It's more difficult, sure, but that's true for unattractive people even without Instagram.

Wouldn't it still improve your reach to girls in your range? Couldn't you DHV by hinting at things beyond looks (vacations, cars, social life, etc.)?

Non-Cookie-cutter • 1 point • 13 June, 2019 12:52 PM

Tinder will do that too , way better , and it s still not worth it unless you re willing to have sex with chicks significantly with way lower smv than you have . Male thirst is magnified online and even the ugliest chick will have multiple options at all times . It s extremely unlikely to get laid of it for a non attractive male , so why waste your time ?

If you got money and expensive shit to show off then sure that would help alot , the average guy doesn t though. Average vacations and cars would most likely hurt your chances of getting laid even more . Woman despise average.

thrwy75479 • 0 points • 13 June, 2019 02:11 PM

Consider, for instance, an ugly dude with good pics that DHV, and a model-tier dude with nothing but pics of himself in his Mom's basement. It's not black and white, and, to an extent, there are elements of game involved here as well.

It s extremely unlikely to get laid of it for a non attractive male , so why waste your time ?

Personally, I view this as giving up, and a defeatist attitude, particularly for something that is free and low effort, and then it's advocated to try day-gaming, something that is certainly rewarding, though requires significant effort in comparison.

Further, there are social factors. For instance, you bang an average girl, and she has a hot friend who finds out you're great in bed, and she wants some. It can go beyond sex, too. Perhaps you bang a fugly, and she happens to be connected to some wealthy people, and this lands you a great job. Who knows. The possibilities are endless, and instead of closing yourself off from them, it's always better to remain as open as possible.

Another sticking point is that people are never good at assessing themselves. Everyone is filled with insecurities that may have developed due to rejection for entirely different reasons external to themselves. Yes, there are conventionally attractive people. At the same time, there is variability in attractiveness. What one girl finds hot, another girl may not. This is something they should be allowed to determine, not you.

And you'll never know where you stand, and how far you can get, unless you try. That means putting yourself out there, and leaving the rejecting to the girls, instead of shutting yourself down without even stepping foot in the arena.

Non-Cookie-cutter • 1 point • 13 June, 2019 02:20 PM

If he has a model face he'll still be extremely successful, you can tell chicks you fuck children and they'll still find you attractive.

you'll never know where you stand

Everyone who has a top model knows it , you're delusional if you think otherwise

Conscientiousless • 69 points • 12 June, 2019 11:29 AM

Lots of bitches use social media to "screen" you before setting up a date or hookup. They want to see that you are validated by other members of society. You can also brag about your SMV without having to say it out loud. If you do fun shit, go on trips, lift and have a good body etc. you can show all that without saying a word. I stepped off social media for a year and true it was psychologically healthier and all, but it's pretty damn useful for displaying SMV. I would suggest staying on if you have stuff to show, and stepping off if you have a boring life and nothing interesting to post.

lifeisweirdasfuck[S] • 28 points • 12 June, 2019 11:38 AM

The only thing I've got is a good looking face and physique.

Am I travelling? No. Am I rich? No. Do I have pics with bitches? No. Am I popular? No.

Maybe I could still get some women just by having good looks, but again, feels like it's not enough.

So yeah guess I've got to focus on more important shit for now.

drl4k3 • 11 points • 12 June, 2019 11:50 AM

Facts

FuckMichaelMcCoy • 4 points • 12 June, 2019 08:47 PM

Just be good looking and post some photos with your best looking plate. Bam. Don't gotta do anything crazy just hit a festival or concert and enjoy the preselection

ZeppKfw • 1 point • 13 June, 2019 06:53 AM

Just like when a guy gets a good looking LTR, girls will come out of the holes of the earth and give IOIs on the guy.

skip_legday 1 points 13 June, 2019 08:34 AM [recovered]

Then change all that.

Improve yourself. Not for instagram but for yourself and your SMV.

