

# A summary of the most attractive traits in a man?

June 14, 2019 | 269 upvotes | by [KBeer01](#)

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Guys, I would like to compile a list of the most attractive qualities that a man can possess. You know when you meet a girl and she just blows you away, leaving a huge impression on you? Yeah - that, just the other way around. The traits that leave a girl thinking of you afterwards. So far I have:

- Confidence in himself, so talking clearly and loudly, maintaining easy eye contact, being relaxed and taking up space, not feeling threatened by anything else.
- Being non-needy and never clingy.
- Always taking the lead.
- Being assertive and not overly agreeable, especially if you don't agree with something.
- Having drive and passion about most things in your life, talking enthusiastically about it.
- Having your own thing going, being on your life purpose and always being busy with something.
- Always being calm and composed, getting the girl to qualify and impress him versus him being the entertainment clown.

I have a feeling that this list won't actually be very long, but if you have something to add please do so!

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## Comments

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WellShit23 • 140 points • 14 June, 2019 03:20 PM

Have unshakable Frame

Be physically attractive

Participate in something you love doing (some call it "passion")

ugluk1 • 9 points • 17 June, 2019 03:22 AM

Don't be unattractive.

Deathrow22 • 18 points • 26 June, 2019 11:55 AM

Whine somewhere else

[deleted] • 113 points • 14 June, 2019 04:21 PM

looking like you can hurt other men but you choose not to

KINGCHARDASS • 27 points • 14 June, 2019 04:28 PM

Simply put and eloquently pieces together. I weigh 220 and am 6 ft 2. I have small arms but a big belly.

Gordon-G • 55 points • 14 June, 2019 05:14 PM\*

I read somewhere that women prefer the "dad bod".. but I'm thinking it is bc she figures you will be safe and not have to worry abt you straying bc other women won't want non-Chad

Skinnyboiwithadream • 54 points • 14 June, 2019 05:38 PM

Exactly.

It's the ultimate 'beta provider' look. She knows a man with a Dad bod will be hers forever, she'll have him locked down. It's not because that body is inherently attractive to women sexually.

umizumiz • 10 points • 15 June, 2019 12:14 AM

Remember, men.

Women CREATE the "dad bod" through weak-willed pussy glorification, slowly creating the "perfect"(in hypergamy's eyes) man.

KINGCHARDASS • 5 points • 14 June, 2019 06:05 PM

That was a good point!

Gordon-G • 6 points • 14 June, 2019 05:39 PM

they're very sinister overall, always abt them

LethalShade • 22 points • 14 June, 2019 06:20 PM

Just evolutionary psychology/biology bro. They are that way because it helped them survive. Same thing for men, just in different ways.

dusara217 • 10 points • 15 June, 2019 01:17 AM

Nothing sinister about wanting to fuck an attractive human being.

mrp\_awakening • 81 points • 14 June, 2019 05:39 PM

Women saying they prefer "dad bod" is the same as women saying they prefer a nice, sensitive, caring man. It's them rationalizing they want beta traits. But just like beta traits, they don't respond to dad bod, they respond to jacked and shredded.

UrShadowsReflection • 0 points • 15 June, 2019 04:40 AM

Or maybe they want an Alpha with a dad bod

mrp\_awakening • 10 points • 15 June, 2019 01:27 PM

Lol... let me know how that works out for you.

UrShadowsReflection • 8 points • 15 June, 2019 04:19 PM

Not for me, I'm just being realistic.

You only see the ripped guys pulling all the girls in the movies. In real life, the aloof asshole with the beard and the dad bod is where the women seem to gravitate to the most. Because 9 times outta 10, that guy isn't trying to impress a female with every decision he makes.

Yes, women find men with athletic physiques more attractive, but like most of these guys are saying, being a meathead doesn't automatically make you alpha.

If you're a pussy with big biceps, women are gonna find out. If you're a try-hard beta who will do anything to try to seem tough, women will find out. If you're constantly trying to impress women, they will see that.

Women are observant and analyze how men behave with/around other men and women, they'll see through your front quicker than anyone.

Real men know this, it isn't rocket science.

mrp\_awakening • 2 points • 16 June, 2019 01:50 PM

Still... they don't want an alpha with a dad bod. They want a ripped alpha and will settle for one with a dad bod if they're not too vain and they can't get a ripped alpha then. It's like a girl who's a "but her face" with a hot body... you'll take it if it's the best you can get at the time, but it's not ideal.

failberry • 3 points • 14 June, 2019 05:48 PM

Considering they have been compared to the Bonobos it makes absolutely sense.

thechaosz • 1 point • 20 June, 2019 07:54 PM

Yeah this is bullshit

tb0n • 170 points • 14 June, 2019 02:55 PM

Muscles, brah. And well fitted clothes.

lifeisweirdasfuck • 94 points • 14 June, 2019 05:19 PM

"Get ripped or die mirin"

Pwnishment87 • 34 points • 14 June, 2019 05:55 PM

RIP ZYZZ

bigkids • 9 points • 14 June, 2019 08:40 PM

An angel amongst men, among boys

<https://i.imgur.com/kOZJkot.jpg>

Aestheticcunt1996 • 3 points • 15 June, 2019 02:11 AM

He was a god.

RedHoodhandles • 4 points • 15 June, 2019 11:30 AM

Wow... Never thought I would be reading this chain of comments in an asktrp thread. This place has gone nothing but downhill since the main forum got banned. Kiddie comments and single brain cell oneliners all over the place. And this shit is also getting upvotes.

Aestheticcunt1996 • 7 points • 15 June, 2019 11:31 AM

u mad

bigkids • 9 points • 15 June, 2019 09:27 PM

He's mad brah!

Aestheticcunt1996 • 10 points • 15 June, 2019 09:27 PM

Not sure if mad or just mirin ☺ ☐

fichgoony • 5 points • 15 June, 2019 06:53 AM

Get fit or die trying

HotelMohelHolidayInn • 45 points • 14 June, 2019 05:53 PM

Muscles are good, but it won't mean anything if your inner game is softer than baby shit.

Work on both.

ZeppKfw • 40 points • 14 June, 2019 06:54 PM

More muscles give you more leeway to fuck up. Seen built beta guys get attention from a lot a girls.

HotelMohelHolidayInn • 13 points • 14 June, 2019 08:30 PM

It doesn't play out well in LTR's.

thechaosz • 4 points • 20 June, 2019 07:59 PM

I can't imagine any red pill man really wanting an LTR.

I mean, good luck and all but f that.

HotelMohelHolidayInn • 1 point • 20 June, 2019 07:59 PM

Why not?

thechaosz • 2 points • 20 June, 2019 08:13 PM

I find relationships cumbersome and getting in the way of my goals professionally and

personally. I enjoy my own space.

I prefer to spin plates, bang exes/random/one night stands.

No matter how good looking you are and how alpha you are, women will begin to nag ,and then she'll want to move in and then she'll start talking about kids and marriage and it's just going to end that way. It's their natural path and looking for comfort.

Meanwhile no matter how much of a focused alpha you are, when you get in a long-term relationship, we all start slipping and eating out more and not working out as much. There may be like a 1% exception to this but afflicts a lot of people including myself.

Those that refuse to compromise like myself start getting in conflicts with the woman because they start pulling your time away from those things and getting angry you're not choosing them over the other.

HotelMohelHolidayInn • 1 point • 20 June, 2019 09:41 PM

Vetting plays a big role. The only thing I disagree with is that women will always do that, some more than others. Spinning plates is playing life on easy mode, and some of us would rather have kids than be the opposite of Cool Wine Aunts that sucked and fucked their way to the wall and beyond/

thechaosz • 2 points • 20 June, 2019 10:42 PM

Yeah I like easy so to each their own, stress is the number one killer of all. Kids and that responsibility would drive me to suicide. I love doing what I want, when I want, whatever I want, with whom I want. That will never ever change and I'm in my mid-30s.

I have no advice on long-term relationships (trp style), I've been in quite a few from 2 to 4 years, but I have learned my lesson and avoided such since finding trp and my career and life really taking off.

Thank my wits that I never committed to marriage fully, though I was engaged a few times. I would have lost so much of my life's earnings to this point, because there is no way I'd still be married (completely changed blah blah)

That's the best thing about us man, we age like wine.

There are plenty of guys on here with LTRa and many posts wnr articles talking about such strategy if that is what you choose.