Work on your career and your lifestyle.

So yeah guess I've got to focus on more important shit for now.

This basically.

You can keep Instagram but be mysterious. Dont post a lot until you have something to show. Dont look at peoples stories. Mute them if you have to. Just take pics with your friends doing fun stuff. You can post these occasionally.

lifeisweirdasfuck[S] • 1 point • 13 June, 2019 12:52 PM

Absolutely. Build it, and they will come.

It's like wanting people to stare at you when you haven't even lifted for a year. First you have to actually work hard to earn shit, then you display the achievements.

MattyAnon • 25 points • 12 June, 2019 11:46 AM

What do you think?

Is it ACTUALLY BENEFITING your life for the time it takes? If yes keep it. If no ditch.

lifeisweirdasfuck[S] • 8 points • 12 June, 2019 12:16 PM*

Point is, I don't really know how to use it without appearing a beta wanting to orbit her.

I tried following girls, and lots of them follow back, and when they do I simply text them "I'm curious to meet you. What's your number" but most of them won't give it.

Anything they say that is not their number, I reply with "No problems", and unfollow/next them without second thought.

I really don't know if I'm backing off way too soon.

I just don't like texting at all. Most guys (my age) I know get to know women via text and just the thought of doing that makes me feel sick.

Beware, most of the girls' age is in the 15-17 range. I was in High School so that's why.

itiswr1tten • 15 points • 12 June, 2019 01:00 PM

Build attraction first doofus. No one who has any SMV is going to respond to that.

lifeisweirdasfuck[S] • 10 points • 12 June, 2019 02:44 PM

Attraction through text?

There are so many contrasting ideas here on TRP.

itiswr1tten • 15 points • 12 June, 2019 02:46 PM

You have so much to learn. Read the sidebar doofus. Have you ever tried for one second to imagine what the girl reading your messages is thinking?

"text only for logistics" is to prevent spergs from becoming pen pals with women, not some iron rule

lifeisweirdasfuck[S] • 9 points • 12 June, 2019 02:52 PM

I've been reading TRP for like 2 years and the idea I got out of texting is that you should only text for logistics, indeed. Not some iron rule, but it is definitely advised more often than not.

Could you elaborate on how you would act, exactly?

Do you simply act like you would in person?

What I don't get is, how long do you have to wait to establish a date?

itiswr1tten • 15 points • 12 June, 2019 03:03 PM

Imagine you're the girl. People are trying to fuck you and peace out 24 7. So you're screening for 2 things: attractiveness and potential.

You need attraction to fuck and potential to get pursued for a relationship.

When you DM "ayy what's yo numba girl" you are instantly identical to a hundred other dudes. You need to be different, and also DM game is spam game. You need 100 tries to get 2 real shots.

lifeisweirdasfuck[S] • 10 points • 12 June, 2019 03:10 PM

From my experience, most guys wouldn't even ask for her number. They would start

with "Hey" and keep orbiting her and waiting weeks to ask her out. Or they would fill her profile with likes on 10 photos and then send "Hey" with some stupid emoticons. To be honest, I've got no time to do that shit.

The ROI is just so small, in my opinion. Through text you can't read her body language, you don't know if she's writing to keep you as an orbiter, or because she's legitimately interested.

It'd be cool to see a post on how to use Instagram to maximize the sexual life, though. I've read the ones on Tinder but I'm not sure that guide works for Instagram, too.

itiswr1tten • 4 points • 12 June, 2019 03:50 PM

I have a bisexual OLTR and we use it to fuck high SMV girls who otherwise are tough to find in the wild. I recommend cold approach for single dudes

xddm2653 • 2 points • 13 June, 2019 07:19 PM

Just delete it dude, it's a waste of time

bluesnsouls • 2 points • 12 June, 2019 05:00 PM

Spam game? you mean like sending a shit load of DM's to only capitalize on some of them?