ZeppKfw • 0 points • 14 June, 2019 08:51 PM

Why?

HotelMohelHolidayInn • 28 points • 14 June, 2019 10:19 PM

Because your girlfriend will catch on quick and notice you're just a meat head with a pussy.

ZeppKfw • -8 points • 15 June, 2019 12:14 AM

Beta guys yes. If you have game though, that's another thing.

umizumiz • 2 points • 15 June, 2019 12:12 AM

Lol

Cazken • 7 points • 14 June, 2019 07:44 PM

Honestly you become more alpha if everybody assumes that you are one. Similar thing happened to me though I never was a beta.

thechaosz • 1 point • 20 June, 2019 07:58 PM

Yeah it also gives you the power to dread more with woman who just see the muscles and will Fawn in the presence of your plate

Classic\_Touch • -3 points • 15 June, 2019 05:36 AM

I disagree. A man who has a lot of muscle disgust me. I like healthy look but not with all the muscle. Eww..

[deleted] • 11 points • 15 June, 2019 12:29 AM

It's possible to be top 10% without being muscular, but I'd argue it's way easier to simply put in the work and get built.

For instance, I do obscenely well with women and I'm definitely not at my peak in terms of physical attraction - BUT:

my job is super high profile, lots of public speaking etc

I'm very successful

I'm a (low, low, very low tier) celebrity

I'm also old enough that I got that natural, legitimate 'fuck you I don't care' confidence going for me (36)

Took me more than a decade to get to where I am and a lot of it was luck. 99% of the time it's gonna be easier to hit the gym tbh

INNASKILLZ2K18 • 3 points • 15 June, 2019 02:41 PM

What the fuck is a low, low low, low, low, low tier celebrity? lmao. You either famous, or not.

The\_False\_Song • 8 points • 15 June, 2019 02:57 PM

A local radio show host, or an alderman for your city, etc.

I get what he is trying to say

[deleted] • 4 points • 15 June, 2019 03:21 PM

Yeah you're in the right ball park

thechaosz • 3 points • 20 June, 2019 08:00 PM

Hey an edge is an edge. Good work!

throwaway19991312 • 25 points • 14 June, 2019 03:42 PM

Most of it comes down to independence and frame when you really break it down

[deleted] • 66 points • 14 June, 2019 02:56 PM

A man with purpose and mental fortitude. He will never be knocked off his path. He has too much integrity and self belief in himself to allow anything to make him falter. He is a warrior, not because he chose to be, but

because his DNA demands it. And he will not stop fighting and pushing forwards until he squeezes the last drop out of life.

thechaosz • 3 points • 20 June, 2019 08:01 PM

I need this on my wall

MCFiletMignon • 40 points • 14 June, 2019 03:54 PM

1) power

The power to live a better life than others. Better life means better offspring.

Everything follows from biology.

CarthaginianSalt • 2 points • 15 June, 2019 12:40 AM

Yes. Nietzsche approves of this message!

[deleted] • 37 points • 14 June, 2019 04:58 PM

Frame, Frame, Frame, Frame, Frame

krayono • 7 points • 14 June, 2019 06:26 PM

What is frame, exactly? Example?

ZeppKfw • 39 points • 14 June, 2019 06:56 PM

Doing what you want to do and not letting other people change that. Wanna go to chipotle but your girl doesn't? You go anyways.

KamelMedia 1 points 14 June, 2019 09:38 PM **[recovered]**

You go anyways and she feels fortunate enough to tag along on such a grand journey. I constantly remind my girl how interested i am in other girls. I love her so i do it on purpose. She argues but ultimately knows i can and will leave her at any time if she fucks up.

Sake99 • 1 point • 15 June, 2019 05:45 PM

doesn't she freakout? when you say, hey! I am interested in that girl over there.

KamelMedia 1 points 15 June, 2019 08:14 PM\* **[recovered]**

No because i dont do it like an idiot and say it like exactly how you just said. i just casyally express my interest in other women when the opportunity arises. Im currebtly trying to sell her on the fact that since im in a relationship with her its negatively impacting me in a business sense and i need to go out and do pick up to keep my skills sharp. She understands but hates it, i could push to make her accept me doing it but i dunno if i wanna go there yet. i guess ita high level shot for a lot of pwople, but normal for me. You girl needs to always know she can be replaced instantly and she will only know that if your game is high. otherwise ure subject to her terms. fuck that.

Sake99 • 1 point • 16 June, 2019 04:22 AM

How do you say it then, show me an example.

Vikingcel • 5 points • 14 June, 2019 06:50 PM

It's just a buzzword.

bigkids • 8 points • 14 June, 2019 08:41 PM

Buzzwords? My favourite is "the cloud".

Store your information on the internet? Sounds unsafe.

Store your information in the cloud? Sounds safe and fluffy

ixyfang • 5 points • 15 June, 2019 01:04 AM

The Cloud: other people's servers in other people's buildings on other people's property behind other people's locks.

Vikingcel • 5 points • 14 June, 2019 09:10 PM

Frame sounds so esoteric.

If you want strong frame, basically act autistic ~~minus the rocking when something doesn't go your way~~. (Edit: If you feel like rocking when your tinder match flakes, you just rock back and forth.

Your life, your coping mechanism, your frame. You just dgaf if people think it's weird.)

You want to study the flow of water in a bathtub, but people say that's retarded and weird? Fuck 'em. The intricacies of a bathtub full of water under various conditions is important to you.

Vikingcel • 16 points • 14 June, 2019 03:58 PM

Good looks. Physically imposing.

MetalstepTNG • 11 points • 14 June, 2019 05:36 PM

Masculinity, frame, and non neediness. The rest just boils down to personal preference and being a girl's type.

failberry • 11 points • 14 June, 2019 05:46 PM

Are we forgetting sense of humour/sarcasm?

VigilantSmartbomb • 8 points • 14 June, 2019 06:10 PM

Confidence

A bit of a manic

Dominating

Knowledgeable

A teacher (not profession)

Integrated shadow/dark side

Financially free

Owns a business

Older

Well kept

Can tell them to shut the fuck up if you needed to

Sake99 • 7 points • 14 June, 2019 07:18 PM



what do you mean, a bit of manic?

VigilantSmartbomb • 3 points • 14 June, 2019 07:22 PM\*

Look into why girls fall for guys like Ted whoever the serial killer. But like the actual psychological term for it, manic. Manic- “showing wild, apparently deranged, excitement and energy.” This

Edit: downvote because science? Fuck yall

bigkids • 6 points • 14 June, 2019 08:43 PM

Manic is the extreme opposite of depressed. Those would be the two spectrums of a manic-depressive, or someone who suffers from bipolar disorder.

MetalstepTNG • 2 points • 15 June, 2019 10:45 PM

No, downvote because you're a fag

SOLODOLOGUY • 8 points • 14 June, 2019 08:45 PM

All you need are muscles, height, money, and a great personality

Greaterbird • 11 points • 14 June, 2019 05:34 PM

Having a massive cock doesn't hurt.

Khiv\_ • 17 points • 14 June, 2019 11:56 PM

It actually might.

[deleted] • 6 points • 15 June, 2019 04:06 AM

1. 6 foot tall +
2. Have a nice face.

If you are a shy prettyboy women wil still choose you over the strong, assertive confident, 5"8 balding man

Totsean • 1 point • 15 June, 2019 12:23 PM

^That

uglytoadinsauce • 11 points • 14 June, 2019 04:54 PM

The power to choose

Project\_Zero\_Betas • 2 points • 14 June, 2019 10:56 PM

Only correct answer.

taketrance • 8 points • 14 June, 2019 06:50 PM

On the looks bit - not sure it can be considered a trait, as it cannot be built with effort, unlike all other traits that OP posted (and I agree with)

Yes, a good haircut and clothes will make some difference, but at the end of the day we can't do anything to have Brad Pitt looks, which is universally accepted as very good looking. It's either in your genes or it's not.

Same applies to muscles, you can work your ass off and get to a good point, but it's your genes that are going to determine how your body will look and your natural capacity for growth (not including the case of steroids).

ixyfang • 1 point • 15 June, 2019 01:09 AM

This and you can emphasize traits that suggest good genes for breeding: healthy skin, good teeth, clear eyes, muscles and symmetry both at rest and in motion.

TheMonsterofNikyTown • 10 points • 14 June, 2019 05:38 PM

Repeat after me: looks, money, and status.