I'm from a "small" city with less than a million habitants, how could you take care of your reputation from spamming dm's to a lot of girls who probably know each other?

itiswr1tten • 2 points • 12 June, 2019 05:04 PM

Ass water, Kansas isn't really the place to try that game

bluefingerblue • 1 point • 12 June, 2019 11:44 PM

Before you meet them in person, you need to spit a little game over text. Really the only time it's necessary. Then after you meet/fuck, switch to logistics only.

Hypnot0ad • 9 points • 12 June, 2019 01:45 PM

Don't DM them out of the blue. Reply to their story - from there apply normal text game. Could lead with a subtle neg or DHV.

Bedtimeshine • 8 points • 12 June, 2019 01:42 PM

Be a grown man. If you see a woman that you are interested in, walk up to her and tell her to face. Aside from that, your time should be spent on your mission in life. No social media, no messaging apps, no dating apps. Don't text girls.... CALL them and ask them out.

MattyAnon • 2 points • 12 June, 2019 06:09 PM

I really don't know if I'm backing off way too soon.

I doubt it's viable to find girls this way.

CryptoManbeard • 23 points • 12 June, 2019 02:33 PM

I'm late 30s and I can say with these younger girls they're surrounded by effeminate attention seeking boys. Turn

off your phone and be one of the 1% of young men that can make a personal connection with someone in real time.

If you have balls and game IRL it will serve you way better than competing with 1000 orbiters on an electronic device.

It's almost like a story they can get excited about, "I was out last night and this guy came up to me and we just immediately hit it off it was so cool!"

lifeisweirdasfuck[S] • 5 points • 12 June, 2019 03:00 PM

Yeah good points. Apparently there are many contrasting ideas on here, though.

666Evo • 2 points • 13 June, 2019 05:27 AM

Not contrasting, just different solutions to different situations.

The "rules" of TRP are tools. Yes, a hammer is for smacking in nails. But occasionally, you might open a beer with one in a pinch.

Texting is only for logistics. Unless you're opening via text. How do you build a rapport with someone when your first message is, "give me your number or we're done here"? Unless you're Brad Pitt, the answer is usually gonna be, "We're done? When did we even start?"

You need to build a rapport with the girl, but don't start using her DMs as a diary. That's a fine line, for sure, but it is what it is. Walk it, or don't.

Then, if you get a number, texting is only for logistics.

Blaze-Bless • 19 points • 12 June, 2019 10:50 AM

Bro it will be 5 years this fall since I nixed all social media at the age of 22, it's had ONLY positive benefits for me psychologically and spiritually, sometimes for awhile you'll instinctively think of it but not long and you couldn't care less it's pretty liberating, and the time you'll have to piss away on Reddit, oh man ☐

imhere12343 1 points 12 June, 2019 09:38 AM **[recovered]**

I deleted instagram when I was 18(23 now) and never looked back, it's a trap, you have no reason at all to use it.

thenewyorkmind • 29 points • 12 June, 2019 09:51 AM

There's a handful of lays waiting on instagram if you play your cards right

nothestrawberrypatch • 25 points • 12 June, 2019 10:16 AM

Can confirm.

lifeisweirdasfuck[S] • 10 points • 12 June, 2019 10:21 AM

And how do you do it? Just curious. Always felt like texting on instagram equals entering women's frame from the beginning.

ThrowawayAccountPass • 16 points • 12 June, 2019 12:11 PM

Look for your easy lay, play your "Im very interesting" card right with a reply to a story or something to get things moving and then set up a meeting ASAP. Proceed with your normal IRL routine and fornicate with the lady

Its not hard and deleting yourself from an online market is stupid especially in our era where everything is online

Samonji • 2 points • 12 June, 2019 02:09 PM

Any examples for that "I'm very interesting" card you were saying? And replying to a story? How would I stand out if that girl might get a lot of orbiters replying to their stories?

ThrowawayAccountPass • 1 point • 13 June, 2019 07:26 AM

Bro IDK, that part is all you. Find something thats you and that sets you apart from her orbiters be it fitness related, something inteligent or about travels but not in a "hey look at me" way because thats thirsty

Im good with memes if I see a meme I can work around to get the job done Im gonna out meme her orbiters or if something is related to your field of study, work with that. Just adapt to the situation to get the conversesation going where you want it

Practise see what works for you and master it then I guess its free real estate

tb0n • 8 points • 12 June, 2019 11:21 AM

I'm older but agree with this guy. It's a waste of time and not using it is another subtle tool to display higher value and mystery when it comes up in convos. It also makes a girl get next to you and show you her photos she wants you to see.

jamesbmo • 7 points • 12 June, 2019 12:26 PM

Instagram has had no benefits for me, and Insta Models were never the girls that added most value in my life. After some time I realized I would waste too much time, and kept looking for validation. When I entered monk mode I deactivated most of my social media accounts and started improving, got into surfing, rock climbing, martial arts, lifting, cooking, etc... Started reading a lot about TRP, finances, literature. After doing all of these changes my social circle got much bigger, and I got to know very different people. After some time, I feel much better about myself, getting girls is much easier due to the big social circle and they sometimes even find attractive and mysterious the fact that I have pretty much no social media. So in my experience, it made a huge impact in my life, and Instagrams was the one that had the most drawbacks for me.

Warning: Social media is convenience in communicating with people. Once you delete it, you have to make an effort to text or call who you feel add value to your life, if you don't, you WILL isolate yourself.

redpilledfox • 1 point • 13 June, 2019 05:48 AM

that last tip is crucial. i've felt the negative impact of deleting social media apps from my phone and then not communicating with others. it did get lonely.

Beyondthet • 7 points • 12 June, 2019 01:45 PM

Build SMV first, then use it.

In the meanwhile, don't permanently delete your account. Perhaps just delete the app and come back when you're ready. Take your time bro.

Focus on yourself first.

McVaghunter • 36 points • 12 June, 2019 10:54 AM

Don't be part of the 0.1% weirdos who are butthurt about an app because they're not hot enough to get their share of attention. All social apps are great weapons to have when hunting for teenage pussy, just use these apps in a red pilld manner; no double texting, no likes/comments on their pictures, no following other dudes, no wasting time sharing useless memes. Be efficient, post hot pictures of yourself and text according to the sidebar "How to

use dating sites" (tl;dr: small intro followed by logistics).

Be cool and have fun, all chads use social media.

lifeisweirdasfuck[S] • 14 points • 12 June, 2019 11:19 AM

Yeah that's what I was wondering about. I'm not butthurt at all.

I'm not even ugly. I've been lifting for years and that's a great asset to display in pics. But I feel like it's a waste of time and energy.

Using instagram to get laid means losing frame since the beginning. One thing is using it to build your career's profile (and having the side benefit of attracting women), but just posting pics to get women seems just silly and beta as fuck to me.

I don't know.

enteralterego • 13 points • 12 June, 2019 11:50 AM

you seem to be "uninteresting" as you keep mentioning how you look.

Its not about how you look but mostly what your social media tells about your lifestyle.

Women look at 25 other things before looking for a sixpack. We're exactly the opposite, tits and ass first, then the rest, even if then.

If you only have your average looks going for you - I would advise that you do more stuff with your life apart from work. Make your life paint a picture that seems fun and interesting and want people to join you doing them. This can be travel, outdoor sports, art, intellectual stuff, creative stuff etc. Something that sets you apart from other average looking decent guys.

You can fake this obviously but the way I see it the real redpill is that one has to really build his life and become the man that PUA's imitate.

McVaghunter • -1 points • 12 June, 2019 12:02 PM

Using instagram to get laid means losing frame since the beginning.
posting pics to get women seems just silly and beta as fuck to me.