Sake99 • 7 points • 14 June, 2019 07:18 PM

You don't need any of this. Coach has already said it. I say, Personality, Frame and cONFIDENCE.

TopOccasion29 • 2 points • 14 June, 2019 11:55 PM

Coach Redpill?...He's a fraud who lies to his audience.

Sake99 • 1 point • 15 June, 2019 05:43 PM

Can you give example, where he lied.

TheMonsterofNikyTown • 1 point • 17 June, 2019 03:51 AM

kek. Keep believing that shit.

Sake99 • 1 point • 17 June, 2019 04:02 PM

I either blindly follow you or him , what's the difference? you've to give proof or nobody will believe your shit too.

Cazken • 2 points • 14 June, 2019 07:48 PM

What does status count as in high school? I know a lot of high status people, they respect me, I come across confident and powerful in social situations, but I'm wondering if I'm not truly high status since I don't bother to hang out with large groups of the "cool kids".

TheLongerCon • 4 points • 14 June, 2019 11:50 PM

The definition of status in a game sense, is others peoples positive behavior towards you. If women want to sleep with you and guys want to be your friends you have status in high school.

Cazken • 0 points • 15 June, 2019 03:19 AM

Right, I have that. Thanks man.

kingofclubsmorde • 2 points • 14 June, 2019 09:05 PM

Don't bother your mind with these, my child

GrouchyCounty • 3 points • 14 June, 2019 10:19 PM

Being tall

Nighthawkdragon8 • 3 points • 15 June, 2019 12:57 AM

I would add being carefree, being fun, generating good emotions.

thechaosz • 1 point • 20 June, 2019 08:09 PM

This is huge. It's good I continue to pull such younger woman.

Nighthawkdragon8 • 1 point • 21 June, 2019 04:21 AM

Ya. If you are just fun and needy, your social life and dating life will be pretty excellent. Tons more you can add to that without a doubt, but the most simple things you can do without doing anything else is fun and not needy (being carefree achieves this)

thechaosz • 1 point • 21 June, 2019 04:43 AM

So true. I just was all about going out, drinking, going to shows, don't care she's texting her ex, don't care they weren't talking to me, don't care I rolled in solo on my bike on a Tuesday to a bar.

Ended up smashing all of them. Just all about abundance mentality, talking to everyone, not giving a fuck. These girls used to call me "backpack" because I'd roll in, hook my bike up (25 miles a day from work), and come into the bar with my backpack.

I banged all of them. They were all married school teachers in the same district, and hated their husbands. I got stories for days.

UpperRedSide • 5 points • 14 June, 2019 09:48 PM

Benevolent sexism.

n3n3r3 • 2 points • 17 June, 2019 05:23 AM

Just not too obvious

Sake99 • 1 point • 15 June, 2019 05:47 PM

Such an underrated comment.

[deleted] • 5 points • 14 June, 2019 05:40 PM

A man who stands up for what he believes in and sets boundaries

luc242 • 2 points • 14 June, 2019 07:11 PM\*

Money = Status, + looks and good sense of humor.

DANYboy52 • 2 points • 14 June, 2019 09:22 PM

Cash

ReformSociety • 2 points • 14 June, 2019 09:23 PM

Confidence in himself, so talking clearly and ~~loudly~~ **with intent**

Ayman221 • 2 points • 14 June, 2019 09:54 PM

Height and muscles

NordicVikingKing • 2 points • 14 June, 2019 10:25 PM

Interesting. In all this thread not a single mention of knowing how to fuck women properly. All this other stuff is good, but unless you're good in bed you're prone to your women branch swinging. You also get away with a lot more shit if you know how to give them mind blowing sex.

DTron2332 • 2 points • 15 June, 2019 12:21 AM

Frame, and the ability to be cool calm and collected at all times.

Being proactive, instead of reactive. Letting experiences do things for you, instead of to you.

The ability to own up to your mistakes.