I think you're a little self-centered. Nobody cares about you that much really, you won't lose frame and no one will see you as beta for doing something as normal as using social apps to get pussy. If you use Instagram you'll get your share of poon and if you don't then no one will notice your absence. Do as you like.

ghjklxcv123 • 1 point • 12 June, 2019 07:11 PM

Attention seeking behaviour is beta

11-Eleven-11 • 2 points • 12 June, 2019 05:37 PM

dont follow other dudes

why? It would be weird to only follow girls

askmrcia • 6 points • 12 June, 2019 03:57 PM

This is up to you. I keep my ig because it can be entertaining in some ways. I personally don't follow any of attention whores or dudes who fake success.

I follow a few athletes, meme pages and people I know. Someone commented that it's used to screen guys by women and that's 100% true.

I don't post much at all. In fact I only posted three photos in the past two years, which was some vacation photos and photos of me winning my city volleyball league.

I guess what I'm getting at is if you use it in moderation then it's cool. If you're scrolling through it hrs a day, comparing yourself to others and feel like it truly affects your mood then yea i think you're better off taking a break from it.

FixMeUp69 • 4 points • 12 June, 2019 01:49 PM

I stopped using it a couple months ago and I don't regret it.

As others have said, you can certainly use Instagram to boost your SMV by showing interesting parts of your life, but I feel you aren't really missing out if you don't use it. I found it to be a useless distraction.

[deleted] • 12 points • 12 June, 2019 09:51 AM

Who gives a fuck if other people use it, be different, don't fucking follow like a little bitch because you think it's necessary or even because some people on here told you that it's essential to game women in your age group. I don't use any social media and I couldn't give a single fuck what other people think about that, I don't want to use it so I don't.

SMV at college age is mostly smoke and mirrors and bullshit. Instead focus on your study and surround yourself with smart people who also focus on their study. Work on being successful and building a network of successful people that will be valuable in the future. Why worry about your SMV while you're such a young guy, a time that it's hardest to improve and matters the least?

sweet3 • 6 points • 12 June, 2019 12:11 PM

“Be different” isn’t a reason for why he shouldn’t use it. If he can get lays from it with a relatively small amount of effort then he most definitely should use it.

You’re telling him to spend his time at college studying the whole time? Bullshit. He should be gaming women at the same time. Easily some of the best experiences can be had at a college age, and a high SMV can only be a useful advantage for fucking chicks his age.

[deleted] • 2 points • 12 June, 2019 12:27 PM

If he can get lays from it with a relatively small amount of effort then he most definitely should use it.

If

sweet3 • 1 point • 12 June, 2019 12:30 PM

I actually agree with you in principle, but your reasoning is wrong. OP has no chance using social media, and should delete it.

oldschooltx • 3 points • 12 June, 2019 12:58 PM

Bruh, Instagram is mainly a tool for bitches you MEET.

It allows you to keep your finger on their pulse without showing interest through the Stories feature.

The same goes for just finding them on Tinder and sliding in the IG DMs.

I talk to ten times as many women than I ever match with (in a competitive as fuck Dallas market no less) and

they are ten times better looking than the swamp donkeys I match with as well.

I reach out like an Indian bro.

Anyone can game Instagram, you just have to put in the work.

JGdc12 • 3 points • 12 June, 2019 03:51 PM

Instagram is only okay if you post pics to show off high SMV. I spent many many wasted hours scrolling through feeds of completely useless entertainment. It also presents the same pitfall of all social media which is that it shows you the highlights of peoples life. It doesn't show you the 16 hours of the day they spend texting and watching Netflix in bed. I have much better luck just approaching girls in public or at parties than I did trying to game on Instagram. I deleted it a year ago and still lay the same if not more. It completely removed by FOMO and added an hour to my day.

[deleted] • 3 points • 12 June, 2019 04:32 PM

You've got under 500 followers, so it won't help.

That being said a lot of the ppl here are 40+ and don't know the impact of social media. If u can handle it and you're under 40, you should grow it. It's huge for your smv these days

UEMcGill • 3 points • 12 June, 2019 05:44 PM

I have a friend who's got a pretty sweet hobby. His Instagram account focuses on that. He has pics of him doing that hobby. Chilling with chicks doing that hobby and pics with a dog doing that hobby.

Its like tinder, he has a well manicured brand that demonstrates he's fun, and he has social proof. The benefit is its another sales channel that's free and easy to cultivate from.

No chick wants to see pics of you doing everyday shit. They want to look at you ig and think "wow thats what I get if I choose him!"

IG should convey feeling about your life, not information. That's what chicks dig.

DTron2332 • 3 points • 12 June, 2019 06:59 PM

Yeah IG is actually very useful in terms of SMV, females will screen you and see how others react to you in general, this confirms to her if you're really as high value as she believes you to be, while seeing the validation from others.

In terms of biology attraction is still very primal to this day, the more attention you get, the more desirable you are.

Tinder and IG only work if you're a 7-10, or if you have a fuck ton of money and resources to spoil. It's not who you are, but what you can provide.

Anabolic_Window14 • 2 points • 13 June, 2019 06:14 AM

Makes sense

felix04490 • 3 points • 12 June, 2019 08:49 PM*

lifeisweirdasfuck[S] • 1 point • 12 June, 2019 08:57 PM

Yeah deleting instagram makes me feel like an eunuch to be honest. Isolated from the world. Which is good on one side, but not much on the other.

I decided to stay away from it until I achieved worthy shit in my life. First being money. In 2 years I will

have to say "Okay, now I'm successful enough to benefit from it".

From there, I'll start posting photos of me travelling. Of me doing interesting activities. Very sparingly though. Limiting it to 1 hour a week. <10 mins a day, that means.

Erikacoleman • 3 points • 13 June, 2019 11:39 AM

Useful to display smv.. In fact.. I got dates on instagram by messaging girls from my uni.. Wayy better than tinder dates

lifeisweirdasfuck[S] • 1 point • 13 June, 2019 12:16 PM

In your case, what do you display? Just curious

Erikacoleman • 1 point • 13 June, 2019 05:42 PM

Anything that makes you think.. Whoa that is badass.. Show off that youre a fun human/have a life/ and not dumb... Like even if youre playful try and look cool/fuckable/playful not just playful.. Also slightly edit your pics before posting them.. Bump up the saturation and structure a bit.. Subtle changes (i use snapseed but u can do it in instagram) whatever you dont dont post pictures with other girls in a friends situation.. Always make it so you only date girls Edit: we all dont go out very much.. But when you do go out be sure to snap a pic or two.. Make it look like you're badass. Dont be affraid to as a stranger to shoot you (or if its a hot lady maybe come take a picture with you :p)

NoFaithInThisSub 1 points 12 June, 2019 11:53 AM* **[recovered]**

whats the rule behave like others but think differently.

yeah keep it but don't even bother checking it more than once a week

AlexanderClosing • 1 point • 12 June, 2019 01:40 PM

Rule 38- Think as you like but behave like everyone else

CaptainKidd96 • 2 points • 12 June, 2019 12:39 PM

I still use Instagram but I unfollowed almost everyone except a few close friends and influencers that I enjoy like: Richard Cooper, Grant Cardone, Hodgetwins etc.

I only check my insta every 2-3 days or so. I am actually glad that I stopped using it as much since 99% of people post basic bullshit like driking their starbucks, driving to the mall, going to the club etc. What's the point in wasting so much time to see people doing mundane stuff?

Andrew54321 • 2 points • 12 June, 2019 01:32 PM

DO NOT DELETE.

Most trp vets here say to get rid of it. They also can't demonstrate power through personal branding.