Bored • 2 points • 15 June, 2019 04:17 AM\*

Status

Frame control

Have a greater purpose (Women should not be your top goal)

Know why you're doing what you're doing at any point

Aware of actions that aren't leading you closer to achieving your goals and adjust accordingly

Act with direction

Humor, but be a self-entertainer, not an entertainer

Emotions are self-validated

Don't need to justify how you feel

Feeling bad about feeling bad (This is another form of not accepting your emotions as valid)

Know who you are, likes/dislikes, aspirations

Focus on what you can control

Take responsibility for getting what you want

Not feeling entitled to anything

Don't rely on others to define who you are

Compassion

Set and enforce personal boundaries

Attuned to emotions of self and others

Sake99 • 1 point • 15 June, 2019 05:49 PM

Compassion, in what sense? many women are turned off by a kindness of a guy.

Bored • 1 point • 16 June, 2019 09:36 PM

More like non-verbal compassion - helpful actions that imply the guy must be attuned to people. Does not come off as being nice to get something in return.

LifeIsAdreamGoLucid • 2 points • 15 June, 2019 07:03 AM

To break down signs of being physical attractive based on the bases of looking " healthy ". After all that is what mates are looking for in each other.

white teeth, preferably straight.

healthy hair, shiny, thick.

low body fat, athletic build.

clear bright skin.

smell nice, breath, body odor.

These are attributes that are attainable by anyone. Most of this can be accomplished through a clean, whole food diet.

PolesWithGoals • 2 points • 14 June, 2019 08:17 PM

Step 1: Be good-looking

Kkiy0M 1 points 14 June, 2019 11:31 PM [recovered]

You don't need that lol. What do you think a girl would rather go for, a real alpha that makes her weak at the knees ? Or a soft pretty boy ? Looks are for women lol, thankfully men don't need it. And if you feel you do, you lack the masculinity to compensate.

Ayman221 • 6 points • 15 June, 2019 03:45 AM

You Definitely need looks homie. Go to your club all the sexy woman are with good looking dudes. If you don't notice that your blind as fuck

PolesWithGoals • 1 point • 15 June, 2019 07:00 AM

This guy gets it

thechaosz • 1 point • 20 June, 2019 08:08 PM

Honestly really depends on the broad. Some like big jacked lumberjack guys, and some like more clean-cut pretty boys, I guess it's just how they grew up or in their genetics.

I'm in a city where I went for the In-Shape clean-cut look and pull a lot of tail, but then I also met girls who wanted me to country line dance and have a beard.

Either way they perceive the man as attractive.

Both of these are in shape, confident, social and such. Just different "looks" style wise

PolesWithGoals • 1 point • 14 June, 2019 11:32 PM

Come try with some girls at my university, then come talk to me

FiveStarTendieDinner • 1 point • 15 June, 2019 01:06 AM

You have to put yourself first in every situation. You have to look like you can fuck someone up whenever you want to. You have to be dominant, threatening, imposing and dangerous. You have to be a killer. You have to be a fucking man and not a pussy ass bitch.

lampshade2818 • 3 points • 15 June, 2019 10:48 AM

This is wrong for so many reasons. You don't have to walk around looking and acting like a UFC guy on the 'roids to attract quality women. Most intelligent/quality women like a man who is reasonably in shape, has a good job/career path, has good hobbies, a strong education, and is an interesting person in general.

Notagain6352 • 1 point • 14 June, 2019 05:44 PM

Humor

ReformSociety • 1 point • 14 June, 2019 09:22 PM

I read that as:

You know when you meet a girl and she just blows you **anyway**, leaving a huge impression on you?

Aggressive\_Beta • 1 point • 14 June, 2019 11:09 PM

Looks, game/frame, social status, good in bed, resources. In that order.

littledevil410 1 points 15 June, 2019 09:44 AM [recovered]

Does height matter ?

lampshade2818 • 3 points • 15 June, 2019 10:53 AM

Sometimes. It depends on the woman and what she likes. I'm 6'1" and my wife is 5'7", so it works. Her best friend is 5'1" and her husband is 5'7", so that works. Some women like tall guys and some don't care.

skunkbear444 • 1 point • 21 June, 2019 04:18 PM

Emotional IQ

Emotional Control

Vocal Tone and Control

Posture and Mannerisms

Being able to emotionally emote, and emotionally lead women

Spontaneity

Not giving two fucks because we are all dead anyways

A dick that works and works hard like a miner

IncelTearsIsLowIQ • 1 point • 29 June, 2019 08:03 PM

strong mandible

protruding maxilla

good eye area

large frame

tall