If you're a Scroll Zombie, then ya, cut your dealer off.

If you have a hobby and you should, get a tripod and record yourself doing what you do. I guarantee you will find someone willing to pay you for your knowledge accumulated through experience.

yungplayz • 2 points • 12 June, 2019 01:41 PM

Dude. Them Instagram flexers rarely actually are as successful as they is tryna appear like they are. Mostof them follow the "fake it till you make it" approach

RedSkeller • 2 points • 12 June, 2019 04:29 PM

I had an instagram I deleted because I never used it, understood it and was wasting time browsing it even for 10 minutes here and there. For whatever reason I did have former coworkers and tinder matches reaching out to me on it so I can't completely say it was irrelevant. However, overall, I do believe all social media is terrible.

downvotesanimals • 2 points • 12 June, 2019 10:54 PM

Delete Facebook too. You'll thank me later.

Often, doing what the other 99.9% AINT... pays dividends.

[deleted] • 1 point • 12 June, 2019 12:30 PM

Having IG (or any form of social media) is by no means a must at any age for doing well with women.

send_it_for_the_boys • 1 point • 12 June, 2019 12:35 PM

I think of Instagram more as a vault for memories, I post pictures of me and friends having a good time or going to a cool place or a sight I thought was interesting, or pictures or videos of me doing a hobby I enjoy or pictures of my motorcycle or somethin, it really doesn't make a shit to me if anybody clicks like.

yunhaila • 1 point • 12 June, 2019 01:14 PM

I will buy your account for a dollar lol

HotN00b • 1 point • 12 June, 2019 01:57 PM*

i deleted facebook ~3 years ago, and never bothered with instagram.

both are a waste of time... you'll have to put in the effort to find entertainment else where, but i think it is worth it. an easy source of entertainment for myself is my guitar. i'm getting stupid good at it, and i've only been playing for ~7 months.

it takes almost nothing to be good looking, especially as a girl. so, ask yourself, is that the type of validation that you want? meaningless validation? kind of just like sleeping with prostitutes isn't it?

what takes real effort, is skill, and you don't need any body to validate your skills, you can see the results for yourself and enjoy life for what it is.

CalmMasterpiece3 • 1 point • 12 June, 2019 03:38 PM

I feel like Instagram **can be a very usefull tool if used correctly, following the right pages etc** and is also a good way to get girls from my experience, however i would say if a person isn't satisfied with themselves body, looks etc it would be a smart move to go munk mode and focus on the self improvement then come back as a "new" person.

tylerpkeaton • 1 point • 12 June, 2019 04:06 PM

I would delete the app but not your account. Only post every once in a while, and only post about interesting life events (weddings, birthdays, trips, etc).

Just download the app, post the pic, see who likes it, and then delete the app again. That way you can keep a presence on there without mindlessly scrolling through it everyday.

Just my thought.

Flowhill • 1 point • 12 June, 2019 04:27 PM

I'm 24 and I don't use it.

I use FB to stay in touch with people (not even that much) and browse memes.

I connect with people using Whatsapp. Lots of people I know have Insta, but they don't give me a weird eye when I say I don't have it.

I'd say chuck it.

Channel_oreo • 1 point • 12 June, 2019 05:06 PM

i only follow celebs for fun, memes, fashion, anything related to my interest. I removed all people i know because I don't want to compare myself to them.

AuberyBitoni • 1 point • 12 June, 2019 05:40 PM

I'm 22 years old and I feel exactly the same way. Made Instagram when I was 17 and messed around on it a bit, had like 10 crappy pictures. It didn't add much value to my life so I ended up deleting it when I was 20. Didn't have it for 1-2 years and I didn't miss it to be honest, full of insta sloots and attention whores.

Last month I remade Instagram though. Ever since I started working, meeting girls with my work scheldue is nearly impossible (work night shifts 6 days a week). So I remade it, started following a crapload of girls and started reacting to their stories.

What I can tell you. It's an absolute waste of time if you don't have decent pictures. I only have 3 pictures right now and they're average. I'm autistic when it comes to texting girls in general, especially on Instagram. Makes me feel like I have to type something funny to stand out from all her orbiters and I tend to overthink it. Feels like I enter her frame by DM'ing her and I feel like a cuck, not sure why.

I hate how everything's online now. We have to adapt I guess, but don't care, might end up deleting Instagram later. But at the same time.. why not keep it? If I barely use it, might as well keep it to message some girls during the weekend and ask them what they're up to.

SimplyFishOil • 1 point • 12 June, 2019 06:08 PM

My view is that it's great for anything you want to show off. If you're a guy that likes to workout, then you can post shit about working out to show your friends and followers.

If you're enthusiastic about anything, Instagram is a great way to show it off. And who knows ,maybe people will like it and you'll get a following from it. Regardless, it's a form of social media to show who you are, in a way, and girls want to know that stuff.

In my opinion, guys should not being Instagram to post selfies. Post things you like

escapethesolarsystem • 1 point • 12 June, 2019 06:59 PM

I love nature photography, especially mountains. I use instagram to share my nature photography with people I know IRL (and I have some people that I don't know that have found me on instagram and followed me). I have only a few pictures with people in them, and none of them are me. I find it weird to take pictures of myself and share them on the internet, as a general rule. But for art, history, little political memes, and viewing / sharing photography, I use instagram all the time.

But I'm a decade and a half older than you, so I can't really comment about 20 year olds and the platform...

vespersic • 1 point • 12 June, 2019 08:23 PM

If you're not making money from it, delete it. Serves you no purpose outside that dopamine hit and wasting your tome.

SwoleyMoleyFrijoley • 1 point • 12 June, 2019 08:43 PM

Rule 1: Be attractive Rule 2: Don't be unattractive

Every social app follows these rules. Because they are a reflection of society. Hot people have lots of followers and sex with said followers because they're hot. Not because of IG.

GandMeChattri • 1 point • 12 June, 2019 08:58 PM

I, unfortunately, have to use social media for work and I can't delete it all.

But I have stopped using it on a day to day basis for myself.

Facebook is basically a birthday reminder app for me. Instagram is only for women and chads.

I am only found on whatsapp other than that.

SlappaDaBayssMon • 1 point • 12 June, 2019 09:00 PM

Maybe its because I'm older, but my Instagram is dialed into stuff I like. I hardly ever post, and maybe surf 15 mins a day.

Just follow people who post shit you're into and dw about posting yourself.

Foolish_ness • 1 point • 12 June, 2019 10:40 PM

You say you deleted it, but then you say completely delete it. Do you mean never go back to it, or what?

Lenny97 • 1 point • 14 June, 2019 12:55 AM

I deleted it a couple years ago and haven't looked back. Fucked several girls from Tinder since then without it, and I'm far from a model. I'd say delete it and spend your newfound free time pursuing something meaningful instead of scrolling through an app

Bedtimeshine • 1 point • 12 June, 2019 01:38 PM

No grown man should be on tinder, Instagram, or Snapchat. Ever. Period. It's purely feminine to be on social media.

[deleted] • 1 point • 12 June, 2019 01:13 PM

IG is only good if you have serious money (exotic super cars, boats) or are famous (not high status in your little town) and want to let the instathots know that you're open for business. All them chicks on there selling their Pussy they just use IG to cut out the middle man and have plausible Deniability. Big bank take little bank and other than that your little gym session 328i having I'm a big deal in Omaha Nebraska posts don't mean shit in the real world.

04712244664 • 0 points • 12 June, 2019 02:44 PM

Don't delete it bro. People who say to delete are old and they're kinda true too but this is the future and we can't do anything about it other than to adapt.

And learn about Instagram game. It's just make getting girls way more easier